



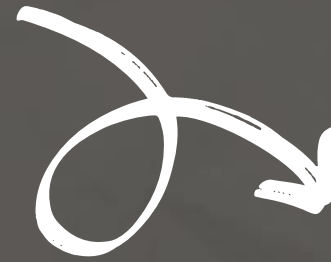




# THE MUKBANG CULTURE SHOULD BE BANNED

IOP LHP 456

**LET'S KNOW  
ABOUT THIS  
CULTURE**



Originated from South Korea



Live stream their eating experiences

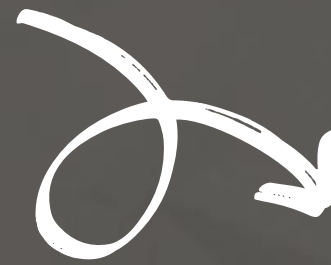


Received millions of view by audience, Mukbang Bloveslife claimed that she became millionaire in just 15months



Banned in Guangdong province in South China

**HERE IS WHAT  
YOU NEED TO  
KNOW**



Autonomous sensory meridian response (ASMR) that Mukbang promises

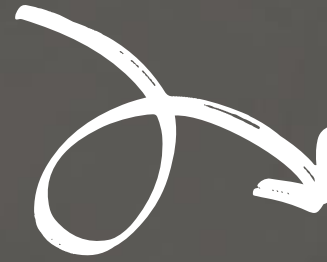


It sates their own cravings and helps them stay on track with their weight loss plans.



Psychologists have since revealed the dark truths about mukbangs

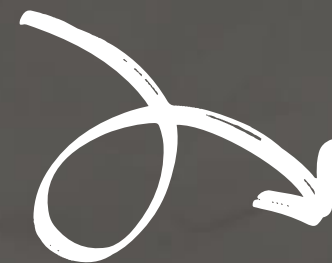
**PROMOTES  
UNHEALTHY EATING  
HABITS AND  
GLAMORIZES  
OVERINDULGENCE.**



Ginormous feasts, mostly  
featuring unhealthy food

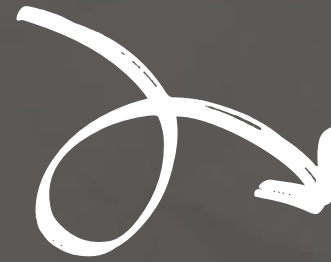


Health repercussions of overindulgence are  
never revealed nor discussed



Dieticians and doctors have repeatedly warned  
the world about the health risks

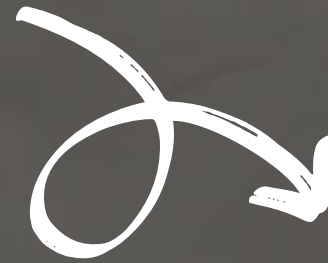
**MUKBANG MAY  
TRIGGER  
DISORDERED  
EATING PATTERNS  
IN BOTH CREATORS  
AND VIEWERS.**



How is it physically possible to stomach that much food

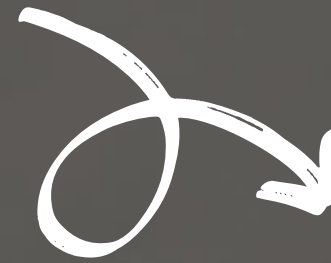


Starve themselves for days to be able to consume all the food in their mukbangs.

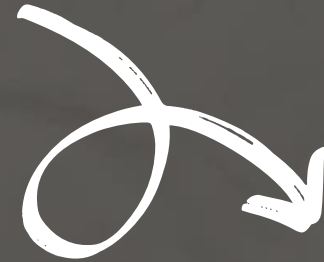


Anorexia and bulimia

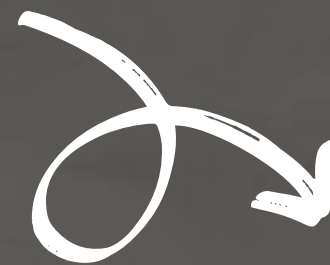
**MUKBANG  
EVOKES BODY  
IMAGE  
CONCERNS**



May overindulge and yet manage to flaunt a norm-conforming physique



Mukbangers get cyberbullied in comment sections for gaining weight after constantly overindulging.



Example: Nikocado Avocado, a well-known internet personality in the mukbang community



**CONCLUSION:  
MUKBANG SHOULD  
BE BANNED**

and hidden dangers need to be  
acknowledged and addressed