

WINS NEWS

WE INSIST ON NATURAL SHAPES

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.

Volume 11 • Issue 1

WINS' 10TH BIRTHDAY PARTY

Serena Ryder, President

Our 10th birthday party was a wonderful event, celebrated on October 2, at the KVIE TV studios. The panel forum, "Evolving Perceptions: The Impact of the Media on Body Image and Eating Disorders," was a great success.

Dr. Gerhardt, as moderator, related the history of and progress made by WINS over the years. The nostalgia flowed, as did some of her tears, as she remembered and thanked the founders and many people and related organizations who have contributed to WINS.

The planned keynote speaker had a family emergency, so Robin Kirk MFTT gave a great talk about society and eating disorders, in his place. Lynda Jackson, one of our



Panel discussion, from left—Lynda Jackson, Jane McCarthy, Harold Harrington, Richard Gould, Robin Kirk, and Serena Ryder.

long-time members told of her experience with her (now recovered) daughter's eating disorder and the role that WINS played in giving her strength and information to be able to cope with and help her daughter's ordeal.

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ANOTHER WOMEN'S SPORTS MAGAZINE BITES THE DUST

in part from an article by Julia Keller, Chicago Tribune, October 2002.

AOL Time Warner folded *Sports Illustrated Women* after only two years. The issue of that magazine that *WINS News* reviewed in 2000 was a tribute to female athletes. We even urged members to take out subscriptions to keep it in print. Unfortunately it suffered the same fate as *Women's Sports and Fitness* did upon its sale to *Vogue*. According to Julia Keller, it turned into a "cheesy, women-as-sex-objects rag, with covers that would make a *Playboy* reader drool.

"With a circulation of 400,000, did they really need to depict female athletes in skimpy outfits with pouty, come-hither expressions? They don't make male athletes don Speedos to be on the cover of *Sports Illustrated*. Shouldn't women, like men, be treated as professional champions rather than pinups?"

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—WINS' MISSION STATEMENT—

WINS is dedicated to:

- 1) Changing standards of beauty to those that do not define us by our weight and do not promote eating disorders, including anorexia, bulimia, binge eating disorder, and compulsive overeating that may lead to obesity;
- 2) Educating children and adults to recognize that the shape of one's body is determined by one's genes. Genetic makeup determines healthy weight, whether it be thin or heavy, and a moderate amount of balanced food, with a moderate amount of exercise will allow one to achieve her/his natural, healthy shape.
- 3) Changing body images in the media and advertising to those that are natural and attainable with healthy life-styles.

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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 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.



THE SCALE, FRIEND OR FOE?

by Serena Ryder RD, in part from from Debra Waterhouse, MPH, RD, "Working as a Team to Enhance Eating Habits and Self-Esteem 1997."

What is your relationship with your scale? Is it friend or foe? Does it determine how you feel about yourself, which activities you will participate in, how much you will eat or how long you will exercise that day?

Weight fluctuations occur throughout the day. If you weigh yourself three different times during the day you will get three different weights. Why? What affects our weight? Perhaps a better question is why do we let it affect us so? Weight fluctuations can be affected by food intake, fluid intake, hormone fluctuations, sodium intake, muscle mass and caffeine intake.

Having just eaten a meal will possibly make the scale go higher. Food does weigh something, but one meal will not make you gain 10 pounds, although you may feel that way. Fluid intake can affect weight. Sodium intake can affect fluid retention and thus weight gain. One of the functions of sodium is to promote fluid retention. Restricting salt during PMS is often recommended if fluid retention is bothersome. I can't help but wonder if it is our body's way of counterbalancing the fluid losses of one's menstrual cycle. Caffeine intake can affect fluid losses with a decrease in weight due to the diuretic nature of caffeine.

During PMS, women have hormone fluctuations that can contribute to increased calorie needs, bloating and fluid retention. Women have increased calorie needs during their menses, thus the increased hunger. It is, however, hard to give into this for those who are weight conscious and are very aware of our abdomen due to pain, bloating and cramps. It just "can't" be reasonable to eat more; however, it is what our bodies need.

I truly believe if a person has a craving it should be honored. If your stomach is physically hungry, you should eat. Don't get me wrong — you shouldn't go crazy and eat just because it is available — but a true desire for a specific food should be honored. Cravings may indicate a need for a specific nutrient.

Muscle mass can contribute to weight gain. I have often heard people get upset when they start an exercise program and they gain weight but lose inches. They are more concerned with the number on the scale than the improvement in their body composition. Muscle is much more compact than fat. Two people can weigh the same but have very different amounts of fat and look very different.

Somehow the scale gained too much power over many lives. It has discouraged people from honoring their hunger and eating intuitively. Excess weight has prevented many from participating in physical activities that would make them healthier and feel good.

I discourage frequent weigh-ins. If you must measure your body, try body fat testing. This might be less discouraging, both because it is done less often and the focus is on a measure that is physiologically more positive. Even better would be to ignore the numbers and focus on energy and well-being.

WOMEN'S SPORTS MAGAZINE

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"They shifted focus from featuring talented individuals worthy of profiles to a health and fitness how-to magazine such as *Self and Shape*. This caused the magazine to lose focus, according to Samir Husni, a journalism professor at the University of Mississippi. 'They had a complete lack of focus. Their unique selling feature disappeared hard and fast.... Once you lose your uniqueness, there's no hope.'

"Is there hope for respectful magazine coverage of female athletes? Some believe that they need to be integrated into general sports coverage, like *Sports Illustrated*. Some, like the editor of *Women's Basketball*, focus on one sport and depict the athletes as real people, with pictures of them in real clothes, as well as their uniforms, but not in string bikinis. While we would all like to think that women's sports is equal to men's, we all know that it isn't, whether the measure is salaries, news coverage or prestige. So it's probably best that specialized publications call attention to women and their sports achievements, and let their accomplishments speak louder than their sex-appeal."

THE BODIES OF DANCERS

Valerie Gates

Eating disorders are common in dancers for various reasons. Dance is an art form made up of lines, shapes and motion. Different companies utilize dancers with different shapes to create the desired art form. Generally, the epitome of a beautiful female ballet dancer is one with a small head, expressive face, long neck, long arms, graceful looking hands, long legs and approximately 5'2" to 5'6" in height.

Courses I have taken about teaching dance have included information on preventing eating disorders in our students. We encourage our students to consume adequate nutrition to run a strong engine that will maintain strength and an energy level to be able to perform and to prevent injuries. We realistically must also teach our students that ballet companies are very discriminating when choosing their dancers.

As a child, I was told that I would never be able to be a professional ballet dancer because I was too tall. One of my former students was chosen for a role in a ballet over two other students in the class who were better dancers. She asked her teacher why she was chosen, and the teacher replied because her body type (lithe, slim, legs to her armpits) fit the role.

Dance definitely has an impact on how women feel about their shapes. There is a standard of perfection set by most dance companies. Audience members believe that the art form and beauty are related, via the perfect dancer body, as it is set by today's cultural standards.

Do I think dancers with all types of shapes can create fabulous art? Absolutely. The feeling generated by the person creating the art is what is captivating. People have criticized Dame Margot Fonteyn, one of the prima ballerinas of all time, as having stubby legs and bad feet, yet the feeling she would project as she just ran across the stage at age 60 caused curtain calls and audience members to return again and again.

ENOUGH IS ENOUGH

Jewel Diamond Taylor

When I was a little girl I remember asking my Mother many times for more food even though I already had food remaining on my plate. I can hear her voice clearly telling me, "Eat what you have first before you ask for more. Sometimes your eyes are bigger than your stomach."

I'm still that way. Sometimes my eyes see more and I want more. I have enough shoes, but I still see new shoes in the mall that I think I must have. I have plenty of beautiful clothes and yet I'm always looking for something new to wear.

I have a lovely home, but still I see homes in magazines and visit homes of friends and I think my house could be better or bigger. I think about buying new furniture and there's nothing wrong with what I already have.

I have a reasonably healthy body. I can see, hear, taste, smell, walk, think, dance, hug, write, dream, speak, work, eat and cook. And yet sometimes I complain about my body and wish it were slimmer, prettier, faster and younger.

I have two healthy sons, they have a great Dad and I have a hard working husband and yet sometimes I forget to show my appreciation. Sometimes I dwell too much about how much I miss my parents and other loved ones that have passed on. I need to focus more on the ones that are still living.

I have a career that is fulfilling and rewarding and yet sometimes I'm not satisfied because I think I should have accomplished more by now. I forget how far I have come from jobs that were miserable and boring in the past.



Generally, the epitome of a beautiful female ballet dancer is one with a small head, expressive face, long neck, long arms, graceful looking hands, long legs, and approximately 5'2" to 5'6" in height.

"WHAT IS PRETTIER THAN FRECKLES?"

Submitted by Louise Seifert

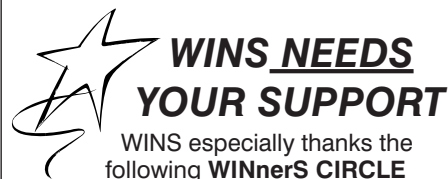
A grandmother and a little girl whose face was sprinkled with bright red freckles spent the day at the zoo. The children were waiting in line to get their cheeks painted by a local artist who was decorating them with tiger paws. "You've got so many freckles, there's no place to paint!" a boy in the line cried.

Embarrassed, the little girl dropped her head. Her grandmother knelt down next to her.

"I love your freckles," she said. "Not me," the girl replied. "Well, when I was a little girl I always wanted freckles" she said, tracing her finger across the child's cheek. "Freckles are beautiful!"

The girl looked up. "Really?" "Of course," said the grandmother. "Why, just name me one thing that's prettier than freckles."

The little girl peered into the old woman's smiling face. "Wrinkles," she answered softly.



WINS especially thanks the following **WINNER'S CIRCLE** members who joined or renewed with a donation of **\$50 or more**.

Ann Gerhardt, M.D.
Claudine Jackson
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\$1,000 or more:
George Gerhardt

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.

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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.



Visit the WINS WEBSITE at

www.winsnews.com

and send any suggestions to us at

winsnews@aol.org

LETTERS TO WINS

Dear WINS,



Thank you for your recent letter and request for feedback regarding the WINS video that I received about one year ago. I would also like to take this opportunity to express my gratitude to the person who worked extra hard to find my address as they apparently could not read my application form. So thanks for taking the time to do that.

I am a community educator at an 85-bed hospital in Rutland Vermont I also work as a substance abuse prevention/educator at Rutland Mental Health. I have a background in mental health and nursing and have been involved in prevention and community outreach for the past 5-6 years after doing inpatient treatment and some high school teaching.

I liked the video and have used it in the past for various presentations. I also have a video that I received from the National Mental Health Organization who sponsors national eating disorders, depression and other week-long awareness and

continued on the following page

PLASTIC SURGERY... FOR FEET???

Kathryn Maffia

I am not known for my fashionable footwear. I usually wear clogs or a black pair of lace-up shoes that a friend refers to as my "nun" shoes. As far as I know, nuns are not known for their high-fashion shoes. But what I lack in fashion I make up for in comfort.

I recently watched an episode on 20/20 about women having foot surgery so that they could wear designer shoes. I was disgusted with the women who would do such a thing but even more appalled by a doctor who would perform such surgery.

The doctor said that stiletto heels give the appearance of longer, slimmer ankles and more shapely calves. The interviewer discussed the popularity of a particular brand of designer shoes because Sarah Jessica Parker wears them on "Sex in the City." Apparently the shoes start at \$500. The shoes they showed consist of little more than a stiletto heel and a couple of thin straps. The women interviewed universally indicated their designer shoes were not comfortable.

Women are getting collagen implants in the ball of their foot, since wearing these types of shoes shifts the entire body weight to the ball of the foot. But even more disgusting was the toe shortening surgery. I guess if your toes are too long they don't look right in \$500 shoes. However, have no fear – this kind doctor will chop off the ends of the bones to relieve you of your distress.

The doctor also stated that when a woman in stiletto heels enters a room, everyone looks. Could it be because the woman is stumbling in her shoes? I know a lot of guys who would turn to look at a beautiful woman, but wouldn't notice if she was wearing stiletto heels or tennis shoes. If a less than beautiful woman entered a room, she could be wearing the most expensive designer shoes available and none of these guys would turn around.

I was in Nashville for a conference the same week as the Country Music Awards. We were getting back from an event at the time the awards were letting out and I saw woman after woman in beautiful sequined gowns walking barefoot and carrying a pair of stiletto shoes. I see the same thing anytime I go to a fancy party. By the time the dancing starts, a large number of women are barefoot on the dance floor while their uncomfortable (but I'm sure quite expensive) shoes sit on the sidelines. It looks silly to me.

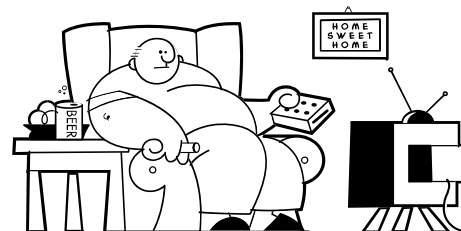
I guess my legs could look longer if I wore stiletto heels, but my legs seem to be proportionate to my body, so why make them look longer? I exercise, so I have shapely calves. Why have the illusion of shapely calves when you can have the real thing? It might seem that shapely calves would help your ankles look slimmer, but really, I don't think much about the size of my ankles or anyone else's. I didn't know there was another reason for them to look fat other than edema, or that ankles swell because you are wearing ridiculous shoes.

There has been a lot written in the last couple of years about how bad it is to declaw cats. It is the amputation of a portion of their toes. It seems so obvious that you shouldn't cut off your cat's toes, but I'm beginning to think some people will not buy that argument since they have had similar surgery on themselves. It's a sad sick world!



TV TIME

A study published in the April 9 issue of the *Journal of the American Medical Association* found that every two hours of television viewing per day was associated with a 23% jump in obesity and a 14% rise in diabetes risk. Yet people continue to consider relaxing in front of the TV as "their time" and will do it rather than go for a walk. Go figure.



FEEDING DISORDERS IN CHILDREN

From *Nutrition & the MD*, Vol. 29, No. 6, June 2003

Ann Gerhardt, MD

An eating disorder like anorexia nervosa should not be the first thought when a young child refuses to eat. In children under the age of eight, one must exclude motor and sensory disorders before implicating psychological problems.

A child may not be able to say why he/she avoids food. To him/her, eating is just unpleasant, whether the cause is obstreperousness, pure dislike of the food presented, pain with swallowing or inability to get the food into the correct 'pipe' to go to the stomach. The parents see only a child who refuses to eat.

Some children have poor muscle function or structural abnormalities of the mouth, throat and esophagus. These can cause aspiration (food or drink goes into the lungs instead of the stomach), pain with swallowing, vomiting or reflux (food comes back up).

These children require evaluation by a gastroenterologist, otolaryngologist and/or speech therapist. Testing may include barium swallow, esophageal pH monitoring, and taking a look with a scope at the larynx, esophagus and stomach.

Other children have sensory deficits of smell and/or taste that lead to aversion to all but a few foods. Specialists may need to videotape the child in a home setting to obtain clues to the disorder. Many people are 'super-tasters,' with taste buds that are extraordinarily sensitive to bitter and astringent qualities of foods. They may avoid only a few foods, such as kale, broccoli and walnuts, or every vegetable, nut and seed (this is a mental extrapolation by the child, since not all of these are bitter or astringent).

There is a strategy to help the child to accept more foods called 'food chaining.' For example, a child who will only eat animal crackers, Spaghettios, applesauce and juice, may be able to accept, in order, animal crackers, graham crackers, peanut butter cookies, club crackers, cheese with crackers, Ritz/oyster/saltine crackers, cheese quesadillas, saltines with cheese or peanut butter, toast with cheese or peanut butter, and finally a cheese or peanut butter and jelly sandwich. The success of food chaining depends on the relationship of the food therapist and the child. It may not work if the parent tries it, because adversarial 'history' usually exists between the parent and child.

There are psychological reasons other than anorexia nervosa that may affect a child's feeding behavior. If meals are psychologically unpleasant a child will unconsciously avoid eating. Parents who choose mealtime for arguments or unpleasant discussions or to reprimand the children create hostile associations with food in the mind of the child. Only family therapy or a child psychologist would uncover this problem since most people would be on their best behavior if videotaped.

Only after ruling out all of the above reasons for food aversion, should anorexia nervosa be considered.

A diet pill called Anorex? Do the "researchers" who named this pill have any brains???? <https://www.thebodyforum.com/kb/products/anorex/index.asp?1003>

submitted by Sabrina Matoff

LETTERS TO WINS

continued from the preceding page

screenings. I would suggest that perhaps there be more sharing of the actual people with eating disorders and disordered eating.

The downside of the videos is that there is a lot of adults/professionals talking to girls and young women. I really would like to find a video that encourages more sharing from the women and that promotes more empowerment. I would also like to see more from people who did not end up with a full blown eating disorder and were able to overcome media, peer, self and other types of pressure.

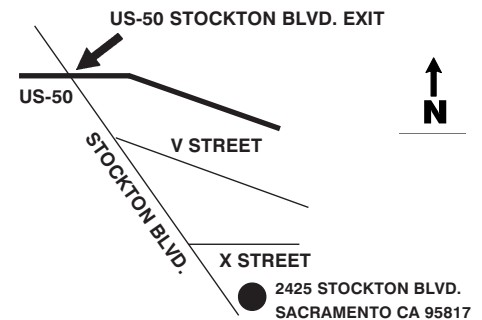
I would also like to see more PREVENTION. We seem to gloss over the socio-physiological and emotional aspects of this disease and assume that everyone is satisfied with hearing that "most girls have issues with control or the lack thereof and that family dynamics play a big part".

I sometimes use the substance abuse health continuum to explain the various degrees of eating disorders and it seems to also help clarify the defenses of denial, manipulation and so on.

Debby Houghton RN MA

WINS MEETING TIME & PLACE

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

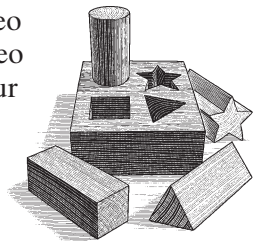


To learn about upcoming meetings, speakers and events, call 1-800-600-WINS.

EDUCATIONAL VIDEO AND MIDDLE/HIGH 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 \$50 for both curriculum & video or \$15 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.

THE POWER OF THE MEDIA

Sabrina Matoff

I know I am not the only one who watched the last episode of the ABC series "The Bachelorette last season." I watched but I am not sure why. Perhaps it was for nothing else other than to see it end, thank goodness, once and for all.

Pick someone already.

Life does not exist in a mansion in Los Angeles and limousines to take you everywhere you want to go. A rose is a rose is a rose, and in real life, a gold platter of (interestingly enough) thornless roses is hardly the way to determine a soulmate. But in reality TV land, it seemingly worked. After six weeks, it's also the way to stand in rapturous relief for public consumption, to live happily ever after.

By the end of the show, I wasn't convinced. I wasn't happy. I was in a state of grief.

Grief for the melodrama of an experience that began with an educated, intelligent, competent woman who with each passing episode, moved farther and farther away from putting her education and talent first, instead of her insatiable need for instant and short-lived gratification.

Grief for the immaturity of the would-be suitors, who were forced into little more than a display of male competition. Grief for the way television can create a strange mix of reality and imagination, confusing and condescending.

But mostly, grief for those of us who bought into it, and now see once again how powerful the media really is.

WINS 10TH BIRTHDAY PARTY

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The panel continued the discussion with a lively dialogue. Richard Gould MD (pediatrician), Jane McCarthy (TV reporter), Serena Ryder RD (dietitian), and Harold Harrington (teacher) joined Robin and Lynda for a lively dialogue. They concluded that our next project needs to address educating parents to prevent eating disorders.

The top raffle prize winner was a 12 year old, who bought the winning ticket with her own money, winning tickets to a Kings basketball game, which she thoroughly enjoyed. Many companies donated prizes for the raffle, helping to make the event even more enjoyable.

The party's planning, food and beautiful decorations were entirely the product of our Executive Director, Mercedes Gonzalez, Board Members Mary Jane Ray and Kathryn Maffia and volunteers Jim Ray, Jean Barnaby, Jennifer Jurusik, Linda Drew and Eric Gensoer.

You were all wonderful and this turned out to be a great event! I am so proud to have been a part of WINS for the last 4 years and to have shared in this celebration. Thank you all!

ENOUGH IS ENOUGH

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I have a good dependable car and yet I see new cars and think I should update and get a new car. I'm not rich, but blessed with a comfortable lifestyle and yet I catch myself sometimes having my pity-party instead of thinking about what I can do for others.

I've traveled thousands of miles internationally in safety this year to lecture and promote my books and yet I'm sometimes unmotivated to just get up and go the grocery store. It's OK to want the good things in life. But wisdom, balance and gratitude help us to appreciate what we already have and overcome the addiction of "MORE."

During this holiday season, I'm challenging myself to learn when "enough is enough." I'm challenging myself to live in the moment and be thankful for what is already on "my plate" before asking God for more.

I like this line from the movie, Ferris Bueller's Day Off..." Life moves pretty fast. If you don't stop and look around once in a while you could miss it." I want to practice an attitude of gratitude everyday. I want to live a life of thanksgiving and thanks Giving. I give thanks to all who have given me love, confidence, support, referrals, questions, feedback and prayers.

VALUABLE INFORMATION

There is a lot of good information for women at two websites:

www.4woman.gov

and

www.4girls.gov

submitted by Sabrina Matoff

READING LIST

AVAILABLE ON REQUEST

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

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

BOOK REVIEW

continued from the preceding page

from the beginning of therapy, mid-way through and at the end and shows how each benefited from following her plan. She then discusses the "diet" to nourish your soul: Appetizer – Love Your Self, Main Course – Be True to Your Self, On the Side – Express Your Self, Refreshment – Give to Your Self, Dessert – Believe in Your Self. She ends with 30 "recipes" to help you nourish your soul. Most of them appear to be journal writing or meditation exercises.

Overall I found the book interesting and full of good and thought-provoking ideas. I think it's a good read for anyone who is concerned about his or her weight or eating habits. In general I don't like suggestions such as "look at yourself naked in the mirror" and "find the things you love about yourself" or "look at yourself and say, 'I love you.'" Those work great for some people and not for others. But I took the 12-step philosophy of "take what you want and leave the rest" and I felt the book offered quite a bit.



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We urge you to join our organization by sending your donation today.

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

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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.*)
[] \$10 Student (Donation over \$10 appreciated)
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Number desired: ____ Amount enclosed: \$ _____

[] Middle/High School Curriculum & Video @ \$50 for both. Number desired: ____ Amount enclosed: \$ _____

[] Middle/High School Video(s) @ \$15 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: _____