

An Uplifting Guide to Stop Boob Sag!



As we get older and our age heads north, other things head south. Bums get bigger and flabbier, our muffin top tends to start spilling over our jeans and, a real problem for women, boobs begin to sag. No matter where you end up in the cleavage spectrum, be it the slender bee-stings of a Kiera Knightley or the voluptuous, round mammaries of a Kim Kardashian, in the end only cosmetic surgery or the world's best Wonderbra can stop the slide.

Or is that the case? If you can afford it, silicone supplements to boost your bust can be an answer but if not, there are more fun, and possibly a bit extreme (if less effective) ways for ladies out there to ensure nipples are staring in front rather than at the floor.

1. Tie balloons to your boobs

Balloons on your balloons? It sounds weird but still possible; a simple 'string on the nipple' method with a balloon on each end. Upsides are that this method will certainly keep you perky. but downsides include having two balloons sticking out from your shirt looks ridiculous and if you use helium balloons, there's the possibility you could end up with a charge of public indecency

(not to mention rope burns on your areolas).

2. Boob push ups

A while back a woman became an internet sensation when she made her boobs dance, so why not have them perform push ups? Sure it might take a lot of squeezing and flexing but if achieved, it could start a new exercise sensation.

3. Hire a man (or woman)!

This is a more effective and intimate solution, but still an idea. Hiring someone might seem like a possibility open to those who are well-to-do and can afford to have a servant for such a menial task, but in reality it's a job which, if available, would certainly do something to reduce the unemployment rate, particularly among the male and lesbian population!

4. A boob shelf

A simple bit of carpentry might be the answer to the prayers of the boobylicious. A 2x4 hung around the neck by a string makes for a good sagging deterrent and, if necessary, somewhere to hang your cereal when eating breakfast! Beware of splinters!

5. Insomnia

Certainly an extreme idea, but since boobs flop around when women sleep, no position is a plus when trying to stop this. Plus it's a good way of stopping them from falling into your armpits when sleeping on your back.

6. Wear a bra – always

Yes, the thing which is supposed to keep your breasts in place is probably the best idea, only all the time. It's widely known among women that their best feeling of the day is when they can finally unhook their 'over shoulder boulder holder' and let the 'girls' roam free, but doing so contributes to sagging. Find a comfortable bra and keeping it on is a plus.

7. Avoid bouncy exercise.

Keeping fit is a must for most people today, but if you have boobs it just might be dangerous. All that bouncing up and down while performing activities like running, getting on a trampoline, or jumping in any way not only might damage a few ligaments, it might also cause damage in other places. Injuries include (if you're particularly stacked) black eyes, nipple chafing and bruising passers-by if they get too close!

8. Keep your hands above your head at all times

Certainly this idea will make your cleavage and boobs look a lot perkier, especially in a low cut top, and give your arms a much needed workout. A good deodorant is a must when trying out this method!

9. Massage your boobs with a feather

Our last method is probably our most bonkers. Indeed there's no scientific proof that this will actually make your boobs perkier, but some sites say that they will get bigger. They'll certainly be more ticklish, which is why it should probably be confined to the bedroom with your partner

Why men secretly go for curvy women



I'm not skinny, but I used to be very skinny. When I quit smoking I gained about fifty pounds. At first, I was pretty horrified about it. My boyfriend at the time told me he preferred it when I was skinny, but after the relationship ended and I learned to love my smokeless, overweight body, I had a few different ideas about it.

The thing that changed my mind about missing the skinny me was all the men that were hitting on me. I was getting flirted with left and right! It was nice. I was a little shocked about it, but I finally got a man to fess up and tell me why he liked my curves. Why do men like curvy women you ask? Here's what I've learnt.

1. Bigger boobs

There are many men who are "boob" men and curvy women have bigger boobs. It's that simple. They don't mind the few extra inches around the middle as long as they get to play with the goods. Make note here, ladies, use those boobs to your advantage!

2. More booty

In the history of rock and roll, there has never been a song about a flat butt. Ever. My butt was pretty cute when I was thin, but it really grew and rounded out when I put on a few pounds. I thought for sure it was going to make men move along to the next girl, but I was wrong. In fact, I got more compliments on my bigger butt than I did on my tiny perky butt. Although I miss my perky little rear, I do like the compliments.

3. They're softer

Curvy women are softer and men like to be the strong, hard ones in a relationship. It's more satisfying for a guy to curl up and snuggle someone soft and round, than it is to snuggle up to bones and sharp elbows, so I've been told.

4. No bruised thighs

I prefer men with weight for one main reason: I hate having bruised thighs after sleeping with a man. A skinny guy leaves my sensitive body bruised and sore, but a softer body isn't as hard on my thighs. I've been told that sentiment works both ways.

5. They eat

Men do not want to be the only ones eating when they go out, it's weird for them. If you're sitting there nibbling a salad and you finish an hour before he's done with his steak and potatoes, he gets pretty nervous about it. Men like curvy women because they eat with them and it's always more comfortable to eat with someone than to have someone sit and watch you eat.

6. They look younger

Men also like curvy women because, generally, they look younger. It's true, that extra fat smooth's out those wrinkles, ladies! I got told the other day I looked twenty five. I'm thirty seven. My round cheeks play a big role in looking younger.

7. It's a sign of fertility

Another one of the main reasons men like curvy women is actually biological and subconscious. Men associate wide hips and large breasts with fertility, they always have. A woman with curves was said to be good for child bearing and men associate curves with that notion. Even if they aren't ready to have children, the fact that you look fertile makes them want to mate with you.

8. They're not afraid to get a little rough

I had a guy tell me once that he was afraid of hurting me. He would rather put me on a shelf like a little china doll and not touch me. That was when I was skinny. I've never had that problem with my curves, in fact, most of my boyfriends haven't been afraid to ask for something a little harder or kinkier in the bedroom. I guess they think a curvy girl can handle it.

9. It's classic beauty

All of the old, classic statues and paintings had women with curves. From ancient Greece to the Renaissance, women who had large, cellulite thighs and chubby arms were considered beautiful. There are a few reasons for this. Aside from the "fertility" idea (which we've already discussed), women who are curvy are known to be well fed.

Food is a sign of health. Food is also a sign of wealth (being able to buy food and all). It has been proven that during times of economic depression or repression more men preferred curvy women, because in their mind, they associate it with health and wealth.

10. It's less "boyish" and less "child-like"

I have known men to be genuinely turned off by skinny women because it is a sign of immaturity to them. Many men associate curves with the "mother" figure and a more mature woman, so dating a skinny woman doesn't appeal to them. Also, some guys feel like dating a skinny woman is too much like dating another guy, they don't like the way it feels.

While there are some men who do prefer thin women (I've been turned down by a few, believe me), there are still many men who prefer women with curves and extra weight. Italian men and Greek men are excellent examples of guys who like they're women a little on the rounder side. I've met guys who like their women a LOT on the rounder side!

The point is, no matter what your weight is, there is always someone out there who finds it attractive. Honestly. So, instead of worrying about needing to lose weight (or worrying about needing to gain weight), appreciate your body as it is.

If you're a woman with a few extra pounds, don't hide your figure, go out and flaunt it! Don't you want to show off those curves?

Rachel