Twitter Thread by #OurFavOnlineDoc ■■■■■■



#OurFavOnlineDoc ■■■■■■
@DrOlufunmilayo

Waist Trainers are useless.
It's a scam, a fraud and a deceit.

They use ladies who already have slim waists and flat tummies to advertise it.

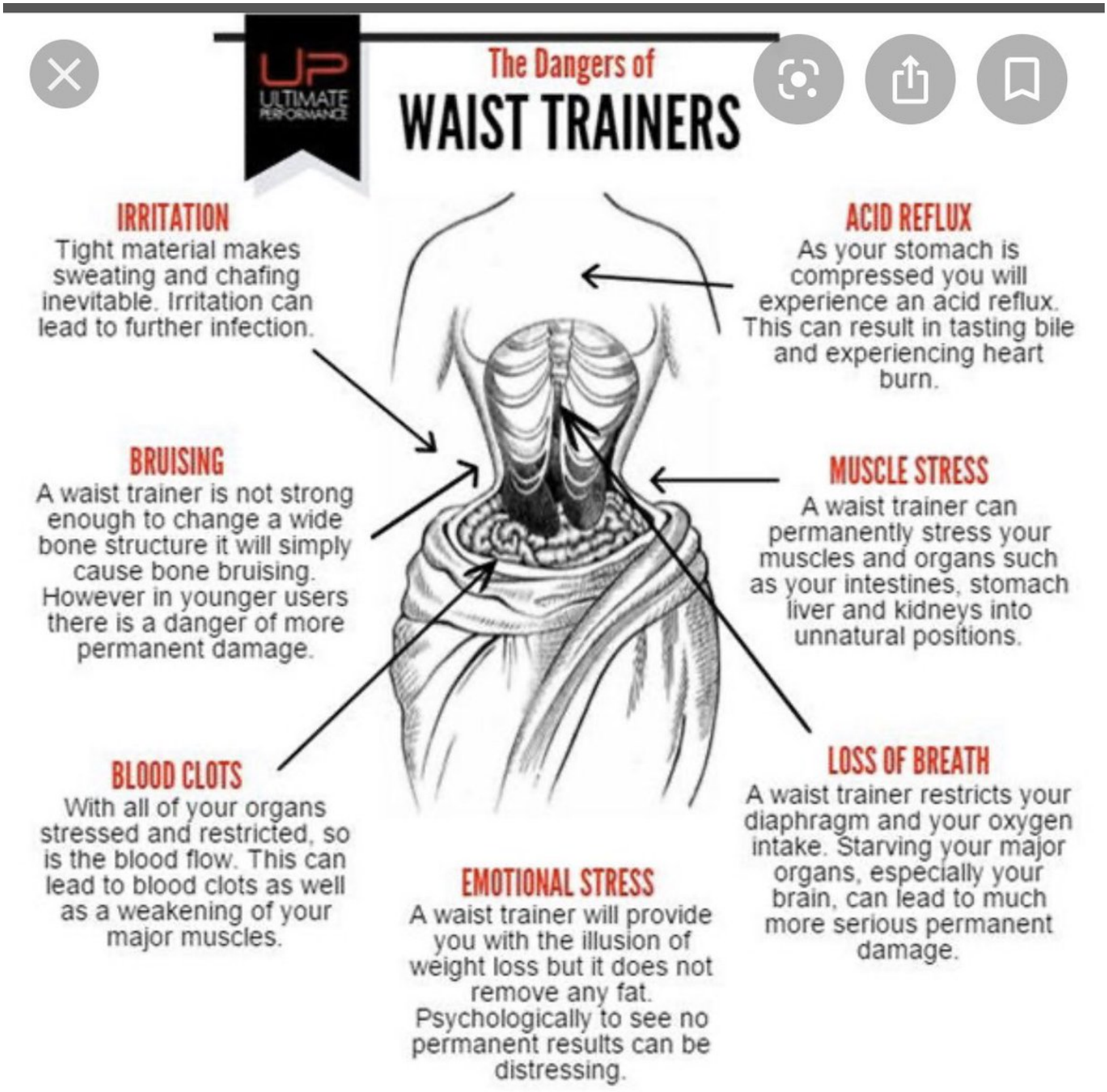
If you wear it for "fashion", that's ok.
If you wear it for flat tummy, you are fooling yourself and wasting your money.

Happy weekend.

Waist trainers can harm you
Waist trainers can harm you.

Can cause skin irritation,
Can cause organ damage,
Can worsen heartburn,
Can cause breathing problems,
Cannot cause weight loss,
Cannot give flat tummy,

Sorry to break your heart
But actually, waist trainers can harm you.



Waist trainers cannot give you any curves that you never had naturally.

If you have the curve already,
A waist trainer may help it show.
If you never had any curves,
A waist trainer can never give you one.

If the hourglass was never there,
A waist trainer won't give you one.

Waist trainers can't cause flat tummy.
And it surely canNOT give you "curves".

You take soft drinks, eat junk food, and swallow Eba at 2am like a hired killer;

If you like wear waist trainer,
Once you remove it, your tummy will fall down on your thighs like the wall of Jericho.

What a waist trainer does is to give you an ILLUSION of a flat tummy or a curvy appearance.But it is a temporary illusion.

A waist trainer NEVER changes your body on the long term, never gives you a flat tummy and it can NEVER make you curvy. Except you already had it naturally.

The truth of the matter is there are NO easy or quick fixes to a big tummy.
Those who tell you otherwise are playing on your ignorance and taking you for an idiot.

If you want a flat tummy-
You have to WORK for it-

Discipline your diet,
Cut out junk/soft drinks,
Join a gym.

Celebs like Kim Kardashian and Niki Minaj do cosmetic surgery for a banging body, then tell you to wear waist trainer as though that's how they got their hot bodies.

Don't be a fool.

There is NO scientific evidence ANYWHERE that waist trainers give flat tummy or better curves.

What you do with a waist trainer is squeezing your tummy into an unnatural inconvenient position for a temporary illusion of a hot body- but it can NEVER give you any permanent results.

Because once you take off the waist trainer, the breeze will blow and fowlyansh will show.

If you really want a flat tummy,
You have to be ready to work hard for it- there are NO fast answers, NO easy routes and surely NO quick fixes.

Sit-ups, abdominal crunches and plank poses are exercise routines that can give you that. Google them to learn more.

Or join a gym.

People are putting their internal organs at risk just to achieve a body image that is only temporary.

Again, there is NO scientific evidence to support the wildly believed claims of 'waist training', however there is scientific proof that it can have very negative side effects.

We know it can worsen heartburn for people. It can cause back pain and poor posture. It can cause you problems with breathing.

With prolonged use, it can damage your internal organs like your liver and intestine. But above all, it can cause you depression- Because it's ALL lies.

And also the psychological damage it does to women.

You constantly remind yourself of how much you dislike your body and are being fooled into thinking that your ideal figure can only come thru a waist trainer.

Yet we know that with diet and exercise discipline, YOU can do it.

The people who aggressively market waist trainers as the magical answer to a banging body exploit your obsession over how you look and they cash out over your total ignorance about the fact that waist trainers can achieve NO permanent significant results.

It's a WASTE of time.

In conclusion: Two things I want you to take away from today's post;
1. Waist trainers is NOT the (long term) answer to a better looking body. It's a scam and a fraud.

2. Waist trainers can seriously HARM you in many ways that you never know. They are NOT harmless.

Tell others.