

Curvy vs. Skinny...What men prefer!



Being too skinny can be

Other then looking frail and dainly, being too skinny poses several health risk. Nutritionist and author of Strong, Slim and Thirty, Lisu Drayer, tells COI that "if you are eating below your calorie level, you can suffer a slower metabolism, loss of hair, changes in skin, loss of hair, changes in skin, loss of menstrual cycle and osteoparosis." Molhutrition can cause

fertility problems as well. Lisa explains that "if you are too thin, you are not

necessarily going to be able to support a health pregnancy." Scary stuffl