



# Toilet Talk

ISSUE 38



## Eating Disorder Awareness Month

**The acceptance of natural beauty is compromised by the lack of diverse body types in the media.**

- The average American model is 5'11" tall and weighs 117 pounds
- The average American woman is 5'4" tall and weighs 140 pounds.
- Most fashion models are thinner than 98% of American women.
- Almost half of American elementary school students between the 1st and 3rd grades want to be thinner
- 4 out of 5 children at the age of ten years old are afraid of being fat
- 4 out of 5 American women are dissatisfied with their appearance.

**Calorie restriction and other common dieting practices can lead to serious health consequences including eating disorders.**

- Almost half of American women are on a diet on any given day.
- 1 in 4 men are on a diet on any given day.
- Half of 9 and 10-year-old girls feel better about themselves if they are on a diet.
- 35% of "normal dieters" progress to pathological dieting. Of those, 1 in 4 will progress to partial or full syndrome eating disorders.
- Americans spend over \$40 billion on dieting and diet related products each year.

### How to Help a Friend With Eating and Body Image Issues

- Learn as much as you can about eating disorders. Knowing the facts will help you reason against any inaccurate ideas that your friend may be using as excuses to maintain her disordered eating patterns.
- Talk openly and honestly about your concerns.
- Be caring, but be firm. Avoid making "rules," promises, or expectations that you cannot or will not uphold.
- Tell someone. If you have already spoken with your friend and still feel like more steps need to be taken to address these issues, consider telling her parents, a teacher, a doctor, a counselor, a nutritionist, or any trusted adult.

*Remember: You cannot force someone to seek help. You will make important progress in honestly sharing your concerns, providing support, and knowing where to go for more information! People struggling with anorexia, bulimia, or binge eating disorder do need professional help.*

*There is help available, and there is hope!*

For more information, contact Eating Disorders Awareness and Prevention, Inc. at 603 Stewart St., Suite 803, Seattle, WA 98101 1-800-931-2237. [www.edap.org](http://www.edap.org)

If you are interested in attending an educational workshop on Eating Disorders on February 27th from 2-3:30 pm contact Health/Counseling Service at 982-5306 by February 15th for details.

## Crikey, I've lost my mojo!

Austin Powers had no problem with the ladies, but he also had mojo. While the implementation of mojo into reality probably will never happen, all hope is not lost. The mystery of sexual chemistry has begun to be better understood with the discovery of pheromones, which is an airborne chemical released and detected by others via vomeronasal organs. In most animals, the relationship between pheromones and mating is straight forward. Pheromones are detected by vomeronasal organs and mating ensues.

Pheromones in humans were first discovered in the armpit. Human pheromones are different from animal pheromones because they are highly individualized and not always noticeable. The synthesis of pheromones in humans is not yet understood. While there still is debate, researchers believe that human's vomeronasal organs are in the pits of the divider of nostrils. So don't blame yourself if it doesn't work out with that crush; it's nothing against you, you probably just don't "smell"

**Be one of the first six people** to answer this riddle and you will receive a special Valentine's Day gift from Health & Counseling Services. All you have to do is come into Health Services and answer this Riddle...

**Roses are Red,  
Violets are Blue,  
This is where you go,  
When you get the flu!**

## Alcohol and Your Body...

Alcohol goes directly into the bloodstream, physically affecting your entire body. Some illnesses associated with alcohol include: hangovers, weight gain, high blood pressure, depressed immune system, cancer, liver disease, alcohol poisoning and heart or respiratory failure.

-Bowles Center for Alcohol Studies