

Since day dot I was carrying excess weight, but that was the least of my problems!! By the age 14 the regular idea of suicide made its way into my thoughts. This was amongst other thoughts that included how was I “going to fix my life” and turn into a “worthy human being”. My journey before reaching Processed Food Anonymous (P.F.A.) at age 25 included; 10 plus years of antidepressants that only masked the symptoms of my processed food addiction; waking up on edge and not knowing why; 6 years of clinical psychology as well as dozens of various restricting diets; rigid exercise programs that I could never stick to and ended up feeling more hopeless and lost. It has now been 6 months in Processed Food Anonymous (P.F.A.) and I am no longer dictated by processed food or the negative voice that deluded me. Slowly I now believe I have a life worth living; I am worthy of life.