



Healthy Within

FOUNDATION

My body is beautiful and I will love and nurture it.

Our mission is to promote healthy body images and prevent eating disorders through education, advocacy, training and treatment.

www.healthywithin.com/foundation.htm

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Healthy Within

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The President's Corner

Wow! What amazing accolades we have had for the production of our first newsletter. We all have felt overwhelmed by ALL of the wonderful things all our supporters have said about our newsletter. Of course, then the perfectionism sets in and I felt we had to top our first newsletter... Yikes!! This insane internal tension of excellence we all live in!! We ALL want to thank you for your generous praise and even more generous contributions.

As a prevention team all of our focus the last few months has been on the upcoming Eating Disorders Awareness Week (EDAW). We have a number of activities scheduled around the city of San Diego. Our website will have all the updated information; click on the "What's New", "Events and Conferences", and "Foundation" buttons. The theme for EDAW is, "Be Comfortable in Your Genes", and with that in mind we are asking people to donate those jeans sitting in your closet that you want to fit into one of these days, and just be comfortable in your jeans (and accept your genes)!!! The NEDA organization, who guides us in these EDAW events, came up this theme for 2006. Brooke

Osborne, our seasoned volunteer, has single handedly headed up a team of 4 new volunteers from UCSD (Srbui Ovsepyan, Amy von Rummelhoff, Ashley Mark, and Saameh Solaimani) who have taken up this project



Divya Kakaiya PhD, CEDS, President

with a vengeance! The rest of the team is backing us up in their amazingly committed fashion. We at the Healthy Within Foundation (HWF) can most certainly say that we never have a lack of spirit or support. EDAW is the last week of February and the first week of March. As you all are probably aware, we at the HWF do not believe in just doing prevention one week of the year... we are committed to the most aggressive prevention of eating disorders year round! The girls have been working on this project since November, so please come to one of our events and support us with your presence!!!

On a more serious note, we are still fighting the war to remove fat caliper testing in our San Diego

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President's Corner

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City Schools. There are modified versions of this test that are being conducted by well-intentioned coaches and P.E. teachers, and are causing long lasting body dissatisfaction among our young people, which leads to dieting, which leads to eating disorders and obesity. Disordered eating and chronic dieting cause us deep psychological feelings of failure and a loss of personal power. The dieting industry thrives on this sense of powerlessness we feel over our bodies. As we have increased in our dieting attempts we, as a nation, have become more and more fat. **Obviously, dieting does not work!** Also, watch out for the well-intentioned people disguising dieting as “healthy eating.” Fat testing is one of the biggest culprits that gets us all started on the rocky journey of *BODY DISSATISFACTION*. Yes, we have all heard about the Presidential Directive on Fitness, where apparently teachers are required by law to measure the heights, weights, and fat composition of pre-puberty and puberty teenagers. *YIKES...* how traumatic to have your peers watching over you as you are being weighed and measured and “tested”...fitness is not about the numbers!

We at the HWF would love it if you asked the schools in your area what sorts of tests they conduct, how they conduct them, and then also challenge them by asking them what they do with their information in terms of long-term follow through with

the teenagers. It should not be acceptable to us that these well intentioned “health educators” come and traumatize our children for life, sending them on a journey of lifelong discord with their body. It is a form of abuse and we need to challenge it!! The \$50 Million dollars we spend on the dieting industry per year can put 312,000 young people through 4 years of college. What a brain drain, thinking about calories and weight lost instead of how I can make the world a better place.

On a different, more upbeat note, I was on the Tyra Banks show, which aired on February 6th. Of course the topic was eating disorders, and I have to confess my most gratifying moment was when I was personally able to empower Tyra to think about what a powerful position she is in, to be able to influence who becomes America’s top model! As I made some of the comments about how a size 12 is the average size of women in America, the applause from the audience said it all!! When I saw that “light bulb” go on in her, I felt an amazing sense of gratitude and fulfillment!! Additionally, the main thing I have asked for from her in exchange for my professional appearance is if she could come and be our guest of honor at our next fundraiser in 2007!!!! I need all of your prayers towards that please!!!!

We would also love to hear what people thought about the commercials during the Super Bowl. The Dove Campaign for Real Beauty (www.campaignforrealbeauty.com) is touching all of our hearts and

they are very ambitious in what they are doing. Eighty-nine million people watch the Super Bowl, and the tugging 45-second commercial, created by Ogilvy and Mather, draws attention to the self-esteem of girls and how adults can make a difference. They conducted a global study where they found that only 2% of women around the world describe themselves as beautiful. Isn’t that **shocking**, and of course most of us are not surprised....At the HWF this kind of global validation of our vision makes us all feel even more passionate about what we do.

Please keep us in mind as your major non-profit foundation where you send your contributions. My vision in the next two years is to begin to have some full-time paid staff members who carry the torch to a larger scale. We have our work cut out for us for the next few generations. Whew!! Please look for a detailed donation letter from us in the near future, and of course, we are very grateful for all the support we already receive from you.

In conclusion, I really want to thank all my volunteers for allowing the HWF realize it’s vision. As many of you know Dr. K is a visionary and sadly (and happily) lacks detail orientation and **none** of these projects can be executed without thoroughness, attention to detail, integrity and professionalism of each and every one of my team members!! **THIS WOULD NOT BE POSSIBLE WITHOUT EACH AND EVERY ONE YOU....my eternal gratitude to you!!**

girl talk

by Kimmie Rice, B.S.

We had another remarkable and moving session of Girl Talk this past Fall! Our Healthy Within Foundation volunteers conducted ten weeks of classes promoting healthy body image, positive self-esteem and assertiveness skills in a local middle school. We had discussions and played games related to weekly topics. The girls expressed how much they love coming to Girl Talk, a place where they feel safe sharing and listening to others dealing with the same pressures

of middle school. Furthermore, we emailed the girls' parents each week updating them on our discussion topics. We have received a great amount of support and encouragement from parents! As one parent wrote, "[My daughter] has enjoyed so much from these discussions and it's opened the door for great GIRL TALK between mother and daughter. I don't think I could rave enough about your efforts. Thank You...you're all doing a great job!" We are thrilled with how much the girls are sharing, learning, and growing! Be sure to check out our Girl Talk curriculum and find out how to bring Girl Talk to your school at www.healthywithin.com/foundation.htm.

Eating Disorders Awareness Week

by Brooke Osborne, B.S.

The Healthy Within Foundation is proud to announce its participation in National Eating Disorders Awareness Week, which extends from February 27th through March 3rd. Going along with the National Eating Disorder Association's theme for this year's awareness week, "Be Comfortable in Your Genes", the Healthy Within Foundation is going to put on The Great Jeans Giveaway at local universities. We will be encouraging people to donate their "skinny jeans" (those jeans from 10 years ago in the back of the closet that you

hold on to hoping to fit in to them again one day!) and celebrate body acceptance instead. The jeans will then be either resold to consignment shops or donated to local teen shelters. We hope to not only raise awareness about eating disorders and the Foundation's community projects, but to educate people about the much larger issue of body dissatisfaction in our society. To close the week, we will be sponsoring a candlelight vigil to remember those who have suffered from these deadly diseases. If you have any questions

about our events, please contact the Healthy Within Foundation or log onto our website.

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Healthy Within Foundation's New Club is Up and Running!

by Jocelyn Freitas

The first ever Healthy Within Club is now up and running! During the club meetings the girls learn everything from how the media affects them and our society to posting positive messages around campus promoting healthy body image. It has been extremely rewarding for me to watch all of the girls

learn, grow, and become stronger and more aware individuals. Many of the girls have taken it upon themselves to start educating others, such as writing activist letters to companies like "Bratz" dolls to educating their Physical Education teachers on some of the harmful things that are taught

in the curriculum (food journals, public weigh-ins, and measurements). It's been very exciting to watch the Healthy Within Club take off and almost double in size in just a few weeks time. The girls and I are extremely hopeful that together we can make many positive changes at our school and in our own lives!

Hope Found in New Imaging Techniques

by Danielle Beck-Ellsworth, B.S.

Interest in research studies focused on eating disorders (ED) has been growing over the past several years. With the benefits of new technology, including brain-imaging techniques, researchers are able to assess regional brain activity and neuroreceptor function in vivo in humans. Dr. Walter Kaye, who is part of the treatment team of the Intensive Outpatient Program at the UCSD Eating Disorders Treatment Center, stated, "the etiology of ED is still unknown, however, several lines of research have raised the possibility that trait disturbances of

brain neurotransmitters may contribute to the pathogenesis of ED" (Frank & Kaye, 2005, p. 755). Research suggests that those with AN have a disturbed processing of emotional stimuli valence. This would cause someone to have poor flexibility in reevaluating actual danger of certain stimuli and reduced adaptation to new situations (Frank & Kaye, 2005). If a network of neurotransmission can be reliably identified then pathological behavioral responses could be intervened with a particular receptor agonist or antagonist.

Positron emission tomography (PET) reveals which areas of the brain have more or less activity. "New imaging

techniques define what changes during the ill state, persist after recovery and how pharmaceuticals may be able to intervene in the disease process" (Frank & Kaye, 2005, p. 760). PET, along with MRI and fMRI, are opening up new avenues for treatment programs. Researcher's increased awareness and knowledge of the brain will offer resources to better help those with EDs.

Frank, G.K., & Kaye, W.H. (2005). Positron emission tomography studies in eating disorders: multireceptor brain imaging correlates with behavior and implications for pharmacotherapy. *Nuclear Medicine and Biology*, 32, 755-761.

Deconstruction of Feminism

A softer approach from women, girls, and myself

by Kelley O'Patry

I was recently asked, in front of an audience no less, to define who I was without the benefit of pandering or listing accomplishments (as we so often define ourselves by), professions, possessions, or namesakes. Well, the namesake part was easy to eliminate as I can't say I'm related to a celebrity or any known person for that fact. But in retrospect I do realize I refer to my sister, Megan, as a published author and poet, whether the information is invited or not. But I offer it up as if it lends some sort of status or maybe to provoke the notion that I matriculated from good genes, not to mention that I am proud of her. Notice that my notion of "proud" came second to the actual accomplishment. But that brings us to accomplishments. How do we define who we are, especially as women, without listing our accomplishments? After all, there was a whole movement and feminist ideology that laid the foundation for these accomplishments to happen...and now I can't relish in them? It would appear to me that such passivity and denial of ownership would be in one of the "Ten Command-

ments" of Feminism if such a document existed. Hmm, well as I was not setting the tone for this discussion, I would have to let that one go...temporarily. And possessions...-what woman with student loans has possessions? Although I do have this fabulous Lori Bonn Swarovski crystal ring that I adore. Thank god for the constraints put upon my response otherwise I just might have said that! Profession at my respectable age of 27 could easily be lumped together with the accomplishment category. And then it hit me. The constraints were there for a greater purpose than trying to make my life difficult and spawn some creativity on an early Saturday morning. The purpose being that in this particular group of a female audience, the constraints fell within the supposed benefits that were to be eliminated from the discussion. Women, regardless of generation, are searching for a new kind of logic to govern and depict their lives. To be a Gloria Steinem in 21st century womanhood is outdated and somewhat damaging. While we should enjoy the advantages that feminism has offered us, it would be limiting to carry on the narrowness of the feminist view. I finally understood

that this new "womanist" logic (as I have since learned it has been termed) was what the facilitator was trying to create. This quiet and small revolution, held in a private home in the Hollywood hills, spawned a gentler logic that didn't separate men from - woman, fat from thin, rich from poor, strong from weak, lawyer from waitress. It (and I repeat myself) took the foundations of the feminist movement and from there relied on just what is. Thank god I didn't have to respond first! I had to actually put some thought into this and that damn jeopardy song was on the spin cycle in my head. But this is how it went: My name is Kelley, I am entrenched in a love story, I am a newfound goddess, I am one woman who is incredibly loved by one man, I am passionate, I am an artist and a writer, I am a teacher of Pilates, an advocate for women and girls, a loyal friend, a survivor of illness, a caretaker, and was and always will be a mother to my siblings. As I write my verse and hear myself saying the words aloud in my head, I realize that I could easily adapt to this new logic. It gives me more room to enjoy who I am.

My First 60 Days as a Volunteer for the *Healthy Within Foundation*

by **Srbui Ovsepyan**

As a prospective psychology graduate student I was extremely excited to join the Healthy Within Foundation, both because of its reputation and because I would be around a highly experienced Doctor of psychology. I was very excited to be a part of the foundation, but I was soon overcome with doubt. Was I ready to advocate this message sincerely, since I myself struggled with an eating disorder for almost four years? My main concern was that I was still working on battling the emotional aspect of my disorder. More specifically, I was constantly worrying about gaining weight and losing control of my body. Therefore, I felt like a hypocrite; trying so hard to make sure others do not develop this potentially deadly disorder while I found myself face-to-face with it every day. I couldn't help but wonder if this experience would be a bigger challenge than I'd imagined. However, I soon came to realize that this was the best challenge in which I have ever partaken.

As I walked into my first foundation meeting, I felt my hands shaking and an intense

feeling of apprehension came over me because I was about to enter into the realm of eating disorders and its related issues, a world that was so familiar to me, but for all the wrong reasons. However, shortly before the meeting was over, I experienced an emotional metamorphosis and truly understood that becoming a volunteer for the foundation was one of the best decisions I have ever made. During the meeting, everyone was asked to speak freely about what was going on in their lives and to discuss certain emotions they may be feeling. Before I even realized it, I was the one doing all the talking! Here I was, center stage, discussing my inner-struggles with body image and my eating disorder in front of a group of people that I had only just met. That's when I realized what it meant to be a part of the Healthy Within Foundation. Not only were we working for such a great cause in alleviating the pain associated with destructive body images, but we were also in a welcoming and safe environment that enabled everyone to openly discuss any feelings (both negative and positive) that we may be harboring.

After the first meeting, it felt as though an emotional weight had been lifted off my shoulders. I would like to say that my fears of gaining weight and my body image issues have all fully been resolved, but that would be an overstatement. I can, however, say that I am at least keeping everything in a healthy perspective, and when I do get out of line I have those around me to place me back in reality. That in itself is a huge accomplishment that I greatly owe to the Healthy Within Foundation.

Besides the personal benefits I have experienced while volunteering for the foundation, I have also learned how to make strong connections and find reliable resources to further our cause throughout my community. The foundation has given me the opportunity to expand on my prior business knowledge as well as to grow as an individual. Within my first 60 days as a volunteer for the foundation, I have been given the opportunity to experience what it's like to be a part of a team and to work hard for the betterment of our society. This experience is something that I will carry with me for many years to come.

Finding My Place: **How** Healthy **Within** Touched **My** Life

by **Megan Jones, B.S.**

The year I met Dr. Kakaiya my life did a one-eighty. A year into my recovery from Anorexia Nervosa I was introduced to Dr. Kakaiya by one of my university professors under the auspice of finding a clinically relevant internship. At the age of twenty-one I had just decided to set aside my goal of becoming an artist and focus instead on pursuing a degree in psychology. It was not long after starting as a volunteer for the newly established Healthy Within Foundation that I began to fully appreciate my passion for eating disorder prevention and awareness. Over the course of the next two years I had the privilege of learning from

the staff at Healthy Within, other volunteers, as well as students and patients about the ways eating disorders had touched their lives. Working at Healthy Within quickly became one of the most central and meaningful aspects of my life. I spoke to anyone and everyone about eating disorders and my passion for prevention. I recruited friends and classmates to help with foundation projects and decided to develop a middle school based eating disorder prevention program for my undergraduate honors thesis. Now as a doctoral student in clinical psychology in the PGSP-Stanford PsyD Consortium I have continued my interest in eating disorders and now work on a number of studies examining the effectiveness of

online interventions for eating disorder prevention and treatment. Every couple of months I still treat myself and visit a high school campus to talk to students about eating disorder awareness. I view my time at Healthy Within as one of the most influential experiences of my twenty-four years. I was able to use my personal experience suffering from an eating disorder as fuel for my prevention work, allowing me to turn a negative experience into an endless source of inspiration and personal growth. Under the loving and wise eyes of Dr. Kakaiya, I both cemented my own recovery and found my purpose. Dr. Kakaiya and Healthy Within helped me find a career that will sustain me both financially and spiritually.

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BODY,
EVERY,
BODY

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- \$100 receive up to 45



Healthy Within FOUNDATION

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Note: Our foundation website will be moving soon. Look for our new address in future issues of this newsletter or in a link from a present website.

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