

Three Principles

For the sake of healing for the greatest number, please join us in observing these principles:

- 1. Actively practice nonjudgment. Offer no advice. Tolerate no criticism.**
- 2. Embrace whole food. At meetings, you'll find no gluten or sugar, and very limited dairy and processed food.**
- 3. Be free of commercial messages. Avoid promotion of any particular diet, product or service.**