

FAA 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 the 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.

Of course, to the newly recovering person, this appears as another diet. But we who walk this path of recovery know this program of eating is unique.

One of the obstacles you may encounter in early recovery is the temptation to alter the food plan to suit yourself. It is our experience that deviations re-create our old food problems. To guard yourself against the tendency to rationalize, it is suggested that you discuss any additions or subtractions you may think are necessary with a sponsor or someone in the program who is abstinent.