

Many Symptoms, One Solution

In OA, you'll find members who are:

- **Extremely overweight, even morbidly obese**
- **Moderately overweight**
- **Average weight**
- **Underweight**

Symptoms are as varied as our membership:

- **Obsession with body weight, size and shape**
- **Eating binges or grazing**
- **Inability to stop eating**
- **Preoccupation with diets**
- **Starving**
- **Excessive exercise**
- **Inducing vomiting after eating**
- **Excessive use of diuretics and laxatives**
- **Fantasies about food**
- **Constant preoccupation with food**
- **Using food as a reward or for comfort**

The only requirement for OA membership is a desire to stop eating compulsively.