



August 2017 NAAFA Newsletter

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**2017 NAAFA ADVISORS
WEBINAR SERIES**

**Human Rights for Fat Humans
with Lily O'Hara MPH, PhD**

**Saturday, Sept. 16, 2017
at 10am PDT (1pm EDT)**

These webinars are FREE OF CHARGE, an educational service to not only our members and the size acceptance community, but to the world.

All interested parties are welcome to join us.

Register today at www.naafa.org



Video of the Month

**DIETS DON'T WORK
BODY RESPECT DOES**

Diets Don't Work. Body Respect Does

Dr. Linda Bacon explains how dieting really affects our bodies and why the best way to win the war against fat is to give up the fight. If you're considering a diet, watch this first!

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NAAFA is happy to announce that we have rescheduled the fourth in our 2017 NAAFA Advisors Webinar series, "Human Right for Fat Humans" to be held on Saturday, September 16, 2017 at 10 AM PDT (12 noon CDT and 1 PM EDT). This webinar will be presented by NAAFA Advisory Board Member Dr. Lily O'Hara. You don't want to miss this, folks!

Register today for this free webinar at:
<https://secure.gobluefire.com/go/event.php?eid=ec3da30b3122&>

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The Mattress for the Bigger Figure



Note from Peggy Howell: I recently invested in a mattress called The Big Fig Mattress. After a few weeks, I am quite pleased with the mattress so I asked the company to send an article for the NAAFA newsletter. Their article follows:

The Big Fig Mattress is the first mattress built from the ground up specifically for bigger figure sleepers.

What does "bigger figure" mean, exactly? Bigger than what?

Bigger than the body types typically portrayed in other mattress companies' photos? Yep.

Bigger than the body weight that most mattresses can comfortably support for 20 years? You bet.

The Big Fig Mattress is built specifically to support a single person's body weight of up to 500 lbs, or a couple with a total weight of 1000 lbs. After a period of research and development, the Big Fig was released in January 2017 by a family-owned mattress company with 90+ years of experience building high quality, hybrid innerspring mattress systems. The Big Fig Mattress is made in the USA.

Every piece of the Big Fig Mattress addresses an individual need or pain point of a plus size sleeper: High density foam to prevent mattress sag, 50% more coils than the average premium innerspring mattress maximum support, firmer foam around the edge to extend support to every corner, ThermoGel & perforated foam for a cool and comfortable night's

sleep, 16 real tufts to prevent internal shifting of materials overtime, a foundation that supports up to 5X the weight of a standard box spring, a heavy duty bed frame conservatively rated to support up to 2000 lbs, and a 20 year warranty with proven durability: the Big Fig Mattress has been rigorously tested to last 20 years with published results (view test results at www.bigfigmattress.com).

At Big Fig Mattress, our mission aligns with the Body Positivity movement, a vision based on self-love, body acceptance and positive life choices. We believe that the mattress industry has ignored bigger figured consumers with an attitude that each mattress "works for everyone" while ignoring comfort and durability issues. Every person is entitled to a comfortable long-lasting mattress designed to support him or her, and every person is entitled to the truth about the mattress in which they invest.

We want to reach people that are most likely to benefit from the Big Fig Mattress, and help them achieve a better night's sleep.

We look forward to gaining your support, and encourage you to test out the Big Fig Mattress through our 101 Night Trial. Stay positive, value your identity, ignore negativity, and always, always, get a good night's rest.

Contact us: affiliates@bigfigmattress.com, 1.888.344.6547

Monthly Meme

**Be mobile
Stay active
Enjoy life!**

naafa **#EqualityAtEverySize**
#MobilityForEverySize

Satisfaction!
by Cinder Ernst

The last two months I wrote about how conditions



outside of you can affect how you feel physically. For instance, watching the news can inflame you emotionally, which can contribute to feeling lousy physically. Try watching less news and see if you feel better. Today we'll see how feeling satisfied is also an anti-inflammatory.

We often speak figuratively. I might say "my hip is killing me". But is that really true? No, it's a bit dramatic. What's true is that I often have discomfort and sometimes sharp pain. What's also true is sometimes and in some positions, I have complete comfort. I have trained myself to focus on the moments when nothing hurts. Right now as I write this column I am sitting in a comfortable position and nothing hurts! I feel satisfied about that. I also feel satisfied that I know to focus on the times when I am comfortable. Moments of satisfaction that you find intentionally are soothing and empowering. The more you feel satisfied, even on small things, the better you will feel emotionally and physically.

Sometimes you may need to distract yourself from your pain or discomfort. Focusing on pain often makes it more stubborn. Purposefully distract yourself from the pain and feel satisfaction about that distraction technique. I suggest engaging with something (audio, visual) that you know will feel good. (Distracting yourself with Facebook or commercial TV will often not be useful as you distract yourself from physical pain into anxiety or anger.) Be selective. Be aware of what you are feeling. Your emotions can guide you to a better feeling place.

The trick to engaging with your body, your world and your emotions in this way is to start early. When you first wake up you have a moment to choose how you want to feel and what you want to focus on. Do you love your pillow? How about your bed? Your bedroom? Maybe it's wonderful to have privacy or peace and quiet. Find a way to feel satisfied early in the day and take it from there.

Next month we'll look at an interesting way to re-direct thoughts about pain itself.

NAAFA Chronicles #18

As part of our monthly NAAFA Chronicles feature, enjoy NAAFA's 18th newsletter; the April 1975 issue:

http://www.naafaonline.com/newsletterstuff/oldnewsletterstuff/Chronicles/April_1975.pdf

For more, check out the "Chronicles" tab in the newsletter section of the NAAFA website.

Media and Research Roundup by Bill and Terri Weitze

February 13, 2017: A commentary in the *Canadian Medical Association Journal* explains some of the mental and physical damage that weight stigma causes, and how diet and exercise interventions are not helpful if they support a belief that being fat is due to only these two components.

<http://www.cmaj.ca/content/189/6/E223.extract>

March 16, 2017: Patients with heart failure had improved outcomes when given eplerenone (a

mineralocorticoid receptor), and the benefit was more pronounced with patients with abdominal fat that puts them in the “obese” category.

<http://onlinelibrary.wiley.com/doi/10.1002/ejhf.792/abstract>

March 19, 2017: Researchers review the obesity and health literature in connection with Canadian public health reports and guidelines, and conclude that obesity should not be considered a significant health issue but instead a focus on promoting health be encouraged.

<http://www.tandfonline.com/doi/abs/10.1080/09581596.2017.1356910>

May 18, 2017: Melissa A. Fabello discusses five roadblocks to getting unbiased evidence-based science regarding obesity.

<http://everydayfeminism.com/2015/05/gtfo-with-obesity-epidemic>

July 2017: A study finds that weight loss does not usually improve sleep apnea, and recommends that people who have lost weight continue to use their CPAP machine and be carefully monitored.

[http://journal.chestnet.org/article/S0012-3692\(17\)30157-5/abstract](http://journal.chestnet.org/article/S0012-3692(17)30157-5/abstract)

July 1, 2017: A study shows that older patients who are categorized as “mildly obese” tend to live longer after a heart attack (ST-segment elevation myocardial infarction, or STEMI) than patients in both lower and higher weight categories.

<https://academic.oup.com/ehjqcco/article-abstract/3/3/183/3098576/The-obesity-paradox-extreme-obesity-and-long-term>

<http://www.rd.com/health/conditions/can-you-be-overweight-and-healthy>

July 17, 2017: An analysis of previous research finds an association between consuming artificial sweeteners and weight gain, diabetes, and certain cardiovascular conditions. An excellent example of correlation does not mean causation.

<http://www.pulseheadlines.com/artificial-sweeteners-lose-weight-linked-overweight-diabetes/65287>

<http://www.cmaj.ca/content/189/28/E929.abstract>

<https://thisfatoldlady.com/2017/07/22/this-fat-old-lady-is-sweet-enough-all-by-herself>

July 17, 2017: *The Well-Rounded Mama* talks about the ethics of withholding medical treatment (in this case joint replacement) from fat patients in the first of a 2-part blog. Interesting reading, and she backs up her statements with useful references and research.

<https://wellroundedmama.blogspot.com/2017/07/obesity-and-joint-replacement-part-1.html>

July 17, 2017: Judith Matz offers some examples where weight loss doesn't help, and changing the focus to weight-neutral allows forward progress to solve health issues.

<http://everydayfeminism.com/2017/07/changing-weight-makes-no-sense>

July 18, 2017: Weight gain during adult years is associated with various health risks as compared to maintaining a stable weight according to this study. Of course, the reporting implies a cause and effect relationship, whereas it's just as likely that weight is a proxy for some other health factor.

<https://www.medpagetoday.com/PrimaryCare/Obesity/66690>

<http://jamanetwork.com/journals/jama/article-abstract/2643761>

July 19, 2017: Authors of an observational study conclude that weight gain may contribute to increased thickness of the left ventricle, which may be associated with a greater risk of heart failure. Weight stabilization, even without weight loss, may be a preventative strategy.

<http://jaha.ahajournals.org/content/6/7/e005897>

July 20, 2017: Jocelyn Steinke, a fat woman in Minnesota, is spotlighted because she, like many others, no longer diets and is trying to establish a weight-neutral approach to health.

<http://www.startribune.com/overweight-minnesotans-are-among-those-who-are-ditching-the-diet/435422143>

July 26, 2017: Fat people are now being encouraged to have weight loss surgery when their BMI is less than 40. Unfortunately, the article is all sunshine and roses about WLS and does not

address the many and serious risks of the surgery.

<https://consumer.healthday.com/vitamins-and-nutrition-information-27/obesity-health-news-505/don-t-put-off-weight-loss-surgery-till-you-re-heavier-724958.html>

July 31, 2017: A young woman earning medals in world championship sumo wrestling competitions wants to eventually become a professional sumo, which so far is only practiced in Japan and only by men.

<http://www.bbc.com/news/world-asia-40635752>

August 2017: Research finds weight loss surgery does not prevent the progression of diabetic retinopathy (DR); young male patients with pre-existing DR are most at risk.

<http://go.nature.com/2u445Y1>

August 2017: An editorial seeks to address whether it is medically helpful, harmful, or neither to tell people that they are overweight. To read the editorial requires a subscription and/or payment to the *International Journal of Obesity*.

<https://www.stir.ac.uk/research/hub/publication/23727>

<http://www.nature.com/ijo/journal/v41/n8/full/ijo201785a.html>

August 2, 2017: Taffy Brodesser-Akner has been dieting since she was 15 years old. Writing for *The New York Times Magazine*, she talks about weight and dieting and Oprah. In the end, she is still not ready to give up dieting because she feels it is giving up hope. We know otherwise.

<https://www.nytimes.com/2017/08/02/magazine/weight-watchers-oprah-losing-it-in-the-anti-dieting-age.html>

August 2, 2017: A study finds that patients who undergo percutaneous coronary intervention (a non-surgical treatment for narrowing coronary arteries) had better outcomes when they had higher BMI than when they were in the "normal" or "underweight" ranges.

<http://www.sciencedaily.com/releases/2017/08/170802083316.htm>

<http://www.sciencedirect.com/science/article/pii/S1936879817305435>

August 3, 2017: Joan Chrisler, PhD, tells attendees at the Weapons of Mass Distraction – Confronting Sizeism symposium that fat shaming by healthcare providers is harmful to the patient, physically and mentally. Dr. Chrisler's paper on the subject, published in June 2016, is in the second link.

<http://www.apa.org/news/press/releases/2017/08/fat-shaming.aspx>

<http://www.tandfonline.com/doi/abs/10.1080/21604851.2016.1213066>

August 4, 2017: Our own Cinder Ernst tells *SF Bay Times* readers to stop worrying about having a flat stomach and instead start doing some simple exercises that will help strengthen your abdominal muscles so they can do their job.

<http://sfbaytimes.com/wishing-flat-stomach>

August 5, 2017: According to recent research, obesity may not be the greatest risk factor to Americans over age 45; loneliness and social isolation may have a greater negative impact.

<https://www.socialworkhelper.com/2017/08/05/so-lonely-i-could-die>

<http://psycnet.apa.org/record/2016-51686-001>

August 10, 2017: The FDA has issued a safety alert regarding the use of liquid-filled balloons inserted into the stomach for weight loss, after five deaths tied to this procedure have occurred.

<https://www.washingtonpost.com/news/to-your-health/wp/2017/08/12/5-dead-after-fda-approved-obesity-treatment-that-places-silicone-balloon-in-stomach-agency-says>

<https://www.fda.gov/Safety/MedWatch/SafetyInformation/SafetyAlertsforHumanMedicalProducts/ucm570916.htm>

Founded in 1969, NAAFA, the National Association to Advance Fat Acceptance, is a non-profit human rights organization dedicated to improving the quality of life for fat people.

NAAFA works to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through public education, advocacy, and member support.

On the web: <http://www.naafa.org>

Comments: pr@naafa.org

Any products or services mentioned in articles in this newsletter are for information only and should not be considered endorsements by NAAFA.

