



## Food Addiction Program for Women

### Frequently Asked Questions

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**WHO:** Females aged 16+ who suffer from obesity and or eating disorders (bulimia, binge eating) and meet the criteria.

**WHEN:** November 1

**WHERE:** Graham Munro Centre for Women in Toronto, Ontario

**WHY:** **Food Addiction impacts 1 in 20 Canadians, with women being twice as likely to be diagnosed and diets don't always work for everyone.**

**HOW:** **What is unique about this Program?**

- This program allows you to find peace with food. It will end the mind obsession with food.
- We use an *addiction* model of care, rather than a psychological *eating disorder* model that most other programs use. This means the identification and *abstinence* from trigger foods and relapse prevention tools to remain craving free.
- All other programs encourage moderation of foods i.e. how to “eat less of your favourite foods.” Moderation will keep you stuck in the addiction loop.
- We treat food obsession as a *physical* trigger, rather than as a *psychological* response to emotional issues (which are the focus of eating disorder programs).
- We treat food obsession/cravings, rather than focus on weight. Weight loss is an inevitable result, rather than the goal. Anyone can lose weight, but we give you tools to keep the weight off, without feeling deprived (white-knuckling it).
- Our plan is nutritionally sound and craving-free. Our food plan has been created to balance the hormonal cues of hunger/satiety and the neurochemical pleasure of eating.
- This is not caloric restriction. You will not feel hungry. There are no gimmicks or unusual foods. We provide healthy foods in sufficient quantities, so that you can enjoy food, be full and be freed of cravings in-between meals, all in just four weeks.
- This is not a short-term diet but a food plan that is sustainable in the long term that rewards you with a healthy body size. You will likely become your healthy weight. This can be maintained for lifetime, providing you follow our plan.
- We acknowledge and help you through the difficulty of detox (first 2 to 3 weeks) but assure you that the cravings will be relieved by the time you leave.

## Program Highlights

- 28 Days+ 15 Weeks of continuing care and family program.
- Cost is \$ 13,995 and a \$1000 non-refundable deposit is required.
- Clients will be given 5 days to detox upon entry.
- Clients are part of the addiction community in house and will also have specialized groups and individual counselling with FA trained staff.
- Staff are FA experts, and are in food addiction recovery themselves.
- Clients will learn recovery tools and the addictive nature of certain foods and ways to address guilt and shame, relationships, boundary setting, shop, chop and prep and grief.
- Clients will attend 12 Step OA GSA and AA meetings.

## Why Renascent

- Counsellors are all recovered food addicts in recovery.
- Counsellors have been trained by accredited food addiction trainers.
- The only program in Canada that offers food addiction recovery in an inpatient setting.
- Almost 50 years of experience in treating addictions.
- 12 Step Evidence-Based Treatment Programs: proven to be the most effective approach for lasting success.
- Over 71% of our clients are clean and sober two years after treatment.\*
- Trauma-informed care that addresses concurrent mental health issues.
- Comprehensive outpatient continuing care program.
- Help for families and loved ones with our suite of family care programs.
- Vital alumni community to ensure ongoing support.
- Experienced and educated addiction professionals with lived experience.
- Our centres are homes: warm, caring, non-institutional.
- Inclusive and diverse. Feel free to be yourself.
- Proudly accredited by the Canadian Centre for Accreditation.
- Insurance Plans Accepted

For Men Inquiring about food Addiction Help: Tony Valsallo, for one-on-one/group work: [tvassallo8@gmail.com](mailto:tvassallo8@gmail.com), 416-623-0858; Michael Mackinnon: 647-677-6025 [Fitin20@yahoo.com](mailto:Fitin20@yahoo.com)

