

**It's a given**

# Experts say following crowd can be harmful

By **CLAUDIA D'SOUZA**  
Special to *The Champion*

**H**ow intertwined is the mind with health issues such as eating disorders and body image struggles? Just ask Michael Lavelle.

The University of Toronto counselling specialist was the guest speaker at a recent seminar co-hosted at Halton regional headquarters by the Body Image Network of Halton and the Body Image Coalition of Peel.

Mr. Lavelle's theories target why so many people have little regard for their own health.

"Why are so many people smoking, not exercising and not doing a lot they should to take better care of their health?" he asked.

"It has to do with the wanting, longing pain that's so close to the surface of life, called existential pain."

In his experience, most people's problems can be reduced to the four 'givens' of existential pain; death, freedom (making our lives as we will), loneliness and seeking meaning.

He has never met anyone who isn't struggling with at least one of these four 'givens.'

Just as people choose how they deal with their existential pain, they also choose their own illnesses, Mr. Lavelle believes. Drinking, smoking, staring in front of the television and control issues such as eating disorders are choices that affect our lives.

"You must recognize life is a series of choices. If you're depressed you can do something about it or live with it — there's always a choice. Depression is a great motivator; it makes you take responsibility for your own life."

Following Mr. Lavelle's opening address, one of four related workshops conducted by Oakville family therapist Diane Garley, delved into the issues surrounding teens and body image.

People are familiar with those at the extreme end of the body image continuum — they are the high profile victims of the eating disorders like Karen Carpenter and Princess Diana.

But Ms Garley states more and more teens and young girls are being swept toward that end of the continuum in frightening numbers.

The statistics compiled by Halton's health department tell the story. Sixty-five percent of girls in Grade 7 and 8 are trying to lose weight, 37 per cent of 11-year-olds, 42 per cent of 13-year-olds and 48 per cent of 15-year-olds say they need to lose weight, even though they're already within normal standards.

One in 10 teenage girls between 12 and 19 manifest signs of sub-clinical eating disorders, that is, distorted thinking not severe enough to be a full-blown eating disorder.

A phenomenon of Western culture, eating disorders like anorexia nervosa and bulimia involve complex emotional issues with roots in poor self-esteem, feeling unloved and/or unlovable, unworthy and

incapable of taking control except for food intake, Ms Garley explained. Most who suffer from them are bright and accomplished.

Part of the problem is the values society holds near and dear — beauty, perfection, youthfulness, power and success.

The vast majority of youth draw a perilous association between body size and being attractive, powerful and accomplished. This is perpetuated through the distorted and manipulated images they see in magazines, on television and in the movies.

"These distorted images are ingrained in our culture," Ms Garley says. "They see physical perfection as a way to attain the better things in life. There is pressure to conform. We must educate them on the subliminal and insidious methods used in advertising."

What young people also need to realize is that their genes play a key role in what their bodies look like. Only 4 per cent of the population have the genes that make them "model" material.

"Teens mistakenly think they can alter their shape by reducing their weight," says Ms Garley.

"You can't change that. It's uniquely ours and beyond our control and cruel practices such as vomiting, using laxatives,

enemas and starvation will not work. We should emphasize fitness, not body size."

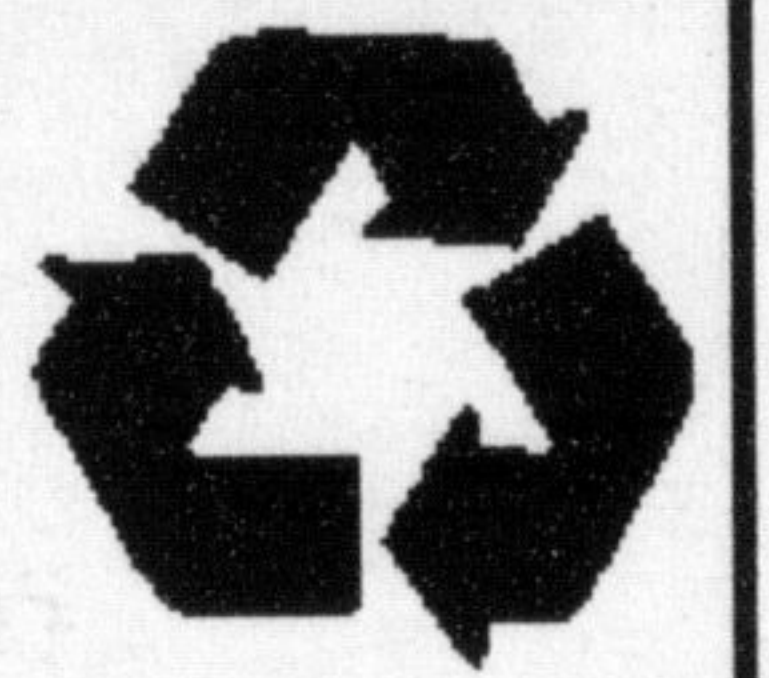
Parental behavior and attitudes toward dieting, exercise and food in general have a huge influence on children, she stressed, and can encourage dieting and a preoccupation with weight.

"God created a myriad of body types. Youth need to realize the key to success doesn't lie in the bathroom scales but in the courage to accept themselves, seek new challenges, being informed and thinking independently."

**REDUCE**

**Re-use**

**Recycle**



PITCH-IN CANADA  
www.pitch-in.ca

## Are You A Woman Aged 35 to 65?

Then Your Heart Matters!

## Are you a "risk taker" with your heart?

Please Attend

## "RISKY BUSINESS"

A free healthy heart awareness seminar

Tuesday, April 13, 1999

7:00 p.m.

Displays, Refreshments

7:30 - 9:30 p.m.

Program

Milton District Hospital  
30 Derry Road East

with

- Dr. Sonia S. Anand, Internist, Hamilton Health Sciences Corporation
- Nicola Simmons, R.N., Emergency Education Specialist

Free Call to reserve a seat: 338-4379

This seminar is a joint community partnership of:



ELI LILLY CANADA  
WOMEN'S HEALTH



# What does April mean to you?

## To Millions with Parkinson's Disease

- April is World Parkinson Awareness Month.
- April 11<sup>th</sup> is World Parkinson Day which celebrates the birth of Dr. James Parkinson.

### Fact File

- Dr. James Parkinson named the disorder 'the shaking palsy' in the early 19th century.
- 100,000 Canadians have Parkinsons
- As many as a million Canadians are involved with Parkinsons as family members, caregivers, support groups and the medical community.
- Parkinsons is brain disorder affecting the control of movement
- There is no known cure!

Help those who dream a cure will be found.

You CAN make a difference by:

- Making a donation
- Volunteering

To make that difference  
call 800-565-3000

Thank you!

The Parkinson Foundation of Canada  
La Fondation canadienne du Parkinson  
710-390 Bay Street, Toronto, Ontario M5H 2Y2  
Charitable registration number 10809 1786 RR0001

### ADVERTORIAL WINE COOLERS

Wine coolers are a fairly new item for my industry, but are extremely popular on the commercial market. At Hogshead we have been making wine coolers for 3 years now and have had great success, they get more popular every year. We offer 21 types of coolers for our customers to make. Some of the types to choose from are Hard Lemonade, Cranberry Hard Lemonade, Raspberry, Peach, Wildberry, Strawberry Banana Breeze, and Tangerine Tango. As well as alcohol based coolers we can also do all 21 flavours into non-alcoholic carbonated beverages. The cost of the wine based coolers start at \$2.75/litre while the non-alcoholic ones are \$1.25/litre. There are two ways to do the coolers; the first is to choose the type you want (such as a Hard Lemonade) and bottle it. The second way is to do a variety of types, although this limits the number available, it widens the variety you will be able to serve your guests as well as yourself. Making your own coolers at Hogshead Brew Club is inexpensive and easy. It takes only 5 minutes to make and all summer to enjoy.

There will be several of the non-alcoholic coolers to try and bottle in the near future. Drop in for a sample of summer!

Specials for the month of April:

Wine: Chenin Blanc, Pinot Noir, Barbera.

Beer: Cascade Dry (European beer), Dan & Dave's (domestic dry)

Please watch for our next column appearing Friday, April 23rd.

Darren Goertzen

**HOGSHEAD  
BREW CLUB**

100 Nipissing Rd. Unit #11, Milton 878-2646  
goertzen@globalserve.net

## Watch for your Money Savings

# "MILTON'S CHOICE AWARDS" COUPON CLIPPER



COMING AT THE  
END OF APRIL

Unique Frame + Art

BOB'S AUTO SERVICE

HALTON POOLS N' SPAS

Pizza Hut

FIFTH WHEEL TRUCK STOPS

The Dickies

HARVEY'S

Zellers

CASHWAY BUILDING CENTRES

Brancier JEWELLER - GEMOLOGIST INC.

SPOKES N' SLOPES

Wendy's