

Undressed Press

SO WHAT ABOUT NUDISM?

NAKED WANDERINGS

When we started considering ourselves naturists, we kinda wondered what the other terms actually meant.

In the beginning, we thought nudism was actually a negative synonym for naturism. Like when you're in favour of it, you call it naturism, if you're against you call it nudism. Just like that.

But then we noticed other terms: social nudity, nude recreation,... What about that?



We decided to do some research, which we would like to share with you.

To really understand where the different terms come from, we'll have to go back in history.

Side note: We're certainly not fans of dividing people in categories, but to understand the difference here we'll have to... But no worries, in the end we'll put it all together again.

Very early naturism

In the beginning of mankind, nudity was the most common form of living. People were born naked, lived their lives naked and died naked. There was no other way.

The main reasons why people started wearing (something you could call) clothes was for protection of their body and because they started moving in different (read: colder) directions. It was all about comfort.

That's why you can still find tribes around the equator where people are more or less naked.



And then morality and ethics started to enter society.

Laws and guidelines got written and at a certain point someone has decided that it's improper to be naked in front of other people. Since people were already dressed anyway, this was not really a big deal.

Religion easily picked this up and started linking nudity with sexuality.

Men who exposed their privates to women were considered sexual perverts who should be avoided in all times, and women who showed too much skin were whores and sinners and were only doing that to excite men.

Public nudity was still somewhat allowed but only among the same sex (look at Roman and Ottoman bath houses where women and men were strictly separated).



Modern naturism

Now let's flash forward to the end of the 19th century.

The industrial revolution was kicking in, big

cities and factories were built and people started to lose the connection to nature. And as it always happens with revolutions, not everyone was equally happy about this. Some people wanted to get back to the roots and back to nature. And when in nature, they wanted to bring their body in it's most natural form: butt naked.



So people started to spend time naked in their close environment, their garden, the forest at the end of the street or maybe even a skinny dip in the lake after sunset.

Soon these people found each other and searched for a place where they could practice their new habit together. They put some money together to buy a piece of land, built a huge fence around it and the first naturist camp was born.

Nudism

Naturists were very strict about their way of living those days. It had everything to do with the connection to and the respect for nature. Clothing was not allowed, alcohol and tobacco neither and eating meat was also out of the question.

Naturism became a true lifestyle based harmony with nature and one another and the nakedness was only a small part of it.

Did you know that in "Zon en Leven", the first and still very active naturist organization in the Netherlands, alcohol and tobacco were banned until the beginning of the 21st century?

Click [here](#) to read the full article.

WHAT NEEDS TO CHANGE FOR NATURISM TO BE ACCEPTED



Nu et heureux – Naked and Happy

As naturists, we feel good if not better while naked. Many of us would like to be able to be naked more frequently not facing negative consequences. For this, we need to continue, if not increase, to tell the naturism story and its many benefits. However, I was asking myself the question: what needs to change for naturism to be accepted? Here are some answers I found:

De-sexualizing nudity

For many, nudity is equal to sex. Society is actually promoting this idea in ads or movies. Most of the time, the vision of a naked or half naked body leads to sexual intercourse. It's therefore easy to link the two together. However, if we were to see in ads or movies naked people living there normal lives, then the idea of nudity outside of sexuality will start to spread. We can even use blurred genitals

until people get used to the idea of non sexual nudity.

Encouraging kids to stay naked

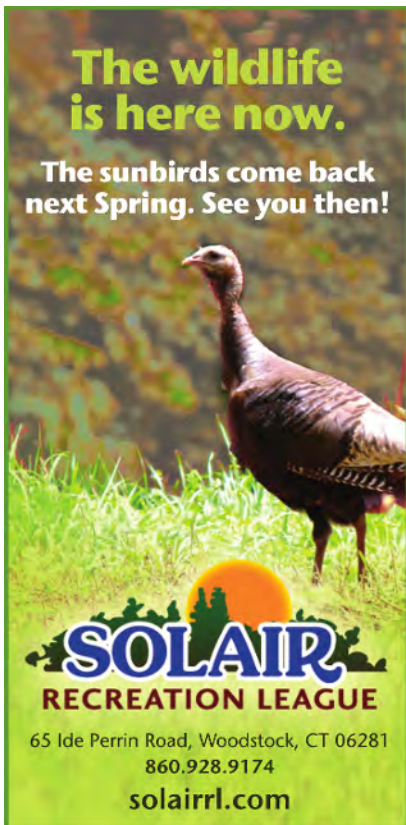
How many times do you see a young kid on the beach that takes his or her bathing suit off, being chastized by his or her mother or father? For most, if not all, kids, nudity is totally normal and healthy, as they do not have this link to sexuality yet. This nudity should be encouraged not banned, through parent education.

Explaining body transformation to teenagers in a simple way

When puberty kicks in, even naturist kids tend to get dressed as they do not feel that comfortable with their body. We, as caring adults, should explain that what they feel is natural, and if they want to get dressed or get naked, they have the freedom to chose. If they feel sexual desire, it's entirely natural, however, they need to unlink nudity and sex, which are two totally different things.

Decriminalizing non sexual nudity

If nudity is more accepted after being more exposed to non sexual nudity, the laws should be enacted to let people get naked in social public space as long as their attitude is not sexually oriented. I know this may be controversial, but if, for instance, you ask most hikers what they think about naked hiking, they find it okay for a big majority (read [Naked Hiking](#) to learn more about this).





Being naked with friends and family

Big changes starts with small decisions. Do your friends and family know you are a naturist? Are you naked with them? Do you encourage them to embrace naturism? You need to come out and get more naked time with your friends and family. Of course, that may be tough the first time. Some people may find you weird. With all the content that exists on the web about the benefits of naturism, it's [easy to have a leaflet ready to hand over](#).

Practicing and promoting naked activities



Don't miss out on all the fun! For more information about joining or renewing your AANR membership

[Click Here](#)

Hiking naked, practicing naked yoga or participation in [World Naked Bike Ride](#) will contribute to show people that naked people are harmless, they just want to practice their preferred activities naked.

Joining a naturist association and or club

To promote its activities, an association needs members. By becoming a member of your country naturist association ([AANR](#) in the US, [FFN](#) in France, for instance or [APNEL](#) to promote naturism in liberty), you will help them to promote naturism, have more naturist places and have changes in legislation to allow more legal acceptance. And if you can and have time, act with them, dedicate some energy to help promote naturism.

Naturism is a wonderful lifestyle that can only be appreciated when tested. It's always very difficult to explain to non naturists the many benefits of naturism. Of course, intellectually people will understand and accept (or not). But the real eye opener is when you undress totally first alone, then with other naturists. It seems a long way before naturism gets widespread acceptance, however, it's just by continuing promoting it that it will be more and more accepted until one day, hopefully, it will just be allowed anywhere as one of the many clothing options.

Get Naked, Stay Naked, Live Naked and Share the Naked Love!

To read more articles from_Nu et heureux – Naked and Happy click [here](#).



SEVEN NUDE EXPERIENCES EVERYONE SHOULD TRY ONCE

GLOBETRENDER

1. Book a naturist holiday

A recent survey by lastminute.com revealed that web searched for “nudist holidays” have increased 52 percent since January. Meanwhile, 35 percent of men would bare it all on a beach, along with 17 percent of women.

Last year, only 8 percent of British people have tried naked travel this figure has more than doubled now. Lastminute.com says that “getting an all-over tan is the most popular reason to bare all on the beach, with 42 percent of the vote, while 21 percent do it to ‘reconnect with nature’ and one in five (20 percent) want to ‘step out of their comfort zone’”. Summer holidays are the ultimate way to relax, so why not do it as sans bikini? Globetrender spoke to two leading UK naturist tour operators and both confirmed our hunch: business is booming.

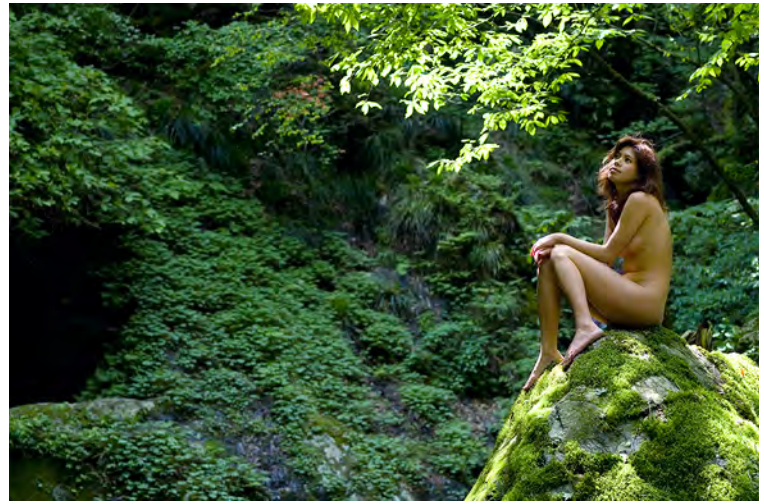


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“The problem we now face is availability,” [Natural Holidays](#) told us, “as some of our smaller destinations become fully booked up to a year in advance”.

As for the top destinations, [Away with Dune](#) said:

“Our bestselling destinations are the Greek Islands (Zante, Corfu



and Rhodes), Spain (mainland and Majorca) and the Caribbean.”

For Natural Holidays, it's Fuerteventura: “Virtually the entire island's beaches are naturist friendly so it makes a great destination for people who want to experience naturism in and around their apartment complex as well as when out and about exploring new beaches.”

According to both tour operators, the future all depends on new destinations opening up. Interest in naked holidays is growing rapidly, but more naturist resorts are needed to satisfy the demand.

2. Find a quiet naturist beach

For first timers to naked travel, a naturist beach is perhaps the best place to start. There are only a handful of naturist beaches in the UK, but [Brighton Beach](#) is the best known. It's a 200-yard stretch of beach away from the main seafront, but it's still one of the busiest naturist spots in the country. If you're looking for somewhere a little quieter, try [Cleat's Shore](#) on the Isle of Arran or the incredibly private [St. Osyth beach](#) in Essex.

3. Dine at the Bunyadi restaurant

[The Bunyadi](#) is London's first and only "naked restaurant". Embracing the au naturel ethos with every detail, the Bunyadi operates without electricity, serves only vegan organic food (on clay plates), and bans the use of mobile phones. Even the wait staff are in the buff, surrounded by intimate candle lighting and natural bamboo interiors.

Before you declare the concept ridiculous, the waiting list for the Bunyadi has already racked up 44,000 names, suggesting that Londoners can't wait to bare all over dinner and polite conversation.

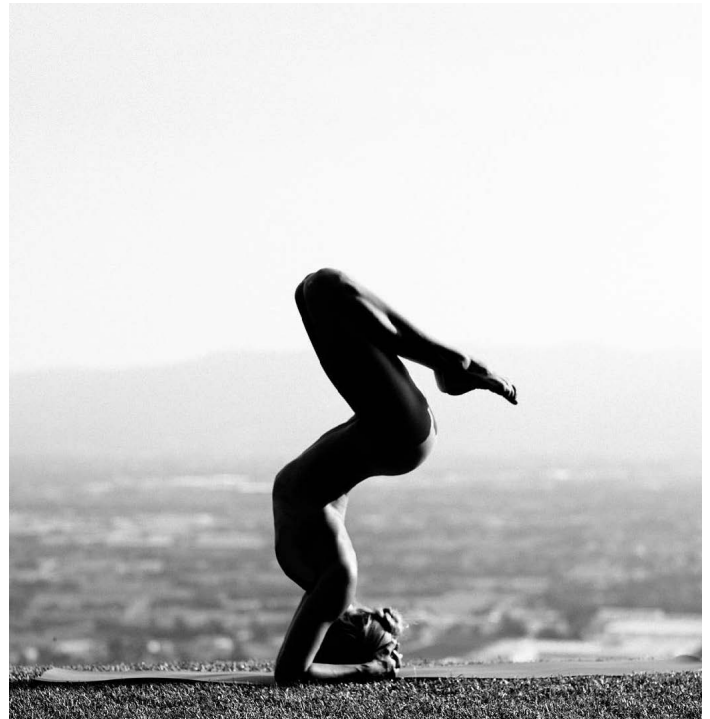
4. Bathe on London's naked rooftop

Under the watchful eye of Big Ben, a rooftop space has opened up this summer dedicated to naturist sun worshippers. It's all part of a [promotion for NOW TV](#), and the rooftop boasts a sunbathing area, a bar, and trampolines (admittedly, bouncing around

may be a step too far for some people).

5. Try naked yoga

Yoga has been practiced in the nude since its ancient inception; it



even has a sanskrit name, *nagna yoga* or *vivastra yoga*. It's yoga as the *puranas* intended.

The practice of yoga is one of the most centering, liberating activities; you wonder why we ever did it in clothes. Far from being gratuitous or sexual, naked yoga tends to promote body positivity, mental wellness and a return to nature. Nowadays, you'll find a [naked yoga](#) class in just about every major city, including London, with most offering female-only, male-only, and coed classes.

6. Join a topless book-club

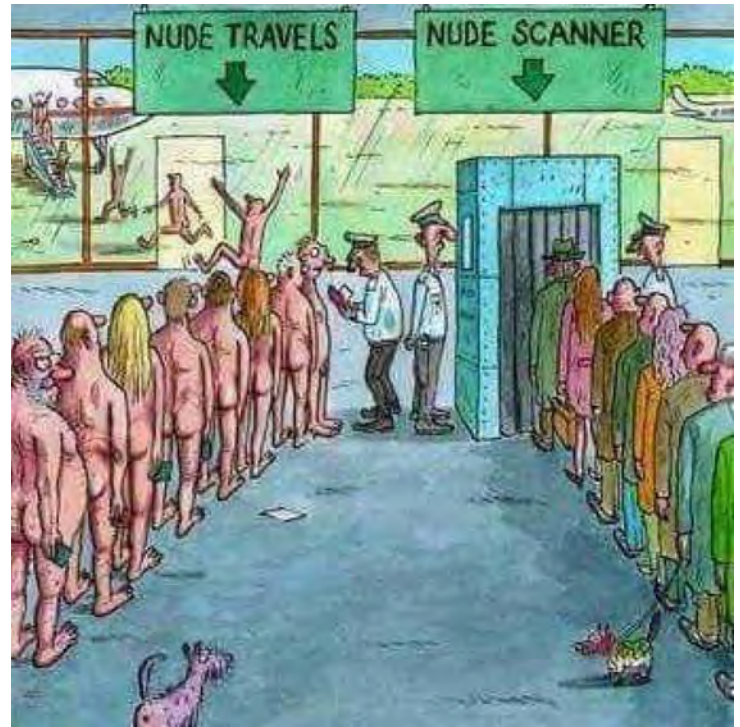
In New York, a small group of bookworms get together to share their love of pulp fiction and celebrate that female toplessness is every bit as legal as the male variety in the city. They are called the [Outdoor Co-ed Topless Pulp Fiction Appreciation Society](#), and meet at clothing-optional rooftops or Central Park. There are also similar groups in Chicago, London, LA, and Melbourne.



7. Take a naturist cruise

2,000 people floating off the coast of Florida, all as naked as the day they were born. What's not to love about this form of naked travel? There are now more than a few dedicated naturist cruise operators (check out cruisenude.com), and more and more traditional cruise companies are opening the gangway to bare bums and other bits.

While naked yoga and topless bookclubs are mostly regularly frequented by the younger generation, one reporter [confirmed our suspicions about naturist cruises](#): they are dominated by the over 60s.

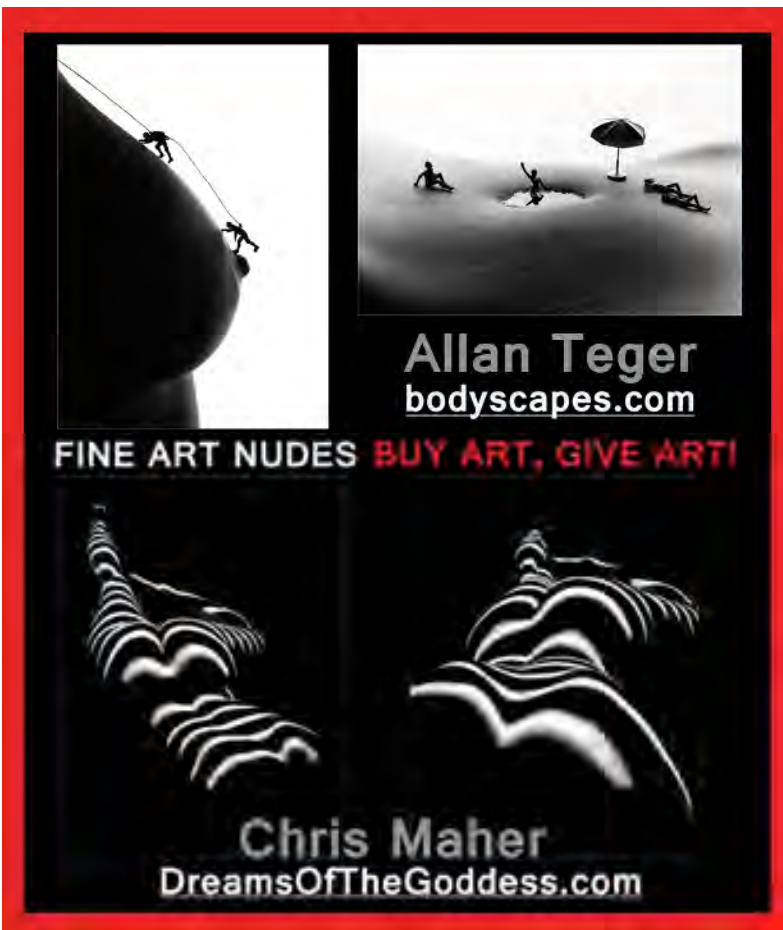


Embracing naturism no longer has the “hippie” connotation of old. Nor is it pervy. As the team at Natural Holidays puts it: “The two words that sum up naturist holidays are ‘freedom’ and ‘relaxation’. Freedom from clothes and being able to fully relax in an environment where no one is making judgements about your body or your clothing”.

Naked travel is still a niche and fledgling trend, but we expect to see more hotels, restaurants, and resorts offering “clothing optional” alternatives as intrigue steadily increases.

And if you're still cautious, think of it like this: if everyone's naked, no one's naked.

To read more articles from globetrender click [here](#)



WHAT I LEARNED ABOUT BODY POSITIVITY BY RUNNING NAKED AT A NUDIST RANCH

NAOMI TEETER

If you think that you look unflattering in your race photos, try doing it naked. Not only will you look unflattering, but you will feel physically unflattering. You'll smell unflattering, and you will sound unflattering.

Or at least that was how [I thought my naked 5k race experience](#) would be.

Despite many naked treadmill training sessions, I wasn't fully prepared for the emotional discomfort I initially felt wash over me while I lined up at the start line with hundreds of other naked (or partially naked) runners.

The pre-race fun began with small talk and cracking jokes with the other runners about all of the possible things that could go wrong during the run and how we'll explain our naked injury to loved ones. I shook hands with these

naked people. I got to know them. They invited me into their cabins to take nude pre-race selfies to share later on Instagram.

Eventually, I stopped seeing naked people and just saw people.

There's no denying the fact that you'll notice how every person's forbidden fruit is different from yours at first, but it stops being a big deal. You simply don't see a difference between the woman who had the double mastectomy and the woman who has breast implants and a perfect tan (although, admittedly, the "perfect" looking people are few and far between).

So, let me back up a bit and give you some context about

why I decided to register for a naked 5k. It'll help you understand the amount of courage I had to muster up in order to show up for myself.

My entire life, I was obese (morbidly obese, even).

At my highest, I weighed 300 pounds. Speaking strictly only for myself, [I can tell you I had low self-worth](#). I put on a good show of pretending to be strong (*I really hate that word, by the way*) and well put together. But inside, I hated everything about myself. I hated the family I came from; I hated my stupid ideas; I hated how boring I thought I was. And I especially hated my body. I felt like everything about me was wrong and disgusting.



In 2009, I made the decision to lose 150 pounds and get healthier (even if it killed me in the process). I thought it would magically change everything I hated about myself and all of a sudden, I would be a brand new person.

Interesting fact: it didn't change much about me.

I continued to put on a show of pretending I was strong and had my ducks in a row. I did things like running marathons, climbing a mountain, and jumping out of a perfectly good airplane to prove that I could do anything I set my mind to. But when it comes down to it, those were all mental and physical feats. I still had not dealt with many emotional challenges of life. You know, those silly little things that seem to dictate whether or not we'll self-sabotage and hold ourselves back from the life we deserve.

After losing 150 pounds, my body didn't look anything like I thought it would. In fact, there were many times I longed for the luscious 300-pound body I used to have. The one that didn't have loose skin. The one that had a full bosom and belly to match the bottom half evenly. This was one of my biggest sources of emotional discomfort.

Over the last seven years of maintaining my weight loss, I've grown to accept myself (and my body) more and more. The process looks different for everyone. For me, it came from giving up trying to be strong all of the time and instead embracing honesty and vulnerability of who I am and what makes me really awesome.

So, running naked was a natural next step

for me. I spent too long proving I was perfect and strong. Now it was time to show I could be vulnerable and love myself for who I am (rather than who people think I am). There's always a tremendous sense of pride and accomplishment that accompanies the experience of crossing a finish line. But this is the very first time I also felt an outpour of love and acceptance as my husband and I ran side by side in the last sprint to the finish... totally naked. There were literally hundreds of naked strangers cheering, clapping, using noisemakers, and giving us high fives to welcome us to the ranks of "naked finisher" with them.

No one could see it, but beneath my sunglasses, there were tears in my eyes.

It's not often in your life that large groups of people openly accept you and cheer for you despite what your body looks like or your physical ability. I've run many races, and that kind of genuine love and acceptance just isn't there in the crowd. My heart was breaking wide open as the photographer snapped my finisher photo.

Through this experience, I've learned if you want to accept your body for what it is, not only do you have to accept yourself first, but going to a [nudist ranch](#) pretty much seals the deal. You don't have to lose weight to fit in. You don't have to firm up your "trouble" areas. And you don't have to wax down there if you don't want to.

Click [here](#) to read the full article.



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AANR AND REGIONAL NUDIST CONVENTIONS, MEETINGS & EVENTS

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January 20-21, 2017

AANR Southwest Midwinter Board meeting

Wildwood

Decatur, TX

January 27-28, 2017

AANR Florida Midwinter Board Meeting

Sunnier Palms

Fort Pierce, FL

January 27-28, 2017

2017 AANR East Interim Board Meeting

White Tail Resort

Ivor, VA

FEBRUARY 2017

February 17-18, 2017

2017 Midwinter Board Meeting

Cypress Cove Nudist Resort and Spa

Kissimmee, FL

APRIL 2017

April 1-2, 2017

AANR Northwest Spring Board Meeting

Mountindale Sun Resort

North Plains, OR



JUNE 2017

June 19-22, 2017

AANR East Annual Summer Meeting

White Tail Resort

Ivor, VA

June 22-24, 2017

AANR Southwest Convention

Star Ranch

Mcdade, TX

JULY 2017

July 16-23, 2017

AANR Midwest Convention

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AUGUST 2017

August 7-13, 2017

AANR Convention

Oaklake Trails

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