

Published based on [Celebrity Fixation](#)

Celebrity Fixation

Why should I be concerned about celebrities? For that matter, why should any of us care? Celebrities are fascinating because they live in a parallel universe—one that feels and looks just like ours yet is beyond our grasp. Many Americans suffer from "celebrity worship syndrome." It's an unhealthy interest in the lives of the wealthy and fabulous. According to the researchers, about a third of the population have it to some extent. In fact, over the past few years, a wealth of academic literature has cashed in on our relationships with the stars.

Fans used to be lumped into two distinct groups. The first were harmless fans who enjoyed their celebrity's gifts from afar. The second group of fans were the compulsive letter writers and the stalkers. Why such interest? Why do we care about the personal lives of people we've never met?

Social psychologists agree that the reasons are complex, but some issues seem to recur.

1. One is that we're bored, and living through movie stars is a way of alleviating that boredom.
2. Another is that we're searching for identity, the evidence for which is that teenagers usually score highest on celebrity worship syndrome.
3. Social fragmentation: as family and community values are crushed by individualism and the omnipresent media, perhaps fantasy relationships are becoming easier to form than real ones.
4. Fame is the new religion, and celebrities our gods. Psychological research lends some weight to this theory: the more a person subscribes to a formal, institutionalized religion, the less likely they are to worship a celebrity.
5. Gossip - whether about family, friends, neighbors or celebrities - still plays an important role in strengthening social bonds and improving an individual's status within a group.
6. Evolution - it makes sense for us to copy high-status individuals. Among our ancestors, people with high status tended to reproduce more, so copying their techniques was a way of improving our own fitness.

Which brings us to our own personal appearance. We are fixated on looking fit and trim just like our celebrity icons. The beauty bias is well-known. We all pay more attention to good-looking people. Throughout human history we've always adored people more successful and beautiful than ourselves.

Models, musicians, actors and singers all fall into the same category when it comes to [weight loss](#). How do you lose those extra pounds when you're preparing to go on tour, need to be on the red carpet, or are flying to meet a photographer in some exotic location?

Many Stars are quick to share their diet secrets:

KIRSTIE ALLEY revealed how at her heaviest she demolished up to an astonishing 28,000 calories a day. Kirstie now eats healthily — around 1,500-2,000 calories a day.

RENEE ZELLWEGER: for both Bridget Jones films Renee consumed 4,780 calories a day for three months,

eating 20 doughnuts a day, battered beef, fast-food burgers, chips and shakes as well as pizza and peanut butter. After the first film, she embarked on the Atkins diet. Now the 5ft 5 inch star preserves her fabulous figure on tuna, cold meats, dressing-free salads and raw vegetables.

LIZ HURLEY: In the past, Liz has admitted to 'eating very little breakfast, not too much more lunch. Then tiny little snacks in the day, such as a banana or six raisins. The only meal I have is dinner'.

According to Russian Harper's Bazaar Oprah Winfrey, Elizabeth Taylor, Angelina Jolie and Julia Roberts all are fans of [Metabospeed](#). Metabospeed is a blend of Guarana, Bitter Orange and Garcinia. This proprietary blend strongly supports fat burning, vast increased energy and appetite control. For those who are looking for the pill that includes the best fat burners with the most potent metabolism booster then MetaboSpeed, "the celebrity diet pill", is the one for you.