

### Am I A Processed Food Addict?

If you repeatedly ingest more processed food than you intend or want to, or often hide the amount of processed food you ingest from others and if losing weight plays a significant part in your life, then perhaps you may be a processed food addict. No one can decide for you however, P.F.A. members can help you to identify whether you are a processed food addict or not.

### What Can I Do If I Am Worried About Ingesting Too Much Processed Food?

Seek help primarily by contacting Processed Food Anonymous: [info@pfaws.org](mailto:info@pfaws.org)

You may also visit our website at: [processedfoodanonymous.org](http://processedfoodanonymous.org)

### What Is Processed Food Anonymous?

Processed Food Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from processed food addiction.

The only requirement for membership is a desire to stop ingesting processed food. There are no fees for P.F.A. membership; we are self-supporting through our own contributions. P.F.A. is not allied with any sect, denomination, religious organisation, politics or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.

Our primary purpose is to abstain from processed food and to carry the message of recovery to processed food addicts.

Processed Food Anonymous practices the 12 Steps, 12 Traditions and 12 concepts to recover from the disease of processed food addiction.

*Remember that processed food addiction is a progressive disease. Take it seriously, even if you feel you are only in the early stages of the illness. Processed food addiction can be fatal. If you are a processed food addict, and if you continue to ingest, in time you will get worse.*

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## A Declaration of Unity

This we owe to P.F.A.'s future to place our common welfare first;  
To keep our fellowship united.  
For on P.F.A. unity depend our lives;  
And the lives to come.

## I Am Responsible

I Am Responsible.  
When anyone, anywhere, reaches out for help, I want the hand of P.F.A. always to be there. And for that: I am responsible.



ProcessedFoodAnonymous.org  
Info@PFAWS.org



## A Newcomer Asks Pamphlet

*You are not alone,  
together we can!*

### **If I Go To A P.F.A. Meeting Does That Commit Me To Anything?**

No. P.F.A. does not keep attendance records. You do not have to reveal anything about yourself. No one will bother you if you don't want to come back.

### **What Happens If I Meet People I Know?**

They will be there for the same reason you are attending P.F.A. At P.F.A. you retain as much anonymity as you wish. That is one of the reasons we call ourselves Processed Food Anonymous.

### **What Happens At A P.F.A. Meeting?**

A P.F.A. meeting may take one of several forms, but at any meeting you will find processed food addicts talking about what ingesting processed foods did to their lives, what actions they took to help themselves, and how they are living their lives today.

### **How Can This Help Me With My Problem Of Ingesting Processed Food?**

We in P.F.A. know what it is like to be addicted to processed food, and to be unable to keep promises made to others and ourselves that we will stop ingesting processed food.

We are not professional therapists. Our only qualification for helping others to recover from processed food addiction is that we have stopped ingesting processed food ourselves. When any person hears a member of P.F.A. share their story of recovery, a message of hope bears witness that recovery is possible.

### **Why Do Processed Food Addicts Keep Going To P.F.A. Meetings After They Are Cured?**

We believe in P.F.A. there is no such thing as a cure for processed food addiction.

We can never return to ingesting processed food without suffering consequences; our ability to stay away from processed food depends on maintaining our physical, mental and spiritual health. This we can achieve by attending

meetings regularly and practicing the 12 Steps of P.F.A.

### **How Do I Join P.F.A.?**

You are a P.F.A. member if and when you say so. The only requirement for P.F.A. membership is a desire to stop ingesting processed food.



### **How Much Does P.F.A. Membership Cost?**

There are no dues or fees for P.F.A. membership.

Members of P.F.A. give a voluntary contribution during the meeting to cover expenses such as rent for the meeting room.

### **Is P.F.A. A Religious Or Political Organisation?**

No, P.F.A. is not allied with any sect, domination, politics, organisation or institution

### **There Is A Lot Of Talk About God, Though, Isn't There?**

P.F.A. members believe that we have found the solution to our uncontrollable ingesting of processed food not through individual willpower - but through a Power greater than

ourselves. However, everyone defines this Power as they wish. Many people call this Power God, others find this Power in the P.F.A. group, still others don't believe in this Power at all.

### **Can I Bring My Family To A P.F.A. Meeting?**

Family members, relatives, close friends, and or colleagues are welcome at P.F.A. meetings, providing an opportunity to relate to P.F.A. members sharing their experience, strength and hope in regard to processed food addiction.

### **What Guidance Do You Give Newcomers?**

In our experience, the people who recover in P.F.A. are those who:

- attend P.F.A. meetings regularly.*
- seek members who have recovered and try to practice the P.F.A. program of recovery.*
- obtain and study the Big Book, Alcoholics Anonymous.*

### **How Can I Contact P.F.A.?**

Email us at [info@PFAWS.org](mailto:info@PFAWS.org) or visit our website at [processedfoodsanonymous.org](http://processedfoodsanonymous.org).

On our website you will find stories of members experience, strength and hope and information about Processed Food Anonymous.

Here is a list of P.F.A. literature which may be particularly helpful to you.

*"Processed Food Anonymous"*

*"One Day at a Time Card"*

*"P.F.A. Book Mark"* (with P.F.A. slogans) Additionally, P.F.A. publishes a newsletter – P.F.A. Voice which can be downloaded from the P.F.A. website: [processedfoodanonymous.org](http://processedfoodanonymous.org)

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**Info@PFAWS.org**

