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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Plus Size Women – Finding Thier True Size

By Bowe Packer

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As many plus size women know, finding plus size clothing is hard enough, but finding a standardization in the sizing can be even more daunting. After all, missy sizes many times are cut to a 20, and women's plus sizes usually start at a 14W. And let us not forget that UK sizes may look the same as the US, but more times than not run a size smaller.

Here is the rule of thumb when looking at plus size clothing? Women's apparel plus sizes are usually cut more generously than missy sizes, so if you see a W at the end of the size (not to be confused with WP which means women's petite) it is larger.

An example of how things work:

At J. Jill and Land's End an XL = an 18 –20. (In contrast an XL at Banana Republic = a 14–16).

Technology is always on our side (or at least we hope so) and in the case of plus sizes the force is with us again. This new technology will cure many fashion plus size problems with the advent of avatars (3D models created in your exact image) to try on plus size clothing. Many predict this will stem the growth of mass customization where plus size stores will be offering plus size clothing that will be made to order just for you.

So the moral of this story is when you are shopping at your favorite plus size store, make sure you're checking measurements on all your plus size clothing. Also when shopping online for your plus size verify the return policy and don't be afraid to email the company for further information.

Apparel plus size fashion tips for looking your best

With fashion plus size, one–piece dresses look sleeker than separates. When at that plus size store look for stretch fabrics and well–placed dars to help the fit. And if for some reason your fashion plus size needs to be separates, just remember the brightest or lightest color or print "pops" and accents whatever it's on. One way to balance out a top heavy figure (plus size women): is with a zebra skirt and

black turtleneck. You get the idea!

Please, all you plus size women, don't be afraid of sleeveless garments. It's very flattering to show a little skin. If you don't feel comfortable in the new plus size sleeveless dress you just bought then drape a beautiful, sheer shawl around your shoulders or pop on a shrug.

The worst thing a woman, especially plus size women, can do is cover up her entire body head to toe, trust many times you may want to, but don't. Pick your best asset, which for most women who are plus size, is their curvy bust and shapely body. Don't be afraid to flaunt it in your plus size clothing!

So, for all you plus size ladies, be courageous and flaunt it. And next time you are out shopping at your favorite plus size store remember to check all sizes on your plus size clothing and have fun!

Bowe Packer is the webmaster and content provider for <http://www.clothes-4u.com>. His website: <http://www.clothes-4u.com> is dedicated to providing free fashion advice and tips for women. Offering excellent tips and strategies for women to look good in the areas of Casual, Petite Size, Plus Size clothing, as well as dress, athletic and casual shoes. You can reach him at: bowe@clothes-4u.com.

Womens Plus Size Expansion

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There is some fantastic news that all you plus size women should know. Evidence is showing that more and more companies, clothing stores and merchandisers are opening their eyes, to accommodate larger sizes.

Within the past, the Gap is one of the industry leaders and has extended their sizes, currently only available online at www.gap.com, to include XXL and sizes up to 20. Although this only covers a few sizes in the plus size range, it is a start and it is coming from a clothing store everyone is familiar with.

Now it is becoming a reality that women with plus size needs can get the same gap flare jeans, which are definitely more stylish and hip, that everyone seems to be wearing these days. There is no more dreaming or wishing you could have them now you can own them yourselves.

Some of the more popular picks, now in your plus size, for this season are the stretch bootcut jeans. Also, the incredible, fun and affordable versatile Gap trench coat.

Let us not forget to check into the Gap's sister company, Old Navy, www.oldnavy.com, who yes, has also started offering womens clothes in sizes up to 26. As we all know, thier prices are cheaper and well worth the price.

There is even more news, some big-name designers are now also offering plus size lines of their own,

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available at department stores and are coming online faster than we can blink an eye. Keep your eyes open, continue your online plus size search and don't be surprised when you find what you are looking for, the right plus size.

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