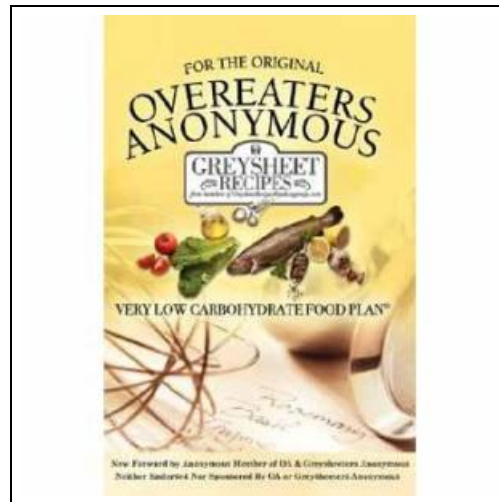


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Partnerships For Community, Inc, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Book Description Both Overeaters Anonymous, Inc. and Greysheeters Anonymous Inc. are 12 Step Recovery groups, patterned after Alcoholics Anonymous, to help members deal with addiction, food issues, compulsive overeating, and eating disorders. This book provides a new Forward explaining the history of the Greysheet and its relationship to Overeaters Anonymous Inc. Overeaters Anonymous has suggested using a variety of food plans over the years, including the original Greysheet very low carbohydrate food plan, copyrighted by OA in 1972, Rev. 1974. The Greysheet was printed on grey paper - hence the name Greysheet. While Overeaters Anonymous Inc. now publishes The Dignity of Choice Sample Plans of Eating, as official literature, including a Very Low Carbohydrate Food Plan, and no longer publishes or offers the Greysheet as official OA literature, the interest in the Greysheet remains. Readers will find complete information about the 12-Step Recovery Group, Greysheeters Anonymous, based on the principles of Alcoholics Anonymous Inc., and the Greysheet Food Plan and Method, a very low carb, high protein food plan, no breads, flour products, only products that list sugar at least fifth on the label, and quantities suggested in weighed and measured amounts. The Greysheet Recipes included in this edition are contributed by members of an online forum, and conform to the original Greysheet very low carb food plan, copyrighted by OA 1972, Rev. 1974. The discussion group is for members to post and discuss recipes that meet the requirements of the food on the Greysheet Food Plan. While this edition does not contain a copy of the original Greysheet Food Plan, you can obtain a copy of the Greysheet by contacting a member of one of the Greysheet support...

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