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Jul 13, 2021 **Are all hot girls full of shit?**

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Are all hot girls full of shit?

By [twenty-something.](#) • Issue #8 • [View online](#)

This can't be what Megan thee Stallion was talking about

This week's 20something was written by Natalie Zisa.

I spent the night before my 26th birthday making multiple trips to the bathroom, nursing my stomach pains with essential oils, and sitting upright in bed. It wasn't until 8am the next morning that I was finally able to sleep uninterrupted, but by that time, relatives were calling me wishing me a happy birthday and I had a brunch to get ready for.

While at brunch, I still suffered from a little bit of pain and nausea. In between eating my fried egg sandwich and taking kale shots, I went back and forth to the bathroom hoping that would help. I wish I could say this was unusual for me, but it was actually nothing new. I know by now that I have a sensitive stomach and I also know that most of my stomach issues tend to be brought on by anxiety or vice versa. What I didn't know was that I wasn't the only one experiencing this.

I'm not on TikTok, but my friends who have informed me that "hot girls have stomach issues" is trending. Now, prior to this, I probably wouldn't have identified as a hot girl, but if the shoe fits. One [particular TikTok](#) mentions eating Tums like candy, while the other jokes that she spends half of her day in the bathroom. A Twitter user changed her name to "hot girl with stomach problems", while another [declared](#) that all hot girls have stomach issues and sleep with a stuffed animal. Now I really do feel seen.

While some girls may have actual diagnoses like IBS, Chron's disease, or endometriosis, the [gastrointestinal issues](#) I'm experiencing are most likely brought on by anxiety and stress. Or just a bad combination of fried food and alcohol. Stress affects the nervous system which in turn impacts gut health, so it makes sense that my stomach would bother me before working retail on Black Friday or why my friend has thrown up before an interview. It's, unfortunately, just happening a bit more frequently.

The point is that the same people who are going off on Instagram and Twitter about having a hot girl summer are also the same people plagued by a weak stomach and as I just mentioned multiple times, spend more time in the bathroom than they'd like to admit. On one hand, it's funny and it's ironic that those who look TikTok perfect are experiencing the least hot ailment. And on the other hand, we shouldn't just be shrugging it off as a meme. That same friend once went to the bathroom during a date to throw up only to come back and act like everything was fine. It's a superpower, really.

Even though we knew that Instagram rarely ever accurately captured reality, this "trend" makes it all the more true. The Hot Girls are full of shit, literally and figuratively.

Natalie is a freelance writer based in New York City. She loves SoulCycle, croissants with her coffee, and taking too many pictures of sunsets in Central Park. You can find more of her writing at www.natalie-zisa.com and you can find her on Instagram and Twitter @natalie_zisa

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By twenty-something.

Twenty-something is a newsletter about being twenty-something. Or thirty-something. Or forty-something (you get the idea). Every week, we pose a question about the most important things impacting young adults today or the questions we can't stop thinking about while we mindlessly scrolling on our phones, taking our Screen Time to new limits. We have a lot of questions. We will rarely answer them in their entirety. We will have fun trying.

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