

As a child every year at my annual physical I was told I needed to lose weight. I had no idea I had a disease until I was hooked on pain pills and found myself in rehab at age 28. Even then I was clueless about my primary addiction – processed food addiction – until I started recovering in P.F.A.. I always thought I had a weight problem and anxiety disorders; those were merely symptoms of my disease of processed food addiction. Since December 2016 I have been free from processed food and all mood/mind altering substances. I am learning how to live life without using people places and things. I am finally experiencing happiness, joy and freedom!