



What's the difference between EDA and OA?

Unlike both A.A. and O.A., E.D.A. does not endorse abstaining from anything. Our organization is devoted to helping our members develop more resilient relationships with ourselves, with others and with food.

Rather than recognizing periods of continuous abstinence or sobriety as in OA and AA respectively, we in EDA celebrate self defined milestones of recovery. These milestones, which take myriad -- and often surprising -- forms, are bright spots in our meetings that inspire us with their honesty and reality.

Many EDA members also attend AA and OA. In meetings, we discuss our disordered thinking that we might also discuss how to work a solution, which has to do with our recognizing life choices and making them responsibly. Diets and weight management techniques do not solve our thinking problem. EDA endorses sound nutrition and discourages any form of rigidity around food. Food is nourishment for mind, soul and body. Balance is our goal. Food mismanagement is a coping strategy we attempt to overlay with other, more effective mechanisms. In time, the new methods of dealing with life issues gradually replace the self-limiting rigidity and self-destructive behavior that are hallmarks of an eating disorder.

We encourage our members to seek counsel with qualified therapists and dieticians who work with the eating disordered.

We believe people can and do recover fully from having an eating disorder.