

Welcome to FAB

Food Addicts BreakingFree

We are an international community of people who are recovering from Food Addiction using the Twelve Step approach.

We meet by phone to offer support to each other by sharing our experience, strength, and hope.

We have found a new way of life which greatly enhances our joy.

We are supported by the voluntary contributions of our members.

There are no dues or fees for FAB membership.

We hope you will join our community and find freedom from addiction, improved health, and happiness.

“

“Using the Recovery Food Plan, I lost 70 pounds and have kept it off for over 20 years. I got off my blood pressure medication, staved off diabetes and my acid reflux disappeared. The food plan works and the FAB 12 Step Program provides me with continued support to this day.”

PEGGY C. FROM ATLANTA GA

“At forty-eight years of age, I could no longer control when and how much food I was eating. Weighing 341 pounds, I was not able to stay on a diet. My life was in turmoil. Little did I know that I had a disease that told me I didn't have a disease. FAB has helped me stabilize to a comfortable weight loss of 152 pounds and has given me a life living free from guilt plus a healthy mind, body and spirit.”

ALEX P. FROM AUSTRALIA

Food Addicts BreakingFree is a 12 Step program of recovery from Food Addiction.



FABFreedom.com

WHY CAN'T

I...

Stay on diets?
Lose weight?
Have enough
will power?



Food Addiction Checklist

If your response to these statements concerns you, consider joining us.

- I frequently think about food and worry a lot about my weight.
- When I eat certain foods, I cannot stop.
- I often eat large amounts of food in a short period of time.
- My doctor has told me to lose weight but I cannot stick to a diet.
- I suffer from medical issues related to my eating and my weight.
- I eat to soothe my feelings.
- I hide my favorite foods so that I can have them when I want to eat in private.
- I either weigh myself frequently or avoid the bathroom scale altogether.
- I have lost weight in the past only to gain it back and more.
- I have been in group and individual therapy only to binge after a session.
- I exercise to compensate for eating too much.
- I feel a lot of shame about how I eat.
- I feel angry when someone eats food that I saved for myself.
- I feel embarrassed when someone points out how much I eat or mentions my weight.
- I panic when someone looks in the pantry or refrigerator for the food that I ate during a binge.
- I make up excuses to get out of the house so that I can eat in the car.
- I have an extended family history of addiction to food, nicotine, alcohol and/or prescription drugs.

How can I get started?

- 1.** Go to our website at: **FABFreedom.com** to download the current Food Plan.
- 2.** Join our **Phone Meetings** to hear others, who are using this plan, share their experience, strength, and hope. The Phone Meetings listed on the website are:
 - MONDAY:** 9:00 am & 7:00 pm
 - FRIDAY:** 7:00 pm
 - SATURDAY:** 9:00 amAll times are Eastern Time.
For Phone Meetings call:
605-472-5752
Passcode: **299089#**
- 3.** At one of these meetings, you may be able to connect with a **Temporary Sponsor** to help you get started.

Why can't I eat like normal people?

You may have inherited an addictive disease that creates a biochemical reaction to refined foods.

When you ingest refined foods, your body craves more and you can't stop eating.

You are essentially triggered by volume eating and refined foods such as sugar, flour, wheat, and high-fat foods.

How do I learn more?

BOOKS BY KAY SHEPPARD:

Food Addiction: The Body Knows

From the First Bite: A Complete Guide to Recovery from Food Addiction

Food Addiction: Healing Day by Day: Daily Affirmations

Absolutely Abstinent! Recipes for Recovery

Alcoholics Anonymous, 4th ed. (The Big Book)

Twelve Steps and Twelve Traditions of Alcoholics Anonymous

NOTE:

The food plan on the FAB website is kept current.

What can I expect?

In most cases, you will lose weight if you are overweight and your health will improve.

Many of us have been taken off medication for diabetes, high blood pressure and other medical issues.

Most of us get our lives back. Overall, our relationships improve, we feel a renewed enthusiasm for life and our spirits are lifted.

Our lives become more manageable and enjoyable.

We don't feel hungry and best of all, the cravings stop -- what a relief! It is like being let out of prison.