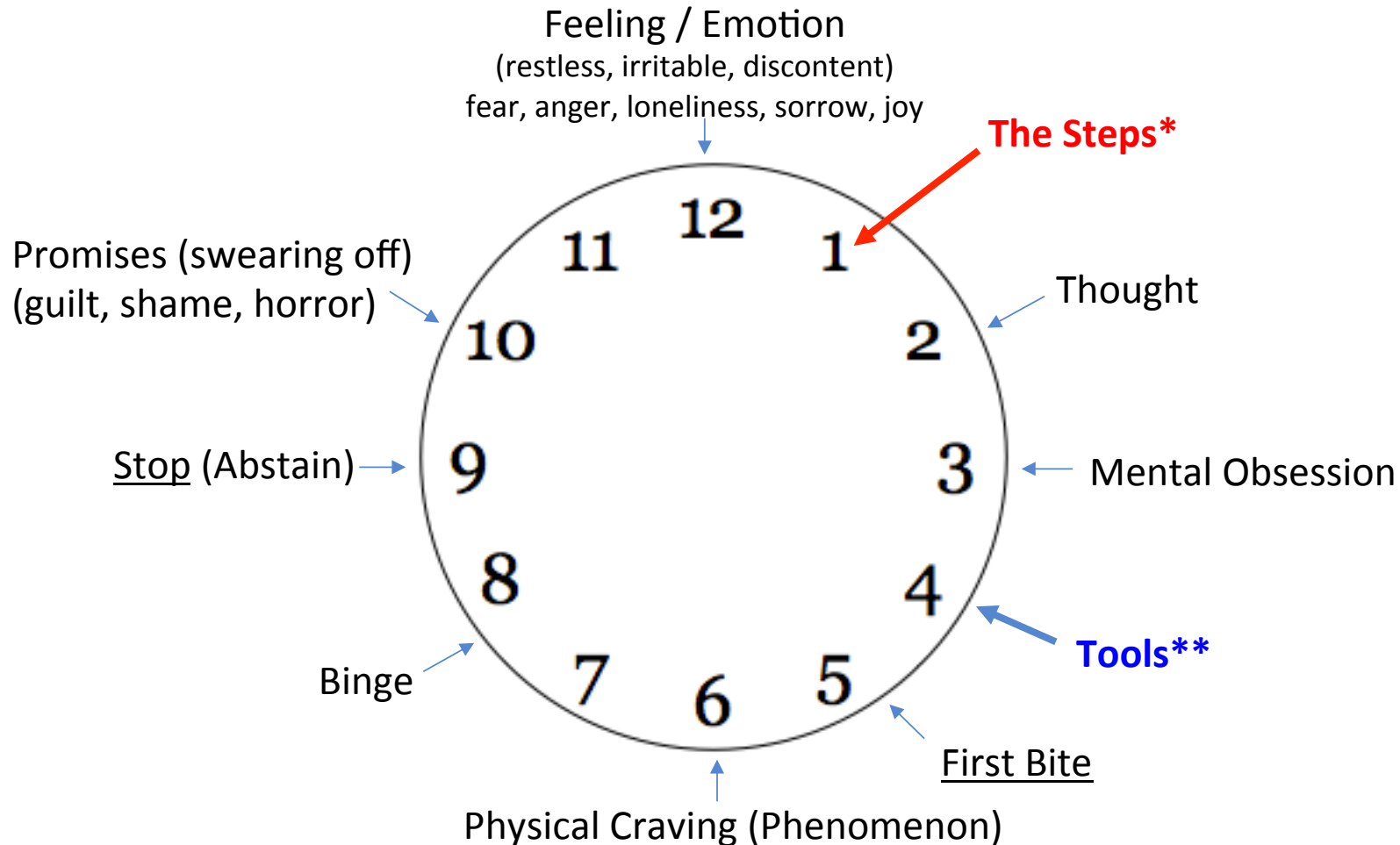


The Addiction Cycle



***The 12 Steps** – using the Steps stop you from believing food is your solution, thus the cycle doesn't begin (sanity).

****The Tools** - using the tools may stop you from taking the first bite. (Food plan, action plan, phone, meetings, writing, literature, service, sponsorship, anonymity)

The time between when we Stop (abstain) and the time we take the first compulsive bite is abstinence. Abstinence treats the physical allergy (craving). The Steps treat the mental obsession that drives us to take the first bite. Untreated addiction (abstinence alone) eventually leads us back to the first compulsive bite, triggering the allergy. The cycle will be repeated until/unless we address the allergy (body) through entire abstinence and the obsession (mind) via working the steps.