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.