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THANK YOU FOR  
YOUR PATRONAGE

ANTI

ISSUE #3

Good  
health  
never  
tasted  
So good!

all about

HEALTH

AUG-2024



**ANTI** zine is a quarterly anthology zine focused on invoking an ANTi - Capitalist praxis within communities all around the world... but that's just a fancy way of saying: ANTi is a collection of works that is published 4 times a year, and we (the publisher + contributors) encourage you to practice more self-sustaining life style choices and reject consumerism + materialism, no matter where you are from or what you have. we are building an encyclopedia for all things anti-capitalist, and therefore, anti-racist, anti-classist, and anti-sexist.

## How to Breathe by Jeb Katsiopoulos

[Journal page written during an asthma flare up at community poetry, that later led to an ER visit]

### How to Breathe :

1. Start by being born
2. Sit back and let your body do its job
3. Hold your breath to dive into the pool and play mermaids
4. Get a respiratory infection
5. Forget how to breathe
6. Troubleshooting
  - 1 See manual breathing
  - 2 See doctor
  - 3 See inhaler
  - 4 See nebulizer
  - 5 Remember how to breathe again
7. Feel impervious for a time - in this step breathing should feel effortless
8. Forget again
  - 1 Question everything
  - 2 Rinse and repeat
9. Learn how to make peace with it

Flip back & forth in manual (as needed)





Saxenda® may cause serious side effects, including:

- possible thyroid tumors, including cancer
- inflammation of the pancreas (pancreatitis). Stop using Saxenda and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back.
- gallbladder problems. Saxenda® may cause gallbladder problems, including gallstones. Some gallbladder problems need surgery. Call your health care provider if you have any of the following symptoms: pain in your upper stomach (abdomen), fever, yellowing of your skin or eyes (jaundice), and clay-colored stools.
- low blood sugar (hypoglycemia) in people with type 2 diabetes who also take medicines to treat type 2 diabetes. Saxenda® can cause low blood sugar in people with type 2 diabetes who also take medicines used to treat type 2 diabetes (such as sulfonylureas). In some people, the blood sugar may get so low that they need another person to help them. If you take a sulfonylurea medicine, the dose may need to be lowered while you use Saxenda®. Signs and symptoms of low blood

sugar may include: shakiness, sweating, headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heartbeat, and feeling jittery. You should check your blood sugar before you start taking Saxenda® and while you take Saxenda®.

- increased heart rate. Saxenda® can increase your heart rate while you are at rest. Your health care provider should check your heart rate before you take Saxenda®. Tell your health care professional if you feel your heart racing or pounding in your chest and it lasts for several minutes while taking Saxenda®.
- kidney problems (kidney failure). Saxenda® may cause dehydration or diarrhea leading to loss of fluids (dehydration). Dehydration may cause kidney failure, which can lead to the need for dialysis. This happens in people who have never had kidney problems before. Drink plenty of fluids may reduce your chance of dehydration. Call your health care provider right away if you have nausea, vomiting, or diarrhea that does not go away, or if you cannot drink liquids by mouth.
- serious allergic reactions. Serious allergic reactions can happen while taking Saxenda®. Stop using Saxenda® and get medical help right away if you have any symptoms of a serious allergic reaction.
- depression or thoughts of suicide. Saxenda® may cause changes in mental changes, especially sudden changes in thoughts, or feelings. Call your health care provider if you have any mental changes that are new, worse, or that do not go away.

Common side effects of Saxenda® include: headache, vomiting, low blood sugar, upset stomach, tiredness, dizziness, and changes in lipase levels in your blood. Nausea is the most common side effect of Saxenda®, but decreases over time in most people taking the medicine. Tell your health care professional if any side effect bothers you or that does not go away.

**WHAT TO LOSE?**

possible side effects of DUPIXENT® may cause serious side effects, including:

- allergic (hypersensitivity) reactions, including anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: trouble breathing, swelling of the face, lips, tongue, or throat, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Tell your healthcare provider if you have any new or worsening symptoms.

Most commonly reported side effects of DUPIXENT include: stomach pain, vomiting, feeling sick, diarrhea, itchy skin, hives, and/or itchy ears.

DUPIXENT can cause severe allergic reactions that may be life-threatening. Symptoms of allergic reactions to DUPIXENT can include: Trouble breathing or wheezing; Chest pain; Tightness or swelling in the throat; Trouble swallowing or speaking; Swelling in your face, lips, eyes, or tongue; Dizziness or fainting; Severe stomach cramps or pain, vomiting, or diarrhea; Rash or hives on the skin; Severe flushing of the skin.

DUPIXENT can cause stomach or gut symptoms including inflammation of the esophagus (esophagitis), or long-term esophagitis. Symptoms of esophagitis can include: Pain or burning in the chest; Trouble swallowing; Vomiting; Difficulty swallowing; Feeling full or bloated; Feeling sick.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

Most commonly reported side effects of DUPIXENT. Call your doctor if you have any of the following symptoms: Stomach pain, vomiting, feeling sick, diarrhea, itchy skin, hives, and/or itchy ears.

**WHAT ARE THE POSSIBLE SIDE EFFECTS OF TRINTELLIX?**

TRINTELLIX may cause serious side effects.

- See "What is the most important information I should know about TRINTELLIX?"
- serotonin syndrome. A potentially life-threatening condition can happen when medicines that affect serotonin are taken with certain other medicines. Symptoms of serotonin syndrome include:
  - problems controlling your movements or muscle twitching
  - fast heartbeat
- abnormal bleeding or bruising. TRINTELLIX may increase your risk of bleeding or bruising, especially if you take the medicine with other medicines that affect blood clotting, such as aspirin, ibuprofen, or warfarin.
- hypomania (manic episodes). Symptoms include:
  - greatly increased energy
  - racing thoughts
  - unusually grand ideas
  - reckless behavior
- visual problems
  - eye pain
  - changes in vision
  - swelling or redness in or around the eye

Only some people are at risk for these problems. Your healthcare provider should examine your eyes before you start taking TRINTELLIX and during your treatment.

- low levels of salt (sodium) in your blood. Symptoms include: headache, difficulty concentrating, memory problems, unsteadiness on your feet. Symptoms of low sodium levels in your blood may include: hallucinations (things you see are not real), fainting, seizures and coma. Low sodium levels can cause death.

Common side effects in people who take TRINTELLIX include:

- nausea
- constipation
- vomiting

**WHAT ARE THE POSSIBLE SIDE EFFECTS OF FASENRA?**

FASENRA may cause serious side effects, including:

- allergic (hypersensitivity) reactions, including anaphylaxis. Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - trouble breathing
  - swelling of the face, mouth and tongue
  - trouble swallowing
  - trouble speaking
  - trouble swallowing or speaking
  - swelling in your face, lips, eyes, or tongue
  - dizziness or fainting
  - severe stomach cramps or pain, vomiting, or diarrhea
  - skin rash or hives

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

Most commonly reported side effects of FASENRA include: stomach pain, vomiting, feeling sick, diarrhea, itchy skin, hives, and/or itchy ears.

FASENRA can cause severe allergic reactions that may be life-threatening. Symptoms of allergic reactions to FASENRA can include: Trouble breathing or wheezing; Chest pain; Tightness or swelling in the throat; Trouble swallowing or speaking; Swelling in your face, lips, eyes, or tongue; Dizziness or fainting; Severe stomach cramps or pain, vomiting, or diarrhea; Rash or hives on the skin; Severe flushing of the skin.

FASENRA can cause stomach or gut symptoms including inflammation of the esophagus (esophagitis), or long-term esophagitis. Symptoms of esophagitis can include: Pain or burning in the chest; Trouble swallowing; Vomiting; Difficulty swallowing; Feeling full or bloated; Feeling sick.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

Most commonly reported side effects of FASENRA. Call your doctor if you have any of the following symptoms: Stomach pain, vomiting, feeling sick, diarrhea, itchy skin, hives, and/or itchy ears.



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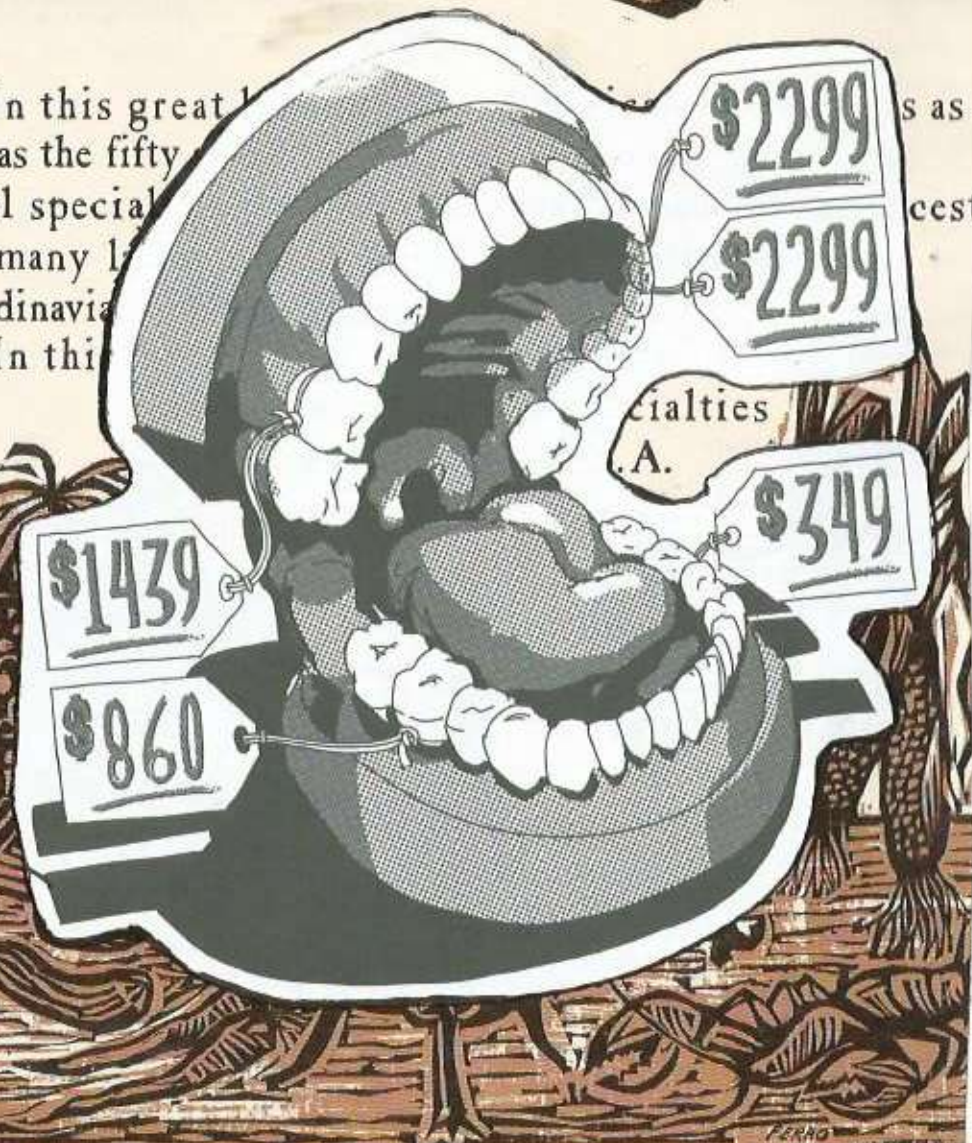
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# → LUXURY BONES

illustration by Nick  
23

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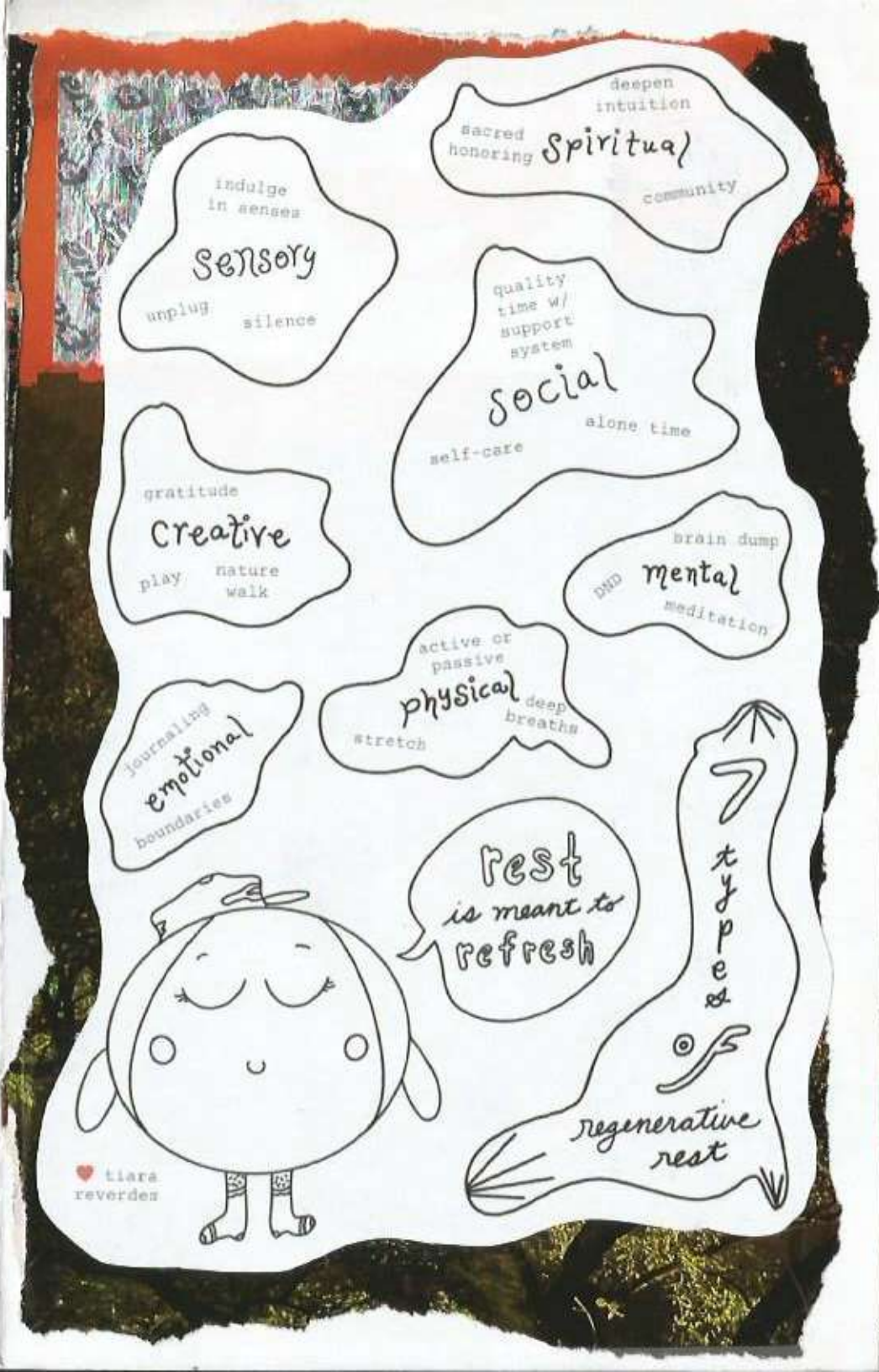
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deepen intuition  
sacred honoring  
**Spiritual**  
community

indulge in senses  
**Sensory**  
unplug silence

quality time w/  
support system  
**Social**  
self-care alone time

gratitude  
**Creative**  
play nature walk

brain dump  
**mental**  
meditation

active or passive  
**physical**  
stretch deep breaths

journaling  
**emotional**  
boundaries

**Rest**  
is meant to  
refresh

type  
regenerative rest

tiara reverdes



"I really could have used a voice like yours growing up. I'm so thankful you're sharing all of this <3"

"Please please keep talking about this.. 95% of my clients under eat that come to me to get help"

"Thank you for this. We need to keep spreading this so more young people don't do this. It just wrecks your body."



Whether you want to lose weight or not and whether it's for health purposes or not, is your choice. I always just encourage people to lean into curiosity, to the root of the why and what the consequences will be. If weight loss is still a goal, it should be done in ways that aren't detrimental to your health or those around you. If you have or are around children in particular, allow what is absorbed and learned to be beneficial, uplifting and accepting (body neutrality ftw). Ultimately, we have

got to be more mindful of the impact of our words and behaviors and aware of where they stem from—what we're a product of.

We're more than our bodies and deserve the same access, opportunity, care and treatment, systemically and interpersonally.

end

My best friend who is in Austria for work, recently had a full medical health checkup, with no insurance, and felt for the first time in her life that it was easy, and that a doctor actually listened to her and cared. And as a poor working class immigrant, she could afford it with some help.

We have been devising a plan for me to visit her so I can get all my chronic illnesses (Long Covid complications) assessed. The tickets to fly there and to get all the tests done, would cost less than or equal to a recent ER visit I took due to my Asthma medication not working. I was there for 5 hours and received a breathing treatment and an oral steroid, and was sent home. The bill, before insurance, was nearly 10k. After insurance it was \$1,200. Thankfully, after putting in an appeal to prove that I could not afford to pay the bill, it was excused.

A cheap two way ticket to Austria costs around \$700. The option seems obvious

I have tried to list all my aches and pains from the top of my head down to my toes, but the list is too long and too painful to share here.

I have some good days, but mostly bad ones. My ailments cycle in and out, and my doctors struggle to prioritize what to treat. I cry a lot. I have some good experiences with doctors, but mostly ones that leave me feeling worse than before.

Bacter

Whole thr ter up in Brita disease cal New micro wave of in

hospitals, while tuberculosis bacteria (below) spread dis and inner-city drug poison hamburge

Years after the are as virulent as Disease Control and Prevention (CDC)

health care options, by county's

Tampa:

<https://hcf1.gov/residents/health-care-plan/apply-for-the-health-care-plan>

Pinellas:

<https://pinellas.gov/programs/pinellas-county-health-program/>

Polk:

<https://polkhealthcareplan.net>

perilously close to being unable to... says Mitchell Cohen, head of the CDC's divi... otic diseases.



sing. Most  
age of a  
ingly few

During the same asthma flare up that sent me to the ER in March of 2024, I visited an urgent care where the doctor there gave me helpful suggestions for monitoring my Oxygen levels, and managing which inhalers to take when. She let me cry and gave me tissues and told me I would be ok. And then, at the very end of the visit, she asked if I meditate, and then recommended a pseudoscience "Doctor" who claimed to cure cancer through meditation.

I have never felt so defeated than after leaving that office.

How can we trust doctors who don't even believe in medicine? How can doctors do their job in a country that doesn't value them? System issues compound in such complex ways it's hard to fathom.

So much of our care as chronically ill people is left up to us as patients. We have to act sick but not too sick, research on our own what we have but not be too knowledgeable in front of doctors lest they write that we are difficult in our charts, and ignore us entirely.

ah-

Everywhere you go and anywhere you look, there's something or someone telling you you're too much or

not enough. It's so ingrained, normalized and socially acceptable that even that random person you interact with in public feels comfortable enough to make comments related to your appearance, or theirs (for the indirect commentary)

In an age where certain procedures, like cosmetic ones, have already become more accessible (whether done safely or not), more often with younger women, I worry especially for the youth. The insecurities already run deep and there's so much that's preventable with the proper information, guidance and practice. These narratives are dangerous and harmful, and these health/beauty standards are unrealistic and misleading, especially in relation to the media and celebrity culture.

In a video I came across recently in response to this creators content (whose account revolves entirely around being skinny), this woman calls out the harmful habits she's promoting and shares her experience, as she was once in that position and still deals with the effects. The resonant flood of comments of others sharing their thoughts and experiences are the types I don't want to see continue.

"Ten years later and I can confirm your hair never stops falling out. I'm balding literally."

"Just don't start. I still have to fight the obsessive thoughts, body checking, not looking at calories.. just don't start."

"I promise the ulcers from stomach acid are NOT worth it!!! they're SO painful!!"

"the hairloss is real.. but also the stomach problems, i know so many people who developed ibs (me

included) bc of things i did at 12"

"I ruined my thyroid and triggered so many issues with my "wellness" phase. I'm 43 and now trying to correct the behaviors and it's so hard, I wouldn't wish this on anyone :(" 3

Everyones experiences are going to vary depending on the ways in which they navigate their journey, but the reality is that so many of us have not and do not have healthy relationships with our bodies and what we consume, and that is something this society thrives off of.

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## Spread the word—Coldene.

his nose, soothes his throat, relieves his tight chest—and restores his smile. Behind its cherry taste is a multiple medicine: decongestant, antihistamine, analgesic, expectorant, cough syrup all in one. Children like Coldene; the sooner you use it, the more effective it is. Science knows a good deal about cold medicines. The best of it is in a bottle of Coldene.

me a cold from school. It's usually more virulent as it goes. Dad mistoo work... in stop the cold, but Coldene can

Coldene liquid calms a child's cough and stills his sneeze, so germs don't fly. (A sneeze can throw cold virus 20 feet.) Coldene fights his fever, clears

old.

2/5

5. Coldene's spread is practically a poster. It is active,

with these and pictures are integrated to make a simple

hoo!



© 2004 BAXTER LABORATORIES, INC. COLDENE IS A REGISTERED TRADEMARK



## THE BURDEN OF WEIGHT STIGMA + ANTI-FAT BIAS

BY TIARA REVERDES

Though the desire to be thin and equating weight to health has been an overarching cultural norm, there's been a widespread resurgence of "thinspo" content and it's increasingly alarming. The rise of the body positivity movement in more recent years, flawed as it may have been, made it to the mainstream arena and fostered more conversations around healthier ways of being in relation to food, image, society at large and more. Instead of continuing to work on moving toward where we need to be with more accurate information, acceptance, fitting tools, resources and actually getting our needs met- it feels like we're deviating further from that path. From the Ozempic craze for weight loss with no care for consequence (which caused a delay/shortage for those prescribed it for diabetes), the tons of content with "tips and tricks" we see that only create or further encourage disorderly eating habits, to clothing brands intentionally shrinking size, and beyond; the struggle is real.

The hypocrisy is also real, and we see it when we're only concerned with another's health (which is already not our business in that regard) when they look a certain way. We say we love a gal who can eat but only when she looks a certain way- that she must workout because -look- at that body, meanwhile, she's never stepped foot in a gym.

It's systemic and personal, and the more marginalized identities you hold, the more you have to worry about while navigating these systems. Many of the medical professionals we're meant to trust continue to operate on dated teachings and models, give into pharmaceutical pressures and carry their own biases into the field. I can't tell you how many times assumptions and claims were made directly to my face without even running a single test. There was a doctor I visited a few years ago that I was feeling out to be my FCP and she went as far as telling me how I wouldn't live very long by simply looking at me (amongst other things), not a single test before such a claim! Now luckily, at that point in my journey I was accustomed to that treatment and knew the reality of my situation so I could more "easily" brush it off, but can you imagine if I wasn't or if it was someone else in a vulnerable position? There are so many of us that have issues that go undiagnosed or worsen because of the neglect and focus on weight and weight loss. And the thing is, though it's a more common experience for fat or bigger folk, it's something anyone of any size experiences. I've been frustrated and angered to tears knowing others experiences when told because some will already be thin, be told to lose weight and have nothing change (big surprise) and then are STILL told to lose more. In this case, I'm not even sure how much more this person could lose without disappearing, and all they got was more fear and deeper into their eating disorders.

My social media feeds are filled with other chronically ill people giving advice, step-by-step on how to get your doctor to take you seriously. Some of this advice includes printing and highlighting scientific papers with your symptoms, asking for specific tests and if doctors refuse, asking them to write down that they refused. The idea is that you need to have proof of their negligence to hold over their heads if you want anything to be done. Other advice includes learning how to advocate for yourself and having someone with you (preferably a cis-het male) who can help advocate for you. As a trans-masc person, I deal with another factor of misgendering and medical ignorance, or downright malice as well.

Many of my friends share similar experiences, we trade info on which doctors to go to and which to avoid.

This all gets rapidly overwhelming. I write myself lists of what I need to bring up everytime I speak with a doctor, or my insurance, or a pharmacist. My partner helps advocate for me, yet one time a doctor told him he was talking too much for me. Finding a balance is difficult.

My partner advocates for me in other ways. He cares for me day to day when I need help, and he tells me I'm not a burden. When I am well enough I care for him, but there is quilt in being on the receiving end most of the time. Tear stained is the shoulder that holds me when I cry.



On good days, I long to do all the things I normally would put off before Long Covid. I crave to tidy the house and clean, to do dishes, and organize my art supplies. Whenever I have a burst of energy, I take on cleaning under the bed, and then crash afterwards. I paint for a few hours, and then get headaches so bad that render me unable to do anything but lay down and do nothing.

When prescribed medication stops working, I turn to homemade tinctures and salves. I turn to the things my Greek parents taught me to use. Alternating hot and cold on sore muscles, pepto bismol, tea and toast when your tummy hurts, salt water rinses when your teeth hurt, and tylenol when nothing else works.

As a child a Greek doctor gave me medication that caused me to convulse at night. In highschool my parents didn't take me to see a doctor for pneumonia until I almost died.

I inherited my parents' distrust of doctors much to my own dismay. I can't help but agree that medical bills add up quickly, regardless of what kind of care you received. Sometimes you get better on your own, sometimes you don't. I try to use the tools I have and not wait too long before things get dire. Poverty makes it hard to break the cycle.

4/5

Random tips from  
a kid of a working  
class family ↴

Try googling [your  
city] + sliding scale +  
[insert service]

Sometimes, colleges  
with dental programs  
will offer low cost  
teeth cleanings!

Check your  
local health  
department to  
see what  
programs or  
services they  
offer! you  
never know  
what they  
offer if you  
don't ask.

Healthcare emergency tip: if  
you end up hospitalized, have  
a loved one or trusted  
neighbor look up the financial  
assistance options for the  
hospital you are at. you  
can google!

[hospital name] financial  
assistance





the most hydrogen peroxide in a whitening tooth

**Colgate**

Navigating the medical system in America is a nightmare. So I dream of visiting doctors in other countries, where even uninsured, I will be able to afford care, and maybe even be able to trust that they can figure out how to help me.

Wish me luck.

DM me if you want to talk @Jebbub

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Saumitra Chandratreya

Vital Greed // 2020 // Gold Leaf on Empty Odefsey and Truvada bottles //

(In Private collection)

Vital Greed is a comment on the insatiable greed of the American pharmaceutical companies like Gilead who make ART (Antiretroviral Therapy) medication, which is used to control the viral load of a person living with HIV so the virus can't replicate. A person is advised to take a pill a day. This life saving medicine can cost \$3600/ month without insurance. I have used 58 empty bottles of Odefsey and Truvada (a prophylactic medicine people can take daily to avoid contracting the virus) which can also cost in that range without insurance. That means \$223,000 for 58 bottles and \$123/pill/day. To charge this much for a life saving medicine is unacceptable and LGBTQIA+ communities who are battling HIV who can't afford insurance shouldn't have to live without a life saving medicine because they can't afford it. The greed of the pharmaceutical companies (their CEOs) is a bottomless pit. By making this work I want to create a space for us to reflect on real work that we all need to do to hold the pharmaceutical companies accountable and to push for more generic medicines at affordable prices. In this discussion, possible solutions, we need to center the voices of queer and trans POC who are affected adversely by HIV and who don't have as much access to healthcare as their cis and white brethren.

