

## What is FA?

FA is a program based on the twelve steps of Alcoholics Anonymous. There are no dues, fees, or weigh-ins at FA meetings. FA is a fellowship of individuals who, through shared experience and mutual support, are recovering from the disease of food addiction.

## Who Joins FA?

FA members are men and women of all ages from all over the world. Some of us have been obese; others have been undereaters, bulimic, or so obsessed with food or weight that we could not freely live our lives. Among us are people who have weighed as little as 62 pounds, those who have weighed more than 400 pounds, and others who have been of normal weight but were obsessed with food or dieting.

## Does the program really work?

Typically, FA members have tried any number of solutions to their problems with food, including (for many of us) years of diets or exercise. In FA, we have finally found an answer that is long-term. FA members have maintained normal weights and found freedom from obsession for more than twenty-five years. As more and more newcomers enter the program, the number of people with five or ten years of recovery continues to grow.

## Are you a food addict?

To find out, ask yourself the following questions and answer them as honestly as you can:

1. Have you ever wanted to stop eating and found you just couldn't?
2. Do you think about food or your weight constantly?
3. Do you find yourself attempting one diet or food plan after another, with no lasting success?
4. Do you binge and then "get rid of the binge" through vomiting, exercise, laxatives, or other forms of purging?
5. Do you eat differently in private than you do in front of other people?
6. Has a doctor or family member ever approached you with concern about your eating habits or weight?
7. Do you eat large quantities of food at one time (binge)?
8. Is your weight problem due to your "nibbling" all day long?
9. Do you eat to escape from your feelings?
10. Do you eat when you're not hungry?
11. Have you ever discarded food, only to retrieve and eat it later?
12. Do you eat in secret?
13. Do you fast or severely restrict your food intake?
14. Have you ever stolen other people's food?
15. Have you ever hidden food to make sure you have "enough"?
16. Do you feel driven to exercise excessively to control your weight?
17. Do you obsessively calculate the calories you've burned against the calories you've eaten?
18. Do you frequently feel guilty or ashamed about what you've eaten?
19. Are you waiting for your life to begin "when you lose the weight"?
20. Do you feel hopeless about your relationship with food?

**If you answered yes to any of the above questions, then you may be a food addict.**

## Read what our members have to say about FA:

*"My life was a constant struggle with weight until I came into the FA program at the age of forty-three. I had always wanted to be thin. From age sixteen on, I went from one diet to another..."*

*"I joined FA because I was fat, unhappy, and couldn't stop eating. I never understood how I could be successful in so many areas of my life but so unable to control myself with food. Food was my escape..."*

*"After more than seven years of struggling with anorexia, bulimia, and bingeing, I found FA. Food moved from the center of my life into its proper place, and I became free to live..."*

*"My four-year-old daughter spent her first two years with a father who was "away," regardless of whether I was at work or at home. I had a better relationship with food and the TV than I had with her. Finally, during a major holiday, after many binges, I picked up the phone, called a sponsor, and walked through the doors of FA into a new life."*

## Looking for a solution?

Consider attending one of these weekly meetings:

### **Monday – 1:15-2:45 pm, Tomball**

Salem Lutheran Church  
22601 Lutheran Church Road  
Brenda P. (281)450-5700/Cynthia B. (281)413-9663

### **Monday – 7-8:30 pm, Katy**

Church of the Holy Apostles  
1225 W Grand Pkwy S  
Colette B. (713)702-2856  
Rosemarie S. (281)574-7805

### **Tuesday – 7-8:30 pm, Cypress**

Richard and Meg Weekley Community Center  
8440 Greenhouse Road  
Rosemarie S. (281)574-7805/Izy G. (713)492-8130

### **Tuesday – 10-11:30 am, Katy**

The Church of Jesus Christ of Latter-day Saints  
1928 Drexel Drive  
Nancy S. (281-782-0302)/Dalia P. (832)846-2027

### **Wednesday – 10-11:30am, Houston**

The Council on Alcohol and Drugs (Room B163)  
303 Jackson Hill Street  
Leslie G. (713)807-9677/Mindy M. (832)857-9902

### **Thursday – 6:30-8:00 pm, Houston**

Jones Memorial United Methodist  
2504 Almeda Genoa Road  
Debra B. (281)772-3114

### **Friday – 1-2:30 pm, Cypress**

Messiah Lutheran Church  
11522 Telge Road  
Kit L. (832)334-5733/Cynthia B. (281)413-9663

### **Saturday – 10-11:30 am, Houston**

Outreach Center of West Houston  
725 Bateswood  
Izy G. (713)492-8130

### **Sunday – 3-4:30 pm, Houston**

St. John the Divine Episcopal Church  
2450 River Oaks Blvd.  
Stephanie C. (713)598-1526

For a current list of meetings, **including wheelchair accessibility and maps**, please visit [www.foodaddicts.org](http://www.foodaddicts.org)

# Are You Having Trouble Controlling The Way You Eat?

Are you underweight? Overweight?  
Obsessed with food, weight, or dieting?

You are not alone.  
Today, there is a solution.



## FOOD ADDICTS

*in recovery anonymous*

Food Addicts in Recovery Anonymous  
No dues, fees, or weigh-ins

## *Houston Area*

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FA World Service Office  
400 West Cummings Park, Suite 1700  
Woburn, MA 01801 USA

Western Area Intergroup  
800-600-6028 (U.S. only)  
415-248-9347

Revised May 2019