

## Full & fulfilled

### Healthy eating for the holidays — and year-round

by Carol Beck and Nan Allison

**S**hould I be "good" with my food or just eat what I want? If I'm good, I feel deprived. If I eat what I want, I feel guilty.

Does this conflict sound familiar? It seems there is no way to win; we are always flipping between deprivation and guilt. And it only seems to get worse during the holidays.

At this time of year, we are bombarded with tips on how to eat right. We hear advice on planning ahead for holiday parties, drinking diet sodas between alcoholic beverages, avoiding the little quiches and opting instead for the cherry tomatoes and yogurt dip.

We spend our days trying harder and harder to be perfect with food only to keep gaining weight and feeling more hopeless. What is the missing piece? How can we break free and escape from pushing the same rock up the same hill, over and over again, with the same old results?

Your own intuitive voice is the missing piece. Each of us has a chemical system designed to regulate appetite and balance pleasure and health. But since infancy, we have been taught to doubt this system and override it when possible. We have been taught that all bodies work the same. This belief is just not true. The food which leaves one person energized may leave you feeling lethargic. The meal which satisfies someone else may leave you empty. Your body has its own unique set of needs that only your own chemical system can regulate.

With practice you can begin to hear your intuitive voice, telling you

what this system needs to give you just the right balance of pleasure and health to feel full and fulfilled. So, how can you begin to uncover this missing piece and start discovering what is right for you?

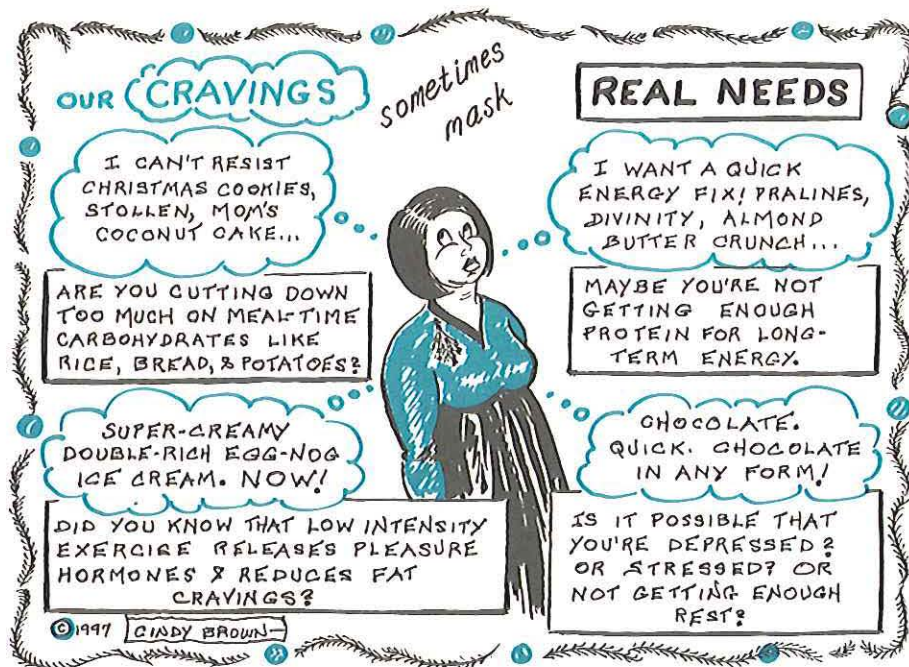
Every mood, feeling and sensation is telling you something you need to know. Hunger, headaches, cravings, sleepiness, foggy thinking, self hate, relief, energy — anything and everything you notice about yourself physically and emotionally are signals that stem from changes in your brain chemistry and hormones. Instead of hating yourself for feeling these, use them. What you eat alters your brain chemistry and hormone balance causing mood changes, emotions, and physical sensations.

Let's take an example: sugar cravings. A craving for sugar is a signal

from your intuitive voice that something is out of balance in your body chemistry. You can determine which of several possible factors is the most likely cause of your sugar cravings and make changes in your diet accordingly:

- 1) Craving sugar may mean you need to eat more protein in your meals.
- 2) Your cells may be empty of fuel, which means you need to eat more carbohydrate foods in your meals.
- 3) Emotionally, you may have experienced a situation that made you feel nervous or angry or stressed in some way, which causes brain chemistry to create cravings. These cravings can be alleviated by anything soothing (not just sugar) — things like having someone listen to you, a hug, music, or meditation.

Continued on page 3





# Women in Medicine join forces to foster change

by Nina Kuttly (A&S '00)

Since its founding six years ago, Tennessee Women in Medicine has met and surpassed its goal to offer support and encouragement to women who work in medical fields.

Twelve women, all scientists, began in 1991 with the desire to create an organization in which female doctors, students and other scientists could learn and teach others the crucial importance of a strong female representation in the sciences.



Deborah German, current president of the group and an associate dean of students at the School of Medicine, says the organization started in order to

“get a group of women with a common interest to educate and motivate each other.”

Now an established organization with 200 members, Women in Medicine can lay claim to a significant achievement in the area of women's health. Before 1997, specific phases of breast cancer treatment were not automatically covered by health insurance. Tennessee Women in Medicine played a pivotal role in the passage of the Mastectomy Surgery Reconstruction Act of 1997. Under this act, insurance companies in Tennessee are required to cover all stages of reconstructive surgery for victims of breast

cancer, bringing relief to patients and doctors after years of frustration. Before passage of the law by the Tennessee General Assembly, insurers could deny coverage on the grounds that reconstructive surgery was cosmetic and not medically necessary.

Tennessee Women in Medicine also participates in various community outreach efforts, including scholarships for medical students and sponsorship of two Vanderbilt students in the Community Scholars Program.

“They [the students] did a needs assessment of the Nashville community to study what women in Nashville know and need to learn about menopause,” says German. “Their goal is to establish a program to educate women so they can prevent the dreaded side effects of menopause, such as osteoporosis.”

Additionally, Women in Medicine, in conjunction with the Lawyers Association for Women (LAW), was influential in changing TennCare. “There were others involved, but we were the two main forces,” German says. LAW and Women in Medicine meet annually to discuss legal and medical issues affecting women.

Tennessee Women in Medicine has four full-member meetings each year, at which speakers from health care and other fields lend their insights to the group.

“Women in Medicine is open to medical students, residents and women with M.D.s and Ph.D.s,” German says. “Everyone who is interested is encouraged to call and inquire about the group. We'd love to hear from as many women as possible.”



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## Women's Studies Course Offerings — Spring 1998 —

TITLE	COURSE NO.	DAYS	TIME	INSTRUCTOR
Women's Autbio. Writing	WS 115W-04	TR	2:35-3:50	Walker, N.
Images of Women	WS 150-01	TR	9:35-10:50	Staff
Images of Women	WS 150-02	MWF	10:10-11:00	Needham, M.
Images of Women	WS 150-03	MWF	11:10-12:00	Westman, K.
Images of Women	WS 150-04	MWF	1:10-2:00	Bost, S.
Images of Women	WS 150-05	TR	1:10-2:25	Musharraaf, O.
Women and Music	WS 186-01	TR	11:00-12:15	Cyrus, C.
Ethics and Feminism	WS 223-01	TR	11:00-12:50	Welch, G.
Feminist Theory	WS 246-01	MWF	11:10-12:00	Bost, S.
Gender in Amer. Society	WS 250-01	MWF	9:10-10:00	Kilbourne, B.
Women and Public Policy	WS 251-01	TR	11:00-12:15	Campbell, K.
Gender, Work and Culture	WS 253-01	MWF	12:10-1:00	Steinberg, R.
Race, Gender and Sports	WS 256-01	TR	1:10-2:25	Dodoo, F.
19TH Cen. Am. Women Writers	WS 260-01	TR	1:10-2:00	Walker, N.
Women's Experience in Amer.	WS 287-01	MWF	1:10-2:00	Rose, E.
Hist. of Gender & Sexuality	WS 295-01	W	3:10-5:00	Tuchman, A.
The Rhetoric of the Body	WS 295-02	T	2:35-5:35	Enterline, L.



# Full and fulfilled *continued from page 1*

With practice you can begin to identify which situation is linked with what sensation and feed yourself physically, emotionally, and spiritually to balance the brain chemistry shifts that your intuitive voice signals.


*Your struggles with food are an opportunity to uncover the real you — your own intuitive wisdom.* Recognize that your struggle with food and weight can be a gateway into your physical, emotional and spiritual healing.

During the holidays, most of us rarely have a sense of success with what we choose to eat. By *using*, rather than *fighting*, each situation with food that makes you feel uncomfortable, you have an opportunity to learn more about yourself, your own unique patterns and what is best for you. Holiday parties are a great time

to experiment with practicing this shift from “fighting” to “using.”

To get started exploring your own intuitive voice, try some of the following exercises excerpted from our new book, *Full and Fulfilled: The Science of Eating to Your Soul's Satisfaction*.

- Do you remember any experiences when you ate too little? What happened to you? What were your body's signals that told you that you ate too little — headache, shaky, weak, irritable, recurring thoughts about food, nausea, light headedness? Record these signals along with any emotional responses to them.

- Identify situations — people, places, events — that trigger uncomfortable feelings and see if these have any effect on your eating patterns. Are there particular foods that you go for at these times? 



## About the authors

Carol Beck (right) and Nan Allison are nutritionists and co-owners of the firm Allison and Beck Nutrition Consultants. Their clients include a variety of people struggling with food and weight, including eating disorders and weight-loss/gain. This article is adapted from their new book, *Full & Fulfilled: The Science of Eating to Your Soul's Satisfaction*, which can be ordered by calling 1-800-345-6665.

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## Calendar of Events

Margaret  
Cunninggim  
Women's Center



Please save and post. Individual flyers for these programs may not be sent.

### Tuesday, December 2

Creative Life Planning Group hears Tonya Horton, a second-year student at the Owen Graduate School of Management, entertain the group with her stand-up comedy routine. This was originally her final exam in an Advanced Presentations class at Owen. Come discover how humor makes its way into the business world. Bring your lunch; drinks provided. New members welcome.

### Monday, December 8

Book Group meets to discuss *Best Defense* by Debra Wilhelm; Elaine Goleski will facilitate discussion. This meeting will be held off-campus at 5:30 p.m. To make a reservation and obtain directions, please e-mail [judith.t.helfer@Vanderbilt.edu](mailto:judith.t.helfer@Vanderbilt.edu) or phone 322-6518.

### Tuesday, December 9

Creative Life Planning Group has its holiday party. Bring your favorite “goody” to share. Noon to 1 p.m.

### Friday, December 12

Dissertation Writers Group, 9 to 11 a.m., Darlene Panvini, facilitator. New members accepted only at the beginning of each semester.

### Tuesday, December 16

Creative Life Planning Group meets weekly to share problem-solving information with other women and provide support in life changes. For information call Judy Helfer at 322-6518 or e-mail [judith.t.helfer@Vanderbilt.edu](mailto:judith.t.helfer@Vanderbilt.edu). Also meets Dec. 30.

Freelance Writers Group, a group of women writers who meet monthly to get feedback from other writers and share information. For more information contact Katherine Cruse, facilitator, at 298-3629. 5:30 to 7:30 p.m. New members welcome.

Unless otherwise stated, all programs are held at the Cuninggim Center, Franklin Building, 316 West Side Row. For more information, please call 322-4843.





## In the library . . .

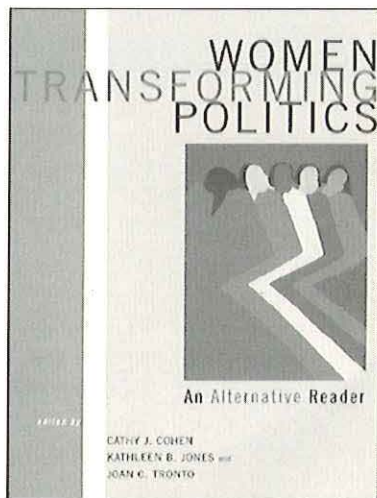
### Redefining political activism

*Women Transforming Politics: An Alternative Reader* (New York University Press, 1997) is a collection of articles on American women and politics in a broad sense of the latter term. The editors, Cathy J. Cohen, Kathleen B. Jones and Joan C.

Tronto, "aim to convince readers of the need to redefine politics by being more inclusive of the range of actions that count as political and the actors who participate in politics."

Women are being elected to public office in greater numbers than ever before, though few of these women are working-class or minorities. The contributors show that women's political marginalization persists partly because of our narrow definition of politics. Females have always been politically active though historically they were seldom elected to public office. The articles illustrate how sites of political power are also sites of resistance and how women's experiences have altered the dimensions of public life.

Barbara Clarke,  
Women's Center  
librarian



The contributors of the 33 articles come from a wide variety of disciplines, and their articles are arranged in four broad categories: how women live, consciousness raising and grassroots organizing, electoral politics and movement building, and the pitfalls and future of feminist politics. The researchers discuss such diverse topics as Chinese women garment workers in the U.S.; white women's participation in municipal politics; rural women and labor resistance; and disabled women, feminism and the disability movement.

Ann Oakley and Juliet Mitchell have edited a collection of essays on the current status of feminism and the backlash against it: *Who's Afraid of Feminism? Seeing Through the Backlash* (New Press, 1997). This is their third volume on the progress of the women's movement; the previous publications appeared in 1976 and 1986. Both of the editors are based in England and the contributors of the dozen selections are from different areas of the world. Included are articles by Carol Gilligan and Carolyn Heilbrun; the former discusses psychology and gender while Heilbrun details her experiences of discrimination in academe.

The editors aim "to reflect on three decades of change, stabilization, or regression" in the women's movement. For years critics have been discussing the demise of feminism and blaming women and feminism for all types of societal ills. It is difficult to say whether the current backlash is against feminism or against women. The precise nature of the backlash varies from country to country, as the contributors illustrate. ■■■

### Nominations sought for Mentoring Award & Muliebrity Prize

Nominations are now being accepted for two awards given annually by the Women's Center to recognize achievements by and in support of women on campus.

• The **Mentoring Award** honors a member of the university community who has fostered achievement by Vanderbilt women.

• The **Muliebrity Prize** is given to an undergraduate student who has demonstrated leadership in women's issues or activities that promote gender equity.

If you know someone who is deserving in either of these categories, please submit your nomination as soon as possible. Nomination forms are available at the Sarratt desk or at the Women's Center. A curriculum vitae of the nominee is also welcomed. *The deadline for submitting nominations for both awards is Jan. 30.*

### Lecturer to examine views of homosexuality in early Christian era

A noted Biblical scholar will speak at the Vanderbilt Divinity School this month on early Christian attitudes toward women who loved women.

The lecture by Bernadette J. Brooten on Monday, Dec. 8 at 4:10 p.m. in the Tillett Lounge at the Divinity School is open to the public. Her talk is titled "Why Did Early Christians Condemn Sexual Love Between Women?"

Brooten is professor of Christian Studies at Brandeis University and the author of *Love Between Women: Early Christian Responses to Female Homoeroticism*. In it, Brooten uses a variety of ancient texts to re-examine attitudes by early Christians toward female homosexuality. The book received a Lambda Literary Award and was nominated for a National Book Award.



# Massage therapy

## *Ancient healing art finds new fans in today's stressed-out world*

by *Travise DeEtte Oliver*

Therapeutic massage is the oldest of the healing arts. For centuries, physicians used touch — often described as the most sensitive of the five senses — to relax the body and promote healing. Why, then, has the body's largest organ, the skin, been so neglected by modern medicine?

According to some proponents of massage therapy, people living in our verbally oriented culture have forgotten the language of movement and touch. Although Chinese medicine discovered as early as 3000 B.C. that manipulation of the skin could aid in healing ailments, only recently has Western society explored the benefits of massage.

The surging popularity of massage is evident in a glance at the Nashville phone book, which has listings for more than 50 massage therapists. Since 1995, Tennessee law has required that massage therapists be licensed, either by completing 500 hours of courses at a state-approved school of massage, or by passing a national certification exam. If you decide to try massage therapy, state health officials recommend that you always ask first to see the therapist's license.

### **Drug-free pain relief**

Since massage therapy is noninvasive and involves no drugs, just about anyone can enjoy its benefits — from relieving tension to speeding healing.

Although many people consider massage a "new age" therapy, it is actually an instinctual response to pain. Humans often respond to pain by rubbing or applying pressure to an injured area. Massage was used as a therapeutic treatment by the Greeks as early as the fifth century B.C. when Hippocrates wrote, "The physician must be experienced in many things, but assuredly in rubbing." Other historical evidence indicates that massage was used for centuries in European, African and Asian cultures.

The United States was introduced to massage in the early nineteenth century by a Swedish man, Per Henrik Ling. Although the Swedish massage he advocated is still popular today, it is not the only type available. A massage therapist can also use one or more of the following forms: shiatsu, acupressure, rolfing, reflexology, polarity, and bioenergetics.

Over the years, massage has evolved from the basic rubbing of an area to a more formal manipulation of the body to create feelings of relaxation, ease mental and emotional tensions, and leave one feeling reinvigorated. In addition to relieving stress, massage therapists say

massage is also effective in treating headaches, insomnia, lower back pain, pregnancy and postpartum problems, digestive difficulties, and sexual dysfunction.

### **Studying the benefits**

Although not all these claims are supported by clinical data, several studies have documented the benefits of massage. In one study, 52 children and adolescents hospitalized for depression and adjustment disorder were given a 30-minute massage each day for five days. Compared with the control group, who watched a relaxing video and did not receive massage, the experimental group was less depressed, more relaxed, and slept better at night.

Another study conducted in 1990 focused on the benefits of massage for premature babies. These babies received three, 15-minute massages each day over a 10-day period. The experimental group had a higher daily weight gain and was discharged five days earlier than the control group.

Some people should not receive massage, including those who are acutely ill, and women in the first trimester of pregnancy.

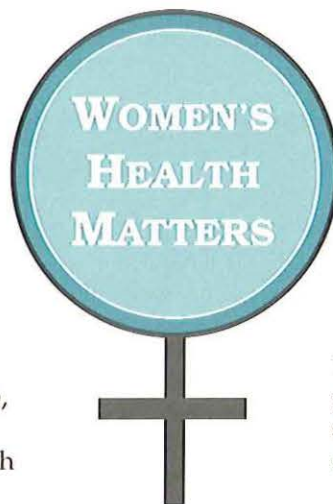
However, during the second and third trimesters, pregnant women can receive gentle massage, but need to avoid ankles, lower back and the pelvic area. Clients should not use alcohol or over-the-counter drugs immediately before or after massage. It's also advisable to wait at least two hours after eating before receiving a massage.

You might want to try giving (or receiving) a massage yourself. Before beginning, there are a few essentials you'll need: plenty of spare towels or blankets and pillows for warmth and comfort; a flat, firm surface covered with a sheet to protect it from oil; and a small, plastic flip-top bottle of oil. To ensure that the massager's hands can slide over the skin, the skin should be warm and covered with oil. The best oils to use on the body are sweet almond, sunflower, safflower, soya, sesame seed, and grapeseed. Finally, a warm, dimly lit, quiet room is vital for giving an effective massage.

Massages often begin at the head or feet and work towards the heart to replicate the natural circulation in the body. To learn the basic strokes of massage, consult a library or bookstore for one of the many available guides on the subject. *III*

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*Oliver is a student in the nurse midwifery program at the Vanderbilt School of Nursing.*





# Announcements

## Calls for Papers

**Women's Voices in Politics and Policy** will be the focus of the Wilma E. Grote Symposium for the Advancement of Women at Morehead State University in Morehead, KY, March 26-28, 1998. Proposals are sought for workshops, papers or panel discussions. Presentations can focus on such topics as political attitudes, office-holding, education, welfare and other policy issues. Submissions must be postmarked by December 1997. For more information call Marilyn Mote-Yale at 606-783-2354.

The 11th **Berkshire Conference on the History of Women** is seeking proposals for panels, roundtables and papers. The conference, titled "Breaking Boundaries," will be held June 4-6, 1999 in Rochester, NY. Proposals should break traditional boundaries of academic presentation and explore innovative ways of involving the audience. Proposals are due by January 31, 1998. The Berkshire Conference is held every three years and in 1996 attracted several thousand participants from around the world. For more information on the Conference of Women Historians and the meeting, see the conference web site at [www-berks.aas.duke.edu](http://www-berks.aas.duke.edu)

## Volunteers

Businesswomen are needed to serve as **mentors for people entering the work force** through Tennessee's Families First program. The YWCA and Dollar General Learning Center are sponsoring the effort to match community mentors with former welfare recipients. Time commitment can be decided by the mentors and their partners. For information, call the YWCA at 269-9922.

### Women World Leaders

Laura Liswood, an expert on women's leadership issues, was well received in recent appearances on campus and for the CABLE meeting of local businesswomen. Her video, *Women World Leaders*, is available for sale, along with a book and curriculum guide. For information, call 206-842-9956.

Liswood is executive director for the newly formed Council of Women World Leaders at Harvard University. To receive the council's newsletter or to find out more about the drive to elect a woman as U.S. president, e-mail Liswood at [laura\\_liswood@harvard.edu](mailto:laura_liswood@harvard.edu)

## Programs

The **Middle Tennessee Women's Studies Association** will meet Saturday, Dec. 6 at MTSU. The 10:30 a.m. program will include a reading of letters by Adeline King, a native of Smyrna who wrote to men and women serving in World War II. King's letters capture the way in which the war affected a small rural community. The presenter is Dr. Ayne Cantrell, professor of English at MTSU. There is no charge for MTWSA programs and guests are welcome. For transportation or information, contact Diane Eberhard at 343-2903.

The Scarritt-Bennett Center is holding a series of events to mark the **Advent/Christmas season**. "A Christmas Sampler" will be presented at 7 p.m., beginning Dec. 5 and continuing on several evenings through Dec. 23. This Mockingbird Theatre presentation includes traditional Christmas poetry, music and readings, with holiday desserts and coffee served. Cost is \$22 per person. Day-long Advent retreats will be held Dec. 6, 9 and 13. These "Visions and Visitations" retreats offer an opportunity for spiritual enhancement during the Advent season. Call the center at 340-7491 for information.



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