

Knowledge about the body can be gained through books. For example, back in the days when knowledge about women's bodies, in terms of sexual pleasure, weren't well known, there was a book published in 1970 called *Women and their Bodies*, which was the first book to ever give women "comprehensive knowledge" concerning their health and bodies. Because women were then able to understand the way their bodies worked, they were able to take control over their bodies, and didn't have to rely on men anymore to satisfy them. Another way of gaining knowledge about the body is through "experiencing the body itself". What this is saying is that depending on the body and identity we possess, we gain different knowledge that we base on our everyday experiences.

Some people and/or agencies have more credibility and authority than others in constructing these knowledge due to how our society has been structured for centuries. Men have always had the most power throughout history, so it isn't surprising that they were primarily the ones that had the most power in convincing people of certain knowledge. An example from the text that shows what I previously explained is that up until the 19th century, childbirth always occurred at home with a midwife. However, by 1910, the obstetrician field began to kick off, and it was dominated by men from "dominant class". Many of these male doctors convinced women to go on drugs to alleviate the pain from giving birth. That was the beginning of medicalization, and it only increased afterwards. The increase of misinformation spread by male physicians caused women to mutilate their bodies through surgery, which resulted in death a lot of times. The spread of knowledge that is accepted by the public has to do with gender and socioeconomic status, so we can see that intersectionality plays a huge role in that situation.

We as a society have been taught certain ideas about gendered bodies that determine what it is that we do to our bodies. The ideas that we are taught come from many different places, but one of the most common ways we get these ideas drilled into us is through the media. The media influence has become a bigger issue now more than ever before due to the increase of technology. Women know that if they "choose" not to participate in body work, they will be subjected to critiques. Over 90% of women shave their legs and armpits, while only 18% of men shave their legs and 30% shave their armpits. Beauty practices are typically more prevalent in women than in men because men are perceived as homosexual if they appear to be invested in their own personal appearance. This explains why women and men both have different feelings regarding their body practices. Despite this, the masculine beauty ideal is becoming more accepted as our society progresses.

The different types of body that people have definitely influences how they experience the world, and the kind of understanding they gain of the world through those experiences. The world we live in has always treated people a certain way depending on the type of body they have. The kind of body you have determines if you get treated in a positive way or in a negative way. It also determines the way you view yourself and others.