

## Fighting food addiction much easier with help

HEALTH 5 MAR 11 @ 08:31AM BY MICHAEL GLEESON

4

Recommend

Be the first of your friends to recommend this.



Food Addicts recovery member James.

FOOD addiction is something James (not his real name) has been battling to control most of his life.

The now 33-year-old Preston resident said he first became aware of his compulsive behaviour during his teenage years.

"There were signs (of obsessive eating)," James said. "I was eating more than I could handle - eating against my will.

"My head was saying stop, but my hand was still going from plate to mouth.

"It's not normal behaviour - I achieved well in sport and at school and completed university degrees, but I couldn't control my eating. It was my Achilles heel."

Unable to quell his appetite, James said he started to punish his body with a rigorous exercise regime in order to minimise weight gain.

But it was a hopeless, uphill struggle.

Six years ago, his weight had ballooned to an unhealthy 120kg.

In an act of desperation, James attended a Food Addicts in Recovery Anonymous meeting in Richmond for the first time. It proved to be a life-changing decision.

"We (attendees) come from all walks of life, but we've got this common problem with food," he said.

"All my life I've had people tell me, 'Why don't you just eat half as much?'

"Most people have never really understood what food addiction is and what I've been going through."

The Preston resident said Food Addicts followed a 12-step program modelled on Alcoholics Anonymous.

He said the meetings, also held on Sundays from 4pm in Northcote, were open to people with all types of food addiction, including overeaters, bulimics and anorexics.

For details on regular meetings, visit [foodaddicts.org](http://foodaddicts.org) or phone 9523 5197 or 0415 998 171.

<http://www.wherelive.com.au>



All times AEST