
FASHION NO-NO'S

Many adults, mostly women, are prone to put the health of their bodies aside for fashion and good looks. However, some of today's mainstream trends are causing damage to the body in ways that most do not realize.

High heels may look great, but when worn for any extended period of time, they will increase the natural forward curve of the back, causing the pelvis to tip forward. This changes the normal position of the spine and alters the center of gravity, compromising good posture.

Tight clothing is also a detriment to the health and function of the body. When legs, arms, and backs are restricted by form-fitting outfits, normal movement is altered, resulting in possible misalignment of the spine and poor posture.

Oversized purses and bags, when filled with items weighing more than 10% of body weight, also pose a risk to the health of the entire body. Hiking these heavy bags over one shoulder restricts natural movement, as the shoulder subconsciously contorts to carry all the weight and the other one is left immobile. This unnatural imbalance causes misalignment of the spine, and works against good posture.