

Fat Acceptance: A Basic Primer by Cynara Geissler

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The article “Fat Acceptance: A Basic Primer” was written by Cynara Geissler, an advertising manager at Arsenal Pulp Press. The press is the leading Canadian independent book publisher in Vancouver, BC. Furthermore, she works as the co-host of Fatties on Ice. Fatties on Ice operates as an independent feminist podcast concerning pop culture and media. During her professional career, Cynara worked in the creative and literary arts community for a long time as a non-profit manager and supervising publicist.

Her work duties revolved around typesetting, proofreading, social media consultation, and non-profit administration. She published the article on 25 May 2010, a summer issue, the fifth issue regarding the issue of fat acceptance. The author highlights the significance of accepting the fatness in the body. According to (“Fat Acceptance: A Basic Primer”), one is highly recommended to accept the body’s situation.

Cynara put fat acceptance, or body positivity, as a social and corporal justice principle developed from revolutionary thoughts. Some individuals think that size acceptance is not productive to spend too much time waking up every day hating the body. The society lives in a fat-fearing culture. Movies and magazines entail the hackneyed application of fat suits. Additionally, the diet industry publicizes the message in different media that observing a diet that concentrates on slim bodies is essential. The story differs from the cacophonous, unrelenting, and extremely distracting trumpet. The social belief is that individuals need to practice healthy eating to remain slim. The author brings in the idea that many people publicize the issue of healthy eating, which focuses on slim bodies.

Cynara argues that most of the time, she advertises diets that reduce body weight. Different organizations and individuals have invested a lot of effort in marketing foods that lead to minimal body size. The society believes that fat is not bad. Nevertheless, it is a state indicating moral decrepitude and undisciplined. Others argue that it is a visual shorthand for lazy individuals and undisciplined and incapable operations that are out of control (“Fat Acceptance: A Basic Primer”). Nevertheless, one needs to stand unapologetically and pointedly outside the narrow beauty that politics contributes to radical action. It calls for multiple stones to inform the people; however, the misinformed friends’ health care and relatives with accustomed love for a brass quarter of lazy-science judgment.

The mentality many people developed the mentality that having body weight neutrality is wrong. However, as Cynara notes in this release, one needs to be happy with his or her body weight. You should not be sorry for your body size or even feel pretty down with your bad self. The deity industry and the public domain spread the news that practicing healthy eating means eating to become slim

and develop confidence. Taking care of an individual's body is personal business and does not need any influence from external people.

Cynara Geissler's article is phenomenal concerning body positivity. I agree that individuals need to accept their body weight regardless of the situation in the society. I support personal acceptance and encourage that person's overweight body to accept the situation and be proud. Employing body positivity should be a motivating factor to make somebody do great things in the community. Upon study, I discovered that the entire narration concerns body image that appears redundant occasionally ("Fat Acceptance: A Basic Primer"). However, its importance in our lives is huge. Multiple groups of individuals get introduced to body weight issues and start hating themselves. As a result, many young individuals purchase ant-body substances to reduce their body weight.

The writer emphasizes the idea that it is essential to maintain the discussion with the hopes of motivating positivity in social lives. Geissler performs a beautiful job by presenting fat acceptance as a movement with the ability to transform different aspects of lives. She notes in her work that "we live in a fat-fearing and food-moralizing culture," Every media encourages reducing approaches to body weight. I like the publication because it exposes the beauty of the natural body. I believe when individuals get an original judgment in the art context, it motivates us to appreciate the beauty of our bodies. If we developed the habit of viewing our bodies the way we appear, it would mean great achievement for us. Imagining body acceptance helps us to appreciate ourselves better.

The most potent factor about the article is that it expounds on spiritual liberations that entail fat acceptance of an individual's body. The acceptance is equivalent and relative to many people. Our culture puts us in a situation where we are striving for the ideal body weight. During such times, most of us fail to focus on the present issues. However, metaphysically, it influences our interactions with our bodies. Many individuals point out that it is time to recover our bodies. We need to inhabit our bodies in the purest sense. An individual becomes much aware of the mechanics that initiate satisfaction and inspiration in our choices.

Despite the positive tips presented by the writer, I disagree with some statements regarding size acceptance. Many overweight people experience the risk of health complications. Excess pounds increase one's risk of becoming obese. Heart disease, diabetes, depression, and cancer result from overweight cases in an individual. The diseases have dangerous implications for human health. Cancer infections and heart diseases contribute to increased costs of treatment at the family level and nationwide. Consequently, the arguments presented by Cynara contain some limitations. I will not support the arguments fully, but I will preach healthy living and body acceptance to people. Excess weight leads to depression, which results in a high cost of living and health risks.

According to research by Harvard University, obesity increases the risk of diabetes cases 20 times. The results of obesity enhance the risk of developing high blood pressure. Advanced risks of stroke, heart disease, and gallstones result from overweight cases. There exists a direct association between BMI and health risks. Advanced relationships create a likelihood of heart disease infections. Our

bodies accumulate excess fat and store it in fatty cells. Excessive fat is stored in deposits like the liver. The liver initiates the production of sugar. Furthermore, excess fats impair the operation of insulin to stimulate the body's cells to utilize glucose-like energy. Such implications exceed the advantages highlighted by Cyrana. Despite the body weight acceptance, it is ideal to evaluate the health effects.

Regarding the health issues resulting from fat acceptance, it is ideal to manage body weight. Upon accepting, one can stop being obsessed with the body. A person becomes much aware of the mechanics that make one feel invigorated about food ("Fat Acceptance: A Basic Primer"). I argue that a person should reflect on their identity and needs. Furthermore, one should accept the body size and create a culture that respects the diversity of different bodies. Recognizing one's life helps somebody to appreciate the normal weight and heavyweight individuals around the surroundings.

In conclusion, my perspective encourages understanding and appreciation of different individuals with varying body sizes. When people learn to respect each other, a community of peaceful coexistence develops. Such a surrounding cultivates mutual interaction and benefits. Additionally, it helps to save the money required to treat some killer infections. Spending money on workouts reduces when one focuses on healthy living. My perspective eliminates excessive waste of money and enhances life through observation of diet culture.

Work Cited

"Fat Acceptance: A Basic Primer." *Geezmagazine.org*. N.p., 2018. Web. 8 Mar. 2018.