

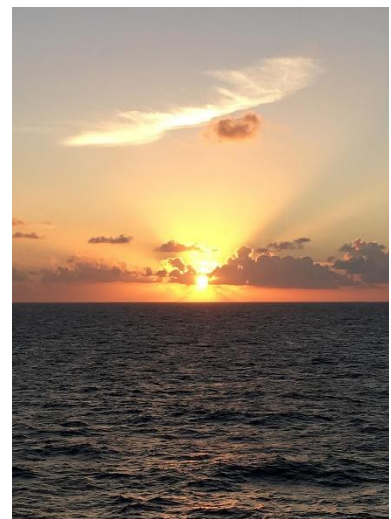
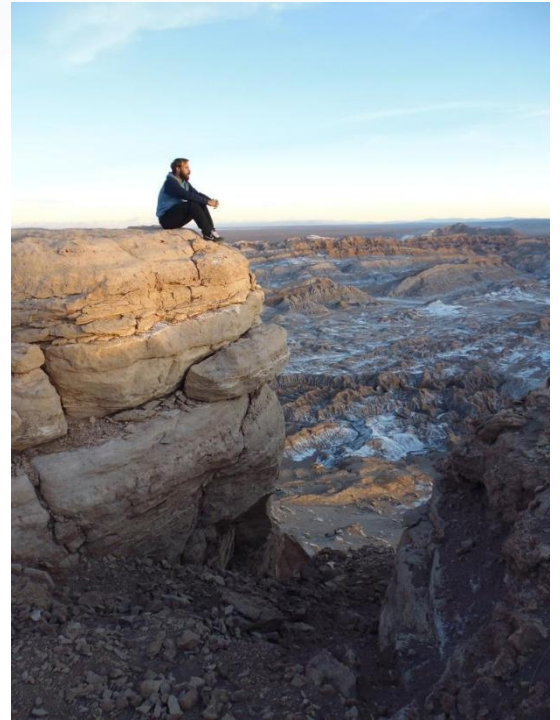
# OA Desert Recovery January 2026

## Freedom from the Obsession with Food

In “Our Invitation to You” often read at OA meetings, we learn about this miracle: “Once we become abstinent, the preoccupation with food diminishes, and in many cases, leaves us entirely.” That miracle happened to me. Considering that before abstinence, I could rarely stay on a “diet” for long, and as the disease cycloned, the length of time became shorter and shorter. Once I found a sponsor, she asked me to write down any trigger foods I had. I dutifully wrote that list, including all foods that were part of my routine binges. I have not touched any of those foods since my first day of abstinence, April 1, 2010 – and by the grace of God and the tools in this program, every day since has been one of abstinence.

Those binge foods don’t call to me anymore. I’m not interested. I’ve got a food plan with delicious choices for me, and I enjoy every bite. Sometimes I eat too quickly, but most of the time when I eat alone, I dawdle over Wordle or some other game ... and then it takes me at least 20 minutes to eat my meal. My food is on a small plate, since I realize that the same amount of food on that size of plate looks like it’s much more than the same on a big plate. I use hors d’oeuvres forks, knives, and spoons, and that persuades me to take smaller bites. I strive to chew more times before I swallow, because once it’s down the hatch, the taste is gone. I drink plenty of liquids throughout the day and eat my weight in grams of protein daily. I eat to live, thanks to this program, instead of living to eat which I did for decades. This program works!

Joy V’Marie



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I'm Jody grateful recovering food addict recovered from a seemingly hopeless state of mind & body, not cured mind you but definitely recovered thanx to a Powerful Loving HP, Good Orderly Direction, OA literature, a Sponsor, prayer, working & living the steps, traditions, principles & slogans odaat (One Day at a Time) sometimes one meal at a time TYG amen! "Freedom from the obsession with food" has definitely been a learning process & not an event although I was "struck abstinent" upon attending my very 1st OA big book study meeting reading the " Doctor's opinion" from the OA perspective...once I figured out I had the same allergy with sugar & my alcoholic foods that I had with alcohol & drugs some 20 years prior, the light came on & I became free for about 9 months till I unfortunately had to do a bit more research, never leaving the program but definitely testing the waters once again of my disease. I just kept coming back, using all my tools & not giving up before the miracle. Our 12 & 12 states if we truly take the 3rd step we cannot fail to recover & that was a promise I chose to believe & attain about 4 yrs of freedom from the obsession now odaat, TYG & OA for your love & my recovery, amen! If I could do it you can too!

Judy M.

