




## **Glenn Livingston, Ph.D. and Doug Graham on Satiating To Prevent Bingeing**

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**Dr. Glenn:** Hey, this is Glenn Livingston with NeverBingeAgain.com, and I've got a treat for you today. I've got one of my personal mentors, Dr. Douglas Graham, author of The 80/10/10 Diet. He's here today to talk to us about satiation and some of the physiological causes of binge behavior, at least the physiological cause of the urge. Most of you know that I preach that it's the little voice in our head which intervenes between the urge and the behavior where you can always take control of your urges no matter what the physiological cause. However, life is just a lot easier when you understand the physiological causes and can intervene to make yourself more comfortable so that your body is not constantly trying to force you to be more discriminating. In any case, Doug, welcome. It's so great to have you here.

**Doug:** Well, what a treat to be here. You are on a brilliant concept. And for all of the things that I've been through in my life, I wish I had thought of it. This is so needed. What you do is really important, Glenn.

**Dr. Glenn:** Well, thank you, sir. You know that I feel like that about your work as well. But tell me a little bit more about what you've been through in your life. So, I think people always take the message a little bit more strongly when they understand it was personally motivated. Can you



talk to me about your own experience with binge eating and overeating and what your journey led you to?

Doug:


Well, sure. It's easy to talk about myself. Basically, I used to eat once a day. I would start in the morning and I would end when I went to bed. And the only time that I stopped snacking was to sit down and eat a meal. Otherwise, I just was always eating. I was always eating. I mean, I remember going for long car rides and I would have half a dozen bagels in the back with me and I would just eat them all away, you know, eat half a dozen bagels; just eat whole boxes of cereal dry; watch a movie and eat a box of cereal; go out to dinner with friends, come home and realize my mom had made dinner for me, so I'll just sit down and eat it again. There was no limit. I remember sitting down and eating two pizzas in a row, just bam! Two pieces. That's a fair amount of food, and afterwards, looking for something to eat.

Basically, I was just always looking for something to eat. And I never really saw that as a problem. And I had a bunch of little health problems that I never saw those as health problems until I found the solution for all these things, and then I realized they were problems afterwards. But while I was going through the allergic responses and the inability to run, for lack of ability to breathe, I just thought that probably the innocence of most kids, you think your life is normal and you think you are normal, and I just thought those health problems were normal.

Dr. Glenn:

Everybody had to live with them and there was no other way. You didn't really experience that you were harming yourself with food. You weren't really in pain about how much you were eating. You were just eating all the time and you couldn't really breathe when you ran and you had some skin problems, isn't that what you're describing?






Doug: Yeah. I did six years of getting allergy shots every week. And that was pretty painful because my arm would swell up with a big reaction to the shots. I was getting treatments. I had my tonsils removed. I had every conceivable childhood illness, and boils that were very painful. I mean, there is a list of stuff, but I didn't feel guilty about my eating and I didn't have digestive disturbances that I was aware of due to my eating. And I didn't have weight problems because I was incredibly active as a kid. I mean, I was on track to be an athlete, and so sports was sort of my license to eat, but it was obvious I was getting heavier and heavier and having a harder time holding that back.

Dr. Glenn: We have a very similar story. What was it then that motivated you to find a different solution and what solution did you find?

Doug: Well again, it had nothing to do with the fact that I was on a lifelong food binge. It's sometimes hard to know when I look back because there wasn't one specific driving force. But as far as I could tell, the thing that's always been important to me was to do the right thing. You know when you say, "Well, that's not right," or, "That's not fair," and to me it just always seemed important to do the right thing. And the more I learned about nutrition, which was a huge interest for me since I was a kid, the more I saw the importance of increasing the amount of fruits and vegetables in my diet. I mean, we all know we're supposed to increase the amount of fruits and vegetables in our diet. That's not news to anybody.

I just started playing around with that. I said, gee, I wonder what would happen if instead of just knowing that I'm supposed to eat more fruits and vegetables, if I actually made a concerted effort to eat more fruits and vegetables maybe by starting. And that was how it began, is I just



started every meal with either fruit or vegetables. And good things started to happen.

Dr. Glenn: Do those good things include feeling less of a drive to eat two pizzas or a box of Cheerios or -- what kind of good things are you talking about?


Doug: Well, some of the good things that happened, first thing I noticed was that I needed less sleep. And then more mental clarity, I started learning more quickly and having met a better memory and not being stuck. You know sometimes you get that experience that there's a word on the tip of your tongue but you just can't think of it? We're having a conversation and then you look at your friend and say, "What were we talking about?" That used to happen to me a lot. And all of a sudden, it just wasn't happening at all. And I just go, "Wow, this is interesting." And then I noticed that my weight was going down and I wasn't trying to make that happen, but I really liked that it was.

I was invited to go for a run with some friends -- and I told them, I mean, I've never run more than a mile, I've never been able to, but I will try. And I ran five miles and it was just easy. And I said, wait a minute, something's going on here. So, a lot of good things happened. It just seemed like all the right things were happening.

Dr. Glenn: I know you're a doctor and you have a lot of experience with patients and you've got an exhaustive study of nutrition at this point. Can you explain why that's happening or what was going on? Is it just the satiation from the nutrients and the fruits and vegetables? Is it something more complex?

Doug: Yeah, I can explain why. I can explain why pretty easily, although there was a lot going on. And the easiest way to explain why was -- or






is, the same exact experience that people have in the spring. In the spring, when you go outside and the sun first starts to feel a little bit warm, and you go, "Ah, that feels so good." But by August or September, when you go out and you feel that hot sun, it doesn't feel good anymore. It's like, you know what? I want to hide from the sun now. Because in the spring, you really needed some sun, but by August, you've had enough, and your body just tells you point blank, you've had enough.

So I started eating more fruits and vegetables, my body just sucked it up. And yes, there's nutrients, there's all sorts of issues there, but my body just really needed that. And it made it very clear that when I took better care of myself, I started feeling better. And then I had a realization. And the realization was that in between meals, I wasn't hungry. Like I said, there wasn't an in-between meals for me up until then, I always ate. All of a sudden, I'd sit down and eat a meal and I would be perfectly content. So what happened? My productivity went through the roof because all of a sudden I could pay attention to a whole lot of other things than, where was my next bite of food coming from.

But I noticed it, that sort of made me start to wonder why and look for what triggered the whole, yes, I've been through everything now in the world of nutrition, it seems. But essentially what happens is when you eat enough sugar to raise your blood sugar levels -- and I know sugar has gotten a bad rap, but when you eat enough sugar to raise your blood sugar levels, it satiates your appetite. And I say this as if it was news when it is not. Your mother knew, my mother knew, everybody's mother knew, and they told us when we were kids, if you eat sweets before the meal, you'll spoil your appetite.



Well essentially, that's what satiation is. That's what we're trying to do, is spoil our appetite by eating. Now, we're trying to satisfy ourselves.

Dr. Glenn: But you're talking about a very particular kind of sweets. You're not talking about going out and getting chocolate bars or peppermint patties, you're talking about fruit, right?

Doug: Well, I'm talking about fruit because there's a second part to the equation. But the satiation part, your mother was right. If you raise your blood sugar, any kind of sugar will do the job, but it won't result in a satisfaction because in order to process those sugars, you need a wide variety of nutrients. So, fruit provides the nutrients in proper proportions with the sugar that's in the fruit.

Dr. Glenn: I see.


Doug: Whereas the isolated sugar -- it's the same with protein or fat. I mean, you can't live on a bottle of oil, a can of protein powder and a bag of sugar.

Dr. Glenn: I tried.

Doug: You need all of the associated nutrients. So in order to create satiation, fruit provides a satiation level that is lasting. It's lasting. It's sustaining. It's healthful. Whereas peppermint patty just didn't do that. I'm not picking on peppermint patty, but refined sugar won't do that.

Dr. Glenn: My experience, before I really figured out about Never Binge Again and how the mind worked like that, after I'd have a binge -- and my binge is very similar to your binges, it was pizza or pasta or chocolate or Pop-Tarts or something. I'm picking on Pop-Tarts in particular either. We're






going to get all the big companies mad at us. But after I would do that, I would have a half a pound or a pound of romaine lettuce in a blender. I was just doing that because it seemed to settle my stomach and help the crap go through quicker. And then maybe a couple hours later, I'll have a few oranges.

And an interesting thing started to happen when I did that. Overtime, I would stop the binges sooner because I was looking forward to having the greens and the oranges. And the hypothesis that I developed, which I think is correct, although I can't explain it the way that you can, is that the industrial foods, all of the processed, hyper-palatable, concentrated foods, what they do is they hijack our survival drives. They make us feel like a chocolate bar is oxygen, or pizza is oxygen and we need it as much as we need oxygen, when really, what our body is craving -- and everybody thinks I'm crazy when I say this, but underneath your craving for chocolate is really a craving for lettuce and oranges or pears or whatever it might be. And every bone in your body feels as if that's not fair. Every bone in your body feels as if the chocolate and the pasta and the pizza is a matter of survival.

But it's really not true, and if you just start to incorporate more fruits and vegetables into your diet, the cravings start to shift over towards the fruit and vegetables. Do I understand that correctly? Is this a survival drive that's gone wrong and what we're talking about with satiation is really readjusting the survival drive which will naturally take over? The same way that when a smoker stops smoking and starts taking deep breaths of pure, fresh, clean air, their lungs adjust and crave the fresh, clean air as opposed to the smoke. How do you understand that?

Doug:

Sure. There's many ways to understand the phenomena. And we can look and say, well, are we focused on happiness or are we focused on




pleasure? We can look at it and say, well, are we really just looking at immediate satiation, or are we looking at the longer term goals? What are going to be the results? What are the consequences of our actions? "If I want to get fit, I've got to run. Oh, I hate to run, but running is going to get me fitter and I really want to get fitter, so let me run." I mean, there's a lot of ways to view this. Certainly, another way of viewing it that makes sense to me is the shift in perception. You know, when you say, "hijack our senses," this is very true. We experience shifts in perception all the time from everything.

And certain food substances, I mean, there's an entire hidden field of chemistry called food chemistry. And it's not that well hidden. It turns out, and again, like you say, everybody is going to hate us. We might as well get everybody. Lay's potato chips used to market their product with a commercial that said, "Bet you can't eat just one," because they knew -- the chemists guaranteed that the products that they put into those chips, if somebody got one, they were going to go for another one because it created such a shift in perception that all you wanted was more. We're suckers for stimulants and there are powerful stimulants in them. You could explain it all of those ways and you would be right each time. A lot is happening, and so getting somebody running is hard, but keeping them running is relatively easy.

There's another shift that happens though, and that is that almost no matter what we do -- when I was a kid, totally unrelated but I remember seeing it happen on a television show that showed weird food that people eat around the world. There's probably been loads of such shows, but I was watching the show, weird things people eat all around the world, and one of the things that the commentator mentioned was that it doesn't matter what diet you were on, you will defend it. If you've been on that diet for more than -- they said two years, you could live





anywhere in the world -- maybe you live in Australia and then you moved to Canada or something and you eat completely differently. Once you've been on it for more than two years, it's going to seem like the best diet in the world.

So, there are shifts that happen as we accommodate to the changes that we make. And getting ourselves to make those changes -- what's worked best for me has been to encourage people to experiment. Think of it as an experiment. Think of it as temporary. You want to make a change, think of it as a short-term behavior modification experiment. Not, "I'm making a change for the rest of my life." I never do that. I experiment with a short-term little modification.

Dr. Glenn: Like, "I'm going to start every meal with fruits and vegetables."


Doug: Yeah. "I'm going to eat more fruits and vegetables in the coming month than I ate in the past month. I'm going to accomplish that by starting every meal either with fresh fruit or raw vegetables."

Dr. Glenn: Sometimes I think that the simplicity of the answer -- it's almost like it would be easier for people to buy this and accept this if it were some complex solution with all of these different rules and regulations and reasons why the answer wasn't sitting right under their nose the whole time.

Doug: It would be easier if it cost a lot more money.

Dr. Glenn: Right.

Doug: Then they buy it, right? Yeah, it's funny because this is a part of the nature of human beings though. We don't appreciate the free stuff.




We don't realize how important it is to get our sleep because we do it all the time. We don't realize how important fresh air is because it's always out there, but how often do you open the window? The free stuff, we tend to undervalue it. In terms of health, though, I don't think there's anything more valuable. So when I look at the consequences, when I see people just suffering with their eating, just so struggling with their eating and I know that the solution is as simple as start every single meal with a minimum of one fruit. I'm not talking about overall diet. I'm just talking about start the meal with a piece of fruit, maybe two if you wanted, but certainly start every meal, every time you sit down, eat fruit first.

Dr. Glenn: Then, do people need to wait a little bit after they have the fruit before they start eating the proteins and grains and things that they're having so that it digests well, or is that less important?

Doug: I'd say that's far less important. First of all, compared to eating fruit in the first place, it's way less important. But the second thing is that different foods digest at different speeds. We know if you drink a glass of water, it's going to go through you pretty quickly because you have to urinate 15, 20 minutes later. I mean, it obviously did its job. It went through the whole digestive tract and through the bloodstream and through the kidneys and it's on its way out already. Whereas some foods, when we eat them, they can take three, four, five days to make it through our digestive tract. So the standard Western diet very typically takes two to three days for that food to pass through the digestive tract, but fruit passes through us much more rapidly.

If you eat a piece of fruit at the start of a meal, it's moving more quickly through our system. Our body accepts it more quickly. And so,





anything that follows it will never catch up. It had a head start and it's faster.


Dr. Glenn: Oh, I see. Okay. So the fruit rushes ahead. I never thought of that. That's really interesting.

Doug: If you eat twin pieces of fruit, then it might slow down a little bit. But eat a piece of fruit, your body is going to just suck it up like a dry sponge sucks up water. And it needs no other additional head start than that. You eat it first, it's already out in front. It runs faster than the rest of the food that whatever is going to follow, nothing else is ever going to catch up to that fruit. There's no issues that it's going to give you indigestion or it's not going to absorb well or anything else. In fact, fruit absorbs best on an empty stomach.

Dr. Glenn: Enough fruit. It kills most cravings for starch or refined sugar. But you also need to eat vegetables to kill other types of cravings?

Doug: Fruit will satisfy you in ways that nothing else can. And it will satisfy an urge for starchy food, it will satisfy an urge for refined sugars, alcohol, chocolate, candy, dried fruit, it doesn't even matter. Fresh fruit will satisfy an urge for sweets in between the meal. We know this is fact because every restaurant in the world serves their dessert, their sweets last, so that you can walk away from the table satisfied.

So the sweets satisfy and we know that, we can count on that, and they'll satisfy every urge, every craving, except for one. And that's the craving for things salty. And if you are craving things that are salty, or if you add salt to your food or you feel like you need more salt than you're getting, this is a surefire indicator that you're not eating enough vegetables. Vegetables are very high in all dozen of what are known



as the "cell salts" and it will satisfy every mineral and salt type of craving, simply by eating enough vegetables.


Dr. Glenn: I find it doesn't necessarily even have to be a salty vegetable like celery. If I have enough leafy greens, then I don't really have the salt cravings.

Doug: Oh yeah. It doesn't have to be a salty vegetable. It doesn't have to be sea parsley or seaweed or anything. Iceberg lettuce will do it. You just have to eat it. I mean, it's one thing to know that vegetables are good for you, it's another thing to eat them.

Dr. Glenn: Right.

Doug: You know, if you can eat vegetables on a regular basis, I mean -- and I feel blessed that way because I grew up -- in our family, we always had a salad at the dinner meal. We always had a salad. And so to eat a salad now with my dinner meal just seems as automatic as -- you know, that's how I was raised, but I eat a little more salad now than I used to have as a kid. But if you're feeling an urge for salty stuff, it can even be cucumbers and tomatoes, things that people hardly even think of as vegetables sometimes. But the cool thing is it's not going to happen all at once. It's not like sugar where if you're craving sugar, eat an apple or two and you're over it. With salty cravings, this is more of a -- it requires steady consumption. It's got to happen on a daily level. You gradually overcome this. The salty craving didn't hit you all at once and it doesn't go away all at once. This is something that just requires consistent consumption over days and weeks. Now, if you eat vegetables everyday, you'll never crave salt.



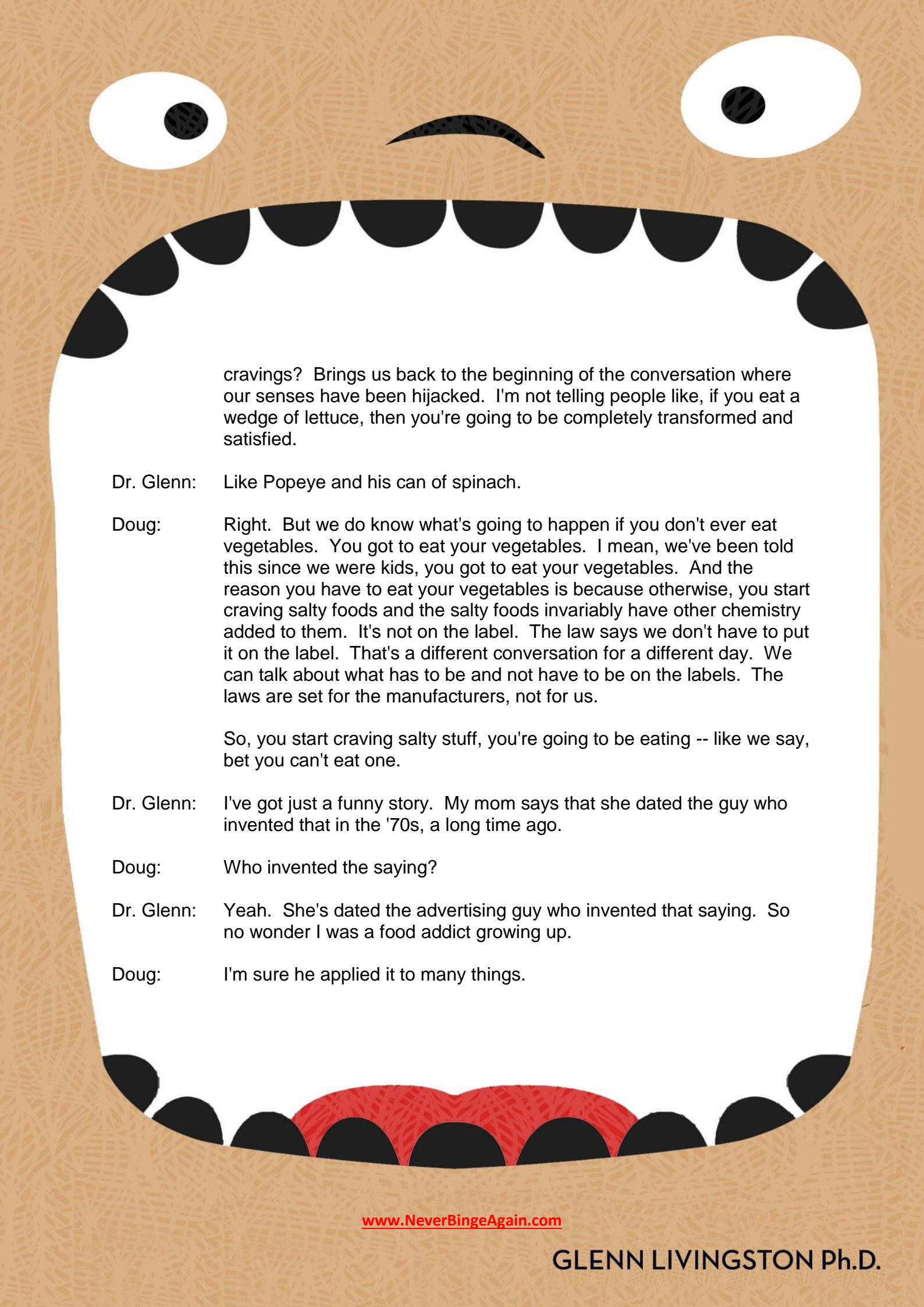


Dr. Glenn: The difference between knowing that vegetables are good for you and actually eating vegetables strikes me as the same difference between having books and reading books. I've discovered that most people have books, but not that many people actually read them. And you can go to someone's house with a thousand books on the bookshelves and ask them which ones they actually read and it's precious few. What I love about what you're saying is you can start an everyday habit just very little at a time and your natural physiology takes over.

So if you start every meal with a piece of fruit and maybe a couple of the vegetables, then overtime, your natural physiology takes over and the intensity of the cravings for refined starch and sugar and salt and fat and all the things that all of us binge eaters have suffered with for a lifetime, it actually goes away. It actually goes away and it becomes less and less of a big deal.

Doug: It actually does go away. My wife coined a phrase some years ago called "productive pain." She's not a fan of pain, but she is a fan of productive pain. And so she went through labor having our daughter with no drugs of any kind. And when they'd ask her, "Do you want pain meds?" And she goes, "Oh, no, no, no. I'm okay with this pain. This is productive pain. There's going to be a baby at the end of this pain."

And I certainly used that concept of it, for instance, in some of my fitness training. And I go, "This is a tad uncomfortable at the moment, but the results are going to be so well worth it, they're going to take me where I want to go." I think we have to do that a little bit because when it comes to eating vegetables, a lot of people will say, "Well, I'm just never hungry for vegetables." And then we start talking about the difference between hunger and appetite, addiction versus are we eating in order to satisfy specific needs, or are we eating out of



cravings? Brings us back to the beginning of the conversation where our senses have been hijacked. I'm not telling people like, if you eat a wedge of lettuce, then you're going to be completely transformed and satisfied.

Dr. Glenn: Like Popeye and his can of spinach.

Doug: Right. But we do know what's going to happen if you don't ever eat vegetables. You got to eat your vegetables. I mean, we've been told this since we were kids, you got to eat your vegetables. And the reason you have to eat your vegetables is because otherwise, you start craving salty foods and the salty foods invariably have other chemistry added to them. It's not on the label. The law says we don't have to put it on the label. That's a different conversation for a different day. We can talk about what has to be and not have to be on the labels. The laws are set for the manufacturers, not for us.

So, you start craving salty stuff, you're going to be eating -- like we say, bet you can't eat one.


Dr. Glenn: I've got just a funny story. My mom says that she dated the guy who invented that in the '70s, a long time ago.

Doug: Who invented the saying?

Dr. Glenn: Yeah. She's dated the advertising guy who invented that saying. So no wonder I was a food addict growing up.

Doug: I'm sure he applied it to many things.






Dr. Glenn: I haven't asked too many things about it because it was during a sensitive period of her life and she doesn't want to talk about it much. But in any case, Doug, talking about books, can you just say a little bit more about your book and where people could find it and why they might want to read it?

Doug: I can. I've written 10 books. And when I wrote the first one, I thought it would set the world on fire, it didn't. And when I wrote *The 80/10/10 Diet*, I didn't really have high hopes, but that one caught on. And *The 80/10/10 Diet* is a diet about eating foods that will satiate you like no other food can. It's about how to make the transition from wherever you are now to becoming a person who eats more fruits and vegetables. I explained the rationale, I explained the science, look at it from a lot of different angles, investigated a little bit if foods that are not fruits and vegetables really are that good for us, are they good for us as we've been told, and then just give the rationale of why we are happiest and healthiest. What a combination to be happy and healthy - - because a lot of people know how to be healthy but not happy about it.

So there's a way to become happy and healthy by just eating more fruits and vegetables. It's so profoundly simple. But if I was going to leave this conversation with one message, I will just say, every time you sit down, begin the meal with fresh fruit and watch what happens. If you do that for one month -- if you want to find out more about *The 80/10/10 Diet*, you can go to [FoodnSport.com](http://FoodnSport.com). We've got all kinds of free information there and you can find out loads about *The 80/10/10 Diet*. But I would just encourage people to do the experiment on their own and just eat fruit at the start of every single meal for a month, whether that's 90 times or 180 times, but every single time you sit down



to eat, begin with a minimum of one piece of fruit and get back to us and tell us what happens.

Dr. Glenn: That sounds perfect. Doug, is there anything that I should have asked you that I didn't?

Doug: Well, you should have asked me how am I because I haven't been sick in more than three decades now since I've been eating more fruits and vegetables. So, the answer is always, "I feel fine." I can't take a sick day off even because I'm never sick, and everybody knows it. Was there anything you should have asked? I don't think so. I think you are really comprehensive. We can talk about this much, much more and I look forward to doing so, Glenn, but I would encourage people who want to know about The 80/10/10 Diet to go to FoodnSport.com. You can find out about the book. You can get the book if you want and read it. It comes with a money-back guarantee, so there's no risk.

Really, I just tell people, eat more fruit. Start every single meal for a month with fruit and then write to you, Glenn, and tell you what's going on.

Dr. Glenn: Maybe they can comment on the podcast blog post right where it is, organize the whole conversation. Okay. Well, Doug, thank you so much. It was such an honor to have you on. I would encourage everybody to go to FoodnSport.com, the letter "N", FoodnSport.com, and look at what Doug has to offer, have a look at the book. It's got some other materials that are really valuable. Doug, thank you. It was terrific.





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