

Pat Ballard, the Queen of Rubenesque Romances

*and author of 10 Steps to Loving Your Body (No Matter What Size You Are),
wrote the Peace Treaty below after hearing more and more about the “war on obesity.”
The Peace Treaty was originally published in her February 2010 newsletter, which can be found online
in the Pearlsong Press newsletter archives [www.pearlsong.com/newsletterarchives.htm].
Feel free to print the Peace Treaty, pass it around, share it, sign it, and pass the word.*

Peace Treaty with My Body in the War on Obesity

Article 1:

I acknowledge that I have been at war with my body for _____ [amount of time].
I now deem my body to be in a free sovereign and independent situation, and that I
treat it as such, and that I will relinquish all claims of territorial rights that would allow
me to take away the freedom for it to be the natural size it needs to be.

Article 2:

And that in all disputes which might arise in the future on the subject of the boundaries
of my body, it is hereby agreed and declared that the following are and shall be its own
boundaries. I shall always provide proper food for my body and allow its boundaries to
expand, shrink or stay the size it presently is. I shall at no time try to exercise my right
to dispute these boundaries, for they are now the boundaries of my body, and my body
shall let me know when it has reached its programmed setpoint.

Article 3:

It is agreed that my body shall continue to enjoy, without interference, the right to take
food of every kind at the time it deems that it is hungry and so chooses to partake of
whatever kind of food it longs for. The choice of food will not be based on whether the
foods are considered “good” foods or “bad foods.” Nor will the amount of food taken in
by my body be based on what some chart says is enough or not enough. My body has
the freedom to choose and make that decision.

Article 4:

It is agreed that Naysayers on any side shall not be allowed to point their fingers and
judge my body in the event that my body starts to exceed “recommended” and “ac-
cepted” boundaries. But above all it is agreed that I shall not be allowed to take part in
such degrading activities.

Article 5:

It is agreed that I shall henceforth listen to my body when it tries to tell me something.
I shall make it a point to listen when it says it needs a certain food, or when it doesn't
need or want a particular food, or when it needs rest, or when something more serious
is wrong. And no other person will be allowed to cause me to take a stand against what
my body is telling me.

Article 6:

It is agreed that there shall be no future conflicts, nor any action taken against my body by way of furthering this War of Obesity against it. Nor will it suffer any future loss or damage, either in part or in whole, and shall be immediately set at liberty, and the previous persecutions shall be without delay discontinued.

Article 7:

Starting today, there shall be a firm and perpetual peace between my body and me. No person, group or establishment shall interfere with said peace. No doubt shall be allowed to rear its ugly head as to the validity of this peace treaty. And wherefore all hostilities from me toward my body shall cease and desist as of this day

Article 8:

The choice of the size of my body shall forever remain free and open to be decided by my body's genetic makeup, physical setpoint and any extenuating circumstances that might arise.

Article 9:

In case it should so happen that I might lose my way and revert to my past monitoring of my body on how much and what foods it can have, or in some way start to criticize my body for how it looks, I shall promptly be reminded of this peace treaty and be swiftly rebuked, and it is agreed that the treaty shall be restored without delay.

Article 10:

The solemn endorsement of this peace treaty, expedited in good and due form, shall be exchanged between my body and me and shall be in effect from the day of the signature of this peace treaty until the day that my body and I shall part ways.

Sign:

I, _____, will do my utmost to follow these Articles every day and live in peace with the body that I have been allowed to walk through this earth in. For it is the vehicle that carries me through life.