



News from ACORN

June 2016

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Greetings. Prayers. And, of course, Abstinence First!

This is the busiest year for ACORN since 2007. There have been several Primary Intensives, almost one a month. We are doing some new shorter workshops: "About Body Image" in Florida, a community lecture and weekend process group with Integrated Weight Management in Rhode Island, regular 3-day events with Associates in Recovery in Chicago, a special workshop for those considering or having done Bariatric Surgery at Worcester Memorial Hospital in Massachusetts, a staff training and a lunch and learn for doctors in Sarasota, and, of course, the second annual National Conference on Food Addiction Treatment with the University of Massachusetts School of Medicine in October.

There is a new, strong class in the FAI/ACORN Food Addiction Professional Training and continued work with our alumni from the Professional Training in Canada, Iceland, Jordan, and, as of this year, Dubai. We thank Raynea McCumber for administratively making all of this possible.

Check out our schedule for the rest of 2016. *It is exciting!*

Phil's writing is coming along with his short publication on food plans newly available from Amazon, another short book on inventorying food slips in final draft, and he is making steady progress on the professional texts on *Food Addiction Treatment* and *Challenging Food Addiction Denial*. Phil is also helping draft material for the "One Question More" campaign of the Food Addiction Institute and the University of Massachusetts School of Medicine (see page 2).

Most important, we are abstinent and still putting our own recovery programs first one-day-at-time.

Love and abstinence,
Phil and Mary



Food Plans for Food Addiction Recovery: A Physical and Spiritual Tool by Phil Werdell and Mary Foushi

Book ONE in a series by Phil Werdell and Mary Foushi is now available on Amazon. This eBook presents a thoughtful review of the various types of food plans that have been proven to work for compulsive eaters and food addicts on both a physical and a spiritual level. Additional e-books in the series:

- 🍌 Challenging Food Addiction Denial
- 🍌 Inventorying Food Slips: Physically, Emotionally, Mentally and Spiritually
- 🍌 Food Addicts Healing their Feelings
- 🍌 Physical Craving and Food Addiction Revisited: the Science
- 🍌 OA and Other Food-Related Twelve Step Fellowships
- 🍌 For the Professional: Helping a Food Addicted Client



Food Plans for Food Addiction Recovery

A Physical and Spiritual Tool

Additional eBooks in the series will include:
Inventorying Food Slips: Physically, Emotionally, Mentally and Spiritually
Challenging Food Addiction Denial
Physical Craving and Food Addiction Revisited: the Science
OA and Other Food-Related Twelve Step Fellowships
Helping a Food Addicted Client

BOOK ONE IN A SERIES BY
Phil Werdell, M.A., and Mary Foushi

ACORN in CANADA

We are excited to announce that Amanda Leith is leading in the development of ACORN in Canada. This all began when Amanda, having just received her certificate as an Addictions Counselor, joined the ACORN/FAI Food Addiction Professional Training program.



Beginning with a commitment and dedication to her own recovery, Amanda found the ACORN addiction model worked for her as no other approach had. In her 20 years of experimenting with diet and exercise and a range of therapeutic approaches, her cravings and loss of control only worsened. A Twelve Step fellowship showed Amanda that she was actually addicted to specific foods, and the additional professional help of an ACORN Primary Intensive gave her support to fully detoxify, break through remnants of denial and integrate her recovery work on deeper emotional and spiritual issues.

Amanda recognized that many others in Vancouver needed similar support and that there was nothing like ACORN in Western Canada, so she took it upon herself to organize the first five-day residential ACORN Primary Intensive locally. Participants from the Vancouver area and from various parts of the U.S. found the ACORN model as helpful as Amanda had. Based upon the success of the first intensive another was held three months later with Amanda as co-leader. The plan is to regularly hold four intensives a year in Vancouver, British Columbia. Amanda also leads a weekly on-going support group for food addicts who need more support than a Twelve Step fellowship alone.

Amanda is maintaining a 140-pound weight loss for over a year and is experiencing a "freedom and inner peace that I never thought was possible." Amanda goes on, "People need to know there is a solution and I am dedicated to educating as many people as possible so the thousands of people who struggle with this disease can get the help they really need."

The Food Addiction Institute Commits to National "One Question More" Campaign

Most food addiction is currently misdiagnosed and mistreated. Unlike those who are just overweight or those who suffer from some other food related disorder, those who report and/or display frequent lack of control over their eating of one or more specific foods need to be screened for the presence of a food substance use disorder.

FAI believes it would be helpful if every physician, dietitian, and therapist asked their patient/client the question: "Do you have trouble controlling your eating of sweets or other foods?" This question could be a regular part of a patient's history – along with the recording of weight, blood pressure, heart rate, do they smoke, drink or use drugs. The Food Addiction Institute, jointly with the University of Massachusetts School of Medicine, is undertaking a "One Question More" campaign. The two-year goal is to have ten percent of all health providers include this question in their initial history taking, and, if the answer is Yes, to provide a simple screening for food addiction and resources for treatment options.



There will be ways that you can support and participate in this campaign in the future.

If you are not currently receiving ACORN's electronic E-News bi-weekly, send your email address to rmccumber@foodaddiction.com.

Professional Training /Primary Intensive© Opportunities

FAI/ACORN Professional Training/Primary Intensive©

July 29 – August 3, 2016

The Professional Training is a three-year experiential certification program of the Food Addiction Institute, administered by ACORN. It begins by **learning the addictive model of treatment for food “from the inside out,”** then assisting experienced professionals in an internship and, finally, creating a special contribution to food addiction healing based on your own interests, strengths and learning goals. Members of the FAI/ACORN training must attend at least two Primary Intensives a year; one of which must be with members of the training. The fee for the program is \$1000/year plus the cost of workshops attended.

Attendees do not need to be enrolled in the training to attend this intensive. In fact, we welcome those not in the training to attend. They will have the benefit of working with the training group, and it provides an opportunity for trainees to assist in process groups and make presentations.

Location: Bradenton, FL
Registration Fee: \$1,950 or \$1,700 (includes meals)

FAI/ACORN Three Day Professional Training October 21 – 23, 2016

In an effort to enhance training for those enrolled in the FAI/ACORN Professional Training, we have scheduled a 3-Day session in conjunction with the FSAS Annual School at Springfield College (see below). This 3-day event is exclusively for those in the training or considering joining the training. The session will include:

- Process group time to check in and share current personal issues of abstinence and/or recovery.
- Focused time for individuals to present current professional training issues and plan next steps.
- A discussion about how personal and professional work relates to the broader FAI mission of “healing all food addicts.”

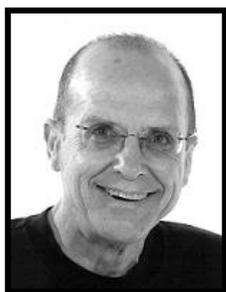
Location: Bradenton, FL
Registration Fee: \$1,500 (does not include meals or lodging)

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Florida School of Addiction Studies Annual School – October 24 - 25, 2016

“Introduction to Food Addiction” course led by Phil Werdell and Mary Foushi at Springfield College in Tampa as part of the annual Florida School of Addiction Studies. Registration at fsas.org or call 904-399-3119.

Location: Tampa, FL
Registration Fee: \$160 *CEU’s are available.



"3-Days with Phil"

This 3-day workshop will help you work on deep emotional and spiritual blocks that prevent you from becoming food abstinent or maintaining long-term abstinence and recovery. If you have trouble identifying feelings, dealing with

anger, fear, or grief, or surrendering to powerlessness over food; this workshop will give you practical skills that will support your abstinence. The next “3-Days with Phil” workshop is **June 24 – 26, 2016 in Homewood, IL (Chicago Area).**

“Phil’s compassion, humor and competence have helped thousands of food addicts.” - Mary Rice

Freedom from Food Addiction Monthly Recovery Meal

We would be happy to have you join us for the Monthly Recovery Meal sponsored by the [Food Addiction Institute](http://FoodAddictionInstitute) and supported by ACORN.

This event is hosted by ACORN volunteers the first Wednesday of every month. Location to be announced monthly.

ACORN Schedule of Events

🍷 Please visit our website for updated schedule.

<http://foodaddiction.com/programs/events/>

🍷 Register for upcoming events at

<http://foodaddiction.com/programs/registration/>

DATE/LOCATION	EVENT
June 5 Kirkland, WA (Seattle Area)	1-Day with Phil Does not include meals & lodging.
June 10 - 15 Vancouver, BC	Primary Intensive© Includes meals.
June 24 – 26 Homewood, IL (Chicago area)	3-Days with Phil (group limited to 5 participants) Does not include meals & lodging.
Jul 2 - 4 Bradenton, FL	3-Days with Phil (group limited to 5 participants) Does not include meals & lodging.
Jul 29 – Aug 3 Bradenton, FL	Primary Intensive© and Professional Training Primary Intensive© <i>Open to new members and non-trainees</i> Includes meals.
Aug 12 – 14 Bradenton, FL	3-Days with Phil (group limited to 5 participants) Does not include meals & lodging.
Aug 26 - 31 Bradenton, FL	Primary Intensive© Includes meals.
Sept 16 - 18 Homewood, IL (Chicago Area)	3-Days with Phil (group limited to 5 participants) Does not include meals & lodging.
Sept 23 - 28 Vancouver, BC	Primary Intensive© Includes meals.
Oct 7 - 10 Bradenton, FL	Pine Street Crew Reunion Private Event Does not include meals & lodging.
Oct 12 - 17 Bradenton, FL	Primary Intensive© Includes meals.
Oct 21 – 23 Bradenton, FL	3 - Day Professional Training Does not include meals & lodging.
Oct 24 – 25 Tampa, FL	Florida School of Addiction Studies “Introduction to Food Addiction Treatment” Course – CEU’s Available
Nov 4 – 6 Bradenton, FL	3-Days with Phil (group limited to 5 participants) Does not include meals & lodging.
Nov 15 - 20 Bradenton, FL	Primary Intensive© Includes meals.
Nov 25 - 30 Vancouver, BC	Primary Intensive© Includes meals.
Dec 9 - 11 Bradenton, FL	3-Days with Phil (group limited to 5 participants) Does not include meals & lodging.
Dec 16 - 21 Bradenton, FL	Primary Intensive© Includes meals.

Featured Recipe – Chicken Cacciatore

Submitted by Sandi Kaiser

Recipes may need to be modified to suit individual food plans and some recipes may not work. Please review carefully to adhere to your plan.”

Ingredients

- 1 pound chicken legs (bone-in, skin-on)
- ½ pound chicken thighs (boneless)
- teaspoon salt
- ½ teaspoon black pepper
- ½ onion, minced
- ½ red bell pepper, finely diced
- 1 cup mushrooms, sliced
- 2 cloves garlic, minced
- 1 tablespoon capers, drained
- 1 14.5-ounce can diced tomatoes
- 1 cup chicken broth or water
- 1 tablespoon fresh basil leaves, rough chopped

Directions

SEASON the chicken with the salt and pepper and place in a large skillet with high edges. Sear the chicken until golden brown, about 3 minutes on each side. Remove the chicken from the pan and set aside.

WITH the same pan still on medium-high heat, add onions and peppers and sauté for 2 to 3 minutes, until the onion becomes translucent. Add the mushrooms and continue to cook, stirring for 2 minutes. Add the garlic and stir until aromatic, about 1 minute. Add the capers and diced tomatoes.

RETURN the chicken to the pan and cover everything with the chicken broth or water. Reduce the heat to medium and bring everything to a simmer. Turn the heat down to low and continue to simmer (not boil) until the chicken reaches an internal temperature of 160°F, about 30 minutes.

GARNISH with the chopped basil and serve.

Weekly Teleconference "Nuts & Bolts"

Please join us Wednesday evenings for recovery support. This no-cost abstinence support group is open to all. Led by Sherri Goodman, professional trainee.

Wednesdays at 7 pm (EST.), contact Sherri at thereveals@frontier.com.

Conference call in number: **(712) 432-0111; access number 1014962#**