

WINS NEWS

WE INSIST ON NATURAL SHAPES

A nonprofit organization dedicated to:

- educating children and adults about what normal, healthy, body shapes are and the dangers of eating disorders and excessive dieting; and
- changing physical images in the media and advertising to those that are natural and attainable with healthy lifestyles.

Fall 2001



This should be the season to spend our energy on understanding, tolerance, friendship and peace, rather than binging, dieting and hating our bodies.

FITNESS WINS OVER LEANNESS IN HEALTH

From the President's Council on Physical Fitness and Sports Research Digest 2000, Series 3, No. 12.

A review of secular trends recently suggested that the prevalence of obesity is more strongly related to decreases in energy expenditure than to increases in energy intake. Habitual physical activity plays a critical role in attenuating the age-related weight gain that is commonplace in our society. One investigator suggests that an increasing amount of activity might be needed to maintain a constant body weight with age. Recent evidence suggests that physical activity confers health benefits that are largely or entirely independent of changes in weight and body fat content. The cellular and metabolic adaptations occurring as a result of physical activity appear to be independent of changes in body composition. **Therefore, an overweight or obese person can have good cardiovascular health as long as he/she remains active and possesses a reasonable level of fitness.**

Please see FITNESS WINS on page 4.

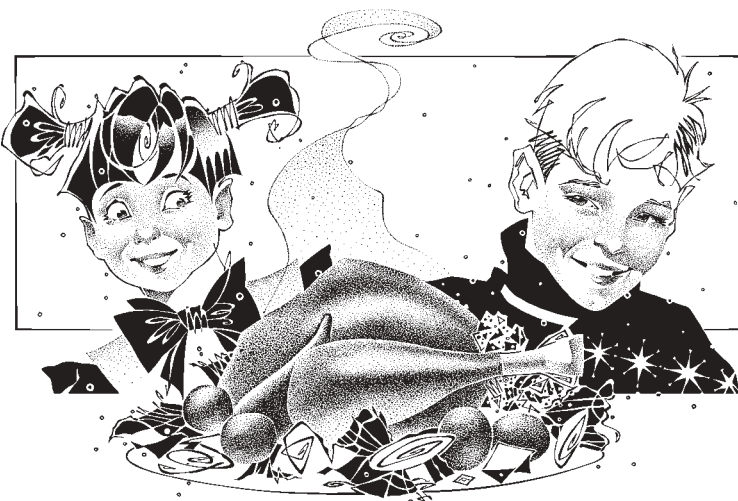
CHILDHOOD EATING EXPERIENCES DETERMINE LATER FEEDING

By Ann Gerhardt, MD

Research shows that children's early socialization experiences determine their nutrition attitudes and eating habits later in life. Numerous studies have shown that parental modeling is a major component of this socialization. Parental modeling is defined as "a process of observational learning in which the behavior of the parent acts as a stimulus for similar behavior in his/her child." Parental control of food intake and food availability in the home, in addition to the way

parents actually eat, are extremely important to a child's nutrition attitudes and eating habits. Many parents report that they are teaching healthy food practices, but they tend to be selective about which dietary behaviors they actually perform.⁽¹⁾ Regional food patterns impact both children's

Please see CHILDHOOD EATING on page 5.



MAGAZINES

Some bad, some worse, some really ugly

By Ann Gerhardt, MD

A lot of magazines that I don't want are delivered to my office. The publishers feel, I guess, that I have only to see it once to decide that I must have it in my office. I throw most in the recycle bin, but get a chance to see what is being read by and influencing young and old men and women.

It's the women's magazines that really anger me. There are some that are actually refreshing, and I'll get to those later. But first I vent.

The ones that raise my blood pressure (and that I've written about before), raise my WINS hackles. *Family Circle* and *Woman's Day*, to name just two of the genre, **always** emblazon their covers with pictures of gooshy, gooey, sweets (this month is holiday cookies), and **always** have an article about dieting. This month's *Woman's Day* offers "Stay Slim This Winter," with the implication

Please see MAGAZINES on page 6.

Pat Monahan informed me that a fashion magazine (am I fixated on magazines this issue?) informed her that the figure that is in this season is *svelte*. She was further informed that the 'shaped' figures that were in last year are now out. Did we miss something? When was shape in? Just which models exhibited it? And how are we to get our bodies to comply with fashion 'changing' every year?



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PLEASE JOIN US

We exist only to carry out our mission and for our members. Donations are used entirely to get the message out. See back page for Membership Application.

BOARD MEETINGS are held the second Wednesday of each month. Everyone is invited to attend. See **WINS MEETING TIME & PLACE** in this issue for details.

WINS is a volunteer organization. As such, please be prepared for a possible delay in our volunteers' response.

WINS NEWS is published quarterly for members and friends. News items, community events, press releases, letters to the editor, commentaries, poetry, and/or other information which might be of interest to our members are welcomed and encouraged.



Many companies will match your donations to qualified nonprofit corporations, such as WINS. Contact your company's benefits office for their requirements and paperwork. Forward it all to WINS, with your donation/renewal, and we will take care of the rest.



Stephannie Valdez

LET ME INTRODUCE MYSELF!

By Stephannie Valdez, WINS secretary

Hello WINS readers, my name is Stephannie Valdez, and I am the new secretary for this great organization. In August I was attending a luncheon for missionaries when Mary Jane Ray approached me and asked if I was interested in some part time work in a doctor's office. I gratefully accepted and two weeks later I found myself in the office, learning how to retrieve phone messages, send out curriculum and video orders, mail information packets, and do whatever else needs to be done!

I've been gaining valuable skills and working for a great cause ever since.

I'm currently attending American River College, and I plan to transfer to Azusa Pacific University next fall to earn my Bachelor's Degree in Nursing and study Christian Missions and Vocal Music. After that I plan to either practice nursing in a hospital setting or in the mission field. I attend Fremont Presbyterian Church, where I am involved with childcare, music, and the college group. This summer I went on a three-week mission to Albania, where I helped build a challenge course for the only Christian Camp in the country. My passions in life include singing, dancing, taking care of children, snowboarding, music, and being with my friends. I love to travel, I've even ridden a Greyhound bus for 13-1/2 hours just to see my favorite band, the Supertones.

I enjoy working for WINS because it is such an important cause. So many girls are being dressed in ways that aren't even appropriate for grown women, just because that's what is fashionable. Spreading awareness about how the media distorts our image of beauty and health is essential to changing the mindset of our children, the next generation. My best friend is 5', 11" tall, thin as a stick, blonde-haired, blue-eyed "model material." She wears no makeup, picks her clothes by what is comfortable, and doesn't care what people think of her. To me, she is the most beautiful person in the world. People like her because of who she is not how she looks, and that is an awesome thing.

I look forward to continuing my work here at WINS, and serving those who make this organization what it is!



BOOK REVIEW

By Serena Ryder

Perfectionism: What's Bad About Being Too Good? by Miriam Adderholdt, PhD and Jan Goldberg. 1999. Free Spirit Publishers, Minneapolis, MN.

Perfectionism: What's Bad About Being Too Good? is a self-help book that helps teens to discover the difference between perfectionism and excellence. The authors provide various tools to help one form realistic expectations of themselves and others. They also have numerous suggestions for ways to express this to well-meaning parents and teachers.

According to Dr. David Burns of Stanford University, half the population of the United States has perfectionist tendencies. This can be a good thing if it does not put one in a constant state of fear or anxiety about making mistakes and thus keeping them from accomplishing their goals.

To decide if this book applies to you, you might be a perfectionist if:

1. You avoid new experiences because you are terrified of making mistakes in public.
2. You always work alone because no one can do as good a job as you.
3. You are late to school or work because you had to use a safety pin to separate

Please see BOOK REVIEW on page 4.

LACK OF EFFECTIVE TREATMENT PERPETUATES EATING DISORDERS

By Ann Gerhardt, MD

Patients tell me about nurses who say, "I wish I had just a little anorexia nervosa for at least a little while," or "You are so cute and small, you should be a model." These are patients who are hospitalized and crying as the nurse inserts a 'nose tube' to feed them, or do not have enough strength to go to the bathroom without assistance. Are these nurses clueless? Yes. Harmful to the patients? Quite possibly, but they are the only ones available. Do they receive any training in eating disorders? No.



The lack of knowledgeable nurses is not the only problem. Doctors are afraid of diseases they don't understand and for which they have no effective treatment. Therapists become afraid of clients wasting away in front of them and spend more time talking about food and weight than the underlying psychological issues that are the real problem.

If there was any question that eating disorders are a public health problem with inadequate treatment available, it was answered, at least in the Sacramento area, with a resounding 'yes' tonight (November 5). A panel of five fielded phone-in questions about eating disorders from a TV audience. The panel consisted of

Michelle Matoff LCSW, a therapist who specializes in eating disorders, Stephanie and Mike Watt, founders of the Kristin Watt Foundation for eating disorder awareness, Mindy, a recovered anorexic, and Ann Gerhardt, MD, cofounder of WINS. The deluge of phone calls, as soon as the station's number appeared on the TV screen, was phenomenal.

Calls came from friends, families and eating disorder sufferers. The unifying theme was fear, concern and frustration over the lack of effective treatment and qualified treatment practitioners. Stephanie and Mike Watt suffered the worst fate of such a lack, with the loss of their daughter, Kristin, to an eating disorder. They have tried to raise awareness about the problem and put together treatment teams. They have been much more successful with the former than the latter.

The callers dispelled any notion that eating disorders affect only teenage females. We received calls about a four-year-old boy, a 10 year-old autistic girl and women and men over 40. They are part of the five million and growing number of Americans suffering from eating disorders. That number doesn't include those with binge eating disorder and obesity, which, combined approach 35% of the entire population.

Eating disorders are scary to doctors, nurses and even some therapists. Voluntary starvation and the notion that a patient would not want to get well and recover from disease are foreign to them. Doctors are used to ordering treatment and having at least a reasonable expectation that the patient will follow the orders. Unfortunately, many with eating disorders don't, and therapists and doctors have no way to make them do it.

WINS NEEDS YOUR SUPPORT

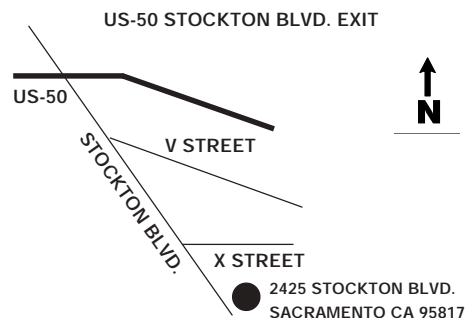
We need more than kind thoughts to exist. Please donate to and join WINS so that we can continue to produce this newsletter, provide education about body image and health to youth and adults and work to prevent eating disorders of all kinds. WINS especially thanks the following WINnerS CIRCLE members who joined or renewed with a donation of \$50 or more.

John A Kasch

Patricia J. Monahan

WINS MEETING TIME & PLACE

We meet on the second Wednesday of each month from 6:30 to 8:30 PM. All are invited. The Shriner's Hospital graciously provides a meeting room for our monthly meeting. We will meet in the fifth floor conference room at 2425 Stockton Blvd., Sacramento.



To learn about upcoming meetings, speakers and events, call 1-800-600-WINS.

Seen in Switzerland: An almost life-sized ad in a pharmacy storefront with a picture of a naked woman's thigh being pinched by a clothespin. The ad is for Anti-Cellulite Gel-Creme. Her thigh is very tight, sleek and thin. Vichy laboratories want to save her from cellulite that was certainly not obvious to me. If she has cellulite that needs to be fixed, then 99.9% of all women do — obviously Vichy's intent to make money.

The ingredients consist of glucose, xanthine and Vichy hot springs water, all very innocuous and guaranteed to have no impact whatsoever on cellulite or any other body fat. At least they won't hurt anyone, except by emptying their wallet.

CONTRAST

By Judy Mortensen, whose daughter was diagnosed with anorexia nervosa and lost a UCLA track scholarship because of it; submitted by Cindy Maynard



The blast of the gun goes off, smoke fills the air.

Bottoms of shoes roll together forming a cloud of dust.

Pushing, shoving, elbowing, somehow she takes off,

And is in the lead. She grimaces, a determined look leads her way.

The crowds are relaxed, enjoying the dusk.

She doesn't notice, she rounds the curve,

To the finish line.

The dance that she runs is full of grace, and unsurpassed.

The crowds, now awake are standing, roaring,

Synchronized in waves of cheering.

Anticipation soon over, she crosses the finish line.

National record set.

That was the runner I once knew. She died after a disease took her soul.

It took her body and her dignity.

With no reserves to draw from,

All that was left was hollowness, a hole. She denied who she was in order to run.

Contrasts of exhilaration, with the depths of darkness, clashed within.

A new person emerged, more complete, more whole.

FITNESS WINS OVER LEANNESS *continued from page 1*

Evidence has been accumulating since 1989, when a study showed that cardiorespiratory fitness reduced the risk of dying from all causes. Fit individuals with higher weight for height had lower mortality rates than unfit individuals with low weights. Subsequent studies have expanded upon these results. An interesting observation has been that fit overweight or large-waisted men have no greater health risk than fit lean men. Epidemiological evidence from pooled data from a large number of studies arrives at even more dramatic conclusions. Active or fit men and women were protected against the health risks of overweight or obesity with respect to death from any cause, cardiac disease, stroke, diabetes and cancer. That just about covers most causes of death in individuals over the age of 30.

The proposed mechanism for this benefit is an effect on fat metabolism (how and where fat is burned). Exercise tends to reduce the amount of fat inside the abdomen, regardless of how much is on the outside, and this has a major effect on the body's overall metabolism. Fat metabolism, in turn, affects our hormonal, vascular, and nervous systems, all of which determine our health.

The assumption in our society that overweight individuals are unfit and lean people are fit is a gross over-simplification and doesn't take into account the complex metabolic relationships that influence health. Through participation in regular physical activity, it is quite possible for overweight individuals to have good health and low risk of chronic disease. Thus it is inappropriate to focus on lack of weight loss when they embark on an exercise program. Such individuals should focus on how much fun they are having with sport and physical activity and know they are achieving benefits, rather than becoming frustrated about weight.

BOOK REVIEW

continued from page 2

your eyelashes so they would look natural after putting on mascara. (By the way, not safe!)

4. You fully undress to re-shave your legs because you notice a couple of hairs poking out of your panty hose while in the car on your way to work or school.

5. You throw out slightly overcooked cookies so that no one will see or eat them. You have bakery cookies available, just in case.

6. You tell your in-laws that they have to wait at the gas station for thirty more minutes before you will give them directions to your house because you haven't finished cleaning. It doesn't matter that they traveled clear across the U.S. from Alabama to see their grandkids. They will have to call back for directions.

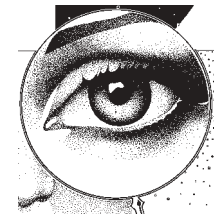
I got carried away with these examples, but couldn't help but poke fun at my self and family. I hope they will forgive me.

Most people are afraid to fail while others seem to find great humor in looking ridiculous. Which are you? Probably somewhere in between. The underlying premise of the book is that we should all remember to learn from our mistakes and not give up on our dreams because of fear of failing.

The authors provide examples of famous people who excelled in their fields, despite having failed a time or two: Michael Jordan didn't make his varsity basketball team as a sophomore in high school; Marilyn Monroe was told to learn secretarial work or get married during her first interview at a modeling agency.

What is it that you would like to try but haven't, for fear of failing? It is time to get out there and have some fun with it no matter what you look like doing it!

Honesty check: How do YOU feel when you are standing in the grocery checkout lane, with your cart full of food, and women with no body fat (the chests are silicone or push-up bras) stare out from the covers of magazines?



Worried about how you look to others? Purported quote from Robert DeNiro: "According to a new survey, women say they feel more comfortable undressing in front of men than they do undressing in front of other women... They say that women are too judgmental, whereas, of course, men are just grateful."

CHILDHOOD EATING

continued from page 1

and adults' health. In a rural Appalachian community, children are fed high saturated fat, high refined sugar, low fruit and vegetable diets (more so than the general U.S. population), and have a higher incidence of obesity and, later in life, illness and mortality.⁽²⁾

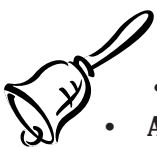
Investigators have found that parents who have positive attitudes about nutrition being necessary for children's healthy growth tend to report pleasant mealtime environments⁽³⁾. Negative parental attitudes about nutrition are associated with suboptimal mealtime practices and problematic eating behaviors, which tend to be associated with heavier children. Examples of suboptimal mealtime practices are hurrying children to eat and requiring that they clean their plates.

School plays a major role in socializing eating preferences. Studies show that elementary school children are capable of choosing a nutritious diet when given the opportunity to select foods from a variety of healthy choices⁽⁴⁾. Unfortunately, other studies indicate that girls eat lunch much less frequently after they enter 5th grade. Gable's study⁽³⁾ also examined the impact of teachers on children's nutrition, health and socialization. They showed that teachers engage in more positive mealtime practices, such as encouraging children to taste foods, than do parents.

In the early stages of life, eating occurs primarily in response to hunger. By adulthood, eating is also influenced by environmental cues, such as the presence of palatable food, time of day and social context. A research group from Penn State evaluated how much children eat when they are given larger amounts of food⁽⁵⁾. Young children (ages 3-4) did not alter their food intake when they were given larger portions. They ate according to how hungry they were. Older children (ages 5-6) ate more if they were given larger portions, regardless of their pre-meal hunger level. Thus they start to emulate adult feeding practices at a very young age.

They also acquire another adult characteristic relating to perceptions about what they eat. Both Caucasian and African American children (mean age 7.7 years) mimic their elders in their lack of accuracy about how much they eat. Heavier children under-report and underweight children over-report how much they eat. This probably means that overweight children are already unconscious about or embarrassed by the amount they eat. Underweight children who over-report their food intake may already be food-restricting and fat phobic⁽⁶⁾.

(1) Tibbs T, et al. *JADA* 2001; 101(5):535-541. 2) Crooks DL, et al. *Amer J Phys Anthropol* 2000; 112:159-170. (3) Gable S. & S. Lutz. *JADA* 2001; 101(5):572-577. (4) Donnelly JE, et al. *JADA* 2000. 100(1):103-105. (5) Rolls B, et al. *JADA* 2000; 100(2):232-234. (6) Fisher J, et al. *Obesity Res* 2000; 8(8):597-603.



MANY THANKS TO

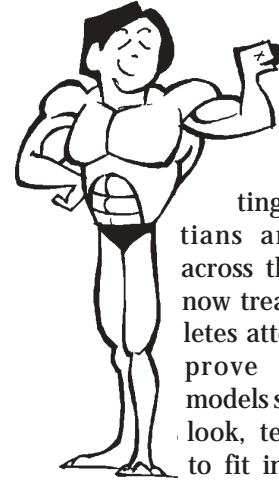
- **Mark Newell** for being our volunteer webmaster.
- **Avalon Graphics** for an excellent job printing the newsletter.
- **Aspen TypoGraphix** for their great efforts in laying out our newsletters.
- **ATV Video Center** for making excellent quality video duplicates.
- **Crown Point Digitizing** for doing the logo on the polo shirts.

MALES DO IT TOO

From Vitality Digest, October 2001

Men have suffered from eating disorders for years. Confidential surveys proved it. The percentages were small (less than 1%), but boys and men have not been immune to translating their emotional turbulence into anorexia and bulimia.

What is new lately is that an increasing number of men are seeking treatment for their eating disorders. They are admitting they have a problem and getting help. Dietitians and therapists across the country are now treating male athletes attempting to improve performance, models seeking the buff look, teenagers trying to fit in, homosexuals trying to be lean and sexy, and middle aged men who binge away their frustration.



The media send a clear message that lean, muscled bodies are the ideal. Then coaches and fitness trainers reinforce the emphasis on lower weight and nonexistent body fat. Many men turn to compulsive exercise to burn off the calories and achieve the look they want — much more exercise than is necessary for fitness, health or even good sports performance.

An eating disorder in a male is set off by the same types of triggers that lead to female eating disorders, psychological trauma or a major life change on a backdrop of depression, low self-esteem and/or addictive personality. They tend to come from the same types of dysfunctional families and environments with inordinate emphasis on outward appearance.

The specialized needs of men and boys with eating disorders have not been identified. There is, however, at least one treatment center, Rogers Memorial Hospital in Wisconsin, with a whole wing devoted to males.

EDUCATIONAL VIDEO AND SCHOOL CURRICULUM

HAPPY, HEALTHY SHAPES

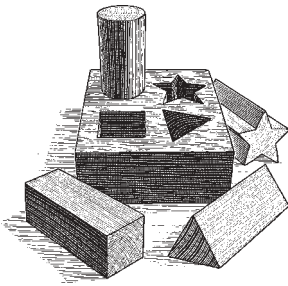
IT'S NOT HOW YOU LOOK,
IT'S HOW YOU FEEL

This educational video and curriculum deals with issues of societal pressure to be thin, psychological problems of adolescence that lead to disordered eating, medical consequences of eating disorders, healthy nutrition and exercise. To

receive a copy, please send your request to WINS (address on back page) along with \$35

for both curriculum & video or \$10 for the video alone; include your name and address. Allow a few weeks for delivery. The intended audience is teens, but it is a good message for people of all ages.

Try to get the video shown at your local schools and organizations.



WHAT IS A NATURAL SHAPE?

A natural shape is whatever shape your body assumes when you eat nutritionally balanced food per the Food Guide Pyramid (with a modest amount of fun foods) and physical activity is a regular, daily part of your life. A natural shape is very much determined by your genes.

It is not the wasted look of forever-dieting, nor is it obesity resulting from overeating and under exercising.



MAGAZINES

continued from page 1

that it will be different from every other winter by following their advice, in spite of eating the cookies. *Family Circle* lets you eat the cookies with their "The No-Diet Diet Plan," so you feel even better about buying the magazine and making the cookies.

Now don't get me wrong. I saved the cookie recipes before the magazines went into the recycle bin. I intend to make a few of them this holiday season. I LOVE cookies. What I don't love is the mixed message the magazine gives. The insides are replete with non-fat women in all the ads and most of the articles. Those models don't eat many cookies, and if they do, I'll bet they end up in the toilet. The magazines aren't honest about the image they are selling and how it can be achieved, or even IF it should be achieved.



Even more dishonest are the fitness magazines: Women's Sports and Fitness was sold to the publishers of *Vogue* and ever since has been just like all the rest - a thinly disguised vehicle to get you to diet, feel inadequate and buy their magazine so you can be fixed. Gone are the REAL women who did real sports and won real races and were ideal role models. Gone is the notion that their different body types were OK and that their particular body was one of the reasons that they were good at their particular sport. *Shape* might as well be called *Elle*.

I was horrified recently to see a copy of *Fit Pregnancy!* Now we have to be slim and fit during pregnancy also? Sure, there are benefits of mild exercise during pregnancy and excessive weight gain can cause problems, but is there no time of our lives that we can trust our bodies to do what's right? Do we have to have a magazine to tell us our pregnant bodies are imperfect when we should be feeling absolutely beautiful?

The more fashion-conscious magazines forego the cookies on their covers for scantily-clad emaciated with gorgeous faces that, in spite of their natural beauty, still took two hours to make-up. Inside are articles about the terrible epidemic of eating disorders or how wonderful it is to be happy with who you are. Lately there is a spate of "how to have perfect sex" articles. They tell you how to look (or feel terrible because you don't have the look), what to wear, what to buy and what to eat. Now we're told to resist and distrust our natural urges about sex, but don't bother, because the pictures make it seem like only very skinny people have sex anyway. (Don't laugh, I know teens who believe this.)

Magazines survive with advertising dollars. Advertising works by making you believe that you can only be complete, beautiful, free, successful (fill in your own need), if you buy into their look and product. The models, food, clothes, shape-up programs, and make-up - all geared to make you fantasize, want to change and spend money. Whether you want to feel inadequate or not. Whether you want to be like everyone else or not.

Now for the other (far too short) side of the story. I'm starting to see some ads that include women with a variety of shapes. The Midol ad in *US Weekly* comes to mind. Some magazines actually celebrate the non-emaciated female body. Unfortunately I know of only two. *Mode Magazine* uses a variety of models and tends to the medium-voluptuous type in their articles. *Radiance: The Magazine for Large Women*, on the other hand, definitely promotes body acceptance for large and very large women.

For the umpteenth time since WINS was founded in 1993, I ask the question: When will we see ads and magazines that use a variety of male and female body types on their pages? When can normal people appear in every type of article and ad, without some justification like "plus-sized" clothes or diets or make-overs? When???

FROM THE "WHERE DOES SHE FIND THIS STUFF??" DEPARTMENT

NEW TERMINOLOGY

Food neophobia: The unwillingness to try new foods. Common in children. Leads to restrictive diets, less dietary variety and inadequate nutrient intake.

Food neophilia: Willingness to eat new foods. More likely to have a nutritionally complete diet.

From Falciiglia GA, et al. JADA 2000;100(12): 1474-1478.

INFANT FOOD CRAVINGS

In support of the notion that infants eat the foods that supply the nutrients they need: An infant with rickets voluntarily consumed both pure cod liver oil and cod liver oil-incorporated milk. Once the condition improved, verified by better lab values and bone density on x-ray, he ceased to take any pure cod liver oil and cod liver oil-incorporated milk.

From Davis CM. AJDC 1928;36:651-679.

ORIGINS OF OVERWEIGHT

Infants fed more breast milk than infant formula had a lower risk of being overweight during older childhood and adolescence.

From Gillman MW, et al. JAMA 2001;285:2461-2467.

TASTE

All the flavors we experience are actually composed of only five tastes, bitter, sweet, salt, umami, and sour. Never heard of umami before? It is the savory taste frequently associated with protein-rich foods such as meat and cheese.

C & EN Sept 10, 2001, pg 42-46.

BAN THE BOOK

Escape Your Shape, by Edward Jackowski PhD (PhD in stupidity?) basically tells us all that our genes were wrong and we can overcome their insidious influence. To pick on one: Susan has a spoon shape and "Naturally wants to lose in those problem areas..." Hey, Susan, just wait a while, "spoon shapes" will someday be 'in' and you will live long enough to be there, since "pear shapes" are generally long lived..

WEBSITES ABOUT BODY IMAGE

Sabrina Matoff submitted a positive site address for those who want further reinforcement of thinking positively about themselves:

<http://nm-server.jrn.columbia.edu/projects/masters/bodyimage>

There are also websites that glorify the starving, vomiting, diarrhea-ing lifestyle, proving that we have a long way to go before the tyranny of thinness is deposed. Postings include pleas to be let alone and expressions of outrage about anyone suggesting that eating any fat could possibly be healthy.



READING LIST

AVAILABLE ON REQUEST

Please send a self-addressed, stamped envelope to: WINS,
P.O. Box 19938,
Sacramento, CA 95819

Also, *Grurze Eating Disorders Resource Catalog* has a huge number of valuable books, many of which are on the WINS reading list. Contact them at P.O. Box 2238, Carlsbad, CA 92018; or call (800) 756-7533; or visit their website at www.grurze.com for a FREE catalog.

CHICKEN ON THE PLATE

By Sabrina Matoff

A couple of days ago, the meaning of chicken became important. Not because chickens are anything special to me. They gag and gurgle. They often live in mass coops, cramped into small spaces, sources of cheap protein, baked and fried and set upon dinner tables without another thought. But chicken is not just chicken to an anorexic. At times, chicken has not just been chicken to me.

Since age 14, I have been a vegetarian, and since age 14, I have struggled with anorexia. Protein sources were one of the first to go from my "acceptable" dietary lists. As I have gotten older, the intellect in me knows the importance of small amounts of protein in a well-balanced diet. For muscle strength. To prevent anemia. To grow healthy hair. But the anorexic mindset in me sounds the alarm "PROTEIN ALERT." Chicken on the plate.

In and of itself, the chicken chunk on the pasta waits. It doesn't care if it stays on my plate or is chewed into gullet-sliding gruel. But I imbue meaning into that square of animal protein. Taking a bite means I acknowledge nourishment to my body. Taking a bite means I recognize food groups beyond dry cereal, oatmeal, and apple-sauce. And sometimes, taking a bite symbolizes letting something "unfamiliar" in. Today may be just chicken. Tomorrow may be a person's smile. And the alarm may get confused.



Visit the WINS WEBSITE at
www.winsnews.org
and send any suggestions to us at
winsnews@aol.org

*WINS is proud of our quarterly newsletter. However, WINS cannot survive without your support.
We urge you to join our organization by sending your donation today.*

WINS MEMBERSHIP APPLICATION & NEWSLETTER SUBSCRIPTION

Send with your check or money order to WINS, PO Box 19938, Sacramento, CA 95819

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Address _____

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- \$45 Member (You will receive a free gray T-shirt that says THIS IS A NATURAL SHAPE in blue.*)
- \$100 Member (You will receive a free white polo shirt embroidered with WINS logo.)*
- Other \$ _____ (The minimum to be a member and receive the newsletter for one year is \$8.)
- Curriculum & video @ \$35 for both. Number desired: _____ Amount enclosed: \$ _____
- Video(s) @ \$10 each. Number desired: _____ Amount enclosed: \$ _____
- Additional T-shirt (\$15) Additional polo shirt (\$30) See above for descriptions.
- A Gift from _____ (card will be sent).

* For T-shirt or polo shirt, specify size: small medium large extra large

We are truly a "grass roots" organization. Please help us keep track of what is happening in the "shape industry." Send us names of companies that use natural shapes and those that have forgotten what real people look like.

Comments: _____



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