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SMW BLOG

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[Sex. Food. Not Necessarily In That Order.](#)

Pretty is as pretty does.

Did you hear that growing up? Don't let my mother know I'm divulging this, but I heard it. I think she was half kidding, since she also railed against her own mother's attempts to re-create her only daughter (my mom) into the fragile china doll that she instinctively was not.

I got just enough instruction on how to be a Good Girl to know what I wasn't interested in being, from way back.

The catch is that there is no good or bad when it comes to behavior or even just being. There's productive and destructive. There's helpful and hurtful. There's even naughty and nice, although the meanings of those two terms really do overlap, eh?

No, it's all about the middle ground. Moderation. It's the key. Not a single one of us, I bet, has managed to stay solidly in the middle every moment. It's our goal.

This week, I cover some ground on which a whole lot of us have found ourselves at polar opposites.

My personal favorite, sex, is a topic that I thoroughly enjoy exploring more and writing about, and this week's feature calls it like it is — when you're single (or if you're attached but polyamorous, a topic addressable by other SMW channels), variety and satisfaction can come in the form of more than one lover. In [Healthy & Satisfied with Multiple Sex Partners](#), I breeze over the must-know's. The point is NOT to be afraid, but knowledgeable of the risks you take. Only you can weigh the cost-benefit ratio for yourself.

Also — not a completely unrelated topic — this is [National Eating Disorders Awareness Week](#). So [I spoke with Leslie Goldman, the author of Locker Room Diaries](#), about her own personal story and her revealing interviews with women about their own body image issues. I had the chance to meet and hear Leslie speak last week at a conference (during a fabulous luncheon, of all things, with cream-cheese-topped carrot cake for dessert) and what makes her so appealing as a spokesperson (even if unwittingly, as her real career is as a prolific health & medical writer) is that she's warm, likeable, and just as genuine as can be.

I think in large part because of the media's shock-value-gauged portrayal of gaunt, dying young women, we rarely think of our own eating in terms of being disordered. Most of us also like to think of ourselves as monogamous, although serially monogamous is by far the actual norm.

Maybe, deep down, we all want to be good girls.

I think it's very freeing, though, to come out and say exactly who we *are* — sometimes on this end, sometimes on that, always looking for the middle ground.



~[Tracy Morris](#), Health Channel Editor

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