



COMPULSIVE EATERS ANONYMOUS-H.O.W. - WORLD SERVICE OFFICE

3371 Glendale Boulevard, Suite 104, Los Angeles CA 90039-1825

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Dear Health Care Professional:

We consider it a privilege to have an opportunity to introduce the Compulsive Eaters Anonymous-HOW Concept. This program is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous, and offers a disciplined and structured approach to recovery from compulsive eating.

You may often advise a patient, "You must lose weight!" or "You must eat properly." Certainly it is frustrating when it is apparent that your patient is disregarding your advice.

That person is often out of control when it comes to food. Many are the hopeless, and seemingly helpless that cannot stop eating compulsively. We are the men and women who had to postpone needed surgery due to excessive weight. We've been seen for a myriad of life threatening ailments, which are often directly related to obesity such as bleeding ulcers, phlebitis, high blood pressure, colitis, and diabetes.

We believe that we have an answer to compulsive eating. The CEA-HOW Program provides the necessary tools to carry out the mutually beneficial goal (to both the patient and the health care professional) of controlling this eating disorder.

We offer for your review an outline of our CEA-HOW suggested eating plan. Interested individuals may obtain the full plan of eating when they join the CEA-HOW program. We believe in abstaining from sugar, flour, and quantity. Our program recommends that we eat three meals a day, weighed and measured, with nothing in between except sugar free gum, sugar free soda, and non-caloric beverages. Modifications to fit a patient's medical needs are acceptable.

We offer an active support system through which we have seen our members find abstinence and recovery on a physical, emotional, and spiritual basis.

We welcome any referrals you may make. We can also provide qualified participants for panel groups or health fairs. We impart our principles and information through our personal recovery. We do not solicit, nor do we advertise. Our participation is by invitation only.

We offer an anonymous program. Our ranks are filled with people from all walks of life, with various backgrounds and professions. Some of us are also health-care professionals who are licensed and have degrees. We know both sides of the nature of eating compulsively, both the anguish and recovery.

In the traditions of all Twelve Step Programs there are no dues or membership fees. The only requirement for joining is the desire to stop eating compulsively.

We encourage you and your patients to view our website for more information on the CEA-HOW program and for a listing of our meetings worldwide.

In service,

Compulsive Eaters Anonymous-HOW, INC.

Enclosure



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Menu Outline for the First 30 Days

Breakfast

1 protein selection

1 fruit selection

Up to 1 fat selection

3 T raw or unprocessed bran (optional)

Lunch

1 protein selection

2 vegetable selections

Up to 1 fat selection

Dinner

1 protein selection

3 vegetable selections

Up to 1 fat selection

Menu Outline AFTER the First 30 Days

Breakfast

1 protein selection

1 fruit selection

Up to 1 fat selection

1 grain/starch selection (optional)*

Lunch

1 protein selection

2 vegetable selections

Up to 1 fat selection

1 grain/starch selection (optional)*

Dinner

1 protein selection

2 vegetable selections **

Up to 1 fat selection

1 grain/starch selection (optional)*

*Maximum of 2 grain servings per day

**Add 1 vegetable selection if grain/starch is not used at this meal.

Maintenance Menu

[A graduated food plan within the weighing and measuring, no sugar, no flour parameters]

ALL PLANS

3 T. raw or unprocessed bran (optional)



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TO THE NEWCOMER:

WHAT IS COMPULSIVE EATERS ANONYMOUS-HOW CONCEPT?

CEA-HOW is a fellowship of men and women who meet to share their Experience, Strength and Hope. The letters HOW in our name stand for Honesty, Open-mindedness and Willingness. We apply the principles of the Twelve Step Program, using *Alcoholic Anonymous* (the Big Book) and the AA *Twelve Steps and Twelve Traditions*.

WHAT IS ITS PURPOSE?

To help others and ourselves who suffer from the self-destruction of compulsive eating.

WHAT DOES IT COST?

There are no dues or fees for membership. We are self-supporting through our own contributions.

DO WE HAVE A DIET?

No. CEA-HOW is not a diet club. We do have a food plan and we suggest that you show this to your doctor or health care professional to modify (if necessary) according to his recommendations. We aim at recovery on three levels: SPIRITUAL, PHYSICAL and EMOTIONAL.

IS CEA-HOW A RELIGIOUS GROUP?

No. It aims at spiritual growth, but is not limited to any sect or denomination. It is open to all who wish recovery.

WHAT IF I HAVE ONLY A LITTLE WEIGHT TO LOSE?

It does not matter whether you have a little or a lot of weight to lose or none at all, or whether you need to gain weight. If you are eating compulsively you need help!

WHAT IS MEANT BY COMPULSIVE EATING?

A compulsion is an irresistible urge to do an irrational act. If you eat or don't eat or binge and purge to try to satisfy an emotion such as loneliness or anger, then you are eating compulsively.

WHAT HAPPENS AT A CEA-HOW MEETING?

You will hear readings from the *Alcoholic Anonymous Big Book*. We substitute the words "compulsive eater" for "alcoholic" and "food" for "alcohol." In doing this, we believe we are able to identify completely with the alcoholic or addictive mind.



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TO THE NEWCOMER (continued)

WHAT ELSE DO YOU DO AT A MEETING?

People pitch -- i.e., speak about an experience or new level of awareness as a result of working the CEA-HOW program, and how they applied the tools of the program to their lives for more positive outcomes instead of eating compulsively. We encourage positive, rather than negative, pitches as statements of growth and examples of living in the solution rather than dwelling in the problem, which is a symptom of our disease.

WHAT WILL I HAVE TO DO TO GET STARTED?

Come to a meeting, sit down, relax. Be comfortable and listen. You will be asked to stand and give your first name only as a newcomer. The rest is up to you. There will be people (sponsors) available to help you get started and answer any questions you may have. Don't forget - we all started exactly the same way.