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# The Myth Of Low Self Esteem In Overweight People

Posted by Married2ASweatHog - 2008/09/22 17:10

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## The Myth Of Low Self Esteem In Overweight People

By Roberta Temes, PhD

Did you know that the idea of a fat person having low self esteem is a myth? Humans come in various shapes and sizes. Every psychological test given to overweight people indicates that if you are fat you are as mentally healthy, or unhealthy, as anyone in the general population. There is nothing about overeating that is associated with poor emotional health. In fact, it is possible that obese people are emotionally stronger than slim people because many slim folks who were interviewed said they'd stay at home if they were obese.. they would not have the psychological fortitude to be seen in public if they were heavy.

There was a time, right here in the USA, when only the most successful folks were heavy and everyone else tried to emulate them. Large bodies were proof of robust health and substantial wealth. But, in America in the 21st century fat is out, thin is in.

Obesity is not a psychological disorder. Obesity is not an eating disorder. Fat people have a genetic predisposition to gain weight and if they wish to conform to today's ideal of slimness and if they want to maintain good health, they must counteract their inborn biological impulses. This is possible. Difficult, but possible. Particularly possible if you have a diet buddy or buddies.

Our genes may give us the capacity and tendency to eat much and gain much, but it is our environment, our habits, that permit the tendency to flourish. Thankfully, we can change our environment and thus fool Mother Nature. You can be a slim person, after all. You can counteract your inborn biologic capacity.

Dr. Jules Hirsch, the famous obesity researcher at Rockefeller University, says that obesity should be treated as a chronic disease for which there is no cure but for which there are management techniques. And those techniques do work. But, it's up to you to apply them every day.

You override your genetic destiny when you eat when you are not hungry or when you eat only low-calorie foods when you are hungry. It's the gene that opens your mouth that is responsible for overeating.

How do you want to manage your weight? You can do it, you know. You can go for surgery and staple your stomach. You can go to a diet doctor and get lots of pills. You can stop eating solids and go on a liquid diet. You can get group support via the Internet. You can lessen urges by acupressure, acupuncture, or aversion therapy. You can count calories or fat grams. You can use hypnosis. And the list goes on and on. There is no shortage of diet programs.

In my practice everyone who wants to lose weight does lose because we add hypnosis to the mix. Hypnotic suggestions make it easier to stick to whatever program you decide to follow. And it is crucial to follow a program. Talk to others and find out about a program that may be new to you. Remember, any diet program will work if you follow it.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Nick - 2008/09/22 17:24

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I consider obesity an eating disorder. But it's also something on a mass scale that reflects society. The comfort level of a society and their edge

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Stephanie08349 - 2008/09/22 17:41

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I got fat because I got lazy and it was easier to be in denial then to get off of my fat lazy butt and work it off. Simple as that. No self esteem issues, just laziness. Same with a lot of other people I know. There are exceptions, but they are few.

My wake up call came when I started having health problems associated with being overweight and not being able to be as active as I would like. I felt like a total idiot letting myself get so out of shape and fat. That was big fat wake-up call. Sometimes that's what we fat spouses need to get us up off of our lazy behinds - a big fat wake-up call of some kind.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Chris - 2008/09/22 20:15

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Fat people have a genetic predisposition to gain weight and if they wish to conform to today's ideal of slimness and if they want to maintain good health, they must counteract their inborn biological impulses.

I don't buy the fat gene stuff. There is tons of information on this site and over at unfatblog : The Fat Gene isn't all that FAT

The genetic markers that have been identified with obesity only make about 8 pounds of total weight difference, IF YOU HAVE BOTH OF THEM!

Additionally if obesity was genetic condition, then why has it EXPLODED in the last 30 years. The genetics of the United State have not changed in 30 years significantly.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Married2ASweatHog - 2008/09/22 21:18

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There is no genetic predisposition for metabolic weight gain but there is a genetic predisposition for bingeing.

These people who say they eat 1000 calories a day and weight 300 pounds are liars.

Fat acceptance is a farce. They are a bunch of pissed off fat women who need a reality check and a muzzle.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Chris - 2008/09/22 22:01

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These people who say they eat 1000 calories a day and weight 300 pounds are liars.

I think everyone here agrees with this!!!

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by C.Ricci - 2008/09/22 22:22

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Hmmmm, interesting, but what do you guys think about this?;

"WOMEN who have been severely sexually abused as children are twice as likely to be overweight by age 21 than their peers, a study has found...."

"They found women who experienced penetrative sexual abuse before the age of 16 (7.9 per cent of respondents) had a higher body mass index, on average, as young adults than other females in the study. But the link did not hold for men who had been similarly abused (7.5 per cent of respondents)..."

"It has also been suggested that 'comfort eating' may be an adaptive function after childhood sexual abuse," the researchers wrote in the journal Obesity."

I personally had a drunk StepFather growing up but blocked a good chunk of it out (still enough to remember to keep the kids away from him).

My obesity was from learned bad eating habits, semi-laziness, not enough motivation, thyroid malfunctions and a Pepsi

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addicted morbidly obese Mom who makes you feel bad for losing weight.

I love my Mom and all but she has horrible taste in men and rags on me about wanting to be thinner and on my morbidly obese Sister who just got on an exercise and diet plan (for wanting to be healthy) and she had to deal with the Step Father, too..

Whatevs..

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Nick - 2008/09/22 22:40

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I think the fat gene thing is bullshit too. However I do believe that some people's bodies and brains react differently to foods with a high fat content.

Obesity is not entirely genetical/hereditary (is genetical even a word?). Obesity stems from habits developed, one's own bodies composition and it's reaction to certain foods. Most people's cases stem from laziness and bad food choices.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Married2ASweatHog - 2008/09/22 23:13

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I want to point out that when fat bodied people claim they are fat because of low self esteem they are lying.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by prodrome - 2008/09/23 00:25

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This individual has a PhD. Not an M.D., DDS, MPH, or even a PT. He probably has his doctorate in Creative Writing.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Nick - 2008/09/23 00:50

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prodrome wrote:

He probably has his doctorate in Creative Writing.

hahahahaha

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Married2ASweatHog - 2008/09/23 02:12

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prodrome wrote:

This individual has a PhD. Not an M.D., DDS, MPH, or even a PT. He probably has his doctorate in Creative Writing.

SHE is a clinical psychologist who specializes in the treatment of fat bodied people. MDs have dropped the ball. All they offer that works is butchering the digestive system of fat bodied people. I suppose a dentist could wire their jaws shut. That is a whole lot more humane than butchering them.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Mary45 - 2008/09/23 02:15

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Well, well, so now you are a doctor of sorts, Harpoon/TammyCat/Tanizaki/Margaretbird/Married2ASweatHog (and I'm sure I've missed quite a few).

Your main character has so far been a diet-book writer, a guy who got his wife to lose weight successfully and now a professional who offers weight-loss treatments.

Could you please make up your mind once and for all, who and what is it to be?

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Nick - 2008/09/23 02:23

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I don't think this is harpoon or nonglutton. This person sounds more serious, except the excerpt they posted isn't all that great.

IP addresses, again?

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Mary45 - 2008/09/23 02:29

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I'm positive, Nick, he has something of a 'signature' that stands out like a scarlet letter or something. He always starts off quite moderately, but at some point it gets more than a bit weird.

Well, never mind...

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Married2ASweatHog - 2008/09/23 02:44

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Mary45 wrote:

Well, well, so now you are a doctor of sorts, Harpoon/TammyCat/Tanizaki/Margaretbird/Married2ASweatHog (and I'm sure I've missed quite a few).

Your main character has so far been a diet-book writer, a guy who got his wife to lose weight successfully and now a professional who offers weight-loss treatments.

Could you please make up your mind once and for all, who and what is it to be?

Calm down Mary. I am AKA NonGlutton. I am not Tanizaki or Margretbird.

<http://www.drroberta.com/>

Here is a link to the article

[http://www.peertrainer.com/roberta/the\\_myth\\_of\\_low\\_self\\_esteem\\_in\\_overweight\\_people.htm](http://www.peertrainer.com/roberta/the_myth_of_low_self_esteem_in_overweight_people.htm)

Mary, with all due respect you are acting a bit paranoid. This site is controversial and you will attract trolls. The fat accepters have been trolled for years. They know what they are doing. I told you before if you suspect someone is a troll to ignore them.

I admit it. I am a great troll. I may be the best ever. I did not start out that way. I was asking sincere questions on NAAFA and they labeled me a troll. I was not a troll then I was just a really bright person. They deserved a trolling so I used my powers and I recruited people from all sort of forums and within a few months NAAFA's online forum was no more. They did several mass bannings but the only rided them selves of the obvious trolls but ended up banning mostly members in good standing. We used proxy servers and registered sock puppets. We remained fully compliant with the rules but we

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made their people freak out. What killed them was the hypocrisy in moderation and our way of stating their position. I PM Chris and told him who I am. If I was serious about trolling fat spouse it would be history by now. I really am that good. The truth is I like what you guys are doing but the zealotry here is a bit paranoid in flavor. You need to chill and think before you post. If it is going to stir the pot then do it another way. DON'T FEED THE TROLLS.

I want this site to do well. I think the message is cutting edge and important. I do think you and Chris are a bit naive. If you ask me nicely not to post I may comply. If you try going toe to toe with the like of me you will lose. I am really good at this. The only thing I enjoy more than this is fly fishing. Trolling is the next best thing. I have no real motivation to troll you guys don't give me any.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Mary45 - 2008/09/23 03:15

Thanks for your honesty, NonGlutton/Harpoon!

As strange as it might sound to you, I really don't have a very big problem with a lot of what you say. If I'm to be brutally honest to myself, deep inside I do tend to look down at fat people somewhat, and I get immensely tired with all the excuses and so on. But 'my better self', my conscience and sense of right and wrong always makes me scold myself for those feelings.

On a purely practical level my problem with Harpoon (aka NonGlutton, and please don't deny the connection, ok;) ) is this:

The way I see it (and I could be wrong, and it's just my thoughts), for the FA their 'raison d'etre' and the front they put up 'to the world' is that they fight fat-hatred, discrimination, bias etc. Imo this is a delusion and a smoke-screen, there is no 'fat-hatred' in society at large.

The FA is always on the lookout for any signs of 'widespread anti-fat sentiments' that they can highlight and play up - and thus justify their very existence. The way I see it, a 'Harpoon-ish' sentiment on this site would be an answer to all FA-prayers. They wouldn't have to look any further for the evidence that they desperately need but that has so far been rather hard to find.

For my part I hate the idea that something I say here on this forum could make someone somewhere decide to join the FA-ranks, while a job well done would for me be if someone decided not to go there.

As an example of what I mean, here's an entry that circulated the FA-blogs at the time NonGlutton posted here. I can't know for sure if there is a connection, but see for yourselves (I do sincerely feel for the original author because of her loss):

<http://theuniverseandhumanstupidity.wordpress.com/2008/09/10/guest-blogger-sugarleigh-and-they-worry-that-fat-is-going-to-bring-down-the-countryworld/>

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Married2ASweatHog - 2008/09/23 15:06

Mary45 wrote:

Thanks for your honesty, NonGlutton/Harpoon!

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They are going to spin and twist stuff anyway. They are a bunch of liars who deep down know their dogma is bogus.

They will take cheap shots. They will pretend to be offended. That does not mean you should stop telling the ugly truth about their behaviors. I make a distinction. I don't find fat people revolting. I find their behavior revolting and their appearance revolting because it is an extension of their behavior. I often use the term fat bodied to describe them. Fat person means something different to them than it does to us. They think "fat people" are some sort of morally superior form of life. They see themselves as tragic victims of a cold and cruel society when in point of fact they are society and we are the minority and therefore we are the victims. The difference between us in them is we do not portray ourselves as victims. Every person who is burdened with the albatross of a fat spouse is a victim. Gluttony is a form of abuse. It is selfishness.

It is irresponsibility.

It is arrogance.

It is neglect

It is disrespect.

It is abuse.

It hurts! They refuse to see it. They are so dishonest that they cannot see through their own lies. They are so angry because somebody confronted them that they are on a rampage.

I am fine with hurting their feelings. They are bullies. You will read it here time and time again where a normal spouse is concerned for their well being of his or her glutton. The normal spouse walks on eggshells for fear of hurting the glutton and the glutton discounts them or does the passive aggressive thing. I told yo before that you were a victim of abuse. I know that is a tough pill to swallow but I think if you get really honest with yourself you will atleast agree that you deserve to be with a healthy spouse so long as it is within the power of that spouse to be healthy. Love would dictate that each spouse would be at his or her best for the other one. Love is an action that results in a feeling. When we are loves less than another it hurts. When we are loved less than food we are with a glutton. That is what it all boils down to. It is our obligation as humans to be at our best for the ones we love and love us back. A fat spouse is not at his or her best.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Mary45 - 2008/09/23 15:45

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Well whatever and perhaps, I don't know. But I really don't think that you can just group all fat people or fat spouses together and claim that they all share the same characteristics.

Like my husband for instance, he's a former icehockey pro, tall and muscular guy and weighs some 105 kg. I guess that according to US standards there really isn't a problem - but then again over here he is considered too fat and he knows it himself as well (and there's diabetes in the family). This summer with a lot of building work has brought some improvements and I think that he has actually lost quite a bit btw. The idea that I would be a victim of abuse is simply ridiculous.

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We are not that PC either, and discussing the fact that someone is too fat is not that dramatic or complicated. Actually, when I first happened on this site I was fascinated and intrigued to learn that obesity really is an extremely sensitive and controversial issue in the US.

Please understand that I'm a product of the society in which I grew up and in which I have always lived. I don't know that I have ever actually encountered a person so big that he/she can't walk anymore, and, for instance, we don't have those motorized scooters in the malls (yet). It's perfectly possible that my stance would be harder if I lived in the US, but all I can say is that I really don't know.

You could argue that maybe I'd better shut up about things that I might not even understand - but then again I got involved and one thing led to another and there you are...

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Married2ASweatHog - 2008/09/23 17:43

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We are all influenced by our culture whether we admit of not. Today society comprsed mostly of fat people have normalized obesity and gluttony. Fat is now the new normal. The obesity promoters will tell you that too. They think that fat is normal and healthy.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Chris - 2008/09/23 20:58

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Your Right Mary,

Seeing these huge things lurching out of their vehicles into their scooters to get more food, while old ladies walk, makes it hard for me to moderate the site's tone at times.

I think at one point the pendulum swung too far toward to PC.

We were actually running "fit" spouses off. I just couldn't bend over far enough for these people.

NO MATTER WHAT they found something offensive. I took the pictures off the site, not good enough! I added "willingly" to the sub title text, they wanted MORE. I even changed the banner to be less sexist. This just simply lead to next request.

The latest requests now demand that the Title sub text be DELETED entirely. It all comes under the guise of not sounding to harsh or being a hate site.

I am aware such a line exists, but I'm not going to let the apologists draw that line.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Married2ASweatHog - 2008/09/23 21:52

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Being offended is what they crave. They could not exist without it.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Poolboy - 2008/09/23 22:47

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I'm offended that your offended! :)

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Mary45 - 2008/09/24 03:18

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I never understood the problem with the old banner (but kept mum, for once, when it was discussed), I remember seeing exactly the same illustration in some official health-authority BMI-demonstration or something. It simply illustrated what the different bmi's look like on average. But whatever, and the new one is okay too.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by markerbull - 2008/09/24 11:02

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I sometimes wonder how those crybabies can type with their hooves.:huh:

Seriously, they have the right to be offended as much as I have the right to be offended by them. They post all kinds of crap that offends me but instead of falling into the fetal position and whine like them, I choose to deal with it. I suppose they just can't be as tolerant as they expect everyone else to be.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Zimm - 2008/09/24 12:00

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I would like to add my perspective to this particular forum. My wife is 5-3 and 300 pounds+, and I don't think lack of self esteem is her problem. She was 5-3 and 125 when I married her. Her mother, dad and sister are not overweight at all. No one in her family is a severely overweight as she is. So, I do not see how it could be genetic. In a recent conversation with my wife's sister, she told me that her sister--my wife--is an enigma to her. She sees her sister as being so confident, friendly, outgoing and so successful in so many ways, but her weight seems to be something that she feels that she can do nothing about. I agree with her sister. My wife has has a successful career as an educator. She is, and has been involved in civic as professional organizations in a leadership capacity. She was president of her sorority in college and very involved in other student activities. She is, and always has been a very good mother to our children, who are now young successful adults. However, it seems that my wife has decided that weight is one thing in her life over which she has no control, and that me and others should simply accept her as she is. I guess we all have something that we struggle with that has an effect on our life and the way people see us. Mine has always been shyness. Ever heard the expression "the worst thing that someone can say to you is no", which means its no big deal, you haven't lost anything. Well, my response is: you're right, the worst thing they can say is no, which means to me "rejection hurts. But, I came to realize that my shyness can have an effect on the way people perceive me, and I have worked hard to overcome my shyness and become more assertive. Maybe its easier to overcome shyness and the perception of shyness than it is to overcome weight and the perception of overweight. I just don't know, but I just don't think a lack of selfesteem is her problem. Zimm

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Married2ASweatHog - 2008/09/25 02:19

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I will speak bluntly. I think you and your wife are full of crap. Your wife CAN behave responsibly when it come to food. She is nearly 3 times her normal weight. Your wife is not fat. She is super morbidly obese. Her BMI is 53.1. A normal BMI is 18 - 24 for most people.

You need to do an intervention on her. She is committing suicide by food.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Buster Cockerson - 2008/09/25 08:33

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Why can't these people take responsibility for their actions? It's irresponsible to continue to live like that. It affects your kids, their friends, everything.

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I went to the gym tuesday night and the karate class was going on. Some parents will participate with thier kids, they are usually in good shape. They have bleachers for the families to sit and watch. In the bleachers was a mom and dad who were so big I couldn't get them in my cell phone camera. I stood in awe during my minute rest period as I saw the bleachers bend. Then I saw the kid, who is 8 and easily 150.

Imagine the brutality this kid must experience at school. And the sad thing is, he's just following the example his parents have set.

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## Re:The Myth Of Low Self Esteem In Overweight Peopl

Posted by dandyioness - 2008/09/25 09:39

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Imagine the brutality this kid must experience at school. And the sad thing is, he's just following the example his parents have set.

I agree. If a kid is overweight it's usually the parents fault. Rarely is it ever an actual physical health problem. Parents should set an example for their kids, it's part of their job as parents. My daughter is two years old, and I have already started teaching her about eating healthfully.

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## Re:The Myth Of Low Self Esteem In Overweight Peopl

Posted by markerbull - 2008/09/25 10:11

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dandyioness wrote:

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What a small world. I see these same parents in their seats as their kids are doing martial arts too and I can tell they don't like looking at us adults working out. I really like the fact that our adult class is full of every age group and ethnicity. They know they could be working out with us while at the same time keeping an eye on their kids because two of our classmates do that.

It is fun seeing the parents try to scurry past like they have such important things to do when the "hot mom" finishes our class and meets up with her kid as the class is finishing. The dads get the evil eye from their dumpy wives if they look at her and the mom either pretend she is not there or give the "sour" face. Both of our classes end at the same time and we can both see each other. No excuse, none.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Married2ASweatHog - 2008/09/25 12:33

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Buster Cockerson wrote:

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Imagine the brutality this kid must experience at school. And the sad thing is, he's just following the example his parents have set.

Don't ask why they can't. Ask why they won't.

Those beastial parents put their little eating machine in Karate class so they can tell the doctor he diets and gets enough exercise. The kid is going to feel like crap because he won't be able to do what the rest of the kids can do. His parents should have child protective services called on them.

Fat people love to sit.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by markerbull - 2008/09/25 14:19

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Married2ASweatHog wrote:

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Fat people love to sit.

Sit and eat while sitting. It just blows my mind they can't see the obvious in front of their faces. Our adult class has every age and body type in it and its hardly 50 ft from them while they sit there reading the paper or talking on their cells. Most of them aren't even watching thier kids perform. Sad, really, really sad.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Married2ASweatHog - 2008/09/25 14:28

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Sad doesn't begin to describe it. It is tragic. Kids deserve better.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by markerbull - 2008/09/25 14:34

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Married2ASweatHog wrote:

Sad doesn't begin to describe it. It is tragic. Kids deserve better.

and so do we fit spouses. I am glad this is firing me up because I have a fight class tonight and somebody is going to pay with their face.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by C.Ricci - 2008/09/25 15:12

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markerbull wrote:

Married2ASweatHog wrote:

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LMFAO!!!

I'm stealing this^^..

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Chris - 2008/09/25 20:10

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This is where FA steps in and states that bothering children at an early age about food and getting fat will give them the foundations for future eating disorders.

This is where I really have problem's with Rachael's F-word blog. She loves to set this false dichotomy up.

Even more irritating is that after establishing this argument she basically ignores that their are any eating disorders that lead to obesity, like binge eating.

Imagine the brutality this kid must experience at school.

This kid just needs to bring is Kate Harding talking points. I'm sure the other kids would understand and leave him alone once he discusses "setpoints" and "intuitive" eating with them.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Buster Cockerson - 2008/09/26 08:02

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I am sure the kid is a hit in group therapy (Maryland elementary team building) class. Ms. Hymen, why does little jimmy have boobies bigger than yours?

But I saw the poor kid on the mat last night while mommy was pounding away on two chili dogs. He's taking karate, and is so big he's got an adult large belt and gi. He can't lift his leg more than a foot high, and I'm sure the bully's will learn to defend the shin kicks.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Mary45 - 2008/09/26 08:35

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This is where FA steps in and states that bothering children at an early age about food and getting fat will give them the foundations for future eating disorders.

This might come across as shockingly un-PC, but what the heck:

Anorexia epi-panic BOOGA BOOGA, teh eating disorderdeeeerz... and so on. I'm sick and tired of this scare mongering and imo it needs to stop, because it's completely ridiculous.

Hands up now, how many of you live in a community where the anorexia epidemic is claiming victims at an alarming speed, and people are staggering about their daily business hardly able to function because they are too thin? (For the odd chance that someone from Ethiopia is around, sorry, please don't be offended, it's not about you good people).

Rachel's problem is that, just because she was unable to understand the difference between healthy weight-loss and an anorexic lifestyle, she is convinced everyone else will make the same mistake. This is not true of course, and I can't understand what makes her think that her personal experience is more valid than, for instance, my personal experience.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by dandyioness - 2008/09/26 08:40

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Mary45 wrote:

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I completely agree with you.

Maybe it would help if obese Americans visited Ethiopia for awhile.:)

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by markerbull - 2008/09/26 10:14

-dandyioness:  
..."I completely agree with you.  
Maybe it would help if obese Americans visited Ethiopia for awhile.:"

No kidding. How about just about every other country outside the states? We are the home of the hogs. I did a study to see how many suffered from anorexia just to find out that according to the CDC the amount is so small they have a hard time calculating the percentage. They estimate it is somewhere near a fraction of one percent. The scare-mongering is out of f-ing control but it should be no surprise this insipid rhetoric comes mostly from idiots.

More people are dying from eating too much versus too little in America. Basically most people these days are digging their graves with their spoons.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by markerbull - 2008/09/26 10:37

Buster Cockerson wrote:

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But I saw the poor kid on the mat last night while mommy was pounding away on two chili dogs. He's taking karate, and is so big he's got an adult large belt and gi. He can't lift his leg more than a foot high, and I'm sure the bully's will learn to defend the shin kicks.

:laugh: :laugh: The part about little Jimmy having bigger boobies had be rolling!!

I have seen some folks in my kickboxing class start out really fat and lose it like crazy. Some just give up and don't come back but when they apply themselves the fat melts off like an ice cube in hell.

I feel sorry for those neglected kids that are fat. Setting the right example and providing for your kids should be right up there with loving them as a parent. I will never understand this sloth/apathy mindset.

On the flip side I do see some kids, mostly Asian that have fit parents that don't tolerate the sloth mindset. We see them at the park or at the bookstore and you can tell they understand self discipline and aren't piling food in their faces while muttering excuses of genetics.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Tensolator - 2008/09/26 10:54

"WOMEN who have been severely sexually abused as children are twice as likely to be overweight by age 21 than their peers, a study has found...."

"They found women who experienced penetrative sexual abuse before the age of 16 (7.9 per cent of respondents) had a higher body mass index, on average, as young adults than other females in the study. But the link did not hold for men who had been similarly abused (7.5 per cent of respondents)..."

"It has also been suggested that 'comfort eating' may be an adaptive function after childhood sexual abuse," the researchers wrote in the journal Obesity."

First, is there a difference bewtween 'severely sexually abused' and just 'sexually' abused?

In my own experiences over the years working with young ladies who have been through this, and this is anecdotal, girls who have been sexually abused tend to be more sexually mature than females their age, and dress/act the part. I knew a young lady years ago who had been sexually abused by her father horribly. Her "escape" fantasy was she was Marilyn Monroe, and she was 1) sexually active, and 2) took very good care of herself physically so people would be attracted to her.

---

I also suspect that many of the young ladies we see entering the porn industry at fairly young ages 18/19 have been sexually abused. And by in large, none of them are anywhere near being obese.

So, although I am certainly not trying to outwit the journal Obesity, I'm not sure, from what I've seen in my own experience working with the public, that 'severe' sexual abuse causes obesity.

That certainly doesn't mean that there aren't people out there who have been abused and aren't obese, but there is a lot more to it.

Jon

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by C.Ricci - 2008/09/26 11:13

Tensolator wrote:

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That certainly doesn't mean that there aren't people out there who have been abused and aren't obese, but there is a lot more to it.

Jon

I realized this when I posted it, just thought it was interesting and b/c my memories are so limited as to what exactly happened to me when I was younger.

I was always very, very heavy and had a drunk StepFather around who was pretty creepy in his own right. I, too, was very sexually active starting at 14. But there was never anything that severe that I remember happening to me from him..

Uuuggghh..

It's too early for this..

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Mary45 - 2008/09/26 12:39

You are one heck of a tough lady, C.Ricci!

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by A101 - 2008/10/18 10:49

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"This is where FA steps in and states that bothering children at an early age about food and getting fat will give them the foundations for future eating disorders"

This is the equivalent of saying things like:

- : Teaching your children to wash their hands will make them obsessive compulsive
- : Teaching your children to tidy their rooms will make them obsessed with cleanliness
- : Doing the karate class will make them obsessed with exercise
- : Sending them to school will make them a workaholic

Or 'maybe', just 'maybe' it will teach them healthy habits so they can look after their body.

Eating disorders and fear of eating this or that comes from (besides things mentally wrong) LACK of information, not from having it.

Just like a person who doesn't know how to drive a car will be worrying if they are doing this or that right, have they done something wrong etc.

A person who knows what they are doing just gets on and does it.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Mary45 - 2008/10/18 12:16

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"This is where FA steps in and states that bothering children at an early age about food and getting fat will give them the foundations for future eating disorders"

My spontaneous response to this is "teh anorexia booga booga!" - sorry, but had to get that off my chest.

I have one piece of purely anecdotal evidence re harassing kids about weight and food, and whether girls will or will not turn anorexic en masse as a result:

Namely, I've probably mentioned before that I used to be a competitive figure-skater as a kid and teen, and was trained by the Soviet methods. That was back in the 1970s when sports nutrition was still very much an undiscovered science in my neck of the woods, but the ideal skater in those days was stick-thin. The skaters also cross-trained with the gymnasts and ballet-dancers, so I have a fairly good idea of their training principles as well.

I was introduced to this world at the age of 7, and it was all about training as hard as possible but eating as little as possible. The girls were on constant diets from the age of 8 or 9, we compared each other's weight and were all worried sick about being too fat - and we were also constantly told by the coaches that we were indeed a bunch of lazy fat asses and so on... and guess what, none of the girls, not a single one that I know of, developed any form of eating disorder. On the contrary, those I've kept in touch with are of a healthy weight and very active as adults. All of us certainly recognize that the way we were trained was completely wrong (and would probably amount to child abuse today), it wasn't healthy and didn't even produce the best possible results. But no-one suffered any long-term damage either.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Married2ASweatHog - 2008/10/18 14:04

It is about discipline and self control.

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## Re:The Myth Of Low Self Esteem In Overweight Peopl

Posted by Nick - 2008/10/18 16:14

Mary45 wrote:

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that's so bad ass.

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## Re:The Myth Of Low Self Esteem In Overweight Peopl

Posted by Mary45 - 2008/10/18 16:46

No big deal, honestly. My point is that young girls may seem frail and vulnerable, but they are much stronger than you'd think - and they won't all swoon, get the vapours and go anorexic if you tell them that they have to mind what they eat and can't have icecream and chocolate every day.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Sunshine08 - 2008/10/18 17:36

Married2ASweatHog wrote:  
It is about discipline and self control.

And addiction?! Remember?!

:laugh:

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Married2ASweatHog - 2008/10/18 18:32

Sunshine08 wrote:  
Married2ASweatHog wrote:  
It is about discipline and self control.

And addiction?! Remember?!

:laugh:

Right and pork is the other white meat.:laugh:

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Tell us how in 30 years 67% of Americans became addicts and why they weren't 30 years ago.

I can tell you why they are selfish egoistic gluttons. Would you like a dissertation?B)

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Sunshine08 - 2008/10/18 22:54

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Married2ASweatHog wrote:  
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The answer to your question is so simple: Food source, higher stress levels, great shift in cultural norms, misuse of prescription drugs, and a huge increase in environmental toxins, specifically those that mimic human hormones.

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## Re:The Myth Of Low Self Esteem In Overweight People

Posted by Married2ASweatHog - 2008/10/19 02:57

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Sunshine08 wrote:  
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---

We are stuck with one pesky reality called THE LAWS OF PHYSICS. The laws of physics trumps all your lame excuses and myths you believe.

Stress? There is no evidence that stress levels are higher than they were 30 years ago.

Environmental Toxins? The air, water and food supply are cleaner now than they were 30 years ago. I think you are talking about xeno estrogens and they were more prevalent in plastics. and auto exhaust 30 years ago. You read that garbage in HAES or some other book that salves fatties but you cannot find any peer reviewed studies to back up the assertions of the charlatans but they do give you fatties a convenient excuse.

The food companies are NOT the culprits. They are simply giving the gluttons what they want.

I agree with one thing. Our society is demented and whorish. Obesity is symptom of a culture in rapid decline. Fat people are ruining it for everyone!

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