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Compulsive Eaters Anonymous-HOW
Greater New York Intergroup #90115

May 15, 2007

Hospital
123 1st street
New York, NY

Dear Sir or Madam:

Enclosed, please find information regarding a recovery program for compulsive eaters called CEA-HOW (i.e. Compulsive Eaters Anonymous – Honesty, Open-Mindedness, Willingness.)

CEA-HOW is an anonymous fellowship. As with all 12-Step programs, our primary purpose is to help those who suffer the disease from which we have found relief. We use CEA-HOW and A.A. conference-approved literature. CEA-HOW has meetings in the New York City area, as well as free "phone bridge" meetings available to everyone, everywhere. We follow a food plan, the foundation of which is to abstain from sugar and flour on a "one day at a time" basis. There are no dues or fees for members but we do pass a basket at our meetings to cover operating costs.

We strongly recommend each member consult their health care professional to obtain a healthy and sensible goal weight. If a doctor recommends modifying the food plan for an individual's health requirements, those changes are accepted.

I've enclosed a flyer with our contact information; please feel free to post it where appropriate. Please also share the information with other professionals at your institution as well. I appreciate your time and helping us reach out to anyone who struggles with the demoralizing effects of compulsive eating.

Very best regards,

Julie S.
Outreach Committee Chair
Greater New York CEA-HOW

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