Glenn Livingston, Ph.D. and Celina, on Conditional Management of Sugar and Flour

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Dr. Glenn: Dr. Glenn Livingston with Never Binge Again. And I'm here with a very nice woman named Celina. Celina, am I pronouncing your name correctly?

Celina: Yes.

Dr. Glenn: And how are you today?

Celina: Very good, thank you. Excited.

Dr. Glenn: Okay. Celina has agreed to share her session with you all so that you can benefit from her successes and her struggles and her observations and insights. And so with that, Celina, why don't you update me? And I know you read the book and I know you're a member of the reader's forum, NeverBingeAgainForum.com.

Celina: Yes.

Dr. Glenn: How are you doing? How are you doing with food?
Celina: Still struggling a lot. Like, I tend to travel for work a lot and also, I have so much to do and my husband is from Canada and we're in the process of moving to Mexico. So I'm now in Canada, I'll go back in a week. So the traveling causes a lot of anxiety, packing a day before, social events triggers me a lot, when there's like, a buffet or -- yeah, like, any family gathering, like weekends with family, it triggers me. I still feel out of control. It's hard for me to pinpoint my pig voice, you know? It's just kind of like, I go out of my mind, like, automatic.

Dr. Glenn: The pig makes you feel as if you've got unconscious and that you're on automatic binge mode?

Celina: Exactly. Exactly.

Dr. Glenn: Okay. I'm taking notes on all this. We can come back to it.

Celina: Yes, yes. And so because I used to be pre-diabetic, and I think I was diabetic also, but changing my food, now I don't have any issues with diabetes, but over 10 years ago, I fell on my knees playing volleyball, like, right on my knees, like, I messed up my structure. And so looking for someone to help me get over it, to fix my structure, I found this woman that totally ruined my veins.

Dr. Glenn: Oh, wow!

Celina: Yeah. Like, she puts so much pressure that I had bruises for two months, and she caused varicose veins. So now, although I'm not diabetic, anytime that I eat carbs, even fruit or rice, potatoes, my feet get numb, and not because of diabetes, but because I mean, my blood is not circulating.
Dr. Glenn: Okay.

Celina: So that, because I was very stable for years, like, 110 pounds, like that, and then that has caused me a lot of rebellion. Even if I want to eat healthy, I get numb. And if it's more than three fruits, I get my feet like, hurt, you know, they hurt.

Dr. Glenn: So what is the food plan that you need to stay on? Could you tell me what your food plan would be; your ideal food plan?

Celina: My ideal food plan -- like, I battle because I have sugar, like, I have a very -- so the more I restrict sugar, the more -- like, when I do eat, I binge. And so what I've been realizing is if I would allow myself maybe three bites in a social event or a wedding or like that, I'll do dessert. It would be okay if I take like, a supplement, like with say, cayenne pepper, curcumin or something that lowers my blood sugar and doesn't hit me. But it's the excess that causes me that. My ideal, you know, like, my healthy, mature self would be to never eat sugar again, and processed foods. That would be my optimum. But I'm scared to do it, like, I haven't been able to. I can go maybe a couple weeks, like, sometimes a month and I really crave. Even fruit tastes so [inaudible 0:04:31], even broccoli or something like that.

Dr. Glenn: So Celina, if you had no sugar or processed foods except for three bites of a dessert at a social event, would you be able to accomplish all your health and fitness goals or would that interfere?

Celina: If I just have three bites, I think, yeah, I think I would be able to get some --
Dr. Glenn: Okay. And is there any other situation; you talked about traveling and family gatherings.

Celina: Any other situation besides that?

Dr. Glenn: Is there any other situation where you'd have to permit yourself some sugar or processed foods?

Celina: Well, I'm thinking -- there's this one dessert, once a month [inaudible 0:05:24]. Like, how [inaudible 0:05:33] and because I prohibit myself, I eat four big things. So I think if I could just eat one a day or each day for a couple of days a month, that would be -- because I really enjoy that.

Dr. Glenn: So if you had one dessert per month -- I can't quite follow what you're saying, one dessert --

Celina: If I could have maybe four desserts per month or two desserts per month.

Dr. Glenn: Okay. So no sugar and processed food except for three bites of dessert on a social event --

Celina: And let's say four a month, four desserts a month.

Dr. Glenn: Four --

Celina: Like, one a week.

Dr. Glenn: And one full serving of dessert per calendar -- I'm trying to get the language right here. So no sugar or processed foods with the
exception of one full serving of dessert per calendar week, and three bites of a dessert anytime you're at a social event.

Celina: Mm-hmm.

Dr. Glenn: Now, if you did that, would you have medical problems?

Celina: I think if I would really stick to that, I would be okay because it is the essence. Like, I can eat like, [inaudible 0:07:04] because I prohibit myself, and in the [inaudible 0:07:12] before I had trouble with my veins, like, I use to [inaudible 0:07:20] you know, in a buffet or whatever, and eat in moderation and not have issue for a period of maybe a couple years. But then I started getting to nutrition and health and what's best for my health, so now, I know that sugar is really bad, so I [inaudible 0:07:43]. And so I think [inaudible 0:07:49].

Dr. Glenn: Okay. And so if you have no sugar or processed food except for one full serving of dessert per calendar week and three bites any time you're at a social event, you'd be okay. Can you -- you need to define what a full serving of dessert is, like, how do I know that your pig is not saying, "Well, that whole cake is one serving"?

Celina: Well, like in a dessert plate, one fourth of the plate.

Dr. Glenn: Okay. So one full serving of dessert is one fourth of a dessert plate. Okay.

Celina: Would that be good enough?

Dr. Glenn: It sounds like it.
Celina: Okay.

Dr. Glenn: And a calendar week is Sunday to Saturday?

Celina: Yeah. I don't have to, but I could if I wanted.

Dr. Glenn: It's optional.

Celina: Yeah, optional. It's not mandatory.

Dr. Glenn: Okay. And the same thing at a social event, right?

Celina: Yeah.

Dr. Glenn: You need to define what a bite is. Is a bite as much as you can fit in your mouth?

Celina: No. A bite is as much as I can -- or not even as much as I can fit in my -- a bite, maybe the size of my thumb.

Dr. Glenn: Okay. Three bites, each the size of your thumb. Okay, three bites the size of your thumb of dessert any time you're at a social event. Okay. Is there anything else -- are there any other rules you need to follow on your food plan?

Celina: Well, I love vegetables and I usually don't have [inaudible 0:09:48], but when I eat junk food, I don't eat vegetables. So I would like to, like, everyday eat like, a good amount of vegetables.

Dr. Glenn: So what's a good amount?
Celina: I don't know, like, a pound or --

Dr. Glenn: One pound of --

Celina: At least.

Dr. Glenn: Always eat at least one pound of vegetables every calendar day. Okay?

Celina: Yeah. And fruit, like maximum, three a day.

Dr. Glenn: Okay. Never more than three servings of fruits per calendar day. Do you need to define what a serving of fruit is?

Celina: Well, maybe like a -- it could be 170 grams or 6 ounces, I'm thinking.

Dr. Glenn: Okay. What else? So always a pound of vegetable everyday, no more than three servings of fruit, no sugar or processed foods except for one full serving of dessert per calendar week, and three bites the size of your thumb at a social event.

Celina: Potato chips, 'cause I tend to binge on those too. So maybe like, 15 potato chips, like pieces.

Dr. Glenn: How often?

Celina: Maybe twice a month.

Dr. Glenn: So never more than 15 potato chips per calendar month, and never more than -- and never eat potato chips more than twice per -- so
never more than 15 potato chips per calendar day, and never eat potato chips more than twice per calendar month.

Celina: Mm-hmm.

Dr. Glenn: Do you have to have a certain amount of time between those days? Could you have them --

Celina: Yeah. Not like, one day after the other, no. Within at least a week apart.

Dr. Glenn: At least one full -- at least seven calendar days between potato chip eating.

Celina: Mm-hmm.

Dr. Glenn: Okay.

Celina: And then bread, it's a big one for me. Yeah, when I'm in a restaurant, so maybe one piece of bread, not so big.

Dr. Glenn: So you never eat bread except for one piece at a restaurant and/or social event.

Celina: And if it's Ezekiel bread, then at the most, a couple of slices.

Dr. Glenn: The exception, can have two pieces of Ezekiel bread.

Celina: Mm-hmm.

Dr. Glenn: Okay?
Celina: Yeah.

Dr. Glenn: What else?

Celina: Well, I mean I don't -- never binge on protein. Like, protein, maybe -- I mean, I think it's good for me to eat protein in every meal that I have because it balances my sugar level.

Dr. Glenn: Do you need a rule for that or will you just do that?

Celina: No. I --

Dr. Glenn: Do you need a rule?

Celina: Well, yeah, yeah.

Dr. Glenn: So always have one serving of protein per meal?

Celina: Mm-hmm, at least one serving.

Dr. Glenn: At least one serving of protein per -- mm-hmm.

Celina: And fat.

Dr. Glenn: Okay. Always at least one serving of protein, always at least one serving of fat at every meal. Okay.

Celina: Yeah. That helps me. And what else? I really like pasta, but I don't have an issue. Maybe pizza.
Dr. Glenn: What about pizza?

Celina: Pizza, I don't eat it often, but when I do, I eat a lot. So maybe one slice, like whenever, but one slice only.

Dr. Glenn: Okay. Never more than one slice of pizza per calendar day?

Celina: Yeah.

Dr. Glenn: All right.

Celina: It can be months, but whenever I do have it, then it would be one slice. And then eat like, a bunch of salad, vegetables, whatever.

Dr. Glenn: Okay.

Celina: Just pizza.

Dr. Glenn: Okay. And what else?

Celina: And the overeating is part of -- you know, like, the binging -- anything else is binging; right? So --

Dr. Glenn: Well, if you control your sugar and you're eating enough vegetables and you never have more than three servings of fruit and you got your potato chips down to twice a month and you don't have more than one piece of bread at a restaurant or two pieces of Ezekiel bread, no more than one slice of pizza, always have a serving of protein, always a serving of fat every meal, is it possible to binge if you followed all those rules and you didn't break them?
Celina: No because sweets are the trigger; sweets and bread. So no, if I would follow those rules, I think I would be okay.

Dr. Glenn: Okay. And if you're still having trouble, we know we'll have to eliminate more of the sweets and bread.

Celina: Okay.

Dr. Glenn: Okay. So he agrees.

Celina: He agrees.

Dr. Glenn: Okay. Well, I know your pig is going to say, "We can't do this", but I want to know if you could do this; if you could follow this 100 percent for one year, how would your life be different in one year?

Celina: Can I just put one more rule?

Dr. Glenn: Sure.

Celina: Like, on weekends, when I go with my family, I eat breakfast -- you know like, dinner, like that. Breakfast, we usually have chilaquiles and I tend to serve myself more than once. So I think that would be a great rule, on social events, that I would serve myself ones. It can be like, a big, big plate --

Dr. Glenn: So you'd never go back for seconds in a social event.

Celina: Yeah. That's a hard one, but I think it would help me.

Dr. Glenn: Okay. You'd never go back for seconds at a social event.
Celina: Mm-hmm. It would protect me from --

Dr. Glenn: Okay.

Celina: Okay. And buffets, buffets are a tough one. I don't know what kind of rule. Because I do like seconds because the first time, trying a little bit of everything just to see what I like. And then the second time, I just go get what I do like.

Dr. Glenn: Well, will that work for you or do you need to restrict that?

Celina: I think like that, but not more than two times, because I do more than two times.

Dr. Glenn: So you never go back for seconds at a social event and you never go back for thirds at a buffet.

Celina: Exactly.

Dr. Glenn: Okay. If you followed all of those rules, is there any way that your pig could get you to binge?

Celina: No. And just that if I'm on a social event, I serve -- whatever I need, I serve it at once, and then I eat it just like, picking, you know? Like, a little bit of this and a little -- and not knowing exactly visually, just to grab whatever I'm going to eat. Like, in social events, that I'm not going to have seconds, right?

Dr. Glenn: Okay.
Celina: Okay.

Dr. Glenn: Very good. Very good. So in one year, if you did all this 100 percent, what would be different in your life?

Celina: Like, does it count that I'm obsessed about food all the time, or is this too protective? Like, I'm obsessed about weighing myself everyday, counting calories, measuring food.

Dr. Glenn: So you'd be free of all that?

Celina: Yeah, I would be fully free of that.

Dr. Glenn: Totally free?

Celina: I could actually think about like, life.

Dr. Glenn: You could think about other things in life?

Celina: Yeah, I could actually, you know, like, fulfill my purpose.

Dr. Glenn: And what do you think you'd be thinking about if you do that?

Celina: Well, adopting children.

Dr. Glenn: Oh.

Celina: Yeah. Like, we've been married for nine years almost, and we haven't been able to have children. And I think naturally, that doesn't look very -- only by miracle, 'cause I'm 46.
Dr. Glenn: Mm-hmm.

Celina: So we are looking to adopt children [inaudible 0:20:08].

Dr. Glenn: Got you. Very good. Very good. Okay. So you could be totally free of the obsession. You can look at adopting children. What else would you do in a year?

Celina: I would totally be -- you know, like, taking over the management of my job, [inaudible 0:20:38] successful, not like, full-time, but the time that I need would be very wisely spent.

Dr. Glenn: So successfully take over the management position.

Celina: Mm-hmm.

Dr. Glenn: And what would that mean? How would that change your life?

Celina: I would be like, organized and follow-up on things. There's [inaudible 0:21:19] 'cause I tend to just write things down every word, but not in one place, and not follow-up, so that would mean follow-up with people and that would mean being punctual for the times that I need to be there. And that would be understanding very well the numbers, financial statements.

Dr. Glenn: You'd be a businesswoman.

Celina: Yeah, a businesswoman.
Dr. Glenn: Okay. What else would be different? How else would your life be different in a year if you followed this? What about your health and your physical wellbeing, what would be different?

Celina: Well, I would totally sleep like, at least six to eight hours a night, because I do have insomnia. I woke up many times at night. So I would totally sleep. I would be sleeping maximum at 10:00, 10:30. I would wake up early, energized, exercising. Exercise is not [inaudible 0:22:51], but sometimes I do exercise.

Dr. Glenn: Mm-hmm.

Celina: And so I would continue to exercise.

Dr. Glenn: So you'd be exercising everyday.

Celina: Yeah.

Dr. Glenn: What else?

Celina: I exercise everyday between 30 minutes, maximum 50, an hour. When I cycle here in Canada, it's like maybe almost two hours, but that's nothing wrong. What else? I would be -- like, I don't -- because lately I've been practicing intermittent fasting. So at the beginning, that really triggered the binge eating, but the more I do it, the more I feel in control, like, food has lost a lot of -- you know, like, I'm not like, "Oh, I'm hungry, I need to eat." So I would totally be free to eat or not eat, become hungry and not like, "Oh, I would have --" like, if I'm doing something and I don't have right there and then at the time, it would be okay.
Dr. Glenn: You wouldn't feel the compulsion.

Celina: Exactly. Exactly. And I wouldn't have to make up for, "Oh, I didn't eat breakfast, now I need to make up for that."

Dr. Glenn: Got it.

Celina: I would be weighing between 108 and 110 pounds.

Dr. Glenn: Okay.

Celina: Stable, like, not -- and even through vacations and Christmas, which is really challenging. And I would be -- like, I would get rid of all the clothes that [inaudible 0:24:49] sizes, you know?

Dr. Glenn: Get rid of all your fat clothes?

Celina: Yeah.

Dr. Glenn: And are there some thin clothes that you'd be looking forward to wearing?

Celina: Yeah.

Dr. Glenn: Can you describe one for me?

Celina: Well, pants. Usually the legs and the hips is where -- like, the weight. So I have pants that are tight on me. Like, it needs to be one specific, let's say from here to December, like these winter pants, these -- well, like the pinkish pants that I have.
Dr. Glenn: Got it.

Celina: I don't like them tight, so that they would be comfortable, would fall on my legs nicely.

Dr. Glenn: Very nice. Very nice. Okay. What else? What else would be different? Anything in your relationships or with your husband?

Celina: Yeah. With my husband, like, I -- 'cause I tend to spend a lot of time researching about health and about how to lose weight and about the best diet plan, the best food combination. It consumes me, so we don't have quality time, like, intimate time, doing stuff together.

Dr. Glenn: You can spend more quality time with him because you'd have to spend less time figuring out how to lose weight.

Celina: Exactly. Yeah. Like, time to figure out how to lose weight and [inaudible 0:26:48].

Dr. Glenn: Would you lose weight on this plan? By the way, it sounds like you think you would if you did this.

Celina: Yeah. Like, not so much. I'm weighing like, 114 pounds, so it would be like, 6 pounds at the most.

Dr. Glenn: Okay. You don't have too far to go.

Celina: And then -- no. Like, change fat for muscle, change my body, strengthen my body, you know?

Dr. Glenn: Okay. Very good. Very good. What else would be different?
Celina: So I would love to go back to — ’cause I used to play piano and guitar and I used to do cross-stitch, dance, I love dancing. I used to take dancing classes, painting, and I haven't done that.

Dr. Glenn: So you could pursue the arts.

Celina: Pursue the arts. And I would love to — ’cause I love nutrition, and like, whenever I get the opportunity, I -- so I would love to maybe give a little talk for it, like, just share, like that. Once I get my goal and I get stable, maybe share my testimony and do something on it [inaudible 0:28:20]. And this is something that I'm very passionate about. And I do believe that every sickness is reversible, like, to changing your lifestyle, so yeah.

Dr. Glenn: Inspire other people, maybe become a YouTuber or a blogger, go around and give workshops or something.

Celina: Yeah.

Dr. Glenn: Why not?

Celina: Mm-hmm.

Dr. Glenn: Why not?

Celina: Yeah.

Dr. Glenn: Help other people, why not? Sure.

Celina: Yeah.
Dr. Glenn: Okay. So now what I'd like to do is give your pig a chance. And I'd like to know all of the things that your pig says or the reasons that you can't do this, shouldn't do this or won't do this.

Celina: Okay. All the reasons why I can't, I shouldn't or I won't?

Dr. Glenn: Yes. I want to hear everything your pig has to say about this. We put your pig to the side for a little, but I want to be fair and give it a chance.

Celina: Okay. So I've never been able -- what's going to change is going to be just like before. Like, basically, you're a failure. Anything that is [inaudible 0:29:34] doesn't happen.

Dr. Glenn: Mm-hmm.

Celina: And like, I'll just drive me. I'll rebel with all my mind, like, you've done so many things, this is another one that I will -- for good. I will not allow. You will not remove what brings me pleasure, you know? You will not tell me what to do.

Dr. Glenn: Will not remove what brings me pleasure. He will not tell you what to do -- you mean, me?

Celina: No, like me. Me, I won't tell my pig what to do.

Dr. Glenn: Oh, okay.

Celina: Yeah.

Dr. Glenn: I'm writing these all down.
Celina: Yeah. I won't obey him. Like, it can be tamed, or --

Dr. Glenn: It's okay. It's good you're getting these out. You don't have to be frightened of it now. We're going to fix it.

Celina: And no way you can eat if you'd buy -- like, once you start, it's good. I won't make you feel so guilty, or fear.

Dr. Glenn: So once you start the guilt and the shame and the fear, it's going to make you eat more.

Celina: Mm-hmm. Yeah. That's just like, the next day, like after a binge, I can't get over the guilt and the shame and the put down. I just can't stand back up and get going and learn from whatever mistake.

Dr. Glenn: Mm-hmm.

Celina: So once you fall, I'll make sure that you stay down.

Dr. Glenn: So once you fall, I'll make sure you'll stay down.

Celina: Yeah.

Dr. Glenn: What else did your pig say?

Celina: You can't -- I mean, you can't -- you will never be able --

Dr. Glenn: Same thing?

Celina: You're addicted to sugar.
Dr. Glenn: Okay. Let's go back over these then, and what I want you to do is jump back up into your healthy brain. And you're not going to have to remember all these reasons, but just one time, I want you to come up with a better answer. I want you to come up with a solution to what the pig says. Because we don't normally have to argue with the pig, we just recognize it and ignore it, but if you had to argue with it, what would be the best answer? So when the pig says, "You couldn't do it before, why do you think it's going to work now? You're a failure. Whatever you pursue doesn't happen. It's going to be just like before." When the pig says that, what would be a good answer for that?

Celina: Shut up.

Dr. Glenn: That's one option.

Celina: You're not going to run my life anymore. I'm in control. I'm in charge. I'm not scared of you. I can't --

Dr. Glenn: Okay. Can I help you with this one a little bit?

Celina: Yeah, of course.

Dr. Glenn: So when the pig says, "It's always been like this so it's always going to be like that". First of all, how many of the world's great accomplishments were made by people who failed over and over and over and over again before they figured it out? The answer is just about all of them.

Celina: Mm-hmm.
Dr. Glenn: Right? And so the quality of being willing to keep trying is actually a mark of strength and fortitude and resilience. So the pig is actually complimenting you that you've been trying so many times. And the research says that the people who keep trying, that they eventually figure out how to lose weight for good. That's what the research says. Same thing about smoking. The people who keep trying to quit eventually quit. It kind of makes sense. It's just a statistical function.

Celina: Mm-hmm.

Dr. Glenn: So the pig is pointing out a character strength, where it thinks it's finding out a weakness. And I always liked Wayne Dyer's analogy also because when Wayne Dyer says that if there is a boat that's been sailing for miles and miles and miles and created a wake behind it, that's miles and miles in one direction. That doesn't say anything about where that boat has to go in the future. All they have to do is change direction. They just turn the wheel, right?

Celina: Mm-hmm.

Dr. Glenn: So the past does not dictate the future. If you don't pay attention, if you don't decide to turn the wheel, it does, but you can turn the wheel anytime you want to? Does it make sense?

Celina: Yeah.

Dr. Glenn: Okay. When the pig says, "I'm going to rebel with all my might, this is just another one where I'm going to prevail. I can't be tamed," what do you say to that?

Celina: Well, I will rebel against him.
Dr. Glenn: You're stronger. Is that the answer?

Celina: I'm stronger.

Dr. Glenn: Mm-hmm. There's something subtle that the pig is doing here. It's trying to project you into the future as if it had a time machine. And it's trying to get you to collapse under the weight of all the days in the future.

Celina: Yeah.

Dr. Glenn: This is too big a task to do forever. You're going to collapse.

Celina: Yeah.

Dr. Glenn: The answer to that is, the only thing you have to do is never binge now because now is the only time that you can feed yourself. Now is the only time you could get pig slop and give it to the pig. And if you never binge now, then you will never binge forever because tomorrow, it's going to be now again. By the time tomorrow comes, by the time I'm done with this sentence, every word I'm saying in the sentence, is now. It's never not now. So if all you do is never binge now, then you'll never binge forever. Does that make sense?

Celina: Yeah, yeah.

Dr. Glenn: Don't let the pig trick you into worrying about all of those -- the weight of all those days.
Celina: Yeah. Like, yesterday we were going to go eat with our friend's celebration, to a buffet, I guess, and I can [inaudible 0:37:12]. Like, I cancelled it 'cause I'm like, "I know I'm going to go binge." And not only that, I was already binging throughout the day out of that anxiety [inaudible 0:37:24]. So I did [inaudible 0:37:29].

Dr. Glenn: Mm-hmm.

Celina: So how do I stay with the present?

Dr. Glenn: You remind yourself that it doesn't matter what happens in the future. It only matters what happens now.

Celina: Okay.

Dr. Glenn: And you always use the present moment to be healthy. That's all you need to do.

Celina: So it's kind of like, practicing -- like, staying in the know, like, bringing me in the know.

Dr. Glenn: Yeah.

Celina: Not let my mind wander in the future, in the past.

Dr. Glenn: Yeah.

Celina: Okay.

Dr. Glenn: When it comes to food, yeah. The pig says, "You will not remove what brings me pleasure. You can't tell me what to do."
Celina: What would I say?

Dr. Glenn: Yeah. What's a better answer for that?

Celina: Well, that is not pleasure. That hurts me. That is [inaudible 0:38:48] That is a lie. It is not good.

Dr. Glenn: Mm-hmm. I'd like to give you a way to consider rewording that. I think that's very good, what you said -- because it does isolate you and shuts you out from others, and it prevents you from accomplishing your goals. Another way that you could think of it though, is that even if it would be pleasurable, there are certain types of pleasures that we make the choice to abstain from when we're of intellectually sound mind and body so that we can enjoy other pleasures more fully. And you explained to me that you want to be able to sleep like a baby, six to eight hours at night; you want to be able to stop obsessing about food and think about other things; you want to look at adopting children; take over the management position of your job, you want to wake up early, energized and exercised. You want to stop thinking about food all day. You want to weight 108 pounds to 110 pounds, it would be stable. You want to get rid of all your fat clothes with confidence, spend more quality time with your husband, go back to play piano, guitar, painting, and all your artistic impressions and be able to be an inspired leader for other people.

Celina: Mm-hmm.

Dr. Glenn: Those are some pretty big rewards. Those are some pretty big pleasures that you can get by just choosing to abstain from one pleasure, right?
Celina: Yeah.

Dr. Glenn: And you believe those things when you told me.

Celina: Yeah.

Dr. Glenn: You weren't making that up. You really believed that would happen if you just -- so when the pig says, "This would be too pleasurable," you can say, "Yeah, it would be pleasurable, but it would be a lot more pleasurable to have all these other things, and I'm not going to let you keep that from me.

Celina: Yeah. Yeah, yeah. It's such a small pleasure against all the magnitude of the other pleasures.

Dr. Glenn: Yeah.

Celina: Yeah.

Dr. Glenn: When the pig says, "There's no way you can eat just a few bites because once you start, the guilt and shame and fear will make you eat more. You'll never be able to stand up and keep going the next day. Once you fall, I'll make sure you stay down." What's the answer to that?

Celina: Totally people will -- you know, like, tasting something, enjoying, slowing down enough to enjoy because I'm going to do it without guilt and without shame. And so that's enough. That's more than enough. And I don't need to feel bad about it because there's nothing wrong with just --
Dr. Glenn: It's something that you don't have to feel guilty about it because you'd be following your rules, right?

Celina: Mm-hmm.

Dr. Glenn: Am I right or --

Celina: Yeah.

Dr. Glenn: Yeah?

Celina: Yeah.

Dr. Glenn: And if you made --

Celina: I mean, I know that those are more rules, but I haven't allowed myself, so how would I not feel guilty? Like, just because I said I could and there's no reason why I need to feel guilty. But it's like, a habit to feel guilty.

Dr. Glenn: Well, do you enjoy feeling guilty?

Celina: No.

Dr. Glenn: Why should you feel guilty? Why would you indulge that feeling then?

Celina: Why would I feel guilty?

Dr. Glenn: Do you enjoy it? Do you want to feel guilty?
Celina: No, I don’t. No.

Dr. Glenn: Intellectually, is there any reason that you should feel guilty if you follow these rules?

Celina: No because if I do it, like that and slowing down, there’s no reason why -- I mean, the only reason why because technically, sugar, for what I read, is not good.

Dr. Glenn: Do you believe at this time in your life, that the set of rules that you created is the healthiest compromise between what you understand nutritionally and what you’re capable of doing?

Celina: The second part, capable of doing, I think, yeah.

Dr. Glenn: Do you believe that if you did this for a while, and you read more and felt like you had some results, that you might want to tighten it up and take even more sugar out of your diet?

Celina: Yeah. Like, in the future once I feel comfortable with this, I -- yeah.

Dr. Glenn: So do you believe that this might be the best path to get sugar out of your diet?

Celina: Yeah. Like, maybe a middle ground, and then once I leave that, if I choose to, then I could tighten it up.

Dr. Glenn: So is it in your best interest to feel guilty or not if you followed this plan a hundred percent?

Celina: No, no, not at all.
Dr. Glenn: Where is the guilt coming from then?

Celina: The pig.

Dr. Glenn: You got it.

Celina: Mm-hmm.

Dr. Glenn: Why does the pig want you to feel guilty?

Celina: No because he wants me to fail.

Dr. Glenn: Yeah. The guilt would wear you down and you’d fail.

Celina: Yeah.

Dr. Glenn: I’ll tell you something else, if you made a mistake and you touched the hot stove, you’re not supposed to feel exceptionally guilty about touching the hot stove, you’re supposed to pay attention and figure out how to avoid touching the hot stove again, right?

Celina: Yeah. And that’s by reviewing the rules or by paying attention to the voice of the pig and cutting him off, or just being aware and ignoring him.

Dr. Glenn: Yup.

Celina: Okay.
Dr. Glenn: Okay. Well, how confident do you feel that you're never going to binge again?

Celina: Like, 80 percent.

Dr. Glenn: And how come? Where is the other 20 percent coming from?

Celina: The pig.

Dr. Glenn: And what is the pig saying? How does it hold on to the 20 percent?

Celina: The same. He'd cry so many times. Like, "What's going to be different this time?"

Dr. Glenn: And what was the answer to that? Or that's a new one, "What's going to be different this time? Hmm." What is different this time?

Celina: What's different is that the pleasure that you offer, it is so small compared to the [inaudible 0:45:18].

Dr. Glenn: Mm-hmm. What was that sigh about?

Celina: What? Oh, when I -- it's very hard for me to breathe deeply. Like, my breath usually gets stuck. So when I breathe deeply, it feels right.

Dr. Glenn: Okay. Well, how confident do you feel that you're never going to binge again?

Celina: 95 percent.

Dr. Glenn: And how is the pig holding on to 5 percent?
Celina: He's suffering.

Dr. Glenn: Say it a little louder. I couldn't hear you.

Celina: He's suffering. You know, like, that it's just wasting time, just laying around doing nothing, like, procrastinating. Because like, if I do -- I would have all this time to do all the things that I usually put on hold.

Dr. Glenn: And so how does that give the pig 5 percent? I don't totally follow that.

Celina: Because he loves laying around and doing nothing, so it won't get time for himself.

Dr. Glenn: Okay. The pig is saying, "Poor me, I'm just going to have to lay around. I won't have time to lay around doing nothing. You know you're going to be lazy and you're going to miss that."

Celina: Yeah.

Dr. Glenn: What's a good answer for that?

Celina: Like, I will give myself times to read or to watch movie or to [inaudible 0:47:23] like, I -- without feeling guilty, with maturity or responsibility and not just like, chunks of a whole day, a whole weekend doing nothing and just eating. You know what I mean?

Dr. Glenn: So you'll have some planned lazy time that you deserve?

Celina: Exactly. Exactly. I will take naps when I need them. I will take 10, 20 minutes to read something, but plan strategically and not just like go
numb and forget about everything else. So I don't need to listen to you 'cause I won't use that. I will have that -- like, responsible.

Dr. Glenn: So how confident are you that you're never going to binge again? Are you 100 percent confident? Even if your pig has other ideas, right? Good. We want you to be 100 percent and your pig is going to try to make you nervous about it. But all of the doubt and insecurity, that comes from the pig. All the doubt and insecurity is always the pig's. So you can be 100 percent confident. Okay. Do you have any questions or concerns? No? Okay. I'm going to turn off the recording, then I'm going to tell you a couple of other things, okay?

Celina: Mm-hmm.

Dr. Glenn: Thank you for doing this.

Celina: My pleasure, thank you.

Dr. Glenn: Thanks very much for your time and attention. If you'd like to find out more about the various products and services I offer to fix your food problem fast, please visit FixYourFoodProblem.com. That's FixYourFoodProblem.com. FixYourFoodProblem.com. Thanks.

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