

All my life I have struggled with food and weight. It was a vicious cycle that was relentless and uncontrollable. Diets seemed to be working in the early days, but as time went on the days got shorter and shorter between binges. I felt different from others – they could ingest processed food and moderate or stop. That was a foreign concept to me – I just wanted to be the same as everyone else and be ‘normal’. It never occurred to me that I had a chronic disease and it had a name for it that described what I experienced my entire life. Everybody told me my problem, but no one could give me the solution. Unbeknownst to me the disease of processed food addiction was progressing and I needed more and more processed food to relieve the feelings of anxiety, depression, happiness etc. I didn’t want to feel. The processed food anaesthetised me, but that’s all I knew and how I coped with life. Diet clubs and food support meetings seemed to be the way to go, as in the early phases of my addiction I too could control my processed food intake to a degree. However, as time passed (13 years) and my disease progressed I got sicker – I couldn’t stay on any diet, food plan, or eating regime like the other non-processed food addicts. What I didn’t know was that I was different – I am a ‘real’ processed food addict. Not a compulsive overeater, an emotional eater, food addict, or social eater. I learned I had a disease like the alcoholic who also can’t stop drinking alcohol and it could be treated. I found the solution, and more importantly I am living in the solution. I am free today of the unstoppable processed food cravings, the mental obsessions, the unmanageability in my life and I don’t have the physical ailments I had from the excess weight I was carrying. I have been living in the solution since September 2015. It's so humbling to be living a life beyond my wildest dreams-physically, mentally and spiritually, with the most wonderful people that "get me". "Together We Can".