



What We Give Away: Resources & Additional Reading

Thank you for your interest in learning more about the many studies and brave researchers questioning our flawed quest for thinness. The data is clear, but few understand the data, and fewer act on it. You can be part of that change.

Books

- The F*ck It Diet by Caroline Dooner
- Fearing the Black Body: The Racial Origins of Fat Phobia by Sabrina Strings
- Intuitive Eating: A Revolutionary Anti-Diet Approach by Evelyn Tribole and Elyse Resch
- Health at Every Size: The Surprising Truth About Your Weight by Linda Bacon; Lindo Bacon
- Life Hurts: A Doctor's Personal Journey Through Anorexia by Dr. Elizabeth McNaught

Minnesota Starvation Experiment

- [What We Can Learn From the Minnesota Starvation Experiment](#) , Psychology Today, August 10, 2021
- [Starvation Experiment of Dr. Ancel Keys, 1944-1945](#) , MNOPEdia

Harmful Effects of Dieting

- [Have Our Attempts to Curb Obesity Done More Harm Than Good?](#) California Institute of Behavioral Neurosciences and Psychology, Memon A N, Gowda A S, Rallabhandi B, et al. (September 06, 2020)
- ["What Happens to Your Body When You Go On An Extreme Diet,"](#) US News and World Report, August 3, 2021 by K. Aleisha Feters, MS, CSCS
- ["Metabolism to Mental Health: 7 Ways Losing Weight Too Fast Will Backfire,"](#) Undated, Healthline, Gabrielle Kassel.

Problems with the BMI Scale

- ["Is BMI Accurate? New Evidence Says No,"](#) University of Rochester Medical Center, January 8, 2024
- ["BMI is trash': Why so many doctors say it's time to ditch body mass index,"](#) The Montreal Gazette, October 24, 2022.
- ["Don't use body mass index to determine whether people are healthy, UCLA-led study says,"](#) UCLA Health, February 4, 2016
- Gibbs, W., ["Obesity: An Overblown Epidemic?"](#) Scientific American. Vol June, 2005.
- ["BMI Is a Terrible Measure of Health But We Keep Using It Anyway,"](#) FiveThirtyEight - Science, February 25, 2016



Weight and Longevity Studies

- "Overweight" People Actually Tend to Live Longer Than "Normal" Weight Individuals," The Science Explorer, May 16, 2016
- "Fat Can Be Healthy: Some Obese People Live Long Lives," LiveScience, August 15, 2011
- Flegal, Katherine M., et al., "Excess Deaths Associated with Underweight, Overweight, and Obesity," Journal of the American Medical Association 293, no. 15 (2005) 1861-67. What It Shows: The CDC revised computational errors and found the death risk of obesity and overweight fell by 15x using the corrected data. The new analysis showed "overweight" people lived longer than "normal" weight people. Most obesity death risk fell at the highest end of the BMI range where few Americans fell. The CDC did not publicize the revised findings nor change the policies based on the original, faulty data.
- Gibbs, W., "Obesity: An Overblown Epidemic?" Scientific American. Vol June, 2005.
- Waaler, Hans T., "Height and Weight and Mortality: The Norwegian Experience," Acta Medica Scandinavica Supplementum 679 (1084): 1-56. What It Shows: A study of 1.7 million people in Norway found that those categorized as overweight lived longest and those categorized as underweight had the shortest life expectancy.
- McGee, Daniel L., "Body Mass Index and Mortality: A Meta-Analysis Based on Person-Level Data from Twenty-Six Observational Studies," Annals of Epidemiology 15, no. 2 (2005): 87-97.
- "Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults," Bethesda (MD): National Heart, Lung, and Blood Institute; 1998 Sep. Report No.: 98-4083 What It Shows: The report is heavily supportive of viewing obesity as a health risk. Yet its own data shows the lowest deathrate is among those with a BMI considerably over 25, which falls in the overweight range.

USDA Guidelines

- USDA 2020-2025 Dietary Guidelines – Executive Summary
- USDA Guidelines 2015-2020 Page 18: Healthy 2,000 calorie per day diet; Page 20: What It Says: "1,200 to 1,500 calories each day can help most women lose weight safely."

Body Positive Yoga

- BodyPositiveYoga.com Blog: Pose Modifications
- DianneBondy.com: Resources for Yoga Students and Instructors

Recovering from Anorexia Nervosa

- "Unlocking a Healthy Mindset: The Road to Recovery from Anorexia Nervosa," Johns Hopkins Medicine
- "The Things No One Tells You about Anorexia and Recovery," Psychology Today, May 16, 2019
- "3 Tips for Lasting Recovery From Anorexia Nervosa," Psychology Today, February 15, 2021