

## What is FA?

Food Addicts in Recovery Anonymous (FA) is a program based on the Twelve Steps of Alcoholics Anonymous (AA). 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.

FA was formally organized in 1998, although it began as part of another twelve-step program in the early 1980s. Some FA members have been continuously abstinent since that time. Abstinence in FA is equivalent to AA's "sobriety" and is clearly defined: weighed and measured meals with nothing in between, no flour, no sugar, and the avoidance of any individual binge foods.

## Who Joins FA?

FA members are people of all ages from every part of the world. FA includes people who were morbidly obese, substantially underweight, or even at a normal weight. Regardless of their size, they were tormented by cravings, dieting, bulimia, and/or an obsession with exercise.

## Does the program really work?

Many FA members tried other solutions to address their problems with food, including years of diets or exercise. FA offers a long-term answer. Abstinent members find freedom from addiction and maintain healthy weights. The number of people with years of unbroken abstinence 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:

*If I was tired, I ate. If I was worried, I ate. If I was late, or angry, or even happy, I ate. I dieted with all my willpower, but I weighed 245 pounds (111 kilos), and when I woke up in the morning, I'd see myself in the mirror, bent over like an old woman. Through FA and with the help of my Higher Power, I lost more than 115 pounds (52 kilos), but that's not the most important part of my story. The miracle is that I have stayed slim and abstinent for almost forty years and that for many years I've not had even a moment of desire for anything other than my abstinent food—no matter what I've had to face.*

*I tried my first diet one summer when I was about fourteen. Between bulimia, dieting, running, and eventually laxatives, I lost too much weight. I tried to stay ten pounds (5 kilos) underweight, and the purging helped to keep me thin, but my life was a mess. At twenty-five, in FA and abstinent, I finally stabilized at a healthy weight.*

*By the time I was 53 and came into FA, my cholesterol was about 300, and my blood sugar was so high I was pre-diabetic. I'd struggled for years, driven by fear of failure. Progressing into full-blown food addiction, I was filled with rage and guilt. In FA, my cholesterol plummeted and my blood sugar levels normalized. I lost weight and kept it off, but even more, I've had moments of tremendous joy and peace. FA has made it possible for me to let go of my attachment to food so that I can hear an inner voice—the voice of my Higher Power.*

## Looking for a solution?

Consider attending one of these weekly meetings:

### Monday

**Whitesboro 6:30pm - 8:00pm**

Trinity United Methodist Church  
8595 Westmoreland Rd.

Whitesboro, NY 13492

**Contact:** Helen T. 315-794-2314

### Saturday

**Fayetteville 9:30am - 11:00am**

St. David's Episcopal Church  
14 Jamar Drive

Fayetteville, NY 13066

**Contact:** Shannon S. 315-430-0939

# 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*

No dues, fees, or weigh-ins

**CENTRAL NEW YORK  
MEETING DIRECTORY**

Utica Area 315-794-2314  
Syracuse Area 315-430-0939

**[www.foodaddicts.org](http://www.foodaddicts.org)**

Please note: our website has the *current list of meetings* and includes wheelchair accessibility, maps and directions.

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### **FA World Service Office**

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