

I was born a processed food addict with the desire to eat and eat until I could not stand at times. Stealing, lying and cheating to get my "fix". The disease caused terrible damage to me and others, physically with huge weight gains, emotionally as I did not mature and spiritually by alienating me from God ...processed food was my God. I have been around the rooms of recovery in several programs for over 30 years. I thought I had a measure of freedom and healing; however it was not until I sought help, and identified with others in the Processed Food Anonymous (P.F.A.) program that I found the peace, healing and freedom from the disease. My journey has not been a perfect one that's for sure, but I'm grateful today that I know the problem. I have a physical intolerance to processed food and a mental obsession that takes me back to it. Today I have peace of mind as I'm living in the solution of the 12steps of P.F.A..