

Food Addicts in Recovery Anonymous offers hope for those living with food addiction

Alexis Carey • Inner West Courier Inner City • February 18, 2014 12:00AM



Food addiction can be treated with Food Addicts in Recovery Anonymous. Photo: Carly Earl
Source: News Limited

At her worst point, former food addict Deborah* weighed almost 100kg and would spend all day fantasising about her next binge.

She hid her binges from her family, became socially isolated and went from a bright, high-achieving student to one who struggled to hand in homework.

As a teen, she was sent to a health farm in the country one summer and found herself walking 5km in 40 degree heat to find sugary, dried fruit at a shop to get her fix, just like an alcoholic or a drug addict.

Deborah went on to marry and have children, but her addiction spiralled out of control.

She wore dirty clothes, stopped brushing her teeth and hair and picked her children up from school “looking like a hobo”.

Deborah said food addiction was very different to simply “pigging out” on occasion.

“I would always start diets really enthusiastically and I had this fantasy that when I was thin I would get the boyfriend, fit in and be popular, but my behaviour would always sabotage that,” she said.

“The weight was piling on, I wasn’t functioning and I was depressed. I tried to hide my addiction behind my family’s back and I was very shady and devious.

“I tried psychologists and therapists, new age therapies, self-help books, you name it. I even found religion at one point but nothing helped.”

Eventually, Deborah started attending Food Addicts in Recovery Anonymous meetings in Leichhardt, and in two years she lost 40kg.

Now a healthy 58kg, the mother of three said she was now free from the “craziness” of food addiction.

Deborah said food addiction could manifest itself in obesity and binge eating as well as under eating and bulimia or simply a constant obsession with food.

She said there was no such thing as a typical food addict, with members of all ages, genders, sexualities, incomes and backgrounds attending meetings.

*Name has been changed



- A progressive illness caused by factors including physical allergy, mental obsession and personality problems
- It results in an obsession with food and weight that stops someone from living a fulfilling life
- It can manifest in the form of binge eating, obesity, under eating or bulimia or a constant obsession with food and weight
- It is very different from simply “pigging out” occasionally
- There is no such thing as a “typical” food addict

What is food addiction? Source: Supplied



Do you suffer from food addiction? Source: Supplied

Have you struggled with food addiction? Email editor@innerwestcourier.com.au

WHAT: Food Addicts in Recovery Anonymous information meeting

NEXT MEETING: Saturday, March 8 from 10:30am-noon

WHERE: St Columba's School Hall, 215 Elswick St, Leichhardt

DETAILS: foodaddicts.org

What is Food Addicts in Recovery Anonymous?

- An international program of recovery based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous to free people from addictive eating
- There are no fees or weigh-ins at meetings and members weigh and measure meals, abstain from flour and sugar and avoid individual binge foods
- Meetings are held at the St Columba's School Hall, Leichhardt, and Glebe's Old Fire Station off Glebe Point Rd on Saturdays at 8am
- Visit foodaddicts.org for details

Link to article: <http://www.dailytelegraph.com.au/newslocal/inner-west/food-addicts-in-recovery-anonymous-offers-hope-for-those-living-with-food-addiction/story-fngr8h4f-1226829132777>

Publication: "The Telegraph", country = Australia

Title of article: "Food Addicts in Recovery Anonymous offers hope for those living with food addiction."

Author: Alexis Carey

Publication date: February 18, 2014