

## 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 younger members have to say about FA:

"Adolescence was hard... I just wanted to drift away and feel good all the time... I became bulimic at age 13 and was completely obsessed with my weight and the way I looked... I felt huge even though I was only ten pounds overweight...."

"At almost 200 pounds, I was self-conscious and klutzy and always got picked last in gym class. I ate to make myself feel better. This program gave me strength. I felt so good about myself. I was thin and my life was changing. I had hope."

"By age 19, and over 220 pounds, I could no longer ignore my frightening loss of control over my eating. Why did I eat so much that I was sick and bloated, often stealing other people's food and eating in secret? I was scared and miserable when I walked into my first FA meeting, but that first meeting gave me hope again. I am no longer as hard on myself... I am in a thin body and have the energy and will to really live."

"I always knew I had a different relationship with food than other people. I ate when I wasn't even hungry... My eating habits were triggered by emotions. Food was my comfort zone, and I used it to numb my feelings. Being in a healthy body gives me more self-confidence, my relationships have become healthier and I'm able to think for myself. The fog has lifted... I've become more disciplined in my studies. My GPA has gone to a 3.8 and I am now applying to college! My life has turned a full 180 degrees."

"I have been 50 pounds lighter for more than two and a half years, and no longer cry when I look in the mirror. Food doesn't light up for me the way it once did. I am not depressed today and am learning how to live a good life."

"My weight and dislike of myself robbed me of many things. Today I no longer flinch when seeing my reflection in the mirror. I went to my senior prom thin and happy. I enjoy dating and shopping and I have a healthy vision of myself. Life is fun!"

## Looking for a solution?

Consider attending one of these weekly meetings

### **Monday: 6:30-8:00 pm, Rancho Mirage**

Unitarian Universalist Church of the Desert-  
Community Room

72425 Via Vail

Pamela G. (323)445-1035

Freddie H. (760)327-9536 ♿

### **Monday: 7:00-8:20 pm, La Mesa**

La Mesa Advent Church

4207 Spring Gardens Road

Pam T. (916)251-6492/Todd T. (619)507-0876 ♿

### **Wednesday: 9:30-11:00 am, La Mesa**

Lake Murray Church

580 Lake Murray Blvd.

Pam T. (916)251-6492/Carey D. (818)404-9143 ♿

### **Thursday: 7-8:30 pm, San Diego**

Our Mother of Confidence Church

3131 Governor Dr.

Reni M. (619)925-3328 ♿

### **Saturday: 9-10:30 am, La Jolla**

Scripps Green Hospital

10666 North Torrey Pines Road

(Room 226 A downstairs across from auditorium)

Reni M. (619)925-3328/Eric E. (619)823-8883 ♿

### **Sunday: 4-5:30 pm, San Diego**

5107 Clubhouse

5107 Waring Road

Christine H. (619)823-4278 ♿

*To find other meetings near you, please visit our*

*website at [www.foodaddicts.org](http://www.foodaddicts.org) or call*

*Western Area Intergroup 800-600-6028*



**FOOD ADDICTS**  
*in recovery anonymous*

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

# 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

**Teens and Twenties**  
**San Diego Area**

For a complete list of meetings, please visit  
[www.foodaddicts.org](http://www.foodaddicts.org)

FA World Service Office  
400 West Cummings Park, Suite 1700  
Woburn, MA 01801 USA  
[fa@foodaddicts.org](mailto:fa@foodaddicts.org)

Western Area Intergroup  
800-600-6028  
415-248-9347

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