



Dear Healthcare Professional,

We believe that you may have some patients or clients who are unable to make the changes necessary to support their health despite obesity, bulimia, anorexia or complications related to unhealthy eating. Many of us with this problem have found help in Food Addicts in Recovery Anonymous (FA). We hope that you and those you serve will find information about FA useful.

What is FA?

FA is a program based on the Twelve Steps of Alcoholics Anonymous. We offer help and recovery to those whose connection with food can be understood as a form of addiction. We are not a medical group, nor are we connected with hospitals or surgical clinics. We charge no dues or fees and our meetings include no weigh-ins. Our membership is international and includes men and women, adolescents, and the elderly. All are welcome.

Who might benefit from FA?

People who find help in FA vary greatly. Some of us have been diagnosed as morbidly obese while others are under-eaters. Among us are those who were severely bulimic, who have harmed themselves with compulsive exercise, or whose quality of life was impaired by constant obsession with food or weight. We tend to be people who, in the long-term, have failed at every solution we tried, including therapy, support groups, diets, fasting, exercise, and in-patient treatment programs. And we have found success and recovery after these (often) years of failure, disappointment and ill health.

Does FA work?

Some of our members have been in continuous recovery (maintaining a stable, healthy weight and enjoying freedom from obsession with food, weight, bingeing, or bulimia) for over 25 years. Members with 5 to 10 years of recovery are increasingly common.

Would you like more information?

We would be happy to answer any of your questions or to speak with your staff, clients, or patients. Please contact us via email at mepi@foodaddicts.org, or leave a message on our information line at 207-775-2132 or toll-free at 888-998-5297. Additional information is available at the FA website: <http://www.foodaddicts.org/fa-facts>.

Thank you for your consideration.

Sincerely,

Steve A

207-329-7843

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Maine Chapter of FA

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