



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.