

Food, Glorious Food

I was on Slim Fast, the 3-day diet, Weight Watchers, Jenny Craig, you name it. On our vacation road trips, I'd be looking out the passenger's car windows at all the restaurants instead of the scenery or sights. I thought about food, all the time. I thought about what my next meal would be, immediately after finishing a meal.

I used to self-sabotage. Binge after a weight gain, loss or especially the day before weigh day. After a meal, my plate looked as if it didn't need to be washed, it was so clean because I didn't leave a morsel of food on it, not a crumb or a speck. I loved food and certainly enjoyed eating and eating and eating. Until after my last bite. Then the guilt, shame and remorse settled in. Watch and eat like a thin person does, said Weight Watchers. It's not a diet. Diets you go on and off. It's a lifestyle change, said Weight Watchers. I avoided mirrors and photographs. I could never accept myself being overweight. Moderately obese, my medical records echoed.

I joined OA April 19, 2024, which was my one year anniversary with my current employer, and I've never looked back. I have a disease. It is not my fault they said. I attended six different OA meetings as recommended. I found my forever meeting quite quickly. It gets me every time I hear the words, "Welcome to OA, welcome home." OA gets me. I have learned so much. I have changed so much. I have connected to God, so much. I have been blessed, so much. My social life has increased so much. I've made new lifelong friends.

My food obsessions and binges have decreased and I feel a large sense of relief. I have almost 80 pounds left to lose. Putting weight on is definitely easier and faster. I lose one week. I gain the next week and vice versa.

Thank you for letting me share.
Chana S.