

8/05/17“Tired of Struggling with Food or Weight?”

Resources

12 Step Support Groups**

Food Addicts in Recovery Anonymous (FA)
781-932-6300

www.foodaddicts.org

GreySheeters Anonymous (GSA)

www.greysheet.org

Overeaters Anonymous (OA)

505-891-2664

www.oa.org

A support group may help you. Consider the following:

1. Is the group committed to **abstinence-based** recovery from Food Addiction?
For example:
 - a. Removing foods one cannot stop craving or obsessing about
 - b. Removing foods one debates whether s/he should or should not consume
 - c. Removing foods which after eating cause guilt or remorse
 - d. Removing foods one romanticizes or eats in secret or alone
 - e. Removing foods one can't stop eating
2. Does the group have members who have several years of abstinent recovery?
3. Are abstinent members willing to coach or sponsor someone new?

National Programs**

ACORN Food Dependency Recovery Services
941-378-2122

www.foodaddiction.com

Food Addiction Institute (FAI)

www.foodaddictioninstitute.org

**Resources are provided for informational purposes only

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Moderation vs. Abstinence

If you have tried diets and controlled eating and are still struggling with food, weight, and cravings, you may be trying to solve the wrong problem. You may be a food addict and thus require abstinence from you trigger foods. Moderation of 'favorite binge foods' is only a solution for people who are not food addicted.

Seek a health care provider that understands food addiction and how to treat it. Share your resource with your friends. Things to look for:

1. Has the provider successfully helped others struggling with food addiction?
2. Does the provider offer an abstinence-based approach?
3. Does the provider understand the importance of identifying addictive foods and finding ways to enjoy eating without them?
4. Does the provider offer regular contact for patients challenged with food addiction?

Books

The Case Against Sugar, Gary Taubes

Cravings, Judy Collins

Fat Boy, Thin Man, Michael Prager

Food Junkies: The Truth About Food

Addiction, Vera Tarman, MD & Philip Werdell

Food Plans for Food Addiction Recovery: A

Physical and Spiritual Tool, Philip Werdell

Guide to Eating Disorder Recovery

Marty Lerner, PhD

Why Diets Fail: Because You Are Addicted to Sugar, Nicole Avena, PhD

Your Personal Food Plan Guide

Theresa Wright, MS, RD, LDN

For more resources go to:

www.foodaddictioninstitute.org



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