

Positively nude

DAHLIA KURTZ, SPECIAL TO QMI AGENCY

FIRST POSTED: SATURDAY, AUGUST 06, 2011 12:01 AM EDT



"When it comes to the critiquing, especially in women, it's because of personal insecurities," says Zain Meghji, the host of *How to Look Good Naked Canada*.

Women, if our friends were as mean to us as we are to ourselves, we wouldn't have any friends.

A recent British study finds that females over the age of 33 should dress like they are 66. Which is odd because 66 is the new 33.

Yes, in this survey of 2,000 women between 18 and 65, it was concluded that miniskirts must be skirted, and ponytails must be curtailed after 51.

Oh, and this is just the tip of the women-can-be-cold-as iceberg.

The most important don't to take from this survey?

Don't believe it.

Of course, in response to the study, there are those who point to celebrities such as Madonna, Demi Lovato and Jennifer Aniston.

But, we don't need to prove the survey wrong by citing tampered evidence.

Look no further than Zain Meghji, the host of *How to Look Good Naked Canada*, airing on the Oprah.

Meghji's mission: to make sure that women of all shapes and sizes love and honour their bodies. Not by undergoing surgical lifts; rather, after gaining confidence and undergoing self-esteem lifts.

"I took these women through a series of experiences to allow them to understand that they can appreciate

way they are in this given moment.

"Not how they can be once they lose 30 pounds or how they were once upon a time."

Though the survey was performed in Britain, its results aren't exclusive to British women. Females a nurture - a critical bunch.

After working on the show, Meghji finds, "When it comes to the critiquing, especially in women, it's insecurities.

"You think that you have that flaw or you're envious of what someone else has and so you want to take away, because you want them to come down to that darker spot that you're allowing yourself to reside

That's right, ladies. Not only are we the ones doing so much of this malevolent encouraging, but we a much of the melancholic whining.

But Meghji finds when women appreciate their bodies, the self-hate turns to self-betterment.

"If you love your home you're going to clean it, you're going want to decorate it. If you love someone feed them properly, clothe them properly, and take care of them."

What if you applied those ideas to yourself?

"When you appreciate yourself you're going to want to take care of yourself. You're going to want to want to eat better."

Apparently, more than two-thirds of participants in the survey agree that women should just grow old. Myopic definition needs to be expanded.

Meghji says, "To grow old gracefully is to acknowledge who you are, where you are in your lot in life,

He points out that many women on the show were mothers who sacrificed themselves for their families. A metaphorical scheme to sacrifice yourself means to have taken your life -- you don't exist.

So Meghji asks, how can you serve your family if you don't exist anymore?

"You need to take care of yourself and build yourself up. It's not selfish to do that. I think it's more selfless to fall to ruin and expect the other people around you to deal with that."

Of course we all make unflattering choices from time to time, but these choices don't define us; instead, they refine us. Know that as you age, your youth isn't taken from you; on the contrary, it is what shapes you.

And, rather than focus on how others shouldn't live, focus on how you should.

Finally, remember, it's perfectly wonderful to be nowhere near perfect.

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