

Is Your Toronto Male Stripper Bigorexic?

People nowadays pay more attention to their health. Money-making advertisers endorse going to the gym to be fit and healthy. Getting a toned body like tennis player Maria Sharapova or of those seductive [Toronto male strippers](#) in [Toronto bachelorette parties](#) has been everybody's goal, albeit secretly for some. We want muscular biceps, toned arms, but more importantly, those six-packed abs. But when do we say enough?

A disorder called Bigorexia happens when a person obsessively overdevelops his or her muscle to abnormal sizes. Imagine a guy with an 18-inch bicep and you will get the idea. These people are not your average Sharapova or [Toronto male stripper](#) who just wants a healthy lifestyle. Actually, nobody would hire [Toronto male dancers](#) if their bodies are as wide as a gate. That [male dancer, Toronto](#) based, should be inside a rehab.

Sadly, the mere pursuit of a developed body shatters the essence of its aesthetic value. People who do have bigorexia or muscle dysmorphia think their muscles are small and not enough. Hence, they spend more time in the gym, do more extreme exercises, and spend more money on health supplements that promise bigger muscles. All of these just for the idea that they are skinny.

It is a disorder. They grow their muscles to abnormal sizes because their brains tell them to do so. Since bigorexia happens to people with cognitive abnormalities, the patients need treatment like cognitive-behavioral treatment wherein the concern targets the reconstruction of his mind.

Bigorexia is an alarming disorder much like anorexia nervosa – the exact opposite of bigorexia. People with this condition never stop to stress their muscles to attain a “more real” body accepted by the society. They ignore the fact that their bodies grew to be more like the Hulk's, worse abomination.

According to researchers, aside from obsessive-compulsive behavior, the media plays an important role in displaying the supposed-to-be bodies of men and women. Surprisingly, the efforts of the bigorexics to achieve perfection only resulted in their coming down to shyness and depression. Since these people never get satisfied with their bodies, they suffer an antisocial behavior. They always perceive themselves as “small people” when in fact they have muscles over muscles and lumps over lumps - the effect of 4 or more hours lifting weights.

Bigorexia affects more men than women. Hundreds and thousands of men suffer this condition and they need medical assistance. Missing a day at work, forgetting birthday parties, and looking at the mirror more than 10 times stem from the belief of having a less-developed body.

With all the drugs and all the physical extremes, bigorexics will eventually suffer serious concussions and even death, not to mention mental stability.

About the Author

Hard Body Dancer is a company offering [male dancer Toronto](#) and [toronto male stripper](#). For more information, visit <http://www.hardbodydancer.com/>

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