

A Genuine Weightless Review from Actor's Real life

The supermodel Kate Moss had been vehemently criticised for making a comment that campaigners believe could encourage anorexia. Speaking to fashion news website WWD about any mottos she had, Moss was quoted as saying: "There are loads. There's, Nothing tastes as good as skinny feels."

Though she did qualify this by adding, "You try to remember, but it never works" she has been lambasted for quoting a saying frequently used on pro-anorexia websites. The sites contain weight loss tips and encourage users to embrace their eating disorder, rather than fight against it.

Anorexia charity Beat described the interview as "dangerous" and "very unhelpful." They warned that "ana" sites would seize on her comments, believed to originally be one of the weight loss tips that members of the weight loss program Weight Watchers used to share with each other to encourage [fast weight loss](#).

The model Katie Green, who with MP Lembit Opik set up the Say No To Size Zero campaign, said, "'I think Kate Moss should really have thought before she spoke like most of us do before giving interviews... Millions of girls aspire to be like Kate Moss. These comments are shocking and irresponsible."

Moss' comments came as a study in Exeter showed that most teenage girls feel they need to follow some sort of weight loss plan, though few were actually overweight. 40% of 10 " 11 year olds said they felt overweight.

Many were sharing weight loss tips that they hoped would lead to rapid weight loss and therefore putting their health at risk.

The study showed that girls were likely to devise a weight loss plan that meant the regularly missed two meals. 26% of 14-15 year olds usually skipped breakfast, while 22% missed lunch. 10% of the girls said they regularly missed dinner.

Critics have said that as a role model for young girls, Moss should have known better than to promote the idea that thinner is better.

TV presenter Denise Van Outen, who recently announced she was pregnant, said Moss was talking out of her "size zero backside". Speaking to the Sun, she commented, "Having been in the industry for so long, she knows the impact her comment will have on vulnerable young women."

She then explained that she only believed in healthy dieting, vowing to lose the baby weight by following a sensible weight loss plan of healthy eating and exercise, rather than chasing rapid weight loss through extreme diets.

About the Author

Andres Hudson is freelance writer. Who has written many Article on Weight Loss Plan. For more information on Weight Loss Program and Weight loss solutions, he recommends you to visit <http://www.theonlineclinic.co.uk/>

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