

YOUR BODY IS NOT A PROBLEM



WHO AM I?




WHAT YOU MIGHT WANT FOR THIS PRESENTATION

- I RECOMMEND GRABBING A PEN AND PAPER IN CASE YOU HAVE A THOUGHT, OBJECTION, QUESTION, HELPS YOU THINK WHEN YOU DOODLE
- I WILL BE ASKING YOU REFLECTIVE QUESTIONS THROUGHOUT AND YOU MAY WANT TO COME BACK TO THESE QUESTIONS AT A LATER TIME
- BE CURIOUS ABOUT YOUR RESISTANCE- WHAT'S IT TELLING YOU?
- GET COMFORTABLE


DISCLAIMER

- THE MATERIAL, IDEAS, AND SOME OF THE WORDS USED IN THIS PRESENTATION ARE NOT MINE, AND I AM HAPPY TO SUPPLY A REFERENCE LIST
- I DO NOT INTEND OR PROCLAIM TO REPRESENT EVERYONE'S EXPERIENCE – I SPEAK IN GENERALIZATIONS AND THEMES
- I ENCOURAGE SKEPTICISM- NOT EVERYTHING I TALK ABOUT TONIGHT WILL RESONATE WITH YOU, LET THESE IDEAS SIT WITH YOU, LET THEM MARINATE
- THERE IS A LOT OF MATERIAL COVERED IN THIS PRESENTATION. IF YOU FEEL OVERWHELMED TAKE A BREAK AND COME BACK.
- I BELIEVE IN **BODY AUTONOMY**- DO WHAT EVER YOU WANT WITH YOUR BODY- IT'S YOURS AFTER ALL

The background of the slide is a light purple gradient. In the upper portion, there are several realistic-looking water droplets of various sizes, some with highlights and shadows, giving them a three-dimensional appearance. The text is centered in this upper section.

**YOUR BODY IS NOT A
PROBLEM**

The culture is!

The lower portion of the slide features a light blue gradient background. Similar to the top section, there are several realistic-looking water droplets of various sizes, some with highlights and shadows, scattered across the bottom right and center areas. The text is centered in this lower section.



MORNING BOYS,
HOW'S THE WATER?

WHAT THE HELL
IS WATER??

DIET CULTURE/ BIKINI INDUSTRIAL COMPLEX:

CHRISTY HARRISON AND EMILY AND AMELIA NAGOSKI

IS A SYSTEM OF BELIEFS THAT:

- ROOTED IN CLASSISM, RACISM AND REVERENCES THINNESS
- IF FUELED BY BILLIONS OF DOLLARS ANNUALLY:
 - 70 BILLION AT LEAST IS DIETS AND DIET PRODUCTS, AT LEAST 130 BILLION IN ADVERTISEMENTS, PLUS VITAMINS/SUPPLEMENTS, PLUS RECREATION PASSES, PLUS PLASTIC SURGERY, ECT, ECT
- EQUATES THINNESS TO **HEALTH** AND **MORAL VIRTUE**, WHICH MEANS:
 - YOU CAN SPEND YOUR WHOLE LIFE THINKING YOU'RE NOT ENOUGH IF YOU DON'T LOOK LIKE THE "ASPIRATIONAL IDEAL."
 - CONVINCES US WE SHOULD AND NEED TO CONFORM TO THIS IDEAL
- RELIGION OF THINNESS- DR. MICHELLE LELWICA

DIET CULTURE/ BIKINI INDUSTRIAL COMPLEX:

- **WEIGHT LOSS IS SEEN AS A MEANS OF ATTAINING HIGHER STATUS, WHICH MEANS:**
 - YOU FEEL COMPELLED TO SPEND A MASSIVE AMOUNT OF TIME, ENERGY, AND MONEY TRYING TO SHRINK YOUR BODY OR CONFORM TO THE CURRENT STANDARDS OF BEAUTY
- **DEMONIZES CERTAIN WAYS OF EATING WHILE ELEVATING OTHERS WHICH MEANS:**
 - YOU'RE FORCED TO BE HYPER-VIGILANT ABOUT YOUR EATING
 - ASHAMED OF MAKING CERTAIN FOOD CHOICES
 - DISTRACTED FROM YOUR PLEASURE, YOUR PURPOSE, AND YOUR POWER

QUESTIONS:

WHAT IS YOUR LIFE CENTERED AROUND?

HOW MUCH TIME DO YOU SPEND THINKING ABOUT SOMETHING RELATED TO DIET CULTURE?

HOW MUCH MONEY HAVE YOU INVESTED INTO DIET CULTURE?



DIET CULTURE

keeping women from being
badass power bitches since 1840

#LoseHateNotWeight

HEALTHISM

ORIGINALLY FROM LUCY APHRAMOR- WELLNOW, NAKED DIETITIAN

SEE FULL ARTICLE AT [HTTPS://ASKABOUTFOOD.COM/WHAT-IS-HEALTHISM-AUGUST-2018/](https://askaboutfood.com/what-is-healthism-august-2018/)

- 1) (HEALTHISM IS) THE BELIEF SYSTEM THAT SEES HEALTH AS THE PROPERTY AND RESPONSIBILITY OF THE INDIVIDUAL AND RANKS THE PERSONAL PURSUIT OF HEALTH ABOVE ANYTHING ELSE.-
 - 1) TIED TO BOOTSTRAPPING AND THE PROTESTANT WORK ETHIC

- 2) IT (HEALTHISM) IGNORES THE IMPACT OF POVERTY, OPPRESSION, WAR, VIOLENCE, LUCK, HISTORICAL ATROCITIES, ABUSE, AND THE ENVIRONMENT (WHICH INCLUDES TRAFFIC POLLUTION, CLEAN WATER, ETC.).
 - SOCIAL DETERMINANTS OF HEALTH

- 3) IT PROTECTS THE STATUS QUO, LEADS TO VICTIM BLAMING AND PRIVILEGE, INCREASES HEALTH INEQUALITIES, AND FOSTERS INTERNALIZED OPPRESSION.

- 4) IT JUDGES PEOPLE'S WORTH ACCORDING TO THEIR HEALTH.

TO SUMMARIZE, HEALTHISM INVOLVES INDIVIDUALS NOT THINKING ABOUT SATISFACTION, TASTE, COST AND AVAILABILITY WHEN CONSIDERING THEIR HEALTH. THIN PRIVILEGE AND FINANCIAL PRIVILEGE HAVE A SIGNIFICANT IMPACT ON THE BELIEF SYSTEM THAT PEOPLE HAVE REGARDING WHAT THEY SHOULD AND SHOULD NOT EAT.

Orthorexia:

•Dr. Steve Bratman coined the term **orthorexia nervosa** to describe cases where the quest to find healthy food:

“becomes a disease in it’s own right, as bad in a way as the diseases its meant to forestall or cure”

WELLNESS CULTURE:

WHAT IS IT?

- DIET CULTURE SHAPESHIFTS AND APPEARS IN SNEAKER LESS OBVIOUS WAYS-
WHY? TO APPEAL TO LATEST TRENDS- IT NEEDS TO STAY RELEVANT AND APPEAL TO THE YOUNGER GENERATIONS SO THERE ARE YEARS OF PROFIT TO BE MADE
- **WELLNESS CAN BE MORE ABOUT PERFORMING HEALTH WHICH IS:**
 - PERFECTIONISTIC
 - DISCRIMINATORY IDEA OF WHAT HEALTH IS SUPPOSED TO LOOK LIKE-WHICH IMPLIES THINNESS, YOUTH, PHYSICAL ABILITY AND WEALTH
 - WELLNESS IS ABOUT EATING THE “**RIGHT**” THINGS AND REMOVING SUPPOSEDLY “**IMPURE**” FOODS FROM YOUR LIFE = FEAR MONGERING
- THE “**WELLNESS**” CULTURE AND “**HEALTHY EATING**” ARE THE REINVENTION OF THE DIET- SEEN AS “KETO”, “PALEO”, “WHOLE 30”, GLUTEN SENSITIVITY, “INTERMITTENT FASTING” “CLEAN EATING”, BODY BUILDING, CUT OUT/QUIT_____.

QUESTIONS:

1. WHAT IS HEALTH AND HOW WOULD YOU DESCRIBE IT?
2. WHAT IS YOUR LIFE CENTERED AROUND?
3. HOW MUCH TIME DO YOU SPEND THINKING ABOUT SOMETHING RELATED TO DIET CULTURE?
4. HOW MUCH MONEY HAVE YOU INVESTED INTO DIET CULTURE?

I've started this amazing new detox diet. What you do is cleanse yourself from all toxic body ideals and eat whatever the fuck you want. I feel super refreshed.

WEIGHT STIGMA AND DISCRIMINATION, FATPHOBIA:

(AND ANY OTHER TYPE OF OPPRESSION)

- **WEIGHT STIGMA:**

- GENERALLY REFERS TO **NEGATIVE WEIGHT-RELATED ATTITUDES** TOWARD AN INDIVIDUAL WITH EXCESS WEIGHT OR OBESITY(HIGHLY STIGMATIZING WORD). THESE **ATTITUDES** ARE OFTEN MANIFESTED BY NEGATIVE STEREOTYPES, SOCIAL REJECTION AND PREJUDICE (REBECCA PUHL).

- **WEIGHT DISCRIMINATION:**

- IS DISTINCT FROM STIGMA AND NEGATIVE ATTITUDES, AND SPECIFICALLY REFERS TO **UNEQUAL, UNFAIR TREATMENT** OF PEOPLE BECAUSE OF THEIR WEIGHT (REBECCA PUHL).



Vain

Bitchy

Superficial

Ambitious

Conceited

Confident

Mean

Lazy

Giving

Insecure

Undisciplined

Careless

Passive

Nice

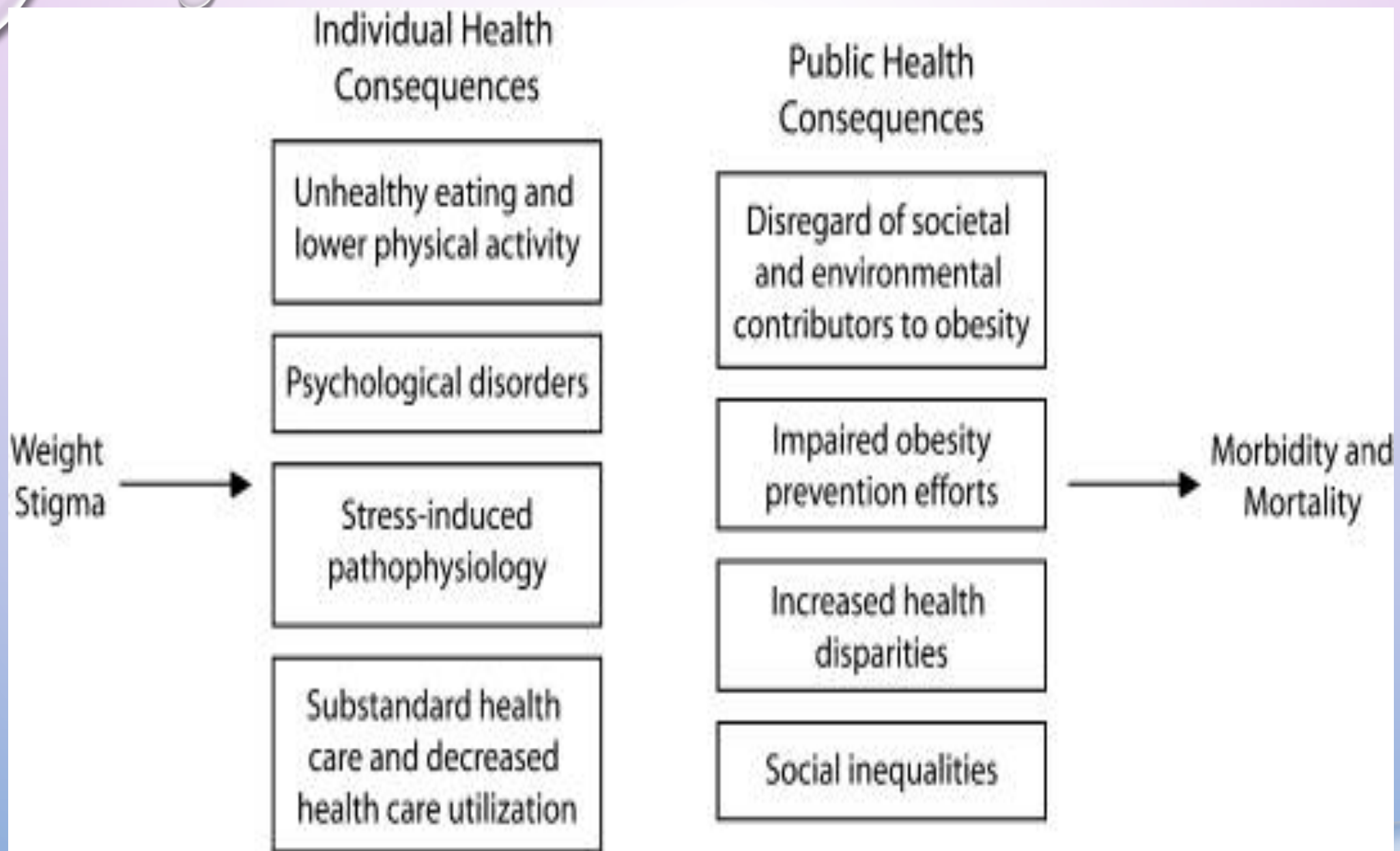
WEIGHT STIGMA AND DISCRIMINATION

WHY DOES IT MATTER?

- **HYPOTHALAMIC PITUITARY ADRENAL (HPA) AXIS IS OUR CENTRAL STRESS RESPONSE SYSTEM**
 - CHRONIC STRESS= WIDE RANGE OF HEALTH PROBLEMS MANY WHICH ARE ASSOCIATED WITH WEIGHT (HEART DISEASE, DIABETES, CANCER, HIGH BLOOD PRESSURE, ECT)
 - GETS IN THE WAY OF TAKING CARE OF OUR BODIES

WHERE DOES IT EXIST?

- EVERYWHERE- CLOTHING, ACCESSIBILITY, COMPLIMENTS, WORK, MUSIC, SCHOOLS
- MOST COMMON PERPETRATORS: FAMILY MEMBERS, HEALTH PROFESSIONALS
- DEB BURGARD, PHD:
 - “WE ARE PRESCRIBING FOR FAT PEOPLE WHAT WE DIAGNOSE AS EATING DISORDERS IN THIN PEOPLE”



FATPHOBIA: ACCORDING TO VIRGIE TOVAR



WHAT IT IS:

FATPHOBIA CREATES A REALITY IN WHICH YOU ARE EITHER EXPERIENCING THE SOCIAL STIGMA OF BEING FAT

OR

YOU ARE LIVING IN PERPETUAL FEAR OF BECOMING SOMEONE WHO EXPERIENCES THE SOCIAL STIGMA OF BEING FAT WHILE ALSO STILL GAINING A SENSE OF SAFETY THAT YOU AREN'T YET THAT PERSON.

3 LEVELS: INTRAPERSONAL, INTERPERSONAL, INSTITUTIONAL

INTRAPERSONAL FATPHOBIA

- THE INTRAPERSONAL LEVEL IS ABOUT HOW FATPHOBIA AFFECTS **HOW SOMEONE SEES THEMSELVES**.
- MANY PEOPLE **ARE HIT VERY HARD ON THIS LEVEL**. THE PAIN OF INTRAPERSONAL FATPHOBIA IS VERY REAL.
- OUR CULTURE TEACHES US TO FEEL LIKE WE ARE NEVER GOOD ENOUGH, AND THAT WE CAN USE WEIGHT CONTROL AS A MECHANISM TO ACCEPT BLAME FOR ANYTHING THAT MIGHT BE GOING WRONG – WHETHER IT'S OUR FAULT OR NOT.
- WOMEN IN PARTICULAR ARE TAUGHT TO BLAME OURSELVES FOR WHATEVER MIGHT BE GOING WRONG IN OUR LIVES.
- INTRAPERSONAL LEVEL IS WHERE **PEOPLE SHARE MOST COMMON GROUND**
 - OFTENTIMES, REGARDLESS OF BODY SIZE OR SHAPE, PEOPLE ARE VERY MUCH IMPACTED AT THIS LEVEL
- **AN EXAMPLE :**
 - WHEN SOMEONE CANNOT FOCUS ON A MEANINGFUL MOMENT IN THEIR LIVES (LIKE SEX OR A WEDDING OR AN IMPORTANT BIRTHDAY) BECAUSE THEIR FATPHOBIC THOUGHTS ARE SO LOUD THAT ALL THEY CAN THINK OF IS HOW THIS MOMENT WOULD BE BETTER IF THEY WERE MORE WEIGHT COMPLIANT.

INTERPERSONAL FATPHOBIA

- THE INTERPERSONAL LEVEL IS ABOUT **HOW OTHER INDIVIDUALS** TREAT AND SEE YOU.
- THIS IS WHERE EXPERIENCES CAN BEGIN TO DIVERGE BETWEEN FAT PEOPLE AND THIN PEOPLE.
- MAYBE A THIN PERSON HAS A LOT OF REALLY INTENSE NEGATIVE THOUGHTS ABOUT THEMSELVES (INTERNALIZED FATPHOBIA),

BUT

OTHER PEOPLE DO NOT SEE THEIR BODY AS UNUSUAL, PARTICULARLY THREATENING, OR WORTHY OF COMMENTARY.

FURTHER, PEOPLE MIGHT NOT TREAT THEM AS A LESS THAN

- OFTEN, IF YOU ARE FAT, YOU HAVE EXPERIENCED PERSONAL REJECTION BECAUSE OF BODY SIZE.
- FAT PEOPLE HAVE ALSO LEARNED TO EXPECT THAT OTHER PEOPLE ARE GOING TO COMMENT ON OUR BODIES — OR WE HAVE AT LEAST EXPERIENCED IT ENOUGH THAT EVEN IF IT DOESN'T HAPPEN THAT FREQUENTLY, WE ARE OFTEN DEALING WITH THE STRESS OF EXPECTING IT TO HAPPEN ALL THE TIME (THIS IS CALLED HYPERVIGILANCE).

AN EXAMPLE: WHEN SOMEONE MAKES A NEGATIVE COMMENT ABOUT YOUR BODY SIZE OR HOW YOU'RE EATING

INSTITUTIONALIZED FATPHOBIA

- HAS TO DO WITH ACCESS TO MEANINGFUL PARTICIPATION IN SOCIETY,
- WHICH INCLUDES THINGS LIKE:
 1. WHETHER OR NOT YOU FEEL A SENSE OF BELONGING WHEN YOU'RE OUT IN THE WORLD,
 2. ACCESS TO QUALITY MEDICAL CARE,
 3. YOUR ABILITY TO SEE YOURSELF IN THE CULTURE AT LARGE (REPRESENTATION).
 4. IT ALSO MEANS ACCESS TO THINGS LIKE LOVING RELATIONSHIPS
 5. A GENERAL SENSE THAT THE CULTURE IS INVESTED IN YOUR PARTICIPATION AND EXISTENCE.

AN EXAMPLE:

WHEN A FAT PERSON GOES TO THE DOCTOR SEEKING TREATMENT FOR DEPRESSION AND LEAVES WITH A PRESCRIPTION TO LOSE WEIGHT RATHER THAN A PRESCRIPTION FOR ANTI-DEPRESSANTS.

Thin privilege

- A term based on the sociopolitical *narrative* that thinner bodies are superior in multiple areas of society
- A term which describes an aspect of sociopolitical *power* individuals in thin bodies possess based on smaller=superior narrative
- Individuals in thin or smaller bodies are more likely to be *assumed* to be trustworthy, reliable, intelligent, healthy, active, disciplined, respectable, hard working, even law abiding solely based on body size (these words have extra emphasis if you're white as well)

The Body Image Therapist | *Ashlee Bennett*



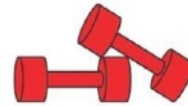
You can shop for clothing in any store



Your body fits in between restaurant tables



Your doctor doesn't blame all your symptoms on your weight



People don't mock/patronize you when you exercise

Examples of thin privilege



Airplane seats fit you and your seatmates don't grimace when you board



People don't judge your food choices



BP cuffs, hospital gowns, and MRI machines fit your body



Chairs in public spaces fit and support your body

QUESTIONS BY

ISABEL FOXEN DUKE

- "HOW AM I, OR OTHERS, TREATED UNEQUALLY ON THE BASIS OF SIZE?"
- "HOW DOES LIVING IN A 'THIN-IS-BEST' CULTURE AFFECT ME EMOTIONALLY, PHYSICALLY, OR OTHERWISE?"
- "WHAT ARE MY OPTIONS FOR RESPONDING TO THESE FORMS OF OPPRESSION WHEN THEY COME UP AROUND ME OR AFFECT MY OWN THINKING?"
- WHEN WE REFRAME THE PROBLEM FROM *US* BEING THE PROBLEM, TO *DIET CULTURE* BEING THE PROBLEM, THE SOLUTION STARTS TO LOOK VERY DIFFERENT...

DIETS/RESTRICTIVE EATING



WHAT ARE THEY?

- A WAY OF EATING THAT YOU FEEL EMOTIONALLY ATTACHED TO-
 - DO YOU FEEL GOOD OR BAD ABOUT YOURSELF AFTER EATING? (ISABEL FOXEN DUKE)
- “DIETING IS AN EXPRESSION OF DISTRESS”- VIRGIE TOVAR(CREATOR OF RIOTS NOT DIETS)
- RESTRICTIVE EATING/FOOD RULES- WHAT, WHEN, HOW MUCH, TIMES, AMOUNTS, FREQUENCY, WHAT TO AVOID

WHAT DO WE KNOW ABOUT THEM:

- MOST DIETS START WITH A BAD BODY THOUGHT
- CONTRIBUTES TO BODY DISSATISFACTION, LOWER SELF-ESTEEM, PREOCCUPATION WITH FOOD AND BODY, FOOD CRAVINGS, WEIGHT STIGMATIZATION AND INCREASE IN WEIGHT GAIN, PSYCHOPATHOLOGY(DEPRESSION, ANXIETY, SUICIDE AND SELF-HARM)

DIETS/RESTRICTIVE EATING:

PART 2

- WHY DOESN'T RESTRICTION WORK LONG-TERM: **IT'S NOT YOUR FAULT!!**

1. GENETICS:

- 50-80% OF OUR WEIGHT IS A RESULT OF OUR GENETICS- TWIN STUDIES
- "EVEN IF EVERYBODY ATE THE EXACT SAME FOODS AND ENGAGED IN THE SAME AMOUNT OF DAILY ACTIVITY, THERE WOULD STILL BE A WIDE VARIATION OF BODY SIZES"-THE DIET' SURVIVOR'S HANDBOOK
- POODLE SCIENCE

2. EVOLUTION/ PHYSIOLOGY-

YOUR BODY'S WISDOM- YOUR BRAIN'S MAIN JOB IS KEEPING YOU ALIVE

PHYSIOLOGY/EVOLUTION

- OUR BODIES ARE INVESTED IN MAINTAINING **HOMEOSTASIS**-
 - WHICH MEANS OUR BODY DOES WHAT IT CAN TO MAINTAIN RELATIVELY STABLE INTERNAL CONDITIONS DESPITE THE EXTERNAL ENVIRONMENT.
- THE MAJOR BRAIN STRUCTURE RESPONSIBLE FOR THIS MONITORING IS THE **HYPOTHALAMUS**-
 - WITHIN THE HYPOTHALAMUS THERE ARE NEURONS THAT ARE RESPONSIBLE FOR MONITORING THE AMOUNT OF FAT ON THE BODY
- WHEN THE BODY LOSES WEIGHT THIS CONTROL CENTER WORKS TIRELESSLY TO MAINTAIN A WEIGHT THAT IT DECIDES IS APPROPRIATE-
 - THIS IS CALLED YOUR **SET POINT**

- The fat we have on our body sends constant signals to this control center or the brain, therefore our brain is constantly aware of fat score levels
- When the body detects weight loss it signals strong physiological processes designed to conserve weight-
 - dieting reduces **leptin**, which triggers an increase in appetite and decrease in energy as your body is trying to replace fat stores

There are **2 main hormones** are triggered when the body loses weight **ghrelin** and **leptin**

1. **Ghrelin**, called the "**hunger hormone**":

It is produced and secreted when the stomach is empty where it will travel through the bloodstream to the hypothalamus.

It's main function is to increase appetite and prompt the person to search out food and think about food.

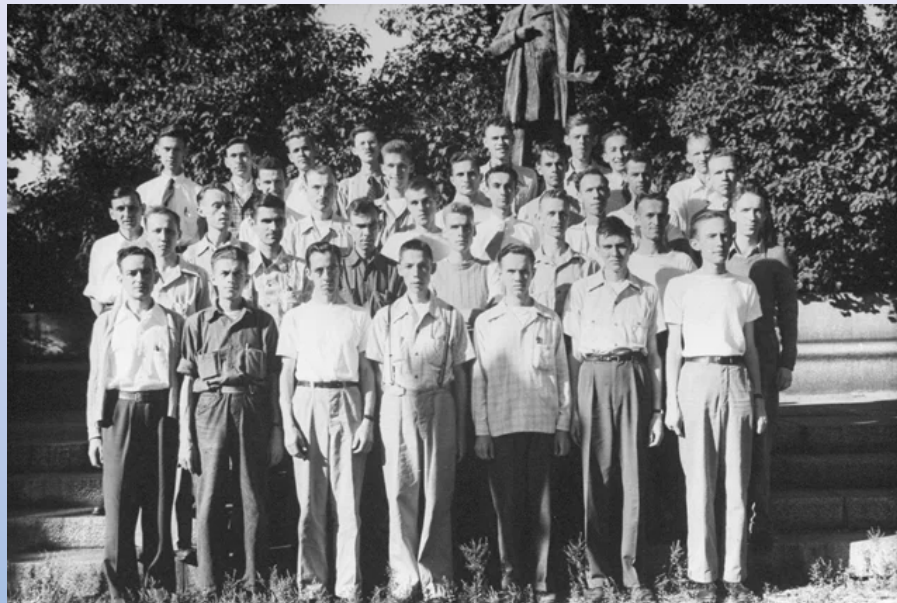
2. **Leptin** called the "**fullness hormone/starvation hormone**":

It is stored in the body's fat stores- when the amount of body fat goes down leptin levels increase also triggering an increase in appetite and a decrease in metabolism (how our body uses energy)

- The body will start to conserve energy where it can because it believes it is going in a famine and wants you to live!

THE MINNESOTA STARVATION STUDY AKA ANCEL KEYS STUDY

- VERY INTERESTING ARTICLE ON HOW DIETS IMPACT OUR BRAINS AND THINKING- “THE KEYS STUDY”-1944 ANCEL KEYS DEMONSTRATED HOW THE BODY REBELLED AGAINST UNNATURAL WEIGHT LOSS



ADAPTATION

- GOING ON A DIET AUTOMATICALLY LOWERS YOUR METABOLISM EACH TIME
 - **WHY?**
 - WITH EVERY DIET THE INDIVIDUAL WILL LOSE FAT AND LEAN MUSCLE TISSUE-MUSCLE TISSUE IS THE PART OF THE BODY THAT IS METABOLICALLY ACTIVE
 - EACH DIET = MORE LEAN MUSCLE MASS LOST
 - EX BIGGEST LOSER

WHAT DRIVES YOUR HUNGER?

ISABEL FOXEN DUKE BREAKS EATING DOWN INTO

3 DIFFERENT TYPES

1. **PERCEIVED NOURISHMENT OR PHYSICAL HUNGER:** EATING WHEN HUNGRY AND BEING ABLE TO DISTINGUISH HUNGER AND FULLNESS CUES
2. **TRUE/PURE EMOTIONAL HUNGER-** OCCURS SIMULTANEOUSLY WITH A WIDE VARIETY OF EMOTIONS, INCLUDING FEAR, HAPPINESS, JOY
3. **BINGE EATING-** THIS IS A DIAGNOSABLE EATING DISORDER-HIGHLY STIGMATIZED

PERCEIVED NOURISHMENT/PHYSICAL HUNGER

3 BIRDS COUNSELLING ASKS:

“IMAGINE IF WE TREATED THE PHYSIOLOGICAL CUE TO PEE THE SAME WAY WE TREAT HUNGER”:

- I CAN'T PEE AT THIS TIME OF DAY
- I CAN ONLY PEE THIS MUCH
- I'M BAD IF I STILL NEED TO PEE AND I AM GOOD IF I PEE LESS
- I SHOULD ONLY PEE IN THIS WAY
- I SHOULD IGNORE THE CUE TO PEE
- THIS IS A GOOD PEE/THIS IS A BAD PEE
- I CAN ONLY PEE IF I AM THIN

EMOTIONAL EATING

- GETS A BAD REPUTATION- ISN'T INTRINSICALLY BAD. IT IS NORMAL/NATURAL
 - CAN AND SHOULD BRING JOY AND COMFORT TO OUR LIVES:
 - BABIES, BIRTHDAY CAKE, HOT TEA, TURKEY DINNER, FRESH BAKED BREAD
- A WAY TO COPE WITH OUR EMOTIONS AND SOOTHE OURSELVES: AS HILARY AND DANA WOULD SAY, **“THERE IS WISDOM IN YOUR COPING”**
- **“SOOTHING PROBLEM,”** HOW DIET CULTURE AND MARGINALIZATION ROB US OF THE ABILITY TO MEET OUR NEEDS- JUDITH MATZ
 - BECOMES A PROBLEM WHEN WE ONLY HAVE ONE TOOL TO COPE WITH OUR EMOTIONS
- **LINDO BACON** HAS FOUND THAT PEOPLE WHO FEEL RESTRAINED AROUND FOOD ARE MORE LIKELY TO TURN TO FOOD WHEN FEELING EMOTIONAL DISTRESS, THEREFORE IT IS MORE COMMON IN RESTRAINED EATERS THAN UNRESTRAINED EATERS

BINGE EATING

- DIFFERENT THAN PURE EMOTIONAL EATING- NORMAL EATERS DON'T DO THIS
- QUANTITY IS SUBJECTIVE, SO IT IS MORE HELPFUL TO DEFINE A BINGE BY WHAT CAUSED OR MOTIVATION OF THE BINGE- **SHAME** AND **GUILT** PRIMARILY
 - WHAT OCCURRED BEFORE THE BINGE
 - SEE WHAT'S GOING ON WITH OUR THOUGHTS BEFORE ANY ACTION TAKES PLACE
- REACTION TO **PERCEIVED** OR **REAL DEPRIVATION**: WHICH CAN BE PHYSICAL OR EMOTIONAL
 - **EMOTIONAL DEPRIVATION** OCCURS WHEN WE LET OURSELVES EAT AND THERE IS A GIANT **BUTTTTT** ALONG WITH THE SERVING OF WHATEVER YOU ARE EATING-
CREATING ANXIETY WHICH YOUR BRAIN REGISTERS AS A THREAT TRIGGERING THE SCARCITY MINDSET
- JUDGING RESULTS IN FEELING BAD ABOUT OURSELVES OR OUR BODY- WHICH CAN RESULT IN BINGE EATING
- **ACTIVITY/QUESTION:** WRITE YOURSELF A PERMISSION SLIPS: WHAT WILL YOU START ALLOWING YOURSELF TO DO?

WEIGHT CYCLING

- WHAT DIETS PROMOTE: WEIGHT CYCLING/ YO-YO DIETING
- 95-98% OF DIETERS **WILL NOT MAINTAIN** ANY SIGNIFICANT WEIGHT LOSS AFTER 5 YEARS,
- 30% OF THOSE DIETERS WILL GAIN ADDITIONAL WEIGHT WHICH CREATES A PATTERN OF “WEIGHT CYCLING”
- REPEATED CYCLES OF WEIGHT LOSS AND REGAIN RESULT IN INFLAMMATION
- INDEPENDENT OF BODY SIZE PEOPLE THAT WEIGHT CYCLE HAVE HIGHER RATES OF HEART DISEASE, DIABETES AND CANCER- WHICH GETS BLAMED ON FATNESS, BUT MORE LIKELY DO TO THE INFLAMMATION
- USUALLY RESULT IN BEING LARGER THAN OUR SET POINT

QUESTIONS:

NEXT TIME YOU START THINKING ABOUT WANTING TO LOSE WEIGHT OR CHANGE YOUR BODY..... ASK

1. WHAT DO I NEED?
2. WHAT DO I ACTUALLY WANT?
3. WHAT DO I WANT TO EXPERIENCE?
4. WHAT AM I AFRAID OF?
5. IS THERE A BETTER WAY TO GET WHAT I WANT?

THE DIET CYCLE

1. A DESIRE TO BE THIN

2. RESTRICTIVE DIET

3. DIET MENTALITY

4. INITIAL WEIGHT LOSS

5. HUNGER & CRAVINGS

6. GIVING UP

7. GUILT, SHAME & ANXIETY

8. WEIGHT REGAIN

THE VICIOUS DIET CYCLE



CONTROL

- CONSTANTLY LOOKING FOR NEW WAYS TO CONTROL YOUR BODY
- LOOKING FOR SOMETHING EXTERNALLY, AGAIN HUSTLING FOR WORTHINESS
- FAULTY THINKING: IT'S AN ILLUSION
 - I CAN BE IMMORTAL AND CAN AVOID PAIN IF.....
 - SUCCESS (HOWEVER YOU DEFINE IT) WILL KEEP YOU FROM PAIN OR LOSING PEOPLE YOU LOVE
- CAN SHOW UP IN OTHER PARTS OF OUR LIVES BESIDES DIETING-AGAIN LOOK AT COVID BEHAVIOURS- IN TIMES OF ANXIETY WE FOCUS ON THE BODY

CONTROL

PRACTICE: GIVING UP CONTROL-**SURRENDER** HAS TO HAPPEN/RADICAL ACCEPTANCE

- **HOW?**
- NOTICING THE URGE TO TRY TO CONTROL THINGS(PREFRONTAL CORTEX TRYING TO PROTECT YOU) DESIRE TO CONTROL
- MOSTLY WHAT YOU ARE TRYING TO CONTROL IS NOT GOING TO BE FUNCTIONAL- MIGHT BE YOU TRYING TO CONTROL THINGS OUTSIDE OF YOUR CONTROL-EX: WHETHER OR NOT PEOPLE LIKE YOU
- **THE FANTASY** OF WHAT LIFE WILL BE LIKE WHEN YOU ACHIEVE THE BODY YOU WANT

QUESTION: WHAT DO YOU THINK WAITS FOR YOU? WHAT DO YOU IMAGINE LIFE WILL BE WHEN YOU REACH YOUR WEIGHT GOAL?

SPIRITUAL PRACTICE-ACKNOWLEDGE AND OBSERVING THE DESIRE TO CONTROL COMING IT UP AND BEING ABLE TO LET IT GO “GIVE IT TO GOD”- THIS IS THE GOAL

SUGGESTIONS:

- MEDITATION HELPS WITH THE NOTICING AND LETTING GO: GRANT WARDLOW DID A SERIES OF MEDIATIONS THROUGHOUT THE PANDEMIC
- TARA BRACH- RADICAL ACCEPTANCE/RADICAL COMPASSION
- KRISTEN NEFF- SELF-COMPASSION

DIET CULTURE DURING COVID-19

- GIVES US A **SENSE OF CONTROL** IN A TIME OF UNCERTAINTY- **SCARCITY MINDSET**
 - MAY HAVE ALSO CAUSED A DISRUPTION IN SOME BEHAVIOURS AND EATING PATTERNS
- DURING THIS PANDEMIC:
 - MANY PEOPLE WERE TRIGGERED
 - WHAT WILL MY EATING HABITS DURING QUARANTINE SAY ABOUT ME AS A PERSON?
 - WHAT WILL MY BODY TELL OTHERS ABOUT THE TIME I SPENT SHELTERING IN PLACE?
- DIET CULTURE IS SO INGRAINED IN HOW WE VIEW OURSELVES AND OTHERS THAT EVEN WHEN WE'RE ALONE, WITH NO ONE TO "IMPRESS," WE ARE MEASURING OUR BODIES, OUR FOOD INTAKE, OUR SIZE AND SHAPE AND WEIGHT, AND CONSIDERING WHAT THOSE MEASUREMENTS SAY ABOUT US. BETHANY MEYERS (BE.COME PROJECT)

Having eaten his entire lockdown stockpile in the first week, Chummy sat in the corner, paralyzed by regret and self-loathing.



IMAGINE:

JUDITH MATZ AND ELLEN FRANKEL ASK CLIENTS TO IMAGINE:

1. IMAGINE LIVING A LIFE WHERE YOU FEEL CALM AROUND FOOD
2. IMAGINE TRUSTING YOUR INTERNAL CUES TO TELL YOU WHEN YOU ARE HUNGRY, WHAT YOU ARE HUNGRY FOR, AND WHEN YOU HAVE HAD ENOUGH
3. IMAGINE ENJOYING ALL FOODS WITHOUT LABELING THEM AS “GOOD” OR “BAD”
4. IMAGINE NOT GOING ON A BINGE
5. IMAGINE NOT JUDGING DAYS AS “GOOD” OR “BAD” BASED ON DIET, WEIGHT OR FOOD
6. IMAGINE FEELING COMFORTABLE IN YOUR BODY AND WEARING CLOTHES YOU LOVE
7. IMAGINE MOVING YOUR BODY IN WAYS THAT FEEL GOOD AND IMPROVING YOUR HEALTH IN THE PROCESS
8. IMAGINE BEING ABLE TO HANDLE ALL THE VARIOUS STRESSORS IN LIFE WITHOUT USING FOOD TO MANAGE YOUR FEELINGS
9. IMAGINE LIVING IN A WORLD WITHOUT FEELING DEPRIVED
10. IMAGINE FEELING YOURSELF WITH SO MUCH LOVE, THIS COMPASSION SPREADS TO OTHER PARTS OF YOUR LIFE



bodyimage_therapist

A list of assumptions to challenge and let go:

- All weight gain is bad
- All weight loss is good
- All thin people are happy
- All fat people are unhappy
- All thin people are healthy
- All fat people are unhealthy
- Food is either all good or all bad

GRIEF AND RELIEF

- WITH THE UNDERSTANDING THAT **IT'S NOT YOUR FAULT** FOR THE DIETS YOU HAVE TRIED FAILING, MAY BRING **RELIEF** AND A **SUDDEN WAVE OF SADNESS**.
 - THIS SADNESS MIGHT BE TIED TO “**LETTING GO**”/” **SURRENDER**” OF THE FANTASY
- MOST PEOPLE HAVE INVESTED TIME, MONEY AND IN SOME CASES IT HAS BEEN INTEGRAL IN ORGANIZING AND SCHEDULING LIFE

RELIEF:

- WHEN YOU LET GO THE RULES GO AND YOU ARE ABLE TO LOOK AT THE WORLD THROUGH A BROADER MORE EXPANSIVE VIEW
- THERE IS A NEW WAY OF BEING

AN ALTERNATIVE APPROACH: HEALTH AT EVERY SIZE(HAES)

MAIN TENANTS:

1. HEALTH ENHANCEMENT- ATTENTION TO EMOTIONAL, PHYSICAL AND SPIRITUAL WELL-BEING
 2. SIZE AND SELF-ACCEPTANCE
 3. THE PLEASURE OF EATING WELL
 4. THE JOY OF MOVEMENT
 5. END WEIGHT BIAS
- HAES IS A WEIGHT-NEUTRAL APPROACH TO HEALTH CARE
 - PROMOTES THE PURSUIT OF HEALTHFUL BEHAVIORS FOR THE INHERENT HEALTH BENEFITS OF THOSE BEHAVIORS, RATHER THAN FOR THE EXPLICIT PURPOSE OF WEIGHT LOSS OR MANIPULATION

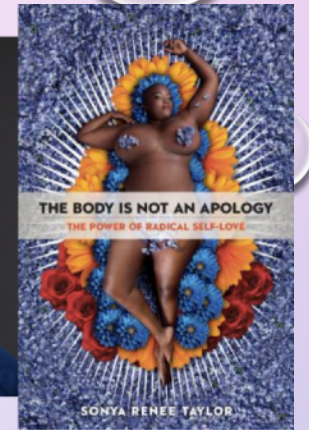
QUESTION:

WHAT HEALTH BEHAVIORS DO YOU DO THAT HAVE NOTHING TO DO WITH MANIPULATING YOUR BODY WEIGHT, SHAPE, SIZE?

HEALTHFUL BEHAVIOURS

- **EXERCISE:**
- **EATING NUTRITIOUS FOODS** (OF COURSE THIS IS A PRIVILEGE NOT EVERYONE HAS ACCESS TO- TIES INTO WELLNESS CULTURE/WHITE SUPREMACY AND ELITISM)
- CONNECTING WITH PEOPLE IN A MEANINGFUL WAY
- SLEEP
- DRINKING ENOUGH WATER
- RELAXATION
- BEING PART OF A SOCIAL MOVEMENT(RALLY) THAT PROVIDES PEOPLE WITH A VOICE AND SENSE OF EMPOWERMENT, CREATES MEANINGFUL CHANGE
- ALTRUISM- GIVING BACK
- DRINKING LESS ALCOHOL/USING FEWER DRUGS
- TAKING BREAKS
- PRACTICING GRATITUDE
- BEING IN NATURE

WHAT NOW?



IN THE BOOK **THE BODY IS NOT AN APOLOGY**, SONYA RENEE TAYLOR'S 10 TOOLS FOR RADICAL SELF-LOVE:

1. **DUMP THE JUNK-** CURATE THE MEDIA YOU CONSUME-REMEMBER IT IMPACTS YOU MENTAL AND PHYSICAL HEALTH
2. **CURB BODY BAD-MOUTHING-** HOW WE SPEAK ABOUT OUR BODIES IMPACTS HOW WE EXPERIENCE OUR BODIES. "LANGUAGE CAN BE A TOOL OF BODY TERRORISM OR A TOOL FOR RADICAL SELF-LOVE
3. **FIND COMMUNITY:** THIS WILL HELP SHATTER THE IDEA THAT BODY SHAME IS AN INDIVIDUAL PROBLEM AND WILL HELP YOU RECOGNIZE THAT WE HAVE A SHARED EXPERIENCE

REJECT THE DIET MENTALITY

DIET MENTALITY

External Rules

→

Rigid

→

Deprived

→

Guilt

→

Fear

→

Preoccupied

→

Weight Loss

→

Shame

→

Judgment

→

Oppressed

→

In Control

→

ATTUNED EATING

Internal Cues

Flexible

Satisfied

Pleasure

Trust

Empowered

Nourishment

Compassion

Acceptance

Freedom

In Charge

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Honor Your Hunger

Sensations

Grumbling noises

Light headedness

Feeling faint

Dizziness

Cranky

"Hangry"

Irritability

Uncomfortable stomach pain

Difficulty concentrating

Headache

Check-in

Ask yourself:

"Am I hungry?"

"When was the last
time I ate?"

"What's my hunger level?"

"What does it feel
like to be hungry?"

"Am I physically hungry
or is this something else?"

PS all types of hunger are normal.

well made

@wellmade.nutrition

what's the greatest lesson a woman should learn?

that since day one. she's already had everything
she needs within herself. it's the world that
convinced her she did not.

- rupi kaur



the sun and her flowers

trust your body
it reacts to right and wrong
better than your mind does

- it is speaking to you

RESOURCES

BOOKS:

1. BODY RESPECT- LINDA BACON AND LUCY APHRAMOR
2. HEALTH AT EVERY SIZE- BY LINDA BACON
3. THE BODY IS NOT AN APOLOGY- SONEE RENEE TAYLOR
4. THE DIET SURVIVOR'S HANDBOOK- JUDITH MATZ AND ELLEN FRANKEL
5. ANTI-DIET- CHRISTY HARRISON
6. EMBODY: LEARNING TO LOVE YOUR UNIQUE BODY- CONNIE SOBCZAK
7. INTUITIVE EATING 3RD EDITION- EVELYN TRIBOLE AND ELYSE RESCH

COURSES:

1. NO MORE WEIGHTING- COURSE FROM **BENOURISHED.ORG**
2. INTUITIVE EATING FUNDAMENTALS- [HTTPS://CHRISTYHARRISON.COM/ONLINE-COURSES](https://christyharrison.com/online-courses)
3. ISABEL FOXEN DUKE- STOP FIGHTING FOOD MASTER CLASS: [HTTPS://MASTER.STOPFIGHTINGFOOD.COM/DETAILS/](https://master.stopfightingfood.com/details/)
4. SUMMER INNANEN- YOU, ON FIRE- [HTTPS://SUMMERINNANEN.COM/](https://summerinnanen.com/)
5. [HTTPS://WWW.NALGONAPOSITIVITYPRIDE.COM/-](https://www.nalgonapositivitypride.com/)

PODCASTS

- DIETITIANS UNPLUGGED
- CUT THROUGH NUTRITION
- REBELS EATERS CLUB
- REBEL THERAPIST
- FOOD PSYCH
- UNPACKING WEIGHT SCIENCE
- LIFE. UNRESTRICTED.
- FEARLESS REBEL RADIO

LANDWHALE

On Turning Insults Into Nicknames, Why Body Image Is Hard, and How Diets Can Kiss My Ass



JES BAKER

Author of *Things No One Will Tell Fat Girls*



SELF

=====
**Tess
Holliday's
Health
Is None
of Your
Business**
=====

