

My mantra all my life had been “What’s wrong with me?” I had always felt different from everyone else, locked in my own world of shame and fear. Shame because I thought everyone knew my darkest secret, that I couldn’t stop eating enormous quantities of junk and high fat food. I thought it was written all over my face and I knew my body showed it. My weight had fluctuated up and down by 60kg through my life before I recovery. Fear because I couldn’t stop eating processed food no matter how demoralising it was. I remember getting down to what I thought was my perfect body weight, 62kg. I could finally wear a size 10 and people told me what an amazing body I had. But I was so miserable I thought of suicide endlessly. It seemed the only solution to the pain I felt inside. “What’s wrong with me?’ played over and over. “I have a perfect body now; doesn’t that mean life should be perfect too?” I was completely baffled. Then I started to binge again. I put on 60 kg in just a few months and couldn’t bear to leave my house except to buy more processed food. I was deeply ashamed of my body and feared what people thought of me. It took another 6 years of this agony and misery, until one morning I woke up very sick after heavily binging the night before. I knew I had to get help. I found P.F.A. within a few days and along with that, there were other people just like me. They shared the same problem, and better still they had a solution!!! I have learnt in recovery that I wasn’t a bad person, I was just very sick with the disease called Processed Food Addiction on a cellular level, I couldn't will it away myself, I needed treatment to recover from the disease. Blessedly with professional treatment and the fellowship of P.F.A., my disease is now in remission. I couldn’t be more grateful for this fellowship of people just like me!