When Does Healthy Eating Become an Obsession?

Heba El Zoheery

‘Green smoothies’, ‘lean meats’, ‘brown rice’: we’re living in the midst of a huge health movement. Suddenly, gyms are packed early in the morning, people pack lunches to work, and they ‘meal prep’ for the entire week. These are undoubtedly healthy habits, but where do we draw the fine line between healthy eating and developing an unhealthy obsession?

Is it a Real Problem?

Eating healthy food has countless positive effects on the human body. But if the thought of having to eat flax seed biscuits for breakfast consumes your mind from the night before, you might be dealing with something called Orthorexia. Steven Bratman M.D. first introduced the term in a 1977 essay for ‘Yoga Journal.’

Dr. Bratman described Orthorexia as a “fixation on eating proper food.”

Dr. Bratman further explains, “Orthorexia is not an official diagnosis. Orthorexia -- which seems to include elements of other disorders, such as anorexia and obsessive compulsive disorder -- can be a serious problem. Left untreated, experts say, it can lead to malnourishment, anorexia, or disabling anxiety.”

A Simple Way to Know if You’re Obsessed

If you’re not sure whether you’re just being healthy, or subconsciously obsessing over your meals, then ask yourself:

“Does it interfere with my daily activities?”

If you spend every waking minute constructing your meal plan, then you most likely need to rebuild your relationship with food. Dietician Amanda Mellowspriong notes on CNN that the difference between eating healthy and having ‘Orthorexia’ is that it leads to distress and interferes with everyday life.

The Not-Too-Simple Solution

“One of the things that’s tricky about our culture is that orthorexia is socially acceptable and often even heralded as a great statement of self-control...,” says Dietician Mellowspriong. With so much emphasis on eating healthy in today’s society, people are starting to take it to the next level. This becomes both mentally and physically harmful.

Some of the THIMUN delegates share their own advice on solutions:

QA Action representative Alissar Souja says “Enjoy your life and try not to worry about the little things. Obviously health is a priority, but other things are important too... Keep a balance. Balance is important.”

Another QA Action representative Abrar El Hassan adds “Moderation is better than extremes. Try to be moderate.”

What is YOUR view on obsessively eating healthily?
What is the worst or best part of THIMUN Qatar this year?

Amin Ahmed

“The best part is we get to socialize, the worst is when my resolution did not pass”
- Rahun Seman (SPC)

“The best part is the social on Friday night, the worst is debating”
- Saad Al Mana (GA5)

“The best is getting to stand up and speak your mind and the worst part is sitting on a chair the whole day”
- Anna Fonseka (SPC)

“The best is submitting your resolution, the worst is when it fails”
- Nurad Baller (ECOSOC)

Shahd El Shafei

Chairman of one of THIMUN Qatar’s most generous sponsors, Shell. He came to wish the delegates luck and to share his belief in the “leadership development and character building” that the conference plants in the younger generation.

Mr. Cameron Janzen, Head of THIMUN Qatar, began his speech with appreciation of the efforts shown by all directing members and participating delegates. Mr Janzen then shared with the audience about what triggered his infinite passion for Model United Nations. It was an interest that began with the ancestral roots. Mr. Janzen’s grandparents’ journey from the Netherlands to Ukraine to Canada, their losses along the way and how a Canadian couple helped them settle into a new country are reasons why Mr. Janzen is here today.

An Optimistic Start

At the strike of the gavel, applause with all due dedication, anticipation and respect, the delegates are looking forward to the glories that await them in the following days of the conference.

Next under the limelight came Rob Sherwin,
Feeling... Awkward... Turtle

Heba El Zoheery

You’re Not the Only Awkward Turtle

Surely by now, you’ve experienced some awkward moments at QNCC. You may have forgotten how to say hi to people. You roamed around both the top and bottom floor to find your room, and the only thing that got you talking was the fact that you couldn’t find your rooms. You felt obliged to ask either the Admin or Press team, but hey, bravo for that.

You may have felt intimidated when lobbying. While the delegate of (insert country here) may have thrown around fancy words, you could’ve felt slightly intimidated, or even overly intimidated and decided you were going to keep quiet for the entire three days. Don’t.

Fear No More, Awkward Turtle is Near

Put aside all the ‘what if’s’ and say, ‘Hi’ to the next person you see, because you never know, there might be another awkward turtle sitting right next to you. After asking a few delegates about their awkward moments at THIMUN Qatar, here’s what they said:

Deputy Chair of GA3, Saad Khan describes an awkward moment that happened two years ago, “I wrote a pickup line to a girl once, and the chair found out and made me come up to the podium and actually read the pickup line to the whole committee. It was a good start, but a bit embarrassing.”

Now you know for sure, you’re not alone.

It’s Never Too Late

Zohaq Syed, also Deputy Chair of GA3 gives his advice on being more social “Don’t be afraid to send notes to anyone, basically be yourself and people will like you for that, and they’ll approach you.”

Although you may be reading this on the last day of the conference, I challenge you to say ‘Hi’ to three new people. After all, three is the magic number (says Awkward Turtle).

Tangled in the Web

Hessa Al-Kubaisi

Cyber Attacks

As our world grows, we depend on technology to a large degree. Technology has made our lives much easier.

But, technology isn’t all sunshine and rainbows, this dependability has led to the sabotage of one’s safety and privacy.

Cyber attacks are considered an act of terrorism. Such people can hack any government system and obtain information that should be protected.

Three Main Factors

Fear Factor

Cyber attacks create a very fearful and tense environment. If citizens don’t feel safe when they are online, how can they feel safe in their own society?

Spectacular Factor

Cyber attacks can also cause negative publicity. An example would be the cyber attacks that occur for most banks in America including, Wells Fargo, Bank of America, JPMorgan, U.S. Bancorp. Wells Fargo’s website was hit by a cyber attack. “We’ve seen an unusually high volume of website traffic which we believe is a denial of service attack.” This was said by a Wells Fargo spokesman, as reported by FOX Business.

Vulnerability Factor

This factor elaborates on how vulnerable a government can be to cyber attacks. Governments fear the state of the economy and responses of the people. What governments fear most is losing citizens’ trust by explaining the simple methods criminals use to steal information.

Fear or not to fear?

Technology has become much easier to access and to use. We include our names, emails, sometimes our countries on websites such as Facebook, Twitter, Youtube etc.

Should we fear the power that an individual has over a click of a button?
“мир”= Peace
What does it mean to Serbia and Kosovo?

Sara Sarwar

If you’ve taken history beyond primary school (let’s hope so) you know that the World Wars changed relationships between nations dramatically. After-effects still exist after almost 7 decades. A prime example is the relationship between Serbia and Kosovo.

History Today reminds us that Kosovo has, for centuries, been ethnically divided between Albanians and Serbians. The Serbian people of Kosovo in particular were, and still are, proud of the region, citing it as the center of their national identity. This pride was soon threatened however, as Serbia claimed control over Kosovo after the Ottoman empire was dissolved in 1913. Soon after, in 1918, Yugoslavia was born through the Treaty of Versailles, and Serbia was integrated into the country.

Increasing Tension

The breakup of Yugoslavia at the end of the 20th century had far-reaching results for the political status of Kosovo, with the Yugoslav wars being particularly influential.

1998 proved to be a changing year for Kosovo. February saw the start of the Kosovo War. The war was sparked by the rise of the Kosovo Liberation Army, an Albanian military group that attacked Serbian officials.

The United Nations adopted Resolution 1244 on 10 June 1999. The Resolution emphasised the UN’s wishes for Yugoslavia to cease the violence and repression occurring in Kosovo, as well as the authorization for peacekeeping force in Kosovo that would be led by NATO. The war itself was brought to an end through the Kumanovo Agreement of 1999, made between the International Security Force and the governments of Yugoslavia and Serbia.

Kosovo had finally gained the independence, which the majority of its people had wished for for decades, on February 17th 2008. Despite the International Court of Justice’s approval of the declaration of independence however, only 106 out of the UN’s 192 member states have recognized Kosovo’s independence.

Better, but more to be done

Recent times have seen the improving relationship between Kosovo and Serbia, proven by the Brussels Agreement which was established between the two nations earlier last year. The agreement was signed in Brussels and involved negotiations to inaugurate the normalization of Kosovo-Serbia relations.

Despite these amendments though, the UN still hopes to see ultimate peace achieved between the countries, for the benefit of gaining world harmony, an achievement that is also desired by the delegates of THIMUN Qatar this year.

What would you do if the power in the QNCC building cut off?

Amin Ahmed

“I’d turn the flash on my iPhone on and open 3G”
- Farah Al Shamy (SPC)

“Sleep”
- Anna Foneska (ECOSOC)

“Scream”
- Julia Chang (ECOSOC)

“Have a heart attack”
- Nina Cao (GA2)
The term ‘self-determination’ can be defined as the ability of ‘peoples’ to determine their nation’s political status and the development of the countries’ needs. However, this right challenges the International Law of Territorial Integrity as ‘peoples’ are also given the right to decide the nation’s borders. It is a right that many are unable to experience. Can the freedom of human rights exist without self determination?

‘Peoples’

As by the common convention according to international governments, the majority overrules the minority. This causes a flaw in the implementation of self determination. An increase in globalisation has seen the rapid increase in migrants forming a group of minorities within a population.

The UN faces the problem of the implementation of laws that suits the majority, but defeats the principles of self determination. The term ‘peoples’ thus has to be extended to include every citizen residing within a nation regardless of their ethnic background. Non-citizen immigrants are generally succumb to a limited number of rights as per international law, which brings to question whether equality under self determination is attainable. Evidently, the global community faces the issue of providing an equal society for all.

Causing More Conflict than Progress?

Many controversies surround the topic of self determination such as the need to appease the needs of all citizens. Since the idea of national self determination has been legitimized, the world has seen a wave of nations wanting to gain independence due to differences in and achieve the right to self-determination. Yet the only notable success can be seen in Africa where Eritrea has gained De Facto Independence in 1991 according to documents published by the African Union.

The UN charter states that the problems surrounding self determination can only be solved through “developing friendly relations among nations...and to take other appropriate measures to strengthen universal peace.”

Benefits v. Conflict

Similarly to many policies, alongside conflict there are various benefits. The implementation of self-determination, as supported by the UN, could be a gateway to achieving more than just independance. The encouragement of tolerance that is gained through self-determination could be the basis of equality within societies. The delegate of South Sudan describes it as an “an excellent lesson for the international community.”
The Security Council of THIMUN Qatar’s 2014 conference are facing an increase in international terrorism and the threat posed to innocent civilians. As the hopeful delegates engaged in their first session, the members managed to successfully construct and pass a resolution.

Targeting the Heart of the Issue

While keeping in mind that ‘terrorism cannot and should not be associated with any religion, nationality, civilization or ethnic group,’ the delegates coined a list of strategies that targets the root of terrorism as well as devising propositions to combat the increase in terrorist activity. One such clause is to “Implement training to CTIF of different member states counter-terrorism strategies” in an attempt to unite members in a cause while equipping nations with preemptive measures of protection. The delegate of China stated “there is no use in tackling terrorism with force, we believe in rooting out the main causes of terrorism starting at a lack of education causing civilians to become targets of manipulation.”

UNity

The point of unity and working cooperatively has been a major stressing point of the debate. The passed resolution encourages the collaboration of UNICEF and the United Nations Development Programme (UNDP) in order to accomplish more in the provision of aid to citizens in poverty in areas of conflict. According to the UN document, Ban Ki-Moon stated that “Effective counter-terrorism requires a combination of social, educational, economic and political tools that target those factors that make the terrorist option appear attractive.” Thus, the committee has managed to take into consideration not only the issue of terrorism but the need to protect the lives of citizens.

THIMUN Qatar 2014 is successfully bringing together delegates as advocates of global issues while bringing to light the importance of unity.

What are you looking forward to for the rest of the conference?

Amin Ahmed

“More debating...” - Abdullah Al Darwish (SPC)

“Getting down on Friday” - Saad Al Mana (GA5)

“The end of the day” - Julia Chang (ECOSOC)

Photo: Aya Nassif