



EDENnews

NO 25 - June 2009

'Promoting Body Satisfaction'

Hi all,
Winter has certainly arrived with a BANG! This edition of the EDEN newsletter reviews some recent events such as Diet Free Day, and profiles Some exciting up and coming ones, including the launch of the book *Critical Feminist Approaches to Eating Disorders*, co-edited by our very own coordinator, Maree Burns. Also, tune into TV3 at 11am on Saturday 11th July to see a short documentary about EDEN.

A big thanks to Louise Stokes for her delicious blueberry pancakes recipe on pg.8. Keep these recipes coming in!

Take care and keep warm!

Check out pg 2. for the exciting new book:
Critical Feminist Approaches to Eating Dis/Orders!

EDEN Documentary

**Saturday
11th July @ 11am
on TV3!**



EDEN Services

EDEN offers a range of services, providing support for individuals and loved ones of those with an eating difficulty, including:

- Counselling Services & Directory
- Support Worker Appointments
- Telephone Support
- Support Groups
- Workshops
- Health Promotion Services
- Education & Information to schools, community groups, gyms, and health Professionals
- Books and Resources on Eating Difficulties

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EATING DIFFICULTIES EDUCATION NETWORK

www.eden.org.nz

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Critical Feminist Approaches to Eating Dis/Orders

Edited by Helen Malson &
Maree Burns (EDEN Coordinator)

About the Book

Over the past decade there have been significant shifts both in feminist approaches to the field of eating disorders and in the ways in which gender, bodies, body weight, body management and food are understood, represented and regulated within the dominant cultural milieus of the early twenty-first century.

This book addresses these developments, exploring how eating disordered subjectivities, experiences and body management practices are theorised and researched within postmodern and post-structuralist feminist frameworks.

Bringing together an international range of cutting-edge, contemporary feminist research and theory on eating disorders, this book explores how anorexia nervosa, bulimia nervosa and obesity cannot be adequately understood in terms of individual mental illness and deviation from the norm but are instead continuous with the dominant cultural ideas and values of contemporary cultures.

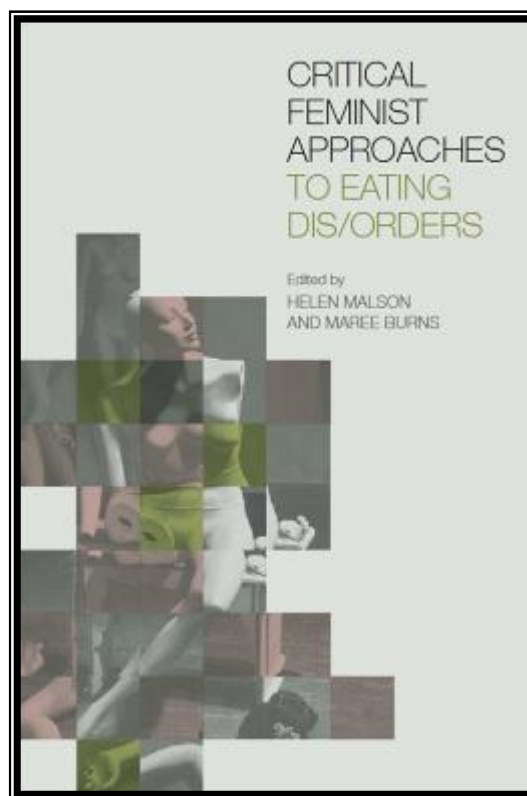
This book will be essential reading for academic, graduate and post-graduate researchers with an interest in eating disorders and critical feminist scholarship, across a range of disciplines including psychology, sociology, cultural studies and gender studies as well as clinicians interested in exploring innovative theory and practice in this field.

Reviews

"This is the book so many have been anxiously awaiting. Bringing together the perspectives of clinicians, theorists, activists, and those suffering, this book expands our thinking about what forces help to create and sustain eating disorders and stimulates a critically informed and comprehensive understanding of eating and body image disorders and of the contemporary woman's bodily experience. It is a ground-breaking and much-needed resource for those wanting to understand, treat, and prevent eating disorders."

Margo Maine, Clinical Psychologist, author and co-founder of the Maine & Weinstein Specialty Group.

LOOK!



NZ\$59.95 (May 2009)

Published by Routledge

(distributed by Macmillan Publishers NZ Limited)

Also Available through EDEN

\$50 plus \$5 for postage and packaging

Email: info@eden.org.nz

20 Things to do with lemons, other than the Lemon Detox Diet !!!

1. Grate lemon skin to create zest and add to your favourite fruit muffin recipe.
2. Accompany with salt and tequila for a shot of warmth—Mexican style!
3. Squeeze and mix juice with boiling water and honey for a soothing cough/cold remedy.
4. Garnish a cold glass of gin and tonic.
5. Disinfectant—great to use to disinfect or remove bad smells... especially in the fridge.
6. Grab a cricket bat, remove a lemon from the tree and kick off a lively game of backyard cricket.
7. Lemon cheesecake—enough said!
8. Soothing sunburn—apply diluted lemon juice to burnt area to take out some of the sting.
9. Squeeze juice onto your finger nails to whiten them (strange but true).
10. With the exception of maple guitars, use lemon juice as a cleaner to remove dirt in the grooves and to shine your guitar.
11. When you run out of insect repellent, boil the juice of a lemon and place where you are sitting—insects don't like it at all!



12. Short-term deodorant. Don't you hate it when you reach the end of your deodorant and don't have time to stop for more on the way to work?! Wipe lemon juice under your arms for a few hours of emergency deodorizing! (It's true!)
13. Lemon meringue pie—need we say more?!
14. Use juice as a stain remover—effective on skin, in coffee stained cups and on most materials eg: sheets.
15. A simple and tasty salad dressing—great for sprucing up a summer dish.
16. Rinse your hair with a mixture of 1/4 cup of lemon juice to 3/4 cup water and go outside in the sun for natural highlights. Makes your hair super-shiny too!
17. Use diluted juice as an anti-bacterial wash on new cuts or grazes.
18. Mix with massage oil to soften skin on hands or feet.
19. Invisible ink—dip a toothpick in lemon juice and write on white paper. Hold it up to a hot light bulb or a candle flame and as the paper heats up, your words become visible.
20. Remove grease from your BBQ. Cut a lemon in half and rub over the grill to remove grease after cooking.

Much more fun than drinking lemon syrup for 7 days!!!!



DIET FREE DAY 2009

May 6th saw EDEN staff, Governance members and Collective members celebrating international Diet Free Day in style at JoyBong Thai restaurant. What a wonderful day encompassing one of the major principles that underpin the work that we do here at EDEN: Diets are dangerous and they don't work! Instead opt for intuitive eating and a responsive relationship with your body.



"The biggest adventure that you can ever take is to live the life of your dreams"
(Oprah Winfrey)

Ten Great Reasons to Give Up Dieting for Good!

#10: Diets don't work. Even if you lose weight, you will probably gain it all back, and you might gain back more than you lost.

#9: Diets are expensive. If you didn't buy special diet products, you could save enough to treat yourself right now.

#8: Diets are boring. People on diets talk and think about food and practically nothing else. There's a lot more to life.

#7: Diets don't necessarily improve your health. Like the weight loss, health improvement is temporary. Dieting can actually cause health problems.

#6: Diets don't make you beautiful. Very few people will ever look like models. Glamour is a look, not a size. You don't have to be thin to be attractive.

#5: Diets are not sexy. If you want to be more attractive, take care of your body and your appearance. Feeling healthy makes you look your best.

#4: Diets can turn into eating disorders. The obsession to be thin can lead to anorexia, bulimia, bingeing, and compulsive exercising.

#3: Diets can make you afraid of food. Food nourishes and comforts us, and gives us pleasure. Dieting can make food seem like an enemy, and can deprive you of all the positive things about food.

#2: Diets can rob you of energy. If you want to lead a full and active life, you need good nutrition, and enough food to meet your body's needs. And the number one reason to give up dieting:

#1: Learning to love and accept yourself just as you are will give you self-confidence, better health, and a sense of well-being that will last a lifetime.

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phone (800) 756 - 7533 * Fax (760) 434 - 5476 catalogue@gurze.net *
www.bulimia.com

EDEN Governance Board Needs YOU!

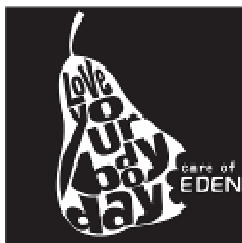
Do you have an understanding and commitment to EDEN's philosophy and approach? Do you want to support EDEN to thrive by being on its Governance group? Do you have **Marketing/PR** skills? Then EDEN would like to hear from you! Please contact us for information and an application form at info@eden.org.nz

Become an EDEN Love Your Body Day 09 Real Beauty!

- ♥ Are you loving, or working towards loving your curves?
- ♥ Do you want to promote body diversity and body satisfaction?
- ♥ Do you want to see more images of real women in the media?
- ♥ Would you like to feature in an EDEN/CLEO Love Your Body Day magazine spread?
 - ♥ Could you strike a pose in your Love Your Body Day Thunderpants*?

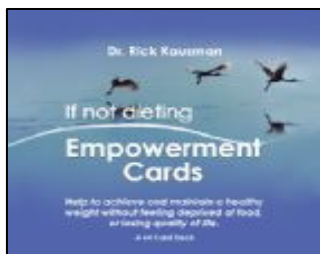
If this sounds like you and you live in Auckland, are aged between 18 years and 30 years, and you are sized somewhere between 12 and 20+, then we want to hear from you!

Please email Maree on coordinator@eden.org.nz before July 10th!



* In 2009 EDEN is teaming with fantastic underwear brand Thunderpants to produce some gorgeous Love Your Body Day undies in both a hipster and original fit! A pair of these undies plus whatever you want to wear on top will be your wardrobe for the shoot!

EDEN thanks **Fisher and Paykel** for their generous donation of a Dish Drawer for EDEN's kitchen! 😊



If Not Dieting Empowerment Cards (\$30)

A pack of 64 cards containing a key message and a beautiful nature photograph. Pick a card each day to provide help, support and inspiration to: enjoy food without feeling guilty, increase your eating awareness, enjoy moving your body, and improve how you feel about yourself. Email: info@eden.org.nz

Don't forget Dad this Father's Day! Give him a break from socks and hankies this year & get him an:

Entertainment Book

At only \$65.00 but with thousands of dollars worth of savings, Dad will be over the moon and you'll be supporting EDEN at the same time!

Email: admin@eden.org.nz

FAT-PHOBIA in NZ

This month has seen some ugly expressions of fat-phobia in the NZ media. It appears that size discrimination is alive and well in Aotearoa.

'The truth is - size matters' **(NZ Herald Saturday May 31, 2009)** **By Geraldine Johns**

The semi-retirement of 76 year old Professor John Birkbeck, adjunct professor in human nutrition at Massey University, has caused quite a stir recently! In an article in the NZ Herald on Saturday 30th May, he spoke out about how NZ has become a "nation of fatties and we are just getting fatter". In this article, Birkbeck claims that those who he deems as "over-fat", should be shunned by society, in an attempt to motivate them to lose weight. He stated that obesity was a "self-inflicted disease" and that this can be proven by looking at concentration camps, "You do not see fat people in concentration camps. Why? Because they get hardly anything to eat and they have to do a lot of work." He also went on to say "In a dictatorship, you say 'everybody that comes back in a year's time with a Body Mass Index (BMI) of more than 30 will be shot' - and you'll find hardly anyone has a BMI over 30." Although he does agree that this would not be appropriate, he does believe that the steps that have been taken to 'fight obesity' have not been working. His closing comment: "I think where we can make things uncomfortable for the seriously fat, we should do so with a clear conscience," certainly left readers with a lot to reflect on.

(See: http://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=10575525 for full article)

'Expert: It's your fault if you're a fatty' **(NZ Herald, Sunday May 31, 2009),** **By Anna Leask and Geraldine Johns**

In a response to the article of the previous day, after a recap of Birkbeck's most offensive comments, EDEN coordinator Maree Burns responded to these, and stated that there is enough fat-based discrimination in society already without such comments being made publically. This is an appalling example of fat-phobia which ignores a host of issues that completely undermine Mr Birkbeck's argument, including:

- ♥ *Body weight is not under voluntary control*
- ♥ *There is no research that demonstrates that weight loss is achievable or sustainable over the long term*

- ♥ *It is likely that lifestyle factors such as fitness and nutrition rather than fatness per se, is responsible for ill health*
- ♥ *It is possible to be fit and healthy AND fat!*
- ♥ *Restriction/dieting actually causes weight gain via dysregulating people's appetites, setting up cravings, and leading to binge eating*
- ♥ *Fat phobic attitudes are harmful for everybody with many in the so-called 'healthy weight' ranges prepared to engage in unhealthy weight management, not to get fat*
- ♥ *People in concentration camps were (obviously) very unhealthy. Thinness does not automatically equate to health*
- ♥ *Appetite/eating is not just about energy in/energy out. Feeding ourselves is a complex process determined by all sorts of factors such as gender, ethnicity, cultural background, socio-economic status, family values, etc*
- ♥ *Weight cycling—repeatedly losing and gaining weight is more dangerous to health than maintaining a higher weight*

(See: http://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=10575537 for the full article)

'Fat chance of tough love on the obese' **(Sunday June 7th)** **By Deborah Coddington**

One week later, Deborah Coddington, a regular columnist for the Herald, personally responded to Birkbeck's comments. Feeling it important to let readers know that her BMI sits very comfortably in the "healthy weight range", Coddington praised Birkbeck's "bravery" in claiming "...what we don't want to hear - it's our fault if we're fat". Sarcastic comments such as; "It's not their fault [overfat people] can't walk past a patisserie without wolfing down pies and doughnuts", and other highly offensive statements like; "...More than half of you are eating yourselves to death and the rest of us are paying for it" added fuel to the fire that Birkbeck started 7 days earlier. Coddington's closing paragraph: "If I fly with excess baggage I'm charged extra, yet the gut from the guy next to me could be rolling over the armrest into my seat, so why shouldn't he pay extra for his 130kg of bodyweight? Yes, I know why, because it would hurt his feelings. He has every right to be a big, fat slob. And people like me who don't eat more than we need should just shut up and pay", blatantly stoked the fires of prejudice and fat-phobia.

(See: http://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=10576861 for full article)

EDEN in the Media

**1. 'Standing Up for Body Satisfaction'
(March 2009 Cover story ASB
Community Trust newsletter)**

Overview of Love Your Body Day—October 27th and reporting on the services that EDEN offer to those who are struggling with an eating difficulty.

**2. 'Society thinks you are fat and useless' by
Stacey Knott (4th May In Unison magazine
cover story—Unitec magazine).**

Reflections on the diet/weight obsession that has NZ society in its grip. Included interviews with 'Anna', a young woman who lived with anorexia and with 'Kerryn', another woman who experienced life "at the other end of the scale".

See: <http://www.usu.co.nz/inunison/features/cover-story/society-thinks-you-are-fat-and-useless/> for full article.

**3. 'Why Don't We Love Our Bodies?' by
Janet Wilson. (May issue Mindfood
magazine)**

Discussed unhealthy and healthy thinking around food and how this can influence our eating habits. Deconstructed ideas of body image and femininity, and also the impact of cultural legacies. Introduces the notion of 'un-dieting'.

See: <http://www.mindfood.com/at-why-dont-we-love-our-bodies.seo> for full article.

**4. "Bite back and taste freedom" by Sarah
Lang (May 5th New Zealand Herald)**

Write-up by EDEN collective member Sarah Lang about Diet Free Day. Discussed history of Diet Free Day (or International No Diet Day) and suggested 10 ways to mark this wonderful and liberating occasion.

See: http://www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=10569863 for full article.



In the News

**Researcher/author helps identify
triggers that affect body image (May
14, 2009)**

Author/researcher Dianne Neumark-Sztainer, spoke in Toronto at beginning of May about the rise of men and boys struggling with eating difficulties. She emphasized the importance of nurturing a healthy attitude toward food and body image at home.

**NZ Government release—strategic plan
for EDS (May 07, 2009)**

On May 7th, Health Minister Tony Ryall confirmed that plans are underway for a new specialist eating disorders residential unit in Auckland to be running next year. Mr Ryall also said the Government would increase annual spending on eating disorder services by \$6.5 million, to \$17 million. NGO groups are concerned that the announcement did not include earlier intervention and hope that the plan will also include funding for early identification, intervention, support, referral, education and prevention for eating difficulties/disorders.

**Competitiveness And Perfectionism:
Common to Athletic Performance And
Disordered Eating (22nd May 2009)**

Timbirline Knolls, an eating disorder treatment facility in Chicago USA, released recent findings on the connection between perfectionism, competitiveness, elite level sport and disordered eating. The pressure involved in competitive sport and the tendency for coaches and other sports officials to overlook signs of disordered eating mean that many athletes struggle in silence.

**Clinical trials begin to research effects
of anorexia in children and adolescents
(7th May 2009)**

Stanford University School of Medicine and Lucile Packard Children's Hospital begin clinical trials this month, to explore the medical impact of anorexia on young sufferers in an attempt to find better ways of treatment.



COMING EVENTS

The 7th Annual Conference of the Australian and New Zealand Academy for Eating Disorders

28-29 August, 2009

**Royal Brisbane & Women's Hospital,
Brisbane, Queensland, Australia'**

Broadening Horizons - Innovative Ways to Expand the Breadth and Reach of Eating Disorder Services'

To register for the 2009 ANZAED Conference, please visit www.anzaed.org.au/page/conferences.html.

Fiction, Fashion, and Function: Gendered Experiences of Women's and Men's Body Image

Guest Editors: Rachel M. Calogero and Tracy L. Tylka

Call for papers for this special edition of 'Sex Roles'

Please go to: <http://www.editorialmanager.com/sers/>. For more information and guidelines.

The Phobic Trust of New Zealand Inc. 5th International Conference

ANXIETY - The Silent Disability The Social and Economic Cost

Date: 23-25 July 2009

Venue: Spencer on Byron, Takapuna, Auckland
This conference aims to demonstrate the significant impact that anxiety disorders have on consumers, their families and on the New Zealand economy.

Email: james@eventdynamics.co.nz
www.phobicconference2009.org.nz

Women's Stuff Survey

Kaz Cooke, writer of the book 'Real Georgious' is doing a survey for her next book which includes some questions about food, feelings, and body image.



If you would like to, please go to www.kazbook.com and fill in some of the survey: you can do as much or as little as you want to, and choose which subjects you answer questions about. You can also choose to be anonymous.

Eating Disorders: An Insider's Perspective

Eating disorders are heavily stigmatised and often perceived as diseases 'of choice.' At the same time, they are the only glamourised mental illnesses. What is it that attracts such contradictory attention? And why would anyone 'choose' to starve themselves? This course will help separate myth from fact, while exploring the complexities of eating disorders from both a personal and clinical perspective. We'll look at case studies, environmental and biological factors, treatment options, and the world through the eyes of sufferers. This course will be particularly useful to sufferers, carers, school teachers and health professionals - although anyone with an interest in eating disorders will also find it enlightening.

Saturday 25th July 9.30am-4.30pm
Centre For Continuing Education, Auckland University

<http://www.cce.auckland.ac.nz/cce/continuing/index.cfm?P=8548&ClassNumber=47982> pg.8

New weekly EDEN support group beginning soon!

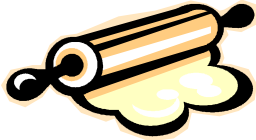
Email: support@eden.org.nz for more information.

Recipes

Do you have a scrumptious recipe that holds some significance for you?

If you would like to share a recipe that tickles your taste-buds, please forward these to support@eden.org.nz. Please include your name (if you are happy for this to go into the newsletter) and a few sentences that speak of the importance the dish holds for you e.g.: "This dish is one that comes from my great-grandmother. It has been passed down through four generations...."

YUM!



Blueberry Pancakes

From L. Stokes

Here is the recipe for the very best blueberry pancakes – when my partner really wants to spoil me, he makes me these for breakfast, so I associate them with lots of love and being spoilt !

Ingredients

¾ cup milk
¾ cup rolled oats
½ cup flour
2tsp baking powder
1/2 tsp salt
2-3tsp sugar
1 egg
2tsp melted butter
1 cup blueberries

Just mix it all together and fry in a pan on medium heat – easy!

www.Web Corner

EDEN's Love You Body Day is just around the corner (Wednesday 14th October). Check out www.eden.org.nz for more info.

There are a number of other wonderful websites out there about loving your body and we thought it might be time to let you know about a few of them!

Check out:

♥ www.eden.org.nz/eden_love_your_body.html

EDEN's Love Your Body Day website, including last year's t-shirts (which are still available in limited numbers). Look us up!!

♥ www.loveyourbody.nowfoundation.org

Love Your Body Now Foundation. Website for US Love Your Body Now Foundation. Offensive & Positive ad campaigns. Factsheets about body image, eating disorders, addictions, Cosmetics and cosmetic surgery.

♥ www.loveyourbody.org

Website run by editor, writer and presenter Ophira Edut. Sections on Body Image, Media, what a 'body-lovin' world might look like, Feed the Model video game, Adios Barbie website.

♥ www.love-your-body.org

Spreading the Love your Body message. Includes a detailed bibliography, and info on fighting fat-phobia.

♥ www.bodypositive.com

Body Positive site. Run by Debora Burgard (Psychologist). Based on Transactional Analysis model. Includes Health At Every Size info, 10 arguments for Weight Neutrality, Fat-friendly professionals, children and weight, dieting detox, size acceptance discussion and info for doctors.

♥ www.any-body.org

A website giving women a voice to challenge the limited physical representation of females in contemporary society.

Thanks to all of our funders ...

including the ASB Community Trust, United Way New Zealand, the Auckland Community Organisation Grants Scheme, the New Zealand Lottery Grants Board, the Auckland City Council, the JR McKenzie Trust, ARA Lodge Charitable Trust, and the Lion Foundation.



ASB Community Trust
Te Kaitiaki Putea o Tamaki o Tai Tokerau

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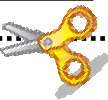
Services & Support

If you wish to access the services of EDEN, participate in a support group or visit our resource centre, please phone us on 378 9039 or email us at

info@eden.org.nz

To check out EDEN's resources (books, stickers, postcards), visit:

www.eden.org.nz



Yes I would like to make a gift and support EDEN

- \$20 funds a face-to-face session with our support worker
- \$50 funds a counselling appointment for somebody struggling with disordered eating
- \$150 funds a young woman to attend EDEN's 10-week support group
- \$250 subsidises a young 'Body Image Leader' to train and work for a year in their school promoting body satisfaction.

I would like to donate: \$20 \$50 \$150 \$100 \$250 Gift of choice \$_____

Payment options:

You can pay online via our website **www.eden.org.nz**
(Under 'About EDEN' tab—'Make a Donation')

Cheque (payable to EDEN)

Direct credit:

Account name: EDEN

Account number: 12-3077-0329692-000

Name: _____

Address: _____

Phone: _____ Mobile: _____

Email: _____

Please add me to your mailing list

Please take my name off your mailing list

Please return this slip to: EDEN, PO BOX 78 005, AUCKLAND 1245.

EATING DIFFICULTIES EDUCATION NETWORK

www.eden.org.nz