

NAAFA NEWSLETTER

NATIONAL ASSOCIATION TO AID FAT AMERICANS, INC.

P.O. BOX 43 • BELLEROSE, NEW YORK 11426

212 776-8120

Volume VI

MAY 1978

Issue No. 6

Co-Editors this issue: William J. Fabrey and Lisbeth Fisher

LIQUID PROTEIN DIET FATAL?

This is the third in a series of articles about the liquid protein diet. These early articles were just a portent of things to come, as we now know that the diet is suspected in the deaths of at least 25 people. In the November-December 1977 issue of the Newsletter, we reported that as early as July, 1977, it was predicted that this diet may kill, but for different reasons than are now being discovered. We shall continue this series, as we ultimately lead up to the tragic findings of recent months.

[The following is reprinted from THE WASHINGTON POST, 7/7/77.]

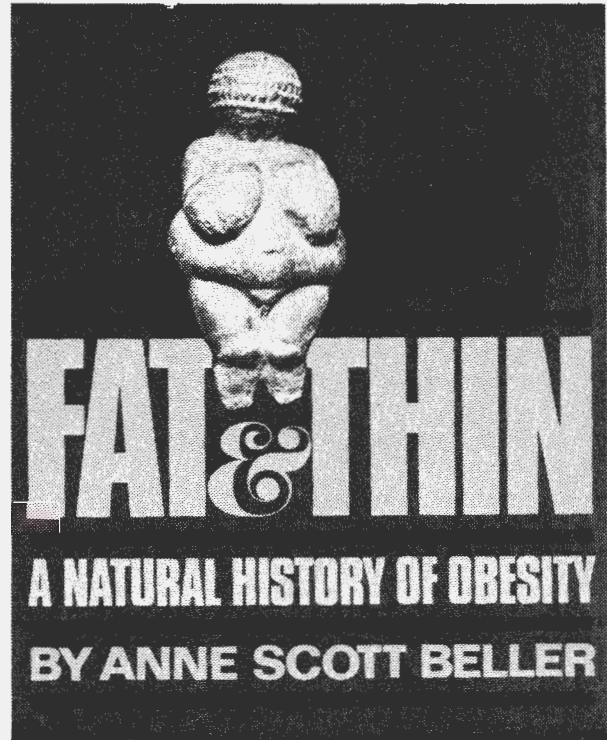
NUTRITION

by Dr. Jean Mayer and Dr. Johanna Dwyer

"One of the latest breakthroughs in weight-reduction research is protein-sparing modified fasting. It's a diet that works, curbs hunger, offers hope to patients who have more than 50 pounds to shed and provides all the benefits of fasting with few of its usual risks. But before you figure on fasting off those 10 unwanted pounds, you should look closely at the diet, because this diet needs careful monitoring and is NOT a diet for everyone.

"For years, we've known that total fasting sometimes reduces, or eliminates, hunger, and that it is an effective, if dangerous, approach to rapid loss of weight. One of the greatest drawbacks with total fasting is that you not only lose unwanted fat but also good lean tissue--a most undesirable result since this lean tissue is necessary to keep our body functioning. So it is understandable why most physicians are leery about prescribing total fasts unless patients can be hospitalized, so that potentially dangerous changes can be recognized and controlled immediately if they come about.

(Continued on Page 2)



FAT & THIN: A NATURAL HISTORY OF OBESITY

REVIEWED AND REVIEWED AND REVIEWED...

For the last few months, NAAFA has been deluged with information from its members about a new book, FAT & THIN: A NATURAL HISTORY OF OBESITY, by Anne Scott Beller (Farrar, Straus & Giroux, \$10). Instead of our usual review written by one person, we offer the following full reviews and excerpts.

Rosalie Radcliffe, Chairperson of the North Carolina Chapter of NAAFA, had the following review to offer in the chapter's February issue of its chapter news.

"I heartily recommend Anne Scott Beller's recently published book, FAT & THIN. It is a thoroughly researched natural history of obesity which is extremely well written. Ms. Beller (a physical anthropologist) carefully constructs her thesis that the obese, with their super adaptability to stress, have preserved much of the human race. And if the

(Continued on Page 6)

(Continued from Page 1)

"For several years, nutritionists and medical scientists have experimented with ways to modify total fasting, and they've found that eating about a quarter-pound of pure protein provides a starving body with enough extra protein to let it lose fat without losing lean tissue--hence the name 'protein sparing modified fasting.'

"The modified fast provides anywhere from 500-800 calories per day, plus a good deal of protein. The dieter also is advised to take vitamins and mineral supplements and non-caloric fluids which prevent the body from eliminating these nutrients.

"Careful study of the modified fast also shows that the diet curbs appetite. People who have been on reducing diets know they get very hungry, even when eating twice as many calories as are provided in this diet. But many patients on the modified fast can stay on this diet without hunger for weeks or even months.

"The reason is that only a very small amount of carbohydrate--only about a heaping teaspoon--is included in the daily diet. At these very low carbohydrate intake levels, some of the fat released from the adipose tissue is converted into fat-like substances known as ketone bodies. The ketones circulating in the blood decrease appetite enough so that you feel less hunger on the modified fast than you would on other types of low-calories diets.

"But ketosis--the physiological state in which ketones appear in the blood and urine--indicates disordered body function. Only with very careful monitoring by a physician and extreme care on the part of the patient can we benefit from this mild state of ketosis without also risking excessive dehydration and more profound disorders in the body's sensitive internal balance.

"During the first week on the diet, the body's water balance shifts a good deal. In effect, the body 'dries out' and sheds fluids due to the hormonal shifts that also occur. Many patients get a psychological lift from seeing a few pounds disappear right away. But this initial weight loss is deceptive because it involves a great deal of water as well as fat. Later, when the patient is losing almost exclusively fat, the weight loss slows.

"Because so little energy is provided on this diet, weight losses average as high as three to five pounds a week--a faster rate

than that of the more moderate diet and exercise combinations usually prescribed by health professionals.

"Along with this loss, however, are such disadvantages, difficulties and side effects that this treatment cannot and should not be used by everybody--even the very obese.

"People who suffer from gout, osteoporosis, emotional difficulties, certain forms of heart or kidney disease, and juvenile diabetes, or those who are planning to become pregnant are not likely candidates. For persons who are only moderately obese (less than 50 pounds overweight) the costs of this diet--in time, money, frequent medical visits, and sheer inconvenience in not being able to eat--are real disadvantages, not to mention the greater risk of health problems.

"But the biggest danger of the modified fast is in going on it by yourself. Despite the claims of books and articles about how easy they are, protein-sparing fasts, like Mack trucks, are powerful and it's easy to lose control if the diet is not kept in expert hands."

[Ed. Note: In view of current findings, we wonder whether there are any "experts" who can safely guide dieters along a nutritionally dangerous path like this one.]

JUDGE RULES 'SECRET' CARRIES NO WEIGHT

(NEWSDAY, 9/13/77, Riverhead, New York)

"Eating less to lose weight is no secret, State Supreme Court Justice Frank P. DeLuca ruled here yesterday.

"After reviewing a fat folder of papers submitted by Weight Watchers of Suffolk Inc., DeLuca said he was unable to find that 'any trade secrets are involved in the consulting rendered' by the company.

"Weight Watchers had contended that a former employee, Stella DeGennaro, violated her contract with them by going to work for a rival firm, a franchise of Weigh of Life Inc. The contract said, in part, that Mrs. DeGennaro would agree not to work for any rival firm for 3 years after leaving Weight Watchers. But Mrs. DeGennaro, who lost 90 pounds in the Weight

Watchers program before going to work for it as a lecturer, disagreed, charging that sticking to a proper diet was no secret. DeLuca agreed in his decision, which was made public yesterday.

"DeLuca also said Weight Watchers had failed to prove its charge that Mrs. DeGennaro had used some of the firm's records to aid her new employer."

FURTHER DISCRIMINATION AT ORAL ROBERTS

Not only is Oral Roberts University in Tulsa, Oklahoma, discriminating against its overweight students, it is now following the same program with its faculty. We excerpt here from an article submitted to us by Ken Mayer of Santa Clara, California.

"Overweight teachers--like overweight students--soon will be unwelcome at Oral Roberts University. 'We're in the lifestyle business, and we would expect the faculty to exemplify the lifestyle to which we adhere,' Carl Hamilton, university vice president, said. School officials said the Pounds Off Program, which requires obese students to shed weight, will be extended next fall to include the faculty. It is conceivable some non-tenured teachers will lose their jobs if they refuse to lose prescribed amounts of weight, Hamilton said."

In October, after learning of the university's weight discrimination program, NAAFA issued a press release decrying this situation and announcing its cooperation with the American Civil Liberties Union in Oklahoma City and its Executive Director, Shirley Barry. It also directed letters of protest to officials of the university, none of which received responses.

The details of this discrimination were reported in the September-October 1977 Newsletter, and many members have submitted articles to us since then. NAAFA member Rev. Bernard Ruffin seems to be the only person who was able to obtain a direct response from Oral Roberts himself. We shall print the text of the letters in our next Newsletter, and bring you up to date on the ACLU's appeal to the Department of Health, Education and Welfare to deny Oral Roberts Federal funding due to its discriminatory practices.

FAMOUS FATS

NAAFA has voluminous files on what Lisbeth Fisher has fondly entitled "Famous Fats." The NAAFA office welcomes any articles or information about famous fat people, which are used for quotes in the Newsletter and as "propaganda" for reporters who call the office and are amazed to discover there actually are famous fat people--after all, who'd ever think about their being fat? It is the one time we can think of where fat is not considered an asset or a detriment, although light is frequently made of the celebrity who used to be thin but has been putting on weight.

One of our favorite "famous fats" is Liz Taylor, who, since her marriage to politician John Warner, has been gaining weight steadily. Her comments on her becoming fat have been widely quoted, but no publication has been able to deny the fact that she is still a very beautiful lady (and perhaps to many of our members even more beautiful than ever!). Vivaciously photographed on the April 18 cover of US, the title above Liz's photograph says, "LIZ ON LIZ--To hell with critics, calories and career, says a fat and happy politician's wife." The inside lengthy story has many more references to her size, and we applaud this famous beauty for having the courage to "let herself go" and be comfortable and content after so many years of torture in the public eye; and to be able to enjoy it, instead of bemoaning it, as so many people are prone to do.

TOP 10 NAMED BY HARPER'S BAZAAR

The November issue of HARPER'S BAZAAR listed ten women as the most powerful women in America. The magazine said that the women it selected had "overcome formidable odds in boldly invading traditionally male dominated areas."

We are pleased to note that one fifth of the women selected are "famous fats." U. S. Representative Barbara Jordan and conductor of the Opera Company of Boston, Sarah Caldwell, were named with such slim notables as Barbara Walters and Billie Jean King.

'78 CONVENTION HUGE SUCCESS!

NAAFA members came from nearly 20 different states to attend the 1978 Convention held at the Howard Johnson's Motor Lodge in Arlington, Virginia.

Hosted by the Baltimore-Washington Chapter, the Convention received a lot of publicity, due mainly to an article about NAAFA printed in the Sunday WASHINGTON POST Magazine, written by Adrienne Cook. Among other things, Mike Wallace of CBS' "60 MINUTES" saw the article and decided he wanted to cover the convention! Amid television cameras and cables, radio and newspaper reporters, book authors and magazine writers, the many exciting events of the Convention somehow managed to run smoothly.

Judy Forlines, Chairperson of the Convention and the Baltimore-Washington Chapter, reports having received many letters thanking her and the chapter for such a well-done convention. Next month we'll have a more in-depth report on the convention, with a centerfold of pictures. In the meantime, here is a sampling of some of the letters received by the NAAFA office.

"I thoroughly enjoyed this year's convention and the many fine friends I have made through NAAFA. I must highly commend the Baltimore-Washington Chapter for an excellent job well done in hosting the convention this year. I have been receiving letters from Pennsylvania to Texas from friends that I made at the convention, and I am enjoying every minute of it. Needless to say, I am already looking forward to next year's gathering.

Jackie Adams
Palatka, Florida
(Northern Florida
Chapter Chairperson)

"I had a wonderful time at the convention. Since I am still quite self-conscious I found it hard to mix at first. Next year I will feel more at home and plan to have an even better time.

Perhaps some sort of a 'buddy system' could be worked out for the 'first timers' to encourage them to participate in all activities."

Gloria J. Noll
Fleetwood, Pennsylvania

"The vibes were heavy, Heavy, HEAVY at the convention. I played a low key role due to

my lifestyle and interests, but mostly I came to grow in awareness of my fat for once, not in spite of it. I'm offering what I perceive to be constructive feedback (also qualified) for future gatherings, hoping it will be received with open mind and heart.

"The high energy level I encountered was one I've lived all my life multiplied by 100. Fat people are vulnerable, sensitive, overachievers, defensive and hungry not for food but a basic need--'belongingness.' I observed many 'facets of fat' that really blew my mind. People coming out of their closets and hideaways. It made my heart soar as I've felt alone in this battle for almost 32 years. My mother was a fat alcoholic who tried but she could only compare me to Kate Smith since I could sing. My father said I'd never score a man, and my friends tolerated my fat due to my together, high head (which we all know arose in defense of course). [At the convention] I saw 5 categories of men (1) the genuine F. A. [fat admirer] (2) those tired of rejection by women (playboy image?) (3) those preying on vulnerable, protected ladies (4) the very shy and afraid and (5) the fat man himself who should understand everything we ladies do. Thin or otherwise--lady F.A.'s where are you?

"The publicity took away from our intimacy together but will enlighten the public, so I agree with how well it was accomplished. Now I feel several areas could use review:

1. The gossip channels. What's wrong with going directly to the person one had a problem with? A mediator could sometimes help.

2. The emphasizing of sexual vibes. Who cares who's in bed with whom? No one should hurt anyone deliberately, but we live in a changing society. Are our NAAFA members still in the dark ages here? Please consider the [NAAFA-Date] requests for bisexual or gay matches also. I met a lady who told me she also requested this and did not receive such a match.

3. More intimate rap sessions. Small group circles of encounter scenes. The few revelations at the Sunday rap sessions were terrific, but we barely scratched the surface. A Friday get-together of some structured nature may have helped.

4. Promote more trust, honesty and love. Cut down on competition. Flowing and being are the keys.

FATWORKS REVIEWED

Recently, the Newsletter Editors sojourned into Manhattan, where they visited an exhibition at Bloomingdale's of "Fatworks" by Jane Olson.

Aptly named, Fatworks are basically "pillow sculpting" of cavorting nude fat ladies. Each a work of art combining sewing, stuffing, drawing and painting, there are murals that sell for as much as \$1,200, which are intricately sewn and sculpted (almost like stuffed dolls sewn to a background). Then there are softly sculpted, colorful pillows that sell for as little as \$25.00.

Ms. Olson's creations come in silk-screened, softly sculpted "paintings," as well as toilet seat covers and spoon holders. They have to be seen to be appreciated. One of your female editor's favorite pieces was the charming "Daisy Kingdom" (shown here) on a throw pillow that is available in several color combinations.



DAISY KINGDOM

5. The pool party needed an earlier time and possibly dinner afterwards with a gathering.

6. I think I needed more informing about exhibits, how to start chapters, etc., in writing, before the Convention.

7. Arrange emotional support groups from a member skill bank. In fact, a member skill bank nationwide could help. I tried to work out sharing techniques with Dick [Schotter, member of the Convention Committee], but we just didn't connect. I teach communication skills, psychology courses, stress management and am a nurse. My further interests are really in parapsychology, and I would love to share these with interested NAAFA members; however I wish as serious respect for this as I do my fat.

All in all, the experiences, friends, love, sex (I like my ripples carressed, too), emotions and confidence levels I gained from these four days are rewarding and beautiful. I will wear my buttons. Thank you NAAFA."

Donna Buhrman
Austin, Texas

"I just wanted to thank you for the wonderful convention weekend in Virginia.

As a new member, I really didn't know very much about the group. Everyone was most friendly and interesting to meet.

The most fascinating part of the convention for me was Bill's [Fabrey] rap session on Sunday morning [Fat Admirers]. I wish I had taken a tape recorder. Could it be that someone could find fat me attractive? I couldn't believe the things I was hearing. And as Bill talked the guys in the front were sitting there nodding their heads in agreement. It was an unbelievable experience for me. In all my years of dating, I've never felt anyone liked my fat, rather, liked me 'in spite of it.' I had never heard of an F. A., let alone known one. All my life, I've felt ugly. Thank you, thank you, Thank You for making me feel Beautiful! See you all at next year's convention!"

Barbara Cleaver
Reading, Pennsylvania

(Continued from Page 1)

present trends in population, food production and climate continue, it will probably be the fat of the land who will once more save the species from extinction.

"As the Ice Age glacier stretched across Europe, Russia and Asia 20,000 years ago, annual mean temperatures dropped to 5 degrees below zero, with only 30-45 frost-free days each year. Digestible vegetation was non-existent and protein sources chancy. Therefore, those best able to store the most fat from the least amount of food survived to pass their genes on to the next generation. It was especially important for women who carried the additional burden of child-bearing in a society which placed them at the end of the food chain. From this struggle for life, the stocky, fleshy, short-limbed endomorph with his great endurance factor evolved. And in the years since our Paleolithic ancestors, 'interestingly enough, this sort of physique, although it in no way conforms to the current aesthetic ideal, is one that outbreeds many others...in the general population at large.'

Their well-preserved survival kit of inherited genes and metabolism make today's obese living anachronisms in our 20th Century hothouse environment of controlled temperatures and assured food supplies. Accordingly, they pay an exorbitant price in chronic discomfort and the persistent guilt/anxiety that fat people in a thin culture 'learn to live with from their earliest social and medical encounters.' Ms. Beller briefly offers some not-original, but thoughtfully-applied solutions for helping to outsmart our bodies in order to better cope, and hopefully endure, present conditions. And endure we must; for natural history suggests the world is moving towards future hard times (partly evidenced by this and last year's winters). So the next Ice Age must (and likely will) find the overweight, with their adipose reserves and superior track record for survival, capable once again of rescuing the species from annihilation."

Doris Churchill of Chicago submitted this brief review from the January 29 issue of *READER*, a local publication.

"Thin may be in, but anthropologist Anne Scott Beller found that chubby women are cuddlier, more loving, more jovial--and sexier--than skinny girls. She reveals an appetite for food is not a substitute for a sex appetite. On the contrary, the plump women are hungry for everything life has to offer!"

Ken Wachtel of New York City sent us a review written by Christopher Lehmann-Haupt in the November 2 issue of *THE NEW YORK TIMES*, and we excerpt it here.

"...There exist studies indicating that fat people are happier, smarter and more inclined to persevere once something arouses their interest. And besides, whatever the moralists may say, no one has ever lost weight by being good. In fact, according to Miss Beller, few people lose their fat by eating less, and among those that do, few are able to maintain their fat loss for any significant length of time.

"...Actually, *FAT & THIN* is considerably more than a generous serving of hope and reassurance for the stout. Miss Beller is a physical anthropologist who received her graduate degree for her work on the body composition of infants. And her book teems with all sorts of intriguing information about the human body, from speculations about the reason for human breasts to conclusions that have been drawn from William H. Sheldon's famous typology of body build...

"Still...you can make out a pattern that just may foreshadow an interesting theory of obesity. ...in her chapter on genetics, she points out that obesity can be hereditary. In her chapter on geography she reveals that peoples from cold climates tend to be fatter than peoples from warm ones. In her chapter on psychobiology she describes how the part of the brain that regulates food intake and satiety is the hypothalamus, and how people who habitually overeat behave very much like laboratory rats whose hypothalamuses have been surgically lesioned. And in her chapter on ecology she discloses how animals that hibernate tend to store fat in much the same way as do surgically treated rats.

"...just as inescapable is the corollary speculation that fat people are fat because nature, in her wisdom, designed them that way.

"Perhaps the most surprising data in this treatise concerns the sexual proclivities of fat women. ...psychologists say they are very, very sexy. That is, they are more susceptible to erotic stimulus, more insatiable, more interested in men as sex objects.

"There, with the stroke of an anthropologist's pen, goes the poor, frustrated fat lady, eating a whole chocolate pie because she was sublimating her sex urge..."

Your Newsletter editors offer the following review discovered in the October 24 issue of *TIME* magazine.

Fat's Where It's At

"Thin is in, right? And sexier, besides. Well, not according to Anthropologist Anne Scott Beller. In her new book...Beller argues that fat women are not only cuddly, loving, jovial sorts, but more sexy too. She cites studies showing that endomorphic lasses are more responsive to erotic stimulation and have greater sexual appetites. In one survey conducted in a Chicago hospital, 'fat women outscored their thin sisters by a factor of almost two to one' in terms of excitability.

"...Now that Beller has established that fat is where it's at, all those chubbies on starvation diets can relax and say, with John Dryden's Maiden Queen, 'I am resolved to grow fat and look young till forty.'"

"...Miss Beller concludes, 'Despite the great arsenal of our technological inventions, despite all the refinements of our basic primate and carnivorous food-sharing relays, at the cutting edge of human hunger it has, historically, always been every man ...for [himself]. And in a rapidly cooling world with its growing season relentlessly whittled down, the ability to put down and maintain fat may yet turn out to be at just as high a premium in the species' future as it must have been in the species' past ...In a changing climate and a possibly changing ecosystem...the case against fat and fatness has not been proved.'"

Excerpts are presented here from an article by Harriet Van Horne in the October 5 NEW YORK POST, which was submitted by Doris Boenig of Long Island and Sheila Goodman of New York City.

"...Anne Scott Beller is an anthropologist with a driving, womanish curiosity. She had to know why some people seem just naturally fat while others--eating like stevedores--stay fashionably svelte. Genetically speaking...there's no justice. Millions of fat people simply have fat coded in their genes. No diet will render them slim.

"In anthropologists' jargon, plump people are endomorphs...[who] make good parents, doctors, nurses and cooks. They are loving people, cuddling types. They respect the idea of pleasure.

"Fat people...are said to be capable of great emotional intensity, once stirred. They are single-minded, and...often better than their skinny colleagues at storing away information and memorizing facts.

Finally, Dan Davis of San Jose writes: "I'd like to recommend an outstanding book for your Book Service... It scientifically and objectively debunks most (if not all) of the destructive myths surrounding obesity."

[Ed. Note: Due to the interest expressed by its members, NAAFA has added FAT & THIN to its Book Service, and it is available to members for \$8.75, which is \$1.25 less than the retail price.]

BULK VERSUS FIRST CLASS MAIL

Last year, we announced the acquisition of our bulk mail permit in the January-February Newsletter. At that time, we gave our members a choice of receiving their Newsletters by bulk mail or paying an extra fee to have them sent by first class mail. One of the reasons the bulk mail permit was acquired was to hold down NAAFA's postage costs.

Since that time, approximately one third of NAAFA's members elected to pay the extra fee and receive first class mail service. This meant that they would receive the Newsletters within one to three days of mailing, normally. Our experience has been that bulk mail takes anywhere from one week to two months.

Whenever possible, we have tried to use bulk mail to keep our mailing costs down. However, we discovered that the delays in sending out the convention materials resulted in our having to send out the follow-up Newsletter via first class mail.

If you have not elected to pay for first class mail, please keep this in mind when you receive mailings from NAAFA. We have no control over how long it takes your post office to distribute its bulk mail. We know that it leaves the Bellerose post office immediately, but it is often held up in local post offices until someone is available to sort it, as it is considered the lowest priority mail.

You may opt for first class mail at any time simply by sending the fee to the NAAFA office. Also, you may select this option whenever you renew, but you must pay the fee upon each year's renewal--it is not automatically carried over from year to year. We hope the above answers some of the questions many of our members, especially new ones, have had about our mailing procedures.

Letters

WANTS NEW BUTTONS

Dear NAAFA,

I loved the "How Dare You Presume I'd Rather Be Thin" circle in the current News-letter so much that I cut it out and pasted it on a button. Why don't you have buttons made of this and also of "Fat Can Be Beautiful?" You could sell them and make a few pennies.

Harriet Pitkof
Valley Stream

[Ed. Note: We do have these buttons, and they have recently been added to our Book Service. The "Fat Can Be Beautiful" button is our latest one and was introduced at the Convention and given to each member who attended.]



FOOD FOR THOUGHT

78-year-old Gloria Swanson and her husband, William Dufty, recently hosted a buffet of natural foods for teachers, parents, children and community members who attended Nutrition Awareness Day at a school in the Bronx. Ms. Swanson, a vocal champion of natural foods, proclaimed, "I think that all this teenage crime is due to malnutrition."

One radio reporter, who interviewed some of the children, said that one child stated that Ms. Swanson may not look 78, but the child would rather age faster and have tastier food!

PERSONAL ADS

San Francisco-Bay Area members interested in participating in informal, "unofficial" but somewhat regular group social meetings, as an adjunct to other NAAFA activities, write or phone Wilma Kuns, 1112 Larkin, Apt. 503, San Francisco, Ca. 94109, 415 673-8851.

--

Tall, warm, sensuous female wishes to meet affectionate male who prefers amply-endowed ladies. Reply to Department 107, NAAFA, P. O. Box 43, Bellerose, New York 11426.

--

Overweight grandmother who has been a successful mother of eight would like live-in babysitting job. Weight 225. Do not have appetite for expensive foods. Reply to Department 108, NAAFA, P. O. Box 43, Bellerose, New York 11426.

--

Sincere young woman looking for a real mench. 30ish. Would like to share a rewarding relationship. Reply to Glickman, 43 Maple St., Massena, N. Y. 13662.

CLASSIFIED AD RATES

Commercial Ads: 25 cents/word, 10-word minimum. Department number available at \$4/issue.

Non-Commercial Ads: 10 cents/word, 10-word minimum. Department number available at \$2/issue.

All ads are accepted for publication provided they are not against NAAFA's purpose. They may include personals, wanted to sell or buy, employment notices, meeting notices, and many other items.

PRODUCTS AND SERVICES MENTIONED IN THE NAAFA NEWSLETTER APPEAR FOR PURPOSES OF INFORMATION ONLY. NAAFA DOES NOT ENDORSE ANY PRODUCT OR SERVICE.