

Cea how food plan pdf

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The addict has turned over control of everything concerning food. There are no specific The following are theSteps of Compulsive Eaters Anonymous-HOW (often abbreviated as CEA-HOW)The following tools are used to enhance our program of recovery through working the twelve steps of CEA-HOW. Further, since we weigh and measure and utilize a food plan, we know CEA-HOW ABSTINENCE FOOD PLAN: Three meals daily, weighed and measured, with nothing in between except sugar-free soda, no-calorie beverages, and sugar free gum. Read our pamphlet, Weighing & Measuring from a Food Plan, to appreciate HOW this works So in CEA-HOW we have a food plan and we utilize it as a schematic, a blueprint to begin the process of honesty and willingness. We accept that we must weigh and measure from We have learned through our experience that weighing and measuring from our diverse food plan allows us to live happily, joyfully, and freely. Food is written down, called in, and committed, so we can get on with our recovery and “out” of the food A Plan of Eating As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary isions, and defines what, when, how, where and why we eat However, that process can only be manifest if the recovering individual is willing to weigh and measure. CEA-HOW ABSTINENCE FOOD PLAN: Three meals daily, weighed and measured, with nothing in between except sugar-free soda, no-calorie beverages, and sugar free gum We have learned through our experience that weighing and measuring from our diverse food plan allows us to live happily, joyfully, and freely. Read our pamphlet, Weighing & a daily food plan that includes specific foods and portions, weighed and measured meals, and refraining from eating sugar and all other foods and amounts that trigger addictive As a tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary isions, and defines what, when, how, where and why we eat. “Abstinence” as it manifests itself in the CEA-HOW program.

 Difficulté Facile

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