

OUR PRIMARY PURPOSE

Food Addicts Anonymous is a fellowship of men and women who are willing to recover from the disease of food addiction. Sharing our experience, strength and hope with others allows us to recover from this disease One Day at a Time.

Food Addicts Anonymous is self-supporting through our own contributions. We are not affiliated with any diet or weight loss programs, treatment facilities or religious organizations. We neither endorse nor oppose any causes. Our primary purpose is to stay abstinent and help other food addicts to achieve abstinence.

DEFINITION OF ABSTINENCE

We ask for help from our Higher Power to abstain from those substances we find ourselves craving, ever mindful of our addiction to sugar, flour and wheat. Feeding our bodies with a plan of sound nutrition will allow us freedom from the insanity of this disease. With honesty, an open mind and willingness to share our experience, strength and hope, we can recover from this disease, ONE DAY AT A TIME.

When we lose control of our lives and can no longer define reality, despair becomes our daily companion. How many times have we attempted to satisfy our soul needs with food, only to find the same emptiness within? As our self-esteem disappeared and our health worsened, we searched frantically for a way out. Diets became our Higher Power, only to fail us again and again. Fear filled us; we became isolated in a room full of people. With abstinence from sugar, flour, wheat and other high carbohydrate foods, we can find hope to live our lives. Our Higher Power leads us forward, with love, to freedom and a happy, useful life. Abstinence will open the door, and by working the Twelve Steps, we can recover from this disease.

