

What Pop Culture Taught Us About Health, Beauty, and More



By

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The current pop culture is very different from what it used to be. The incomparable obsession with Paris Hilton and Britney Spears has subdued and instead replaced by a mix of celebrities that can be best described as an unexpected blended family.

You no longer need to be a spoiled rich kid or a defamed starlet to create a media frenzy around your every move. From social media influencers to reality television stars to

controversial shows, present pop culture is shaped by an unforeseen concoction of stardom and social commentary.

While the gossip culture is mostly terrible, it does have a silver lining. The relentless social media feed has offered access to interesting health, beauty and wellness tips. And lucky for you, we're sharing some noteworthy contenders.

1. Self Care from *Eat, Pray, and Love*

The joy Julia Roberts feels while indulging in the cheesiest delicacies in Italy is palpable through the screen. This movie (originally book) offers the perfect recipe for re-discovering yourself through food, inner peace, and true love.

There's only so much satisfaction you can derive from material possessions and career achievements. When it all becomes too much, you should take a step back and reflect. Indulge in food, try meditation and travel.

Start your wellness journey with [Bodytonic Clinic](#)'s Yoga Class.

2. Health with Gwyneth Paltrow's *Goop*

Despite being an Oscar-winning actress, Gwyneth Paltrow is now well-known for her lifestyle company *Goop*. She shares and suggests everything from healthy dinner recipes to vaginal steaming. To say the least, *Goop* tops the weird list.

Paltrow works out five days a week, let this be your inspiration. Regular exercise promotes physical and mental health and also improves skin.

3. Eating Like Posh Spice

Victoria Beckham aka Posh Spice has previously talked about her 'Five Hands Diet'. This involves eating five high-protein meals in a day and drinking lots of water.

If you're an incorrigible snacker, perhaps eating five filling and nutritious meals will put you on a healthier path.

Related Link: [Fitness Trend: How CBD Can Be Used In An Exercise Plan](#)

4. Kardashian's Salad Culture

Kardashians are masters at two things- being famous for being famous and always eating humongous proportions of salads. An average episode of *Keeping Up With The Kardashians* involves dramatic champagne problems, unnecessary yelling, many salads, occasional crying and a few snarky comments (usually from Kourtney).

Salads alone can't make up a balanced meal, but eating salads is a good source of fibers and healthy fats.

5. JLo & Essential Oils

While the world remains divided about essential oils, Jennifer Lopez is here to set the record straight. She believes in sniffing fruit-based essential oils to promote weight loss.

Though there is no scientific evidence backing the above claim, essential oils do promise a range of health and wellness benefits. Lavender essential oils, in particular, improve sleep.

Related Link: [Food Trend: Collagen Is Skincare You Can Eat!](#)

6. Elle Woods' Allegiance to Vegetarianism

Reese Witherspoon's character Elle Woods from *Legally Blonde* cheerfully announces her vegetarianism at a cultural diversity group discussion at Harvard Law School. Going vegetarian or vegan is more popular than ever.

Vegan and vegetarian diets offer several health benefits and are much better for the environment. Even eating vegan once a week can make a significant difference.

7. Shailene Woodley's Natural Take

In an interview with Seth Meyers, Shailene Woodley revealed that she got rid of most of her belongings. And everything she now owns fits in one suitcase! Her decision to give up material possessions is in [pursuit of a natural lifestyle](#). She also shared that eating clay helps her with detoxification.

Oil pulling is a Woodley-endorsed ayurvedic practice you can try. Swish a tablespoon of organic coconut oil for a couple of minutes and spit it out. It's a natural way to whiten your teeth.

What are some ways you incorporate health and wellness into your lifestyle? Start a conversation in the comments below!