

# Nutrition

[Withdrawal Pamphlet](#) © 1985 The Augustine Fellowship, S.L.A.A., Fellowship-Wide Services, Inc.

... **healthy habits such as eating well, bathing, exercising, and resting help us avoid states which may contribute toward addictive behaviours.** We consider ways in which we can enjoy life and love ourselves, without triggering our addictive craving. We may want to reward or acknowledge our abstinence. Instead of acting out, we find activities that are healing for us: enjoying a healthy and attractive meal for one...

[SLAA Anorexia Recovery Tools pp 9 & 37](#) © 2017 The Augustine Fellowship, S.L.A.A., Fellowship-Wide Services, Inc.

Self Care: We take tender care of our body, our food ...good nutrition can be critical ... **We might commit to improving our nutrition, finding time to cook good food for ourselves, and buying food we like that will nourish us.** A large part of our recovery is connected to “feeling comfortable in our skin” and in our bodies... In the past, it was hard to nurture our body and soul. Indeed, sometimes it still is hard to do so. But today it is becoming easier and easier to love, care for, and nourish ourselves. We continue to use the SLAA Program to bring health to all areas of our lives

[Making a beginning in Recovery – SLAA Fellowship World Services website](#)

Most of us have ignored our physical and mental health while pursuing our addiction. Be sure to consider visiting your physician and dentist. **Taking care of your health is an important step in sobriety.** We find it important to get plenty of sleep, good nutrition and physical exercise.

[The Akron Manual - A Manual for Alcoholics Anonymous 1940](#) – From Dr Bob’s Home Group, AA Group #1

DIET AND REST play an important part in the rehabilitation of an alcoholic. For many we bludgeoned ourselves physically, eating improper foods, sleeping with the aid of alcohol. In our drinking days **we ate ... because they were filling and cheap.... We now find that it is wise to eat balanced meals at regular hours, ...**Vitamin B1 (Thiamin Hydrochloride) or B Complex will help steady our nerves and build up a vitamin deficiency. Fresh vegetables and fruits will help. In fact, it is a wise move to consult a physician, possibly have a complete physical examination. Your doctor then will recommend a course in vitamins, a balanced diet, and advise you as to rest. The reason for this advice is simple. **If we are undernourished and lack rest we become irritable and nervous.** In this condition our tempers get out of control, our feelings are easily wounded, and we get back to the old and dangerous thought processes – “Oh, to Hell with it. I’ll get drunk and show ’em”

