



Business Anxiety Squeals

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Dr. Glenn: Hey, this is the very good Dr. Glenn Livingston with Never Binge Again. And I'm here with a nice woman named Camilla. How are you today, Camilla?

Camilla: Very well, thank you. It's a cold, rainy winter morning where I live.

Dr. Glenn: Well, it was 108 degrees yesterday where I live, so I wouldn't mind switching with you. You're in New Zealand, yes?

Camilla: That's right. Yeah.

Dr. Glenn: That's as far away as you could get, which is a miracle that we can talk via Skype like this and record it and everybody can listen. So Camilla has agreed to let us record this so you can benefit from her experience and wisdom and enthusiasm and observations and even her struggles. Camilla, why don't you catch me up? I understand you got the book, you had a good start and then you've been struggling a little bit.

Camilla: Yeah. I've been struggling -- I guess what's been happening in my personal life, in my work, in my stuff that's been going on; I changed career a year ago and I work from home now. That's where the pig squeals the most, is when I'm at home working and I feel very anxious about something. I did line a tricky problem. So I would love some



thoughts on how to deal with this. Just to take you back, it's about two months now that I've started the food plan.

Dr. Glenn: Camilla, what is the food plan?

Camilla: My food plan is really low-carb, high-fat, no flour, no refined sugar. I have a lot of nevers.

Dr. Glenn: What are they?

Camilla: After dinner, I never eat at the computer. And then a list of other things like I never eat pizza, pasta, popcorn, chocolate, dried fruit, bagels, whatever.

Dr. Glenn: Don't skip over it. Pizza, pasta, popcorn --

Camilla: Dried fruit, bagels, breakfast cereal, Nutella, potato crisps, lollies, biscuits, bread, cake. Those are the foods where I worked through your template. They're my trouble foods, my trouble foods, yeah.

Dr. Glenn: Got it. Okay. So no flour or sugar, no pizza, pasta, popcorn, dried fruit, bagels, breakfast cereal, Nutella, potato crisps, lollies, biscuits, bread or cake. Never eat after dinner, never eat at the computer.

Camilla: Yeah.

Dr. Glenn: Is there anything else on your plan?

Camilla: Sorry, yes. I have one always which says I eat at the table or eat sitting down. And conditional on nuts. So there's a few of my conditional foods which I went back and I've tried to tweak because



they became things that I binged on. So nuts, I wrote down; I've got 1 almonds a day, but that's been really hard to stick to. Ice cream, once a week. Dark chocolate, once a week. And in the frozen berries and fruit, I had as conditional, once a day because I love that frozen berry kind of dessert like. It's a trigger for me. I cannot overeat with fruit.

Dr. Glenn: Okay. I'm just going to go over a couple of things and make sure there's no loophole in it, okay? You'll never eat after dinner. What defines the end of dinner?

Camilla: So I guess the plates back into the kitchen or the kitchen tidied up or the food away. That's the end of dinner.

Dr. Glenn: So when the plates are back in the kitchen, the table is cleared, and the food is away. Okay. Never eat at the computer, that's pretty clear. You always eat sitting down. How do you define refined sugar?

Camilla: Well, at the moment, I'm defining a very strict no, the sort of list of sugar, any sweetener, any artificial sweetener, although I have got Stevia, but that's the only thing I still got.

Dr. Glenn: The way that I find people do best is they'll say something like, "The only sweet taste I'll ever have again are whole fruit, berries and Stevia." Is that what you mean?

Camilla: Yes, that's what I mean. Yup.

Dr. Glenn: Okay. So the only sweet taste I will ever eat again are whole fruit, berries and Stevia. Pause there for a second and just reaffirm for me that there's no other sweet taste that you want to be able to have.



Camilla: No, this is good. The only sweet taste I've ever eat again are whole fruit, berries and Stevia.

Dr. Glenn: Okay. And when you say flour, what defines flour?

Camilla: Yeah, that's tricky. Flour is grain, actually grains in general. So also rice flour, all those gluten-free type flours are included in the flour.

Dr. Glenn: So I'll never eat grains again. What about almond flour, soy flour?

Camilla: I have almond flour and coconut flour.

Dr. Glenn: So really, you're saying you'll never eat grains again including flour derivatives from grain, or you'll never have flour again? Can you have rice if you want rice?

Camilla: No, I don't have rice.

Dr. Glenn: Is there any grain that you want to allow yourself, like quinoa or anything like that?

Camilla: No.

Dr. Glenn: Okay. So I'll never eat grains again will cover all the flours that you don't want to have. But it would allow for almond flour or soy flour or something like that; the lower carbohydrate flours. Okay.

Camilla: Yup.



Dr. Glenn: And you'll notice I'm adding the words "never again" to most of these rules to make them stronger. So I'll never eat after dinner again. The language locks it down a little better.

Camilla: Yeah. Yeah, it does.

Dr. Glenn: I will never eat at the computer again. I always eat sitting down or I will never eat standing up and/or laying down again. I'll phrase it like that. So I'll never eat more than 10 nuts in any given calendar day or at a meal. What's the limit there?

Camilla: Per day.

Dr. Glenn: Per calendar day again. Okay. And we would change this to I will never eat ice cream more than once per calendar week again. And then dark chocolate will be the same.

Camilla: Yup.

Dr. Glenn: And I will never eat frozen berries and/or fruit more than once per calendar -- I know this is like obsessive and boring, but it really locks things down so there's no ambiguity.

Camilla: Thank you. Yeah.

Dr. Glenn: I'll never eat frozen berries or fruit more than once per calendar day again. What does it mean to have berries? Do you want to say, I'll never eat more than one serving, or two servings?

Camilla: I think one serving. So you know, I have a standard bowl size, it's frozen berries I'm talking about.



Dr. Glenn: Okay. So you know what a serving is. There's no ambiguity there.

Camilla: No. That's great.

Dr. Glenn: Could your pig get you to go get a big giant bowl and say, this is just one bowl; like a big salad bowl?

Camilla: No, no, no. My pig takes a small bowl and then I go up and I fill it and I fill it and I fill it. So in my head, I never see the total quantity. That's the trick my pig plays, is I don't see the total mess of what I eat because it's lots of little refills.

Dr. Glenn: When you say you eat very low carbohydrate, do you measure that in some way or is it just that the sum total of all these nevers prevent you from having too many carbohydrates?

Camilla: I don't measure it currently. I'm a week into following a recipe, a low-carb recipe plan, which is limiting me to 20 grams of carbohydrates a day, I think. So that's very low-carb. I feel fantastic, I must say. It's high-fat, almost ketogenic recipe plan. So I don't really want to keep this kind of -- I don't see myself sticking to this, a very strict recipe plan for my whole life. But it has shown me that I can eat happily very low-carb.

Dr. Glenn: Okay. So we don't need another rule to say how many carbs you're going to have or anything like that?

Camilla: No.

Dr. Glenn: If you follow these rules, then you're okay.



Camilla: Oh, yeah, yeah.

Dr. Glenn: If you follow all these rules 100 percent, is there any other loophole where you'd wind up eating something that you wouldn't be proud of?

Camilla: It's not the something, it's the portion control. I watched one of your videos about binge eating on real food. It's a problem I have, as I can binge on Brussels sprouts. So I don't know how to address that because I have got vegetables as unrestricted in my food plan.

Dr. Glenn: In what situation would having too many vegetables be a problem?

Camilla: Only in the sense that I can feel quite uncomfortable. When I overeat, I found, interestingly, eating too many Brussels sprouts does not feel good.

Dr. Glenn: Yeah. I think it's a tuber. It's not that easy to digest. Are you having them with salt and oil and butter and things like that?

Camilla: Yeah. Yes, yes.

Dr. Glenn: Okay. Well, would you like to make some type of a restriction that will make you feel safer?

Camilla: Yes, I would like to. How could I put a sensible kind of boundary around healthy, yummy food that I might overeat on?

Dr. Glenn: I'll brainstorm with you for a minute; okay?

Camilla: Okay.



Dr. Glenn: You could say, "I will never eat more than one fistful of sauced vegetables per meal again." You could do something like that. While you allow unlimited amounts of un-sauced vegetables, you could still do that. That's one option. What do you think of that?

Camilla: I like that. I notice with this recipe plan I've been following, I measure out a wavy amount of vegetables per recipe, and actually, I really like a bit constraint. It makes me happy to know I've got 220 grams of cabbage, or whatever, to eat per meal, or -- yeah. So I would like a constraint around the vegetable portion. So a fist size, I guess, well, that's -- yeah.

Dr. Glenn: You could weigh and measure it if you prefer. There's nothing that says you can't do that. Some people say that's obsessive. Some people really like it. I used to like that kind of thing.

Camilla: Yeah, I like it. So let's make it -- I don't know how much amount to use, but I can put a number in.

Dr. Glenn: You can put a number of grams afterwards and you can play with different amounts of -- to see what it actually looks like and then you can decide.

Camilla: Yeah. And it will be a set of a -- like a healthy upper limit of what would be a reasonable meal-sized vegetable portion, yeah.

Dr. Glenn: And then if you want more vegetables, you'll just have them un-sauced?

Camilla: Yes.



Dr. Glenn: So I'll never eat more than X grams of sauced vegetables again. I know everybody that's listening is saying that I'm not being detailed enough, but I trust Camilla to do this instead of her pig, because your pig will say, "42,000 grams is what I said."

Camilla: No, no, no.

Dr. Glenn: Okay. So are sauced vegetables the only thing you would have volume control issues with? Assuming that you follow the rest of the rules.

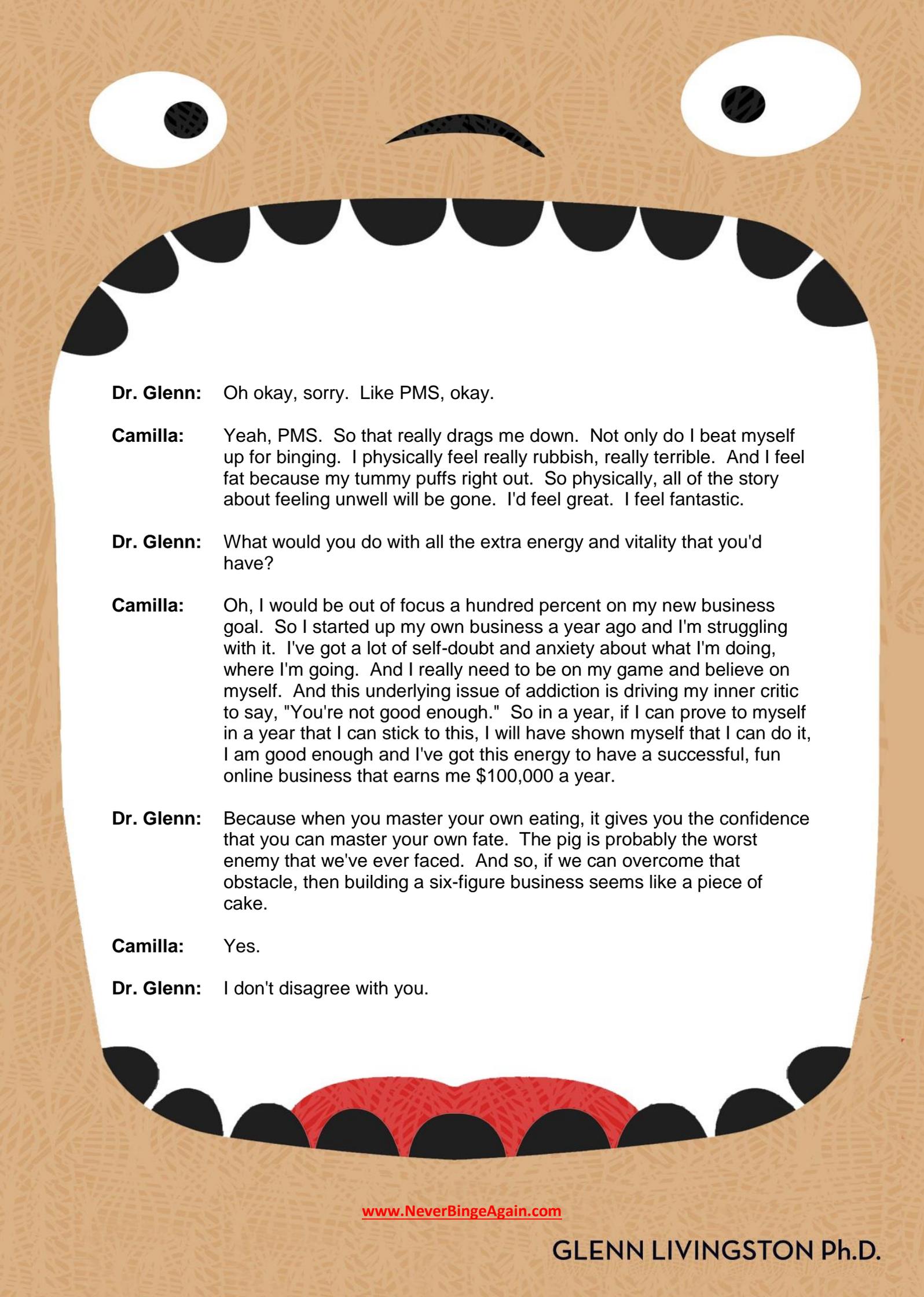
Camilla: Well, that's a good question. That's pretty much it. I have Greek yogurt unrestricted. I don't really binge on yogurt. I think it's okay.

Dr. Glenn: You can keep your eye on that. Okay. Let's put your pig aside for the moment and let's assume that you eat this way 100 percent for a year. Even though your pig says that will never happen, let's assume it did. What do you see? What's different in your life?

Camilla: Well, what I really want is the energy and the kind of vitality that I think I'll get from breaking the cycle of sugar up, sugar down, sugar up, sugar down. I have a few kilos to lose, but it's not my primary goal. I would feel fantastic in a year physically. I have quite a lot of chronic type, low-level but annoying health issues related to flour. I get bloated. It upsets my digestion. I have bad PMT. I have a few things in that growth of --

Dr. Glenn: PMT, what's PMT?

Camilla: Premenstrual type.



Dr. Glenn: Oh okay, sorry. Like PMS, okay.

Camilla: Yeah, PMS. So that really drags me down. Not only do I beat myself up for binging. I physically feel really rubbish, really terrible. And I feel fat because my tummy puffs right out. So physically, all of the story about feeling unwell will be gone. I'd feel great. I feel fantastic.

Dr. Glenn: What would you do with all the extra energy and vitality that you'd have?

Camilla: Oh, I would be out of focus a hundred percent on my new business goal. So I started up my own business a year ago and I'm struggling with it. I've got a lot of self-doubt and anxiety about what I'm doing, where I'm going. And I really need to be on my game and believe on myself. And this underlying issue of addiction is driving my inner critic to say, "You're not good enough." So in a year, if I can prove to myself in a year that I can stick to this, I will have shown myself that I can do it, I am good enough and I've got this energy to have a successful, fun online business that earns me \$100,000 a year.

Dr. Glenn: Because when you master your own eating, it gives you the confidence that you can master your own fate. The pig is probably the worst enemy that we've ever faced. And so, if we can overcome that obstacle, then building a six-figure business seems like a piece of cake.

Camilla: Yes.

Dr. Glenn: I don't disagree with you.



Camilla: That is absolutely how I feel. I feel like this is -- everything else I tried to do in my life, I have this thing that is dragging me down and I can't get there until I fix this problem.

Dr. Glenn: It's a big pig on your back.

Camilla: Yeah.

Dr. Glenn: Yeah. Okay. What else would you do with the energy? So you'd build this business to 100,000 a year or more, and what else would you do?

Camilla: That happiness and self-belief would help me find a new relationship. I'm single and I like to find a happy, healthy relationship eventually.

Dr. Glenn: So you'd feel more confident dating?

Camilla: Yeah.

Dr. Glenn: You can kiss the requisite number of frogs before you found your prince?

Camilla: Yeah. I've had a recent relationship failure and I can see that in any of that, how I feel about myself is an important part of any relationship. And if I'm not good, if I'm not happy, then it's hard to be happy in a relationship.

Dr. Glenn: It also makes it possible to attract the right kind people, right, if you're feeling confident about yourself?

Camilla: Yes, the right kind of people, yeah.



Dr. Glenn: Okay. What else? Anything else that you would do with that energy and vitality?

Camilla: Well, it would give me the energy to mend some difficult relationships with my ex-husband and my mother. Not so much mend them, but manage them. I'm very passive. I have problems with some people in my life and I feel like I have no energy to cope with it. So I just ignore it. I put it away.

Dr. Glenn: Because some people take more energy than others, don't they?

Camilla: Some people take a lot more energy than others, yes.

Dr. Glenn: So you're saying you'd be able to be more assertive. You'd be able to muster the energy to stand up for your boundaries. And I don't want to put words in your mouth. I think it's what you're saying.

Camilla: Yeah, stand up for my boundaries, yeah. I have to stand up for myself.

Dr. Glenn: And deal with the onslaught of difficulty that comes back from your mother or your ex-husband or the other people in your life who trained you not to stand up for your boundaries in the first place.

Camilla: Yes, yes. Yeah.

Dr. Glenn: Okay. That's a good one. They're all good, but that's one we don't hear that often. What else? What would you do with all the energy?

Camilla: Those are my big things; my business, my relationships. The other most important thing to me is my daughter, my parenting. So how would it help me? If I'm happy and healthy and not having these sugar



swings, I'll be a happier, more loving kind of mother as well because I notice if it's the people that's closest to me, like my daughter who bears the brunt of the bad days where I hate myself because of -- and it's like a domino effect and it's been days and days where everyday I get up in the morning, I think today is the day I'm going to get back on track and then I don't. So yeah, I'll be a better mother in a year if I stuck to this plan, no doubt, no question.

Dr. Glenn: Some people talk about being a better role model for their young kids too. Do you have any of those feelings?

Camilla: Oh, definitely. Yeah. I have a lot of anxiety around what I'm role modeling for her and the society she's growing up in that she might learn all the same food addiction behaviors that I did. So that worries me, yeah. So it's important to me to be a good role model.

Dr. Glenn: Terrific. Now, let's just talk about the low-level health issues related to flour that wouldn't be there anymore. What would it mean to you not to have the bloat and digestive difficulties and pre-menstrual syndrome, and just not to feel so gross anymore? What would that mean to you?

Camilla: It would mean that I'm taking care of my body, that I'm investing in my future wellbeing and growing old, happy and healthily, which is a really big goal of mine, to live a long and healthy life. But the short-term goal is just that I wake up in the morning and I get out of bed and I feel well, I feel good in my body.

Dr. Glenn: Is there anything else that would change in a year if you ate this way 100 percent?



Camilla: I can't think of anything else. I haven't thought about exercise, but I exercise a lot. I'm probably an exercise bulimic, to be fair, which is I heard you use that term.

Dr. Glenn: I was, yeah.

Camilla: In a year, I would like my relationship with exercise to be much more about wellbeing than a kind of an anxiety-driven punishment cycle where I've binged, I have to exercise. I've been a half marathon runner for many years and I am injured at the moment. So yeah, it's important to maybe keep exercising. There's so many other benefits. Mental, I get a real buzz and energy, I feel happy. But that anxiety of, "Oh, I haven't exercised today," or I just want to get past that. The feeling that I'm a slave to my exercise routine, yeah, that's what I'm saying. The feeling of being a slave to my exercise routine, I want to get rid of it.

Dr. Glenn: Okay. What else?

Camilla: That's an important one. I think that's it. I think we've got it.

Dr. Glenn: Okay. So we talked about the energy, being able to invest in the online business, being on your game and believing in yourself, being able to date with confidence and be happy and healthy in a relationship, using the energy to be more assertive, maintain your boundaries and manage difficult relationships with your mom and your ex-husband. You'd be a better role model. You'd be better, happier, a more loving mother. All your chronic low-level issues would go away; bloating, the digestion, the PMS, just kind of feeling gross; would be really confident you're taking care of your body and investing in your future health,



grow old happily and healthily, get up every morning feeling well, and you'd no longer be a slave to your exercise routine. You sure that's it?

Camilla: That's it. Thank you. Yeah.

Dr. Glenn: So let's bring your pig back and ask your pig how it's going to get you to break this plan, why you couldn't do it, shouldn't do it, won't do it.

Camilla: Yeah. So my pig squeals are the loudest, this computer work trigger where I feel like I get this -- it's a kind of a panic, actually. I feel almost like I can't do this, anything that will help me if I get some food. And paradoxically, the food does kind of help me, like in a very short-term. I come back to my desk and I go into a kind of a trance of work, eat, work, you know, that like mindless snacking at my desk. Sometimes, I can't work without having the support of food. The pig tells me that. It doesn't make sense to me if I tell you that.

Dr. Glenn: What you're describing is the pig says that you can't manage your work anxiety without food. Is that true? Have you had other times when you could manage your work anxiety without food; without pig slop?

Camilla: Yeah. You know, I can do it when there are other people around me, so yes, I can. So I don't know what changes then when I'm in a shared working space. I just deal with it. I don't want to be seen to be kind of eating pig slop all the time at my computer. When I'm at home, I obviously feel quite lonely. Yeah, I feel lonely as well, so it's another trigger.

Dr. Glenn: Camilla, can I help you with this a little bit?

Camilla: Yes.



Dr. Glenn: Well, first of all, it's a very brave thing to do to be working at home, building a business by yourself with a young daughter as a single woman. It's a brave thing to do. And so realistically, I've been an entrepreneur my whole life and I've been supervising entrepreneurs, so I know this backwards and forwards. There are realistic feelings that you have to face as an entrepreneur. It's just part of the game. What I want to tell you is that anxiety is not going to kill you. And I want to give you a question you can ask yourself at those moments to get refocused on the right thing because there's so many things you can do as an entrepreneur at any given moment. And it's difficult when you don't have people around you focusing on one particular thing and you realize you're sinking or swimming based on your own efforts.

What you want to do at that time is ask yourself, "What's the smallest possible step I could take next without any possibility of failure?" And sometimes that's sitting down and opening a Microsoft Word document and typing three words. Even if those three words are just blah, blah, blah, right? Other times, it's dialing a phone and leaving a message for someone. Other times, it's getting out that educational video that you have to watch or learn how to do X, Y or Z, which is a next step for the online process. But the question is, what's the smallest possible step I could take without the possibility of failure?

And the way that the mind works, see, the fear of failure is really strong. Fear of success is strong also. But the fear of failure is very strong. And if you get that out of the question and you know that there's something successful you can do, it starts just a little momentum and it gets you past the pig saying that this anxiety is intolerable. And you just need that moment where you can push the pig's thoughts away. It's similar to how when the pig talks about it's



going to get you in the future. It says you're going to forget your plan or you're going to be at some social event or your mother is going to seduce you into eating this or that. But really, it's not attacking you in the future, it's attacking you in the present moment. And all you need to do is say, "I never binge now," and that pushes that thought away. And that's all you have to do, is push that thought away.

So you need little mechanisms for pushing that anxiety away and just getting back to work. Does that make sense at all? Does that make sense to you?

Camilla: Yeah, yeah. Just take one small step, like opening a Word document. That makes sense because that kind of gets you past the feeling of unstuck and helpless, I don't know what to do now.

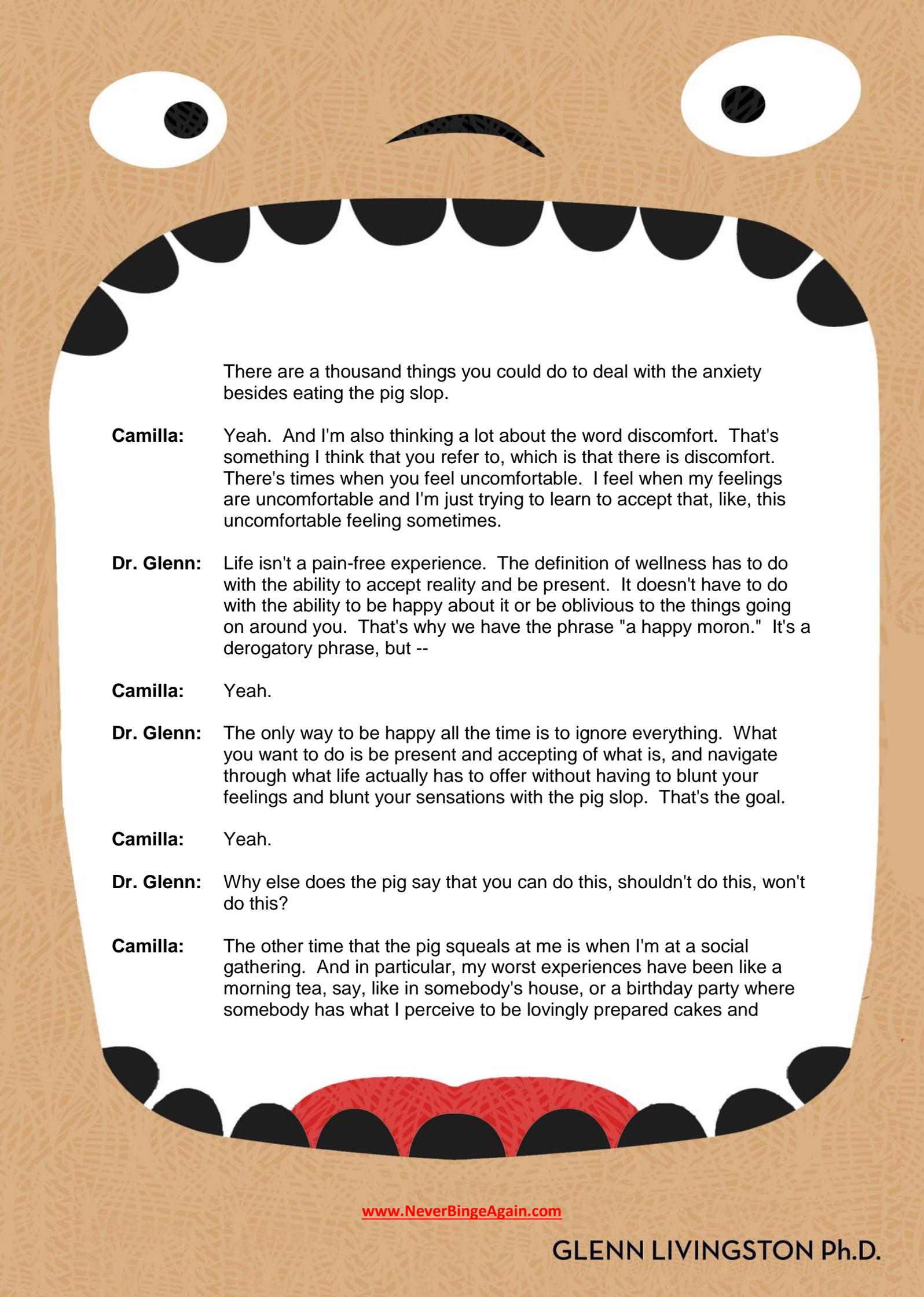
Dr. Glenn: Yeah.

Camilla: Yeah. Thank you. So I push that thought away.

Dr. Glenn: Push it away. And the other piece is that the anxiety won't kill you. The pig says you're incapable of tolerating this anxiety, but you're capable of tolerating it. You can be anxious and still do your work, or you could be anxious and not work and not eat pig slop. There's a lot of options.

Camilla: Mm-hmm.

Dr. Glenn: If you want to deal with the anxiety, you don't necessarily have to, but if you want to and you don't want to do it with work with one small step, then you could go for a run or you could sit and write your journal or you could go for a walk outside or you could play with your daughter.



There are a thousand things you could do to deal with the anxiety besides eating the pig slop.

Camilla: Yeah. And I'm also thinking a lot about the word discomfort. That's something I think that you refer to, which is that there is discomfort. There's times when you feel uncomfortable. I feel when my feelings are uncomfortable and I'm just trying to learn to accept that, like, this uncomfortable feeling sometimes.

Dr. Glenn: Life isn't a pain-free experience. The definition of wellness has to do with the ability to accept reality and be present. It doesn't have to do with the ability to be happy about it or be oblivious to the things going on around you. That's why we have the phrase "a happy moron." It's a derogatory phrase, but --

Camilla: Yeah.

Dr. Glenn: The only way to be happy all the time is to ignore everything. What you want to do is be present and accepting of what is, and navigate through what life actually has to offer without having to blunt your feelings and blunt your sensations with the pig slop. That's the goal.

Camilla: Yeah.

Dr. Glenn: Why else does the pig say that you can do this, shouldn't do this, won't do this?

Camilla: The other time that the pig squeals at me is when I'm at a social gathering. And in particular, my worst experiences have been like a morning tea, say, like in somebody's house, or a birthday party where somebody has what I perceive to be lovingly prepared cakes and



baked goods; cupcakes and things. I feel like this love associated to this food and then I really need it. It's special, it's very special that I need to have it. The pig tells me that I need it, or that somebody has put all this love into it and I need to eat that to show them my love for them.

Dr. Glenn: Let me talk to you about that. I actually just wrote another book which is coming out in a month or so about those kind of social events. It's normal what you're feeling. There is a tribal custom of breaking bread together that bonds people together and indicates that we're interested in being friends and not enemies and we're interested in sharing resources as opposed to competing for them. There is a lot of love that is transferred via the sharing of food. It's true. The thing to know though, is that it's possible to accept the love without accepting the pig slop. There are a bunch of ways you can do that. One of the ways might be to say -- let's say my mother comes over to me with a piece of chocolate pie, right? and she says, "I made your favorite. It's just for you. I haven't seen you for six months. Thank you so much for coming over. I made this just for you."

I could say, "Mom, that is so sweet. I can't believe you did that." And I could give her a hug and I say, "You know what, my stomach is a little off right now. Do you have any mint tea? Maybe some mint tea or some Pepto-Bizmal or something like that?" And see, what you're doing is you're offering her the opportunity to give you another love gift. I call this the alternative love gift technique. So you've given her a hug, so she feels accepted and loved. You've given her a way to express her love and a way that's going to make you feel accepted into the tribe. You're showing her that yes, you do want to share resources and break bread together, but just in a different way. But you're not



bringing attention to that. See, if you bring attention to it, it doesn't work.

What you're definitely not doing is having an argument or a debate about, well, chocolate pie is really not good for me. It's probably not good for you either. You're not making her uncomfortable about what she's eating. You're not making her uncomfortable about the love gift that she wants to give you, you're just accepting and loving her and diverting her attention to another way to welcome you into the drive or welcome you back to the tribe. Does that make sense?

Camilla: Yeah, that makes sense. Yeah, I have massive guilt around saying no to food especially if everybody else said no. And so then there's this cake that somebody has made and I feel like somebody has to eat some. That's really ridiculous, really ridiculous.

Dr. Glenn: Let me tell you something else about this. See, what people don't realize is that because the culture has inculcated these traditions of eating things that are really killing us all slowly, right? I mean, the average person in our culture when the time they hit 60, they're struggling with some type of cardiovascular disease or diabetes or cancer or autoimmune problem or some type of degenerative issue that's dietarily influenced, if not dietarily preventable.

And if you really love these people, then you're not doing them any favor as to go along with the tradition indefinitely. If you really love these people, then the most loving thing to do would be to lead by example, show them that it's really possible to be a part of the tribe, be a loving member of the tribe without ingesting this, so that eventually, they come around and start thinking, "Well, show me how." That's how



you're going to get them away from all the very terrible end that comes of all this.

Camilla: Oh, I love that. I would love to get past the stage where the people around me think I'm a bit crazy, you know, why would I try to give up sugar, you know. What's wrong with me? I want them to see the lead and follow, that I just lead them and then they follow me.

Dr. Glenn: When they see the results.

Camilla: When they see the results, yeah.

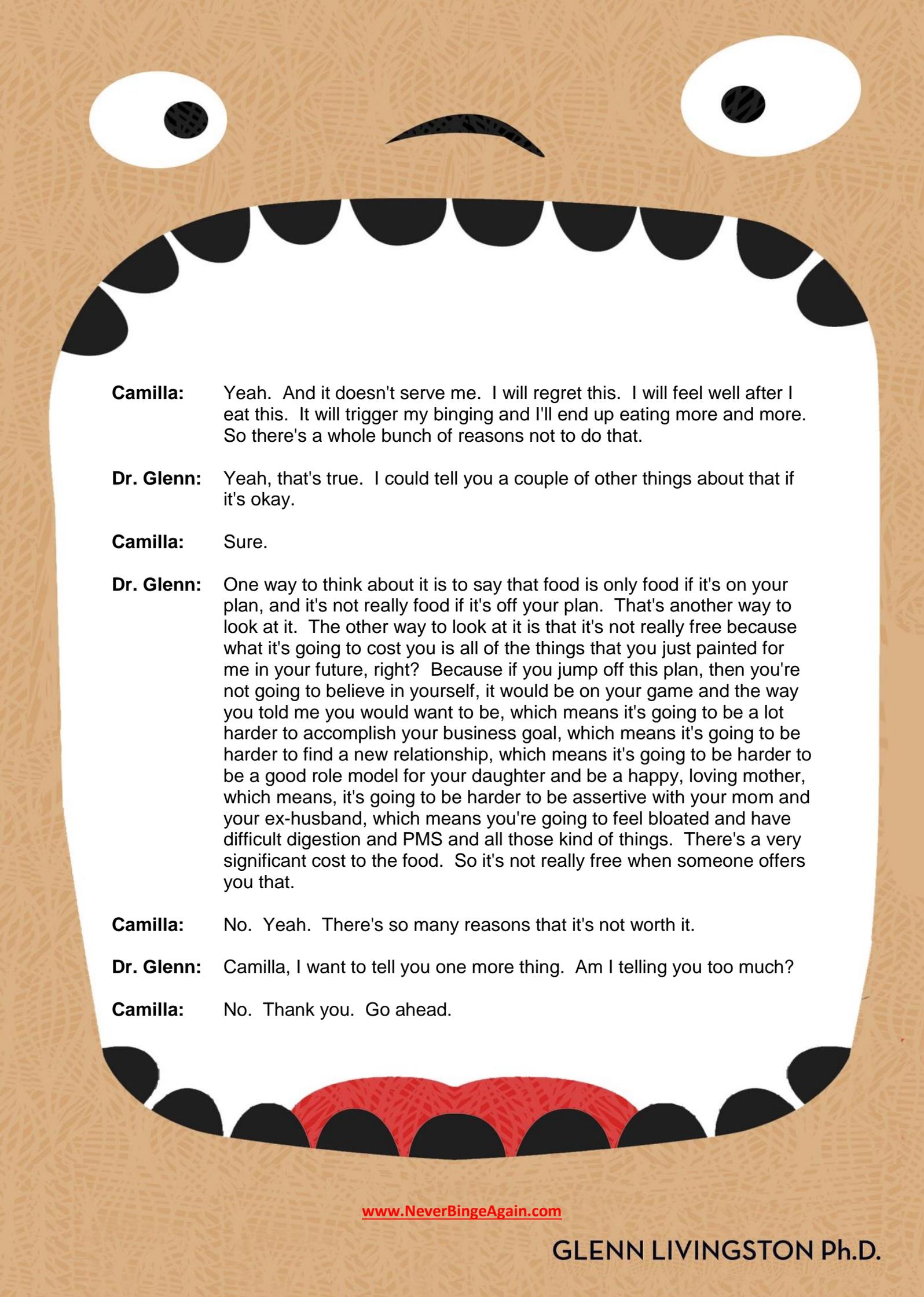
Dr. Glenn: Yeah, it's amazing when that happens. What else does your pig say?

Camilla: There's one other trigger which I can't get my head around, which is like, not necessarily the love, you know, the nurturing family kind of home-baked feeling. It's like maybe in a work environment and somebody's laid on a lavish morning tea. And I have this thing if it's, oh, it's free food. Somebody's bought free food and I can't say no to free food. I don't deserve -- and it's really nice, expensive free food. And I don't get this opportunity very often, so you should just take this chance this one time because you may never get another chance to have something like this. I don't understand that. What's in my head that says that free food is so great and special?

Dr. Glenn: What would be a better way to answer that? If you jump back up into your higher self, what would be a better answer to that situation?

Camilla: It's pig slop.

Dr. Glenn: Mm-hmm.



Camilla: Yeah. And it doesn't serve me. I will regret this. I will feel well after I eat this. It will trigger my bingeing and I'll end up eating more and more. So there's a whole bunch of reasons not to do that.

Dr. Glenn: Yeah, that's true. I could tell you a couple of other things about that if it's okay.

Camilla: Sure.

Dr. Glenn: One way to think about it is to say that food is only food if it's on your plan, and it's not really food if it's off your plan. That's another way to look at it. The other way to look at it is that it's not really free because what it's going to cost you is all of the things that you just painted for me in your future, right? Because if you jump off this plan, then you're not going to believe in yourself, it would be on your game and the way you told me you would want to be, which means it's going to be a lot harder to accomplish your business goal, which means it's going to be harder to find a new relationship, which means it's going to be harder to be a good role model for your daughter and be a happy, loving mother, which means, it's going to be harder to be assertive with your mom and your ex-husband, which means you're going to feel bloated and have difficult digestion and PMS and all those kind of things. There's a very significant cost to the food. So it's not really free when someone offers you that.

Camilla: No. Yeah. There's so many reasons that it's not worth it.

Dr. Glenn: Camilla, I want to tell you one more thing. Am I telling you too much?

Camilla: No. Thank you. Go ahead.



Dr. Glenn: I'm zeroing in on your anxiety. You've got entrepreneurial anxiety, which is appropriate. The feelings people have around entrepreneurial anxiety, they lend themselves towards thinking they're going to starve, right? Like, they're going to be these men in white coats with mustaches that are going to come and take things away. There's not going to be food on the table. You're going to be a really bad mom. Your kid is going to be a bag of bones. You find her by the refrigerator. See, I'm glad you're laughing because if you remember those images and you kind of exaggerate the situation and you think about what you could be catastrophizing and saying what your pig is catastrophizing for you, you realize that it's kind of silly.

None of that is ever really going to happen. You'd have to push it really, really, really far to get it thrown out of your house and have those people with white coats and mustaches show up. You'll make some other choices when it got down to that, right? You know, you would get a part-time job, you'd rely on friends. There's all sorts of things you could do to keep the bottom from really dropping out. And it's important that you identify the catastrophizing that the pig is throwing at you because the reason that it's catastrophizing is so that you will binge. It wants you to be more frightened than you need to be so that you will jump ship and have that "free food" or have something at a social event or something like that. Does that make sense?

Camilla: Yeah, that makes sense. Yup.

Dr. Glenn: What else does your pig say?



Camilla: The main thing is it's kind of like an inner critic and it says, "You're a food addict. You failed before, you'll fail again. It's hopeless. You should just give up." Yeah.

Dr. Glenn: So the pig wants you to identify as an addict, arrange your whole life around being an addict.

Camilla: Yeah, yeah, like you're somehow floored and whatever, you learned these behaviors and you'll never unlearn them.

Dr. Glenn: You know that that perception is binge-motivated, right?

Camilla: Well, when you tell me, I'd see that, yeah.

Dr. Glenn: Have you seen scientific evidence that suggests that people really can't control themselves with food?

Camilla: No.

Dr. Glenn: Are you aware of some study or organization that's really planning to put out that evidence that I'm not aware of?

Camilla: No.

Dr. Glenn: Do people who accomplish really great things in the world, do they typically do it in the first try or do they fail repeatedly before they figure it out?

Camilla: Oh, I know that they fail, yeah. I know that they fail and learn, and that each time I fail with my food plan, I'm not going backwards. I am



actually taking a step forward. It doesn't feel like that at the time, but I do believe that.

Dr. Glenn: Is there any reason to believe then that the ability to get up and fail and get up and fail and get up and fail again is a weakness as opposed to a strength?

Camilla: No. It's not a weakness. It's a normal human thing.

Dr. Glenn: Well, so is this inner critic valid then?

Camilla: No, the inner critic is not valid.

Dr. Glenn: Good. It just wants to weaken you so you'll binge more.

Camilla: Yeah. I would love to put it permanently to sleep.

Dr. Glenn: Get an attitude. Get an attitude and tell that it's going permanently to sleep and it better listen to you or you're going to do worse to it.

Camilla: Yeah. I love that. Thank you.

Dr. Glenn: Camilla, how confident are you that you're never going to binge again?

Camilla: I feel really strong right now, and yeah, I feel confident. It's been really helpful to look at the future, what the future could look like and why I'm doing this. The process is rough, but the spot where you go and learn a new behavior, it's really challenging. I feel like I'm against the tide of cultural and social pressures.



Dr. Glenn: We're deprogramming you and the pig says that it's such an overwhelming tide that you're going to drown. But when you have the knowledge and you're willing to define what healthy food means for you and you understand that you're not powerless and that you can always use the present moment to be healthy and no matter what the pig says about the future, it's actually only attacking you in the present, so you always want to use the present moment that if you never binge now, you'll never binge again because it's always now.

When you do that, you can stand aside. You can step up and stand aside because even though all these industrial foods are pretty powerful, and even though the advertising industry is pretty powerful and the addiction treatment industry is pretty powerful, the bottom line is we live in free countries and nobody can force you to open up a bag and take something out of it and put it in your mouth and chew and swallow it. There are an infinite number of intervening moments between the moment the craving hits and the moment it goes in your mouth. There's an infinite number of intervening moments and at any point, you can stop the pig and say, "Back in the cage."

And so, we have the power. We definitely have the power. It's a matter of getting the focus, clarity and motivation straight, which is a lot of what we did today.

Camilla: Well, thank you. That resonates to never binge now. I never binge now is what we have. It's the now moment.

Dr. Glenn: That's all you need.

Camilla: Yeah, that's all I need.



Dr. Glenn: What you want to do at this point, Camilla, is even if you don't feel it a hundred percent, you want to tell yourself that you're a hundred percent confident by declaration. Because what you're doing by doing that -- and even if your pig has other ideas, what you're doing by saying you're a hundred percent confident and the pig has other ideas, is you're committing to separating your aspirational self, your personal identity from the identity of the pig. You're making a very clear line between your constructive and your destructive thoughts about food. And if you're willing to do that and you keep pushing all of the negative destructive thoughts onto the pig, all doubt and uncertainty comes from the pig, then you'll be inserting a lever which will give you a choice. And you can definitely make that choice. You have the power to make the right choice at those moments.

So you're a hundred percent confident, but your pig has other ideas. We can't get rid of the pig because it's tied to the lizard brain, but we can separate from it and that's why we do that.

For more information on how to
fix your food problem fast please visit
www.FixYourFoodProblem.com

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