



Who is a Food Addict?

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, and 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.