

## **FOOD WAS MY FIRST DRUG OF CHOICE**

My name Jennifer N and I am a food addict/compulsive eater among other things. I recommitted to this program on September 8, 2013 and have been so blessed. I am truly grateful for this program and the people and the tools it has brought into my life.

Food was my very first drug of choice and seems to be the last one I am letting go of. At a young age, I started using food to soothe, comfort, protect and celebrate any feelings I had. For awhile it was low-key and I seemed "normal" like others around me. I went between bingeing and then would restrict so as not to gain weight. After college, while I was heavily drinking, I gave up on restricting and steadily gained weight. I got progressively heavier and more unhappy. I went to treatment for both food and alcohol addiction because I was so depressed. I came out and had ups and downs in CEA HOW mostly due to not fully believing I was a food addict and my life was unmanageable. I began to try to do this program to please my family, to lose the weight and because I should do this program. I didn't really give up control or take Step 1. I gained all the weight and negativity back. Then a miracle happened, my family had an intervention on me and offered me help. I was in enough pain so I took the life raft being offered and started treatment and CEA HOW.

Since then God has blessed me with many things: sisters; clarity of mind; quieting the negative inner voice; abstinence; weight loss; returning of peace and joy; connecting to others and God. I am so glad for CEA HOW.