



Do You Suffer from FPAS? *(Food Plan Ambiguity Syndrome)*

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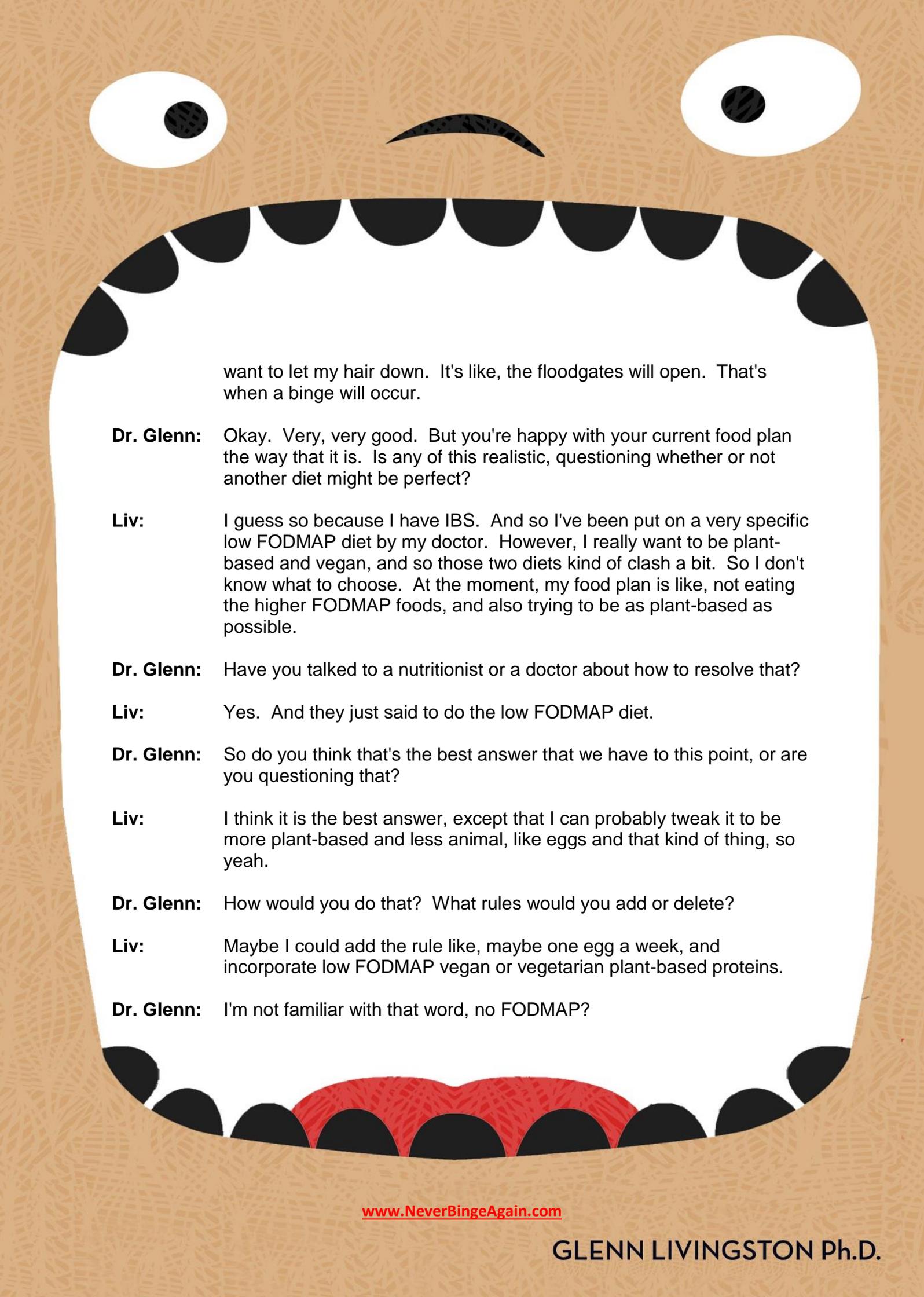
Dr. Glenn: So hey, this is Glenn Livingston with Never Binge Again. And I'm here with a very nice lady named Liv, who has agreed to let me coach her publicly so that other people can benefit from her experience and observations and wisdom and struggles. And Liv, how are you today?

Liv: Good. Doing well, thank you.

Dr. Glenn: Okay. Well, why don't you update me? Where do you stand with your food plan, your struggles and what's going well, what's going bad?

Liv: Well, I read the book and it absolutely resonated with me because it done all the work mentally. So it was just really like being more action-oriented. So my food plan is pretty good. There's hiccups in my thought process. So I would say the first hiccup is that perfect diet, so whenever I hear food noise of, oh, you should eat this instead. I question whether or not my food plan is good. And so then I go into that like, "Well, darn it, I can just eat anything and everything." Along with that, when I see somebody else's diet, I compare myself to them and then I go, "Well, they eat that, why can't I?"

And then there's one third thing, and it's that I work pretty hard all week. I work full-time. And towards the end of the week, I get this attitude, like, I just need to relax. I will get exhausted. And so I'll just



want to let my hair down. It's like, the floodgates will open. That's when a binge will occur.

Dr. Glenn: Okay. Very, very good. But you're happy with your current food plan the way that it is. Is any of this realistic, questioning whether or not another diet might be perfect?

Liv: I guess so because I have IBS. And so I've been put on a very specific low FODMAP diet by my doctor. However, I really want to be plant-based and vegan, and so those two diets kind of clash a bit. So I don't know what to choose. At the moment, my food plan is like, not eating the higher FODMAP foods, and also trying to be as plant-based as possible.

Dr. Glenn: Have you talked to a nutritionist or a doctor about how to resolve that?

Liv: Yes. And they just said to do the low FODMAP diet.

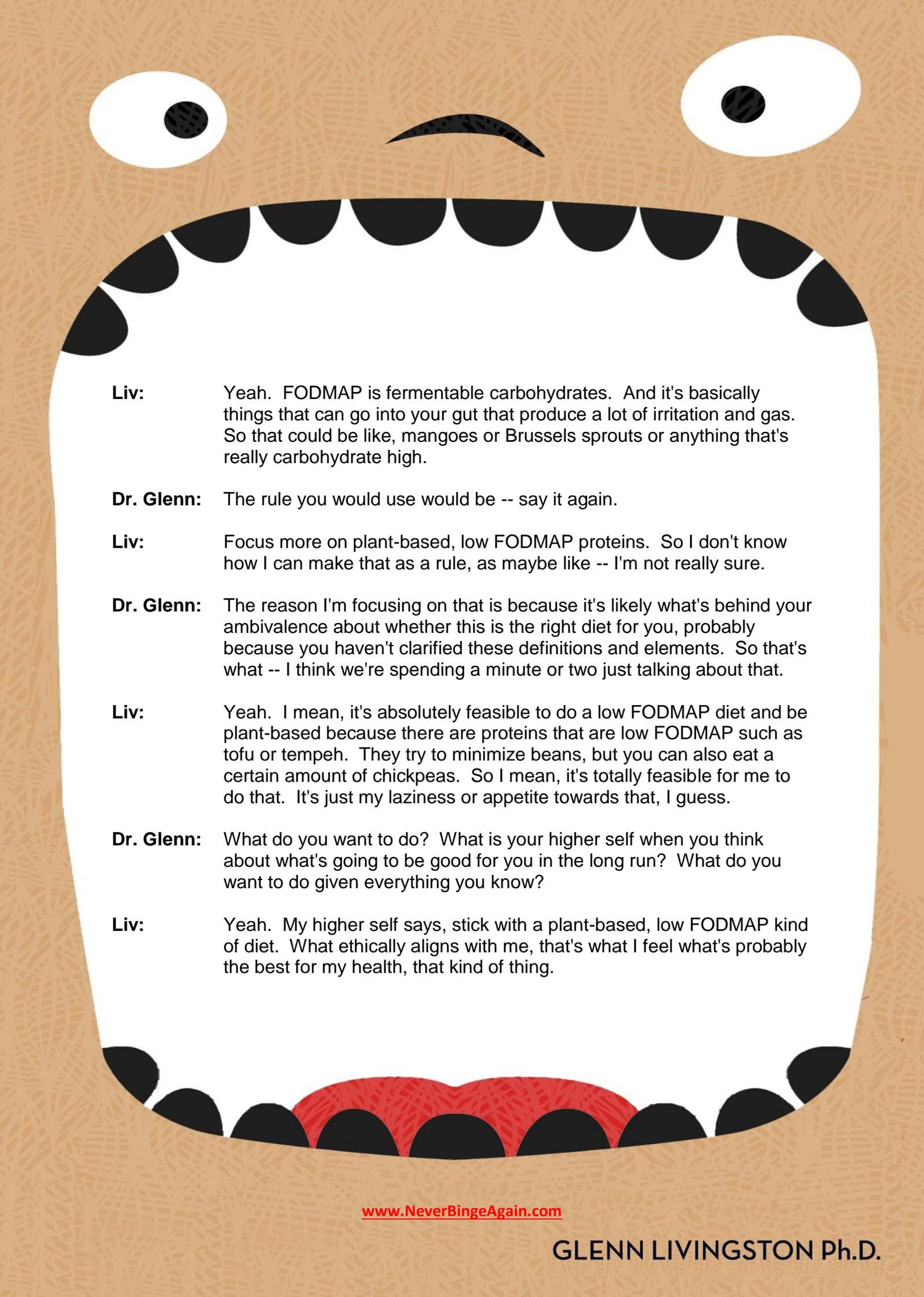
Dr. Glenn: So do you think that's the best answer that we have to this point, or are you questioning that?

Liv: I think it is the best answer, except that I can probably tweak it to be more plant-based and less animal, like eggs and that kind of thing, so yeah.

Dr. Glenn: How would you do that? What rules would you add or delete?

Liv: Maybe I could add the rule like, maybe one egg a week, and incorporate low FODMAP vegan or vegetarian plant-based proteins.

Dr. Glenn: I'm not familiar with that word, no FODMAP?



Liv: Yeah. FODMAP is fermentable carbohydrates. And it's basically things that can go into your gut that produce a lot of irritation and gas. So that could be like, mangoes or Brussels sprouts or anything that's really carbohydrate high.

Dr. Glenn: The rule you would use would be -- say it again.

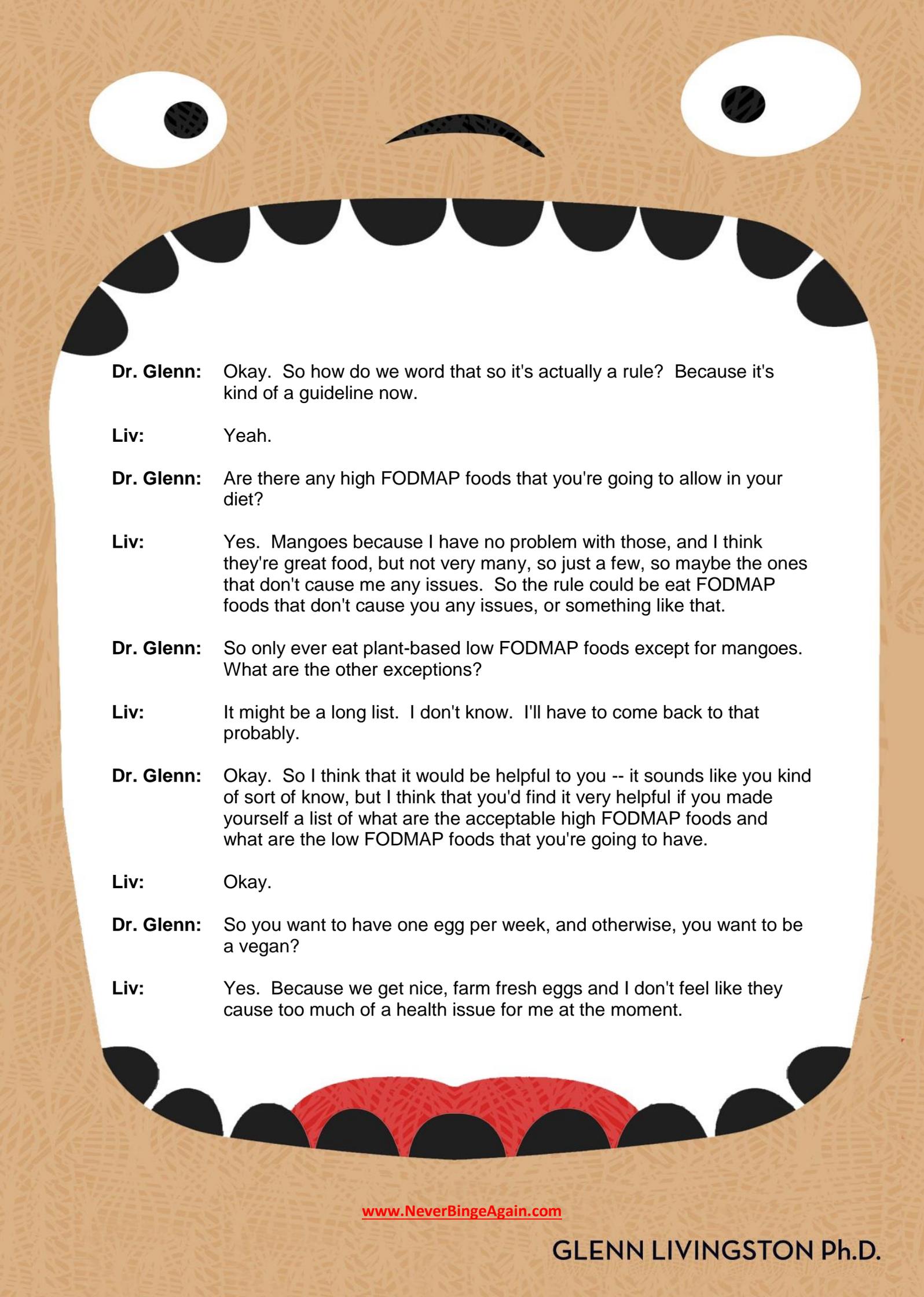
Liv: Focus more on plant-based, low FODMAP proteins. So I don't know how I can make that as a rule, as maybe like -- I'm not really sure.

Dr. Glenn: The reason I'm focusing on that is because it's likely what's behind your ambivalence about whether this is the right diet for you, probably because you haven't clarified these definitions and elements. So that's what -- I think we're spending a minute or two just talking about that.

Liv: Yeah. I mean, it's absolutely feasible to do a low FODMAP diet and be plant-based because there are proteins that are low FODMAP such as tofu or tempeh. They try to minimize beans, but you can also eat a certain amount of chickpeas. So I mean, it's totally feasible for me to do that. It's just my laziness or appetite towards that, I guess.

Dr. Glenn: What do you want to do? What is your higher self when you think about what's going to be good for you in the long run? What do you want to do given everything you know?

Liv: Yeah. My higher self says, stick with a plant-based, low FODMAP kind of diet. What ethically aligns with me, that's what I feel what's probably the best for my health, that kind of thing.



Dr. Glenn: Okay. So how do we word that so it's actually a rule? Because it's kind of a guideline now.

Liv: Yeah.

Dr. Glenn: Are there any high FODMAP foods that you're going to allow in your diet?

Liv: Yes. Mangoes because I have no problem with those, and I think they're great food, but not very many, so just a few, so maybe the ones that don't cause me any issues. So the rule could be eat FODMAP foods that don't cause you any issues, or something like that.

Dr. Glenn: So only ever eat plant-based low FODMAP foods except for mangoes. What are the other exceptions?

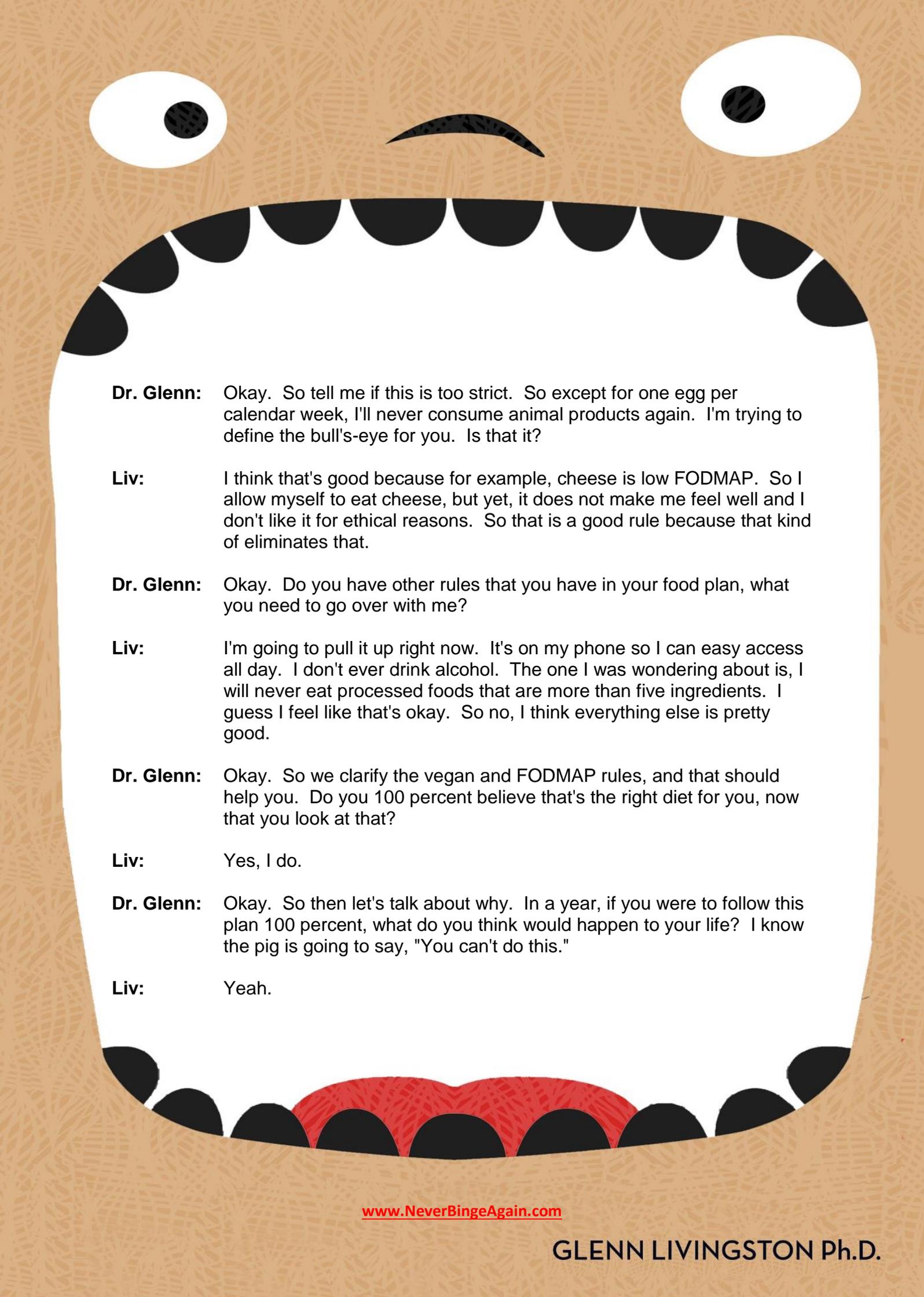
Liv: It might be a long list. I don't know. I'll have to come back to that probably.

Dr. Glenn: Okay. So I think that it would be helpful to you -- it sounds like you kind of sort of know, but I think that you'd find it very helpful if you made yourself a list of what are the acceptable high FODMAP foods and what are the low FODMAP foods that you're going to have.

Liv: Okay.

Dr. Glenn: So you want to have one egg per week, and otherwise, you want to be a vegan?

Liv: Yes. Because we get nice, farm fresh eggs and I don't feel like they cause too much of a health issue for me at the moment.



Dr. Glenn: Okay. So tell me if this is too strict. So except for one egg per calendar week, I'll never consume animal products again. I'm trying to define the bull's-eye for you. Is that it?

Liv: I think that's good because for example, cheese is low FODMAP. So I allow myself to eat cheese, but yet, it does not make me feel well and I don't like it for ethical reasons. So that is a good rule because that kind of eliminates that.

Dr. Glenn: Okay. Do you have other rules that you have in your food plan, what you need to go over with me?

Liv: I'm going to pull it up right now. It's on my phone so I can easy access all day. I don't ever drink alcohol. The one I was wondering about is, I will never eat processed foods that are more than five ingredients. I guess I feel like that's okay. So no, I think everything else is pretty good.

Dr. Glenn: Okay. So we clarify the vegan and FODMAP rules, and that should help you. Do you 100 percent believe that's the right diet for you, now that you look at that?

Liv: Yes, I do.

Dr. Glenn: Okay. So then let's talk about why. In a year, if you were to follow this plan 100 percent, what do you think would happen to your life? I know the pig is going to say, "You can't do this."

Liv: Yeah.



Dr. Glenn: But let's put the pig away for the moment until it will have a chance in a minute. What would be different in your life in a year if you did this 100 percent?

Liv: I would have a lot more energy and I wouldn't feel sick all the time. And that's the big one, is I feel sick all the time when I eat. That causes health issues for me. So that means I'd have more energy for my family and more energy towards my job and that kind of thing.

Dr. Glenn: Okay. So let's not skip over that. What would you do with that energy? How would things become different?

Liv: Part of the reason sometimes I think I do binge is because I don't have any energy, and I compensate by eating. So maybe with the food plan, the binges would go away, which would then allow me to fix the garden up and have more energy to do more yoga and write my book and all those kinds of things. The activities outside, like, plant life.

Dr. Glenn: So the important things outside of plant life?

Liv: Yeah.

Dr. Glenn: What would it mean to you to spend time doing yoga, gardening, writing your book?

Liv: That would be the cultivation of a life. Because at the moment, I feel very ruled by these food issues and the sickness, and there's just work and taking care of things and there's no cultivation.

Dr. Glenn: So right now they're just working, taking care of things?



Liv: Yeah, like house things and children, those kinds of things.

Dr. Glenn: So no understanding personal life or a sense of purpose?

Liv: Yeah.

Dr. Glenn: Talk to me a little bit more about feeling sick all the time. What way do you feel sick all the time?

Liv: Well, when I eat things that cause my stomach to hurt. So that would be like the constant bloating and the nausea and this IBS issue, so that I don't want to go anywhere, do anything because I don't feel well.

Dr. Glenn: How often does that happen now?

Liv: That probably happens four days out of the week. So I mean, I will go to work and do that kind of thing, but sometimes I have to leave work because it feels really bad.

Dr. Glenn: If you were more consistently at your job, would that change your life financially?

Liv: Yes, it would. And then I will feel like I would get more responsibility at work too, which will be nice.

Dr. Glenn: Could you quantify it for me? If we really fix this, what would that be worth to you financially per year?

Liv: I guess I would be probably making 40 to 50 percent more, probably.

Dr. Glenn: Really?



Liv: Yeah, I think so. Perhaps I will get a different job too, one that is more based around my education.

Dr. Glenn: What is your education?

Liv: I have an environmental science master's, and so I worked in environmental law and that kind of thing. But we relocated, so I stepped out of my field for a while.

Dr. Glenn: Got you.

Liv: Having children, relocating doesn't help a career.

Dr. Glenn: So this could be worth like, \$20,000, \$30,000, \$40,000 a year to you?

Liv: Yeah, it definitely could, especially if I didn't spend so much mental energy on this. These clear rules are awesome because you don't have to think about it, but constant thinking about it doesn't give me much energy for anything else.

Dr. Glenn: So far, from what you're portraying, do you believe that this diet, as we've outlined, would yield these results if you stuck to it?

Liv: Yes.

Dr. Glenn: Okay. What else would be different about your clothing or other things with your health?

Liv: Well, I probably would dress nicer and that kind of thing because I always want to wear very loose things just in case my stomach hurts or



gets bloated or that kind of thing. Probably, I would start taking care of myself more in that realm.

Dr. Glenn: What would that look like? So you wear tighter clothing?

Liv: Yeah, probably, more like feminine things, which would help my relationship too; all that kind of stuff.

Dr. Glenn: Because he'd be more attracted to you?

Liv: Yeah.

Dr. Glenn: So more feminine clothing would help your relationship. Is there a particular dress or top or clothing that you're looking to wear that may be sitting in your closet?

Liv: Yeah, probably. Yeah, just nice, flowy things probably, nice feminine things. But it's not specific or anything.

Dr. Glenn: What else? Anything with the kids or friends?

Liv: Yeah. I think I would actually help my self-confidence in a way because this constantly binge cycle gives me so much shame and guilt. And I try not to marinate on it too much, but it definitely doesn't give me much confidence in myself. So that's a disheartening feeling.

Dr. Glenn: What I see, now that you are more confident, what would be different in your life because you had more self-confidence?

Liv: I think I would definitely make choices and then proceed with the action. So a lot of my life is in thoughts, and the action lacks because



of the confidence. I would probably do more things in work. I'm working on a book that I've been writing for years. Maybe I would actually write it more, I think.

Dr. Glenn: What's the book about?

Liv: It's just fiction, a fantasy.

Dr. Glenn: Oh, great. You might actually publish it; right?

Liv: Yeah, I would love to do that. And I've always wanted to be a writer, but I've always put too much energy in this other stuff.

Dr. Glenn: It definitely takes time and energy. What else?

Liv: I don't know. I think that sounds about accurate.

Dr. Glenn: I know the pig has been questioning what the perfect diet might be, and it's upset that other people eat this stuff, why can't you, and you're so exhausted, you should just let your hair down. Let's give the pig a chance to say everything it wants to say, what else might the pig tell you as a reason to forget about this diet, why you can't do or shouldn't do it, won't do it.

Liv: Before this, I read a lot about intuitive eating. And so that always comes into play. It's like, well, why can't you just do this intuitive eating thing? Maybe moderation is best, and the more restrictions you get, the more binges occur, like, that kind of thought process. There is definitely a thing with sugar. So I put it on my never list because it seems that I can't just eat a little bit of sugar ever. And it might not be in that moment, but it will grow. Like, one day I'll have this amount and



then the next day it would be more and the third day, it's like a full-blown attack.

Dr. Glenn: And so what is the pig telling you to get you to have sugar?

Liv: It says, "Well, this person at work eats it, so you must be able to eat it. I mean, look at them, they're just moderating. They're doing fine." Another thing that says is, "Just a little bit is fine. You don't have to eat too much." And I always tell myself, "Okay, I'm just going to have two cookies and that's it," and then I can't. It's compulsion.

Dr. Glenn: What else does the pig say?

Liv: We already kind of talked about it, but there will be food noise such as like, I read an article that this paleo diet is the way to go and then I'm like, "Well maybe, I need to be eating this," and my pig is just like, "Well, whatever. Eat everything." But we've kind of already talked about that.

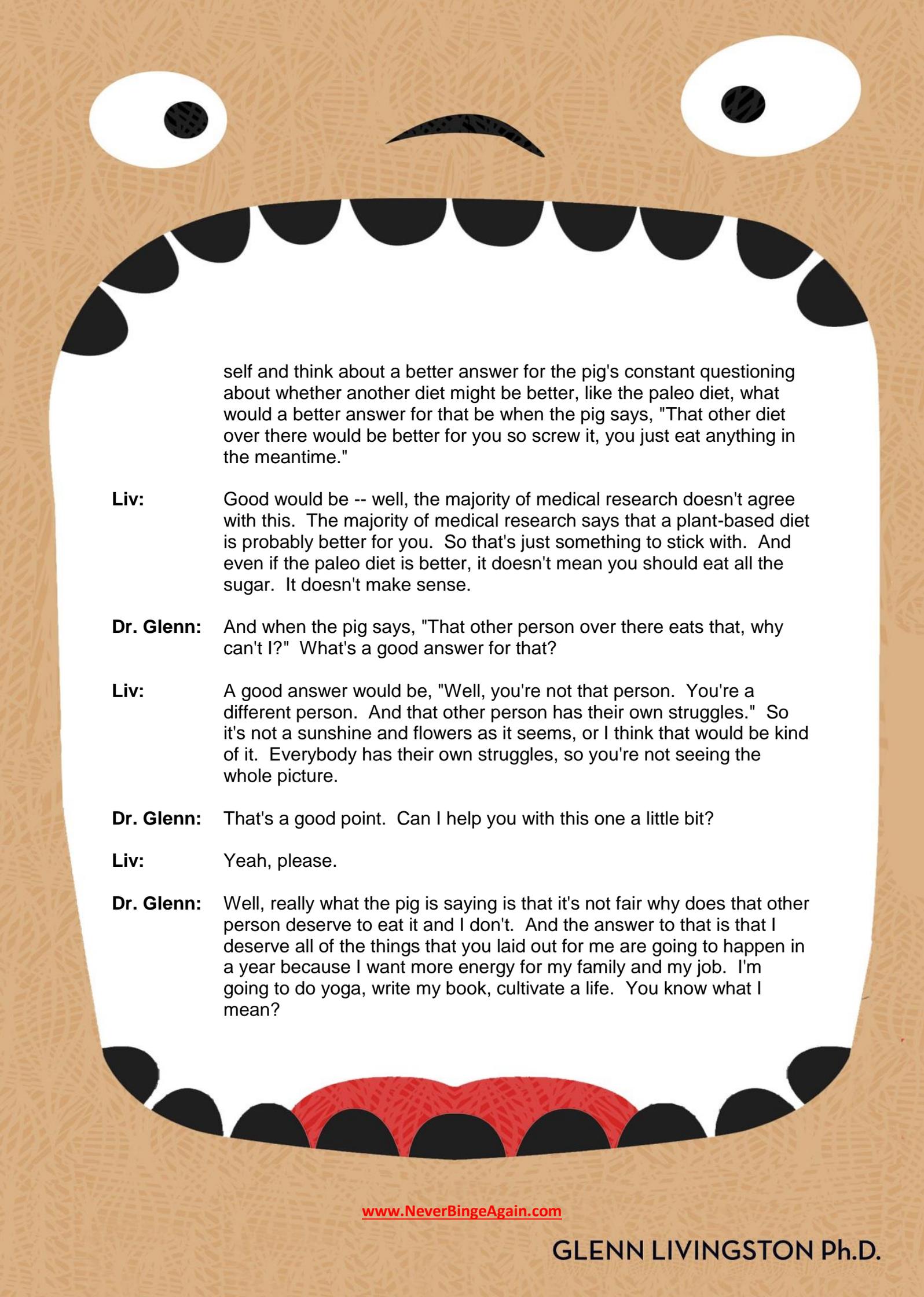
Dr. Glenn: It's okay. It sounds like that's a big one. Anything else?

Liv: I think that's it. Yeah.

Dr. Glenn: Okay. So just this one time, I want to dispute these reasons with you; okay?

Liv: Okay.

Dr. Glenn: You can normally just ignore them, but to really help you recognize and when they come up in the moment of impulse, I want to help you dispute them. So if you were to jump back up into your logical higher



self and think about a better answer for the pig's constant questioning about whether another diet might be better, like the paleo diet, what would a better answer for that be when the pig says, "That other diet over there would be better for you so screw it, you just eat anything in the meantime."

Liv: Good would be -- well, the majority of medical research doesn't agree with this. The majority of medical research says that a plant-based diet is probably better for you. So that's just something to stick with. And even if the paleo diet is better, it doesn't mean you should eat all the sugar. It doesn't make sense.

Dr. Glenn: And when the pig says, "That other person over there eats that, why can't I?" What's a good answer for that?

Liv: A good answer would be, "Well, you're not that person. You're a different person. And that other person has their own struggles." So it's not a sunshine and flowers as it seems, or I think that would be kind of it. Everybody has their own struggles, so you're not seeing the whole picture.

Dr. Glenn: That's a good point. Can I help you with this one a little bit?

Liv: Yeah, please.

Dr. Glenn: Well, really what the pig is saying is that it's not fair why does that other person deserve to eat it and I don't. And the answer to that is that I deserve all of the things that you laid out for me are going to happen in a year because I want more energy for my family and my job. I'm going to do yoga, write my book, cultivate a life. You know what I mean?



Liv: Yeah, totally.

Dr. Glenn: I want to make another 30 grand a year. I don't want to feel sick all the time. All that. That's what you deserve.

Liv: Okay.

Dr. Glenn: You just have to catch the pig telling you that you're going to be too deprived and it's not fair, but what you're going to get of all these other great things.

Liv: Yeah. I've romanticized the whole being in Paris and drinking wine and eating cheese and eating macaroons and all these kinds of things, but that's not what's going to give me all these other things.

Dr. Glenn: Right.

Liv: It's kind of a different thing, but yeah.

Dr. Glenn: Yeah. It's the long-term. When the pig says, "You're so exhausted, you should just let your hair down," what's a good answer for that?

Liv: A good answer would be, well, this is going to make you more exhausted. This food, this binge, whatever, is going to make you more exhausted. It's not actually self-care.

Dr. Glenn: How about when the pig says, "You should just do the intuitive eating and not place any restrictions on yourself whatsoever"?



Liv: That one, I am not sure about because to me, intuitive eating is like self-trust and mindfulness and that kind of thing. These rules are a mindfulness in a way, but I'm not sure about that one.

Dr. Glenn: Well, may I help you?

Liv: Yes, please.

Dr. Glenn: I've got a bunch of things to say about it.

Liv: Okay.

Dr. Glenn: First of all, I believe that when you create rules that make your difficult food decisions for you beforehand, then you're no longer taxing your willpower because there are only so many good decisions we can make everyday. That's really been proven scientifically. And therefore, you've got more mental energy available for the moment. You can be more precedent to the moment. You can be more mindful in the moment. That's one part of it, is that I actually think the rules support mindfulness. I don't think they're against them. As a matter of fact, some people describe Never Binge Again as a great big hack for eastern meditation because what we're really doing is making it easier to hear and ignore the monkey mind; all that chatter. That's really what we're doing. So that's part of it.

The other part of it is, it's difficult to intuitively eat industrial foods that are engineered to bypass your intuitive judgment. So most people have heard me talk about this studies in the '50s where they implanted electrodes in rat's heads, in the pleasure centers, and the rats would push them thousands of times, sometimes per hour, at the expense of possibly starving to death. They could be starving rats and they would



still choose the artificial pleasure button over real food. At the expense of their nursing pups, they would cross painful electrical grids to get there.

What that says is that when the natural route to the stimulation of the pleasure center, which was designed to intuitively guide us towards what was healthy, when that natural route has been short-circuited by pleasure buttons, which is really with all the bags and boxes and containers and things that industry is producing, and the advertising, and the packaging, then it's very difficult to trust your intuitive senses because really, these pleasure buttons have been inserted in your brain, it's cytotoxins and concentrated sources of salt and oil and sugar and starch and just about everything that feels good to go into our mouth, which didn't exist in the savanna.

So I feel like it's a losing battle for most of the people that come to me anyway. Maybe there are some people who don't have as serious a problem who can really do that. And I meet people who can do that, but largely the people that come to me, they've had that hypothetical electrode inserted in their brain. And without the rules, their intuition guides them towards self-neglect, towards the artificial stimulation rather than what they should have really intended. So I tend to find it doesn't work. I tend to find that people that are insisting in doing the intuitive eating, they keep coming back and telling me that they don't know why it's not working.

Liv: I didn't know people who can intuitively eat sugar and that kind of thing. And my pig squeal would be like, "Well, these people can do it, so why can't you just train yourself to do this?" But I actually 100 percent agree with you too with the food industry and that kind of thing. I see it



everyday at work. I'm just not one of those people. I have these things grab hold of me and I just don't think I can do that. Yeah.

Dr. Glenn: I agree. When the pig says, "Just a little bit is fine. You don't have to eat too much."

Liv: Well, like you said, these industrial foods, you don't know how to know what is too much. That is absolutely true. I could eat a whole back of chips and not feel full, but I eat an apple and I feel full. So it's like, you don't really know.

Dr. Glenn: Exactly. How confident do you feel that you're never going to binge again?

Liv: Pretty confident. My pig is very loud.

Dr. Glenn: What's the pig saying?

Liv: It's just saying, "Well, you've tried this a million times and you can't do it because you always fail."

Dr. Glenn: And so what's a better answer for that?

Liv: Well, I guess that's true, but each moment is new. You're given a chance every single time. And it's okay if you fail. You can come back to this.

Dr. Glenn: Yeah. And all of the research suggests that the psychology of winning is the psychology of winning. It's really common sense. You try and try again until you succeed. And it's kind of silly, they had to do research



to prove that that was the case, but the people who keep trying to lose weight eventually lose weight. That's kind of what they found.

Liv: Yeah.

Dr. Glenn: So really when the pig says that you keep trying so many times before it's complimenting you, saying you've got the fortitude to keep going. And that way, you can push that thought out of your head because what the pig is trying to do is beat you down, trying to make you feel too weak to continue, but that way, you can push that thought out of your head.

Liv: Okay. Yeah.

Dr. Glenn: Well, are you ever going to binge again?

Liv: I don't think so. One more thing that the pig says is, "You can't go your whole life without eating cookies. You can't do that." But why not; right? There's so much more to life than cookies.

Dr. Glenn: Whenever the pig tries to play the time machine game, it says, "I can't get you now, but I can get you in the future because you can't go X number of days or years or whatever without eating," what you remind yourself of is that the pig doesn't have a time machine any more than you do, and that the only time you can binge is now. Even in the future, tomorrow, the day after, even as these words are coming out of my mouth, it's always now. It's still now. It's still now. It's still now. It's still now. And as long as I don't binge now, then I'm never going to binge again.



What you need to do is just push away that thought. And you can change your plan if you want later on. It's like talking to a three-year-old and telling them they can't cross the street by themselves, never ever, ever, ever, but you can teach them how to cross the street later on. You just don't want them to think about it.

Liv: Okay. Yeah that makes sense, absolutely. I'm staying in the moment.

Dr. Glenn: Are you ever going to binge again?

Liv: No. The only thing is, the pig will say, "I will get you when you're tired. When all your defenses are down, I'm going to get you." That's the last one.

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

Liv: A better answer is, I will take a nap or I will look at my food plan, which I have on my phone, which I have in several places. It's always with me. I have the tools, so you can't get me.

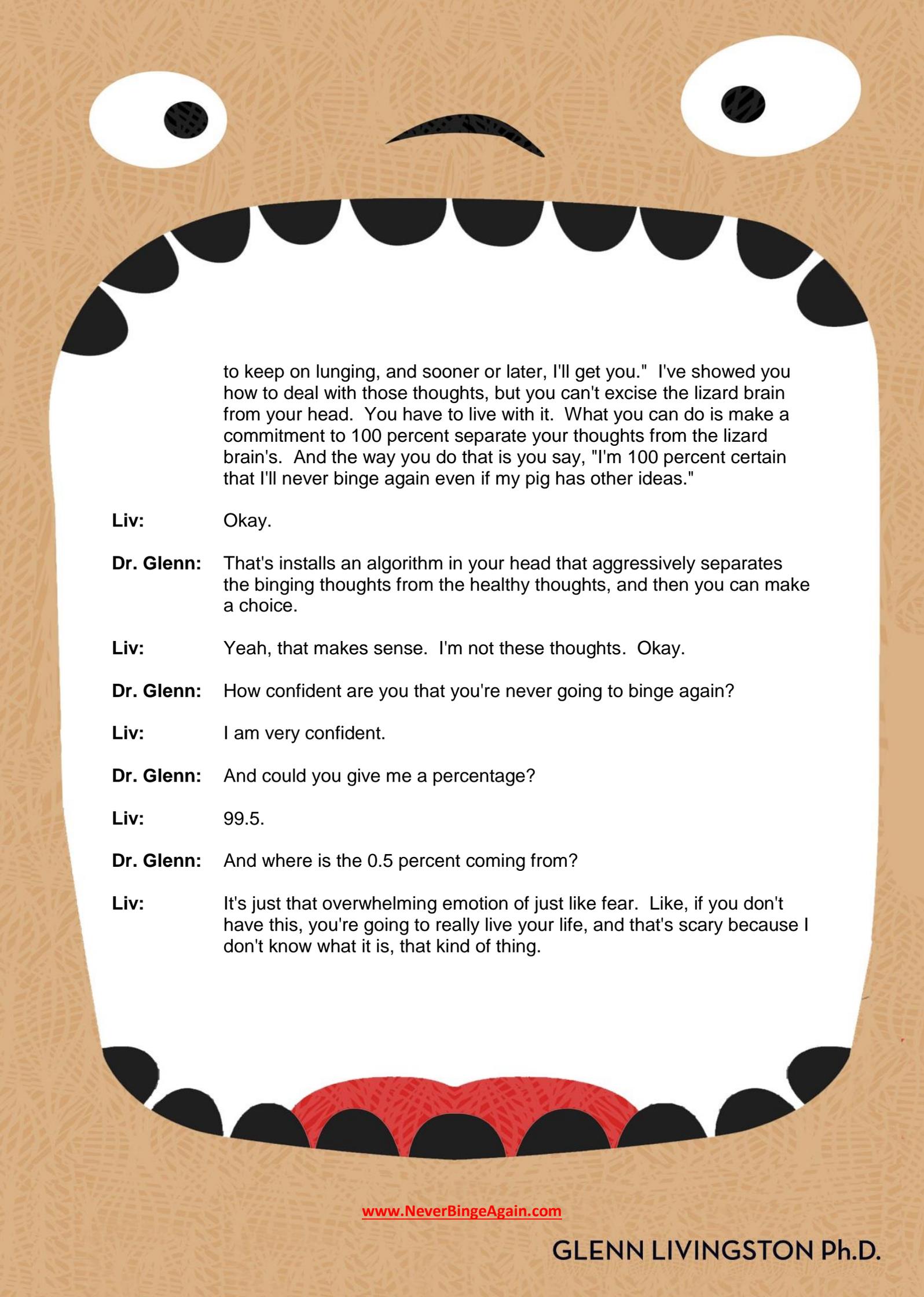
Dr. Glenn: Are you ever going to binge again?

Liv: Nope. I don't think so.

Dr. Glenn: Are you sure?

Liv: I always hate saying never, but it's probably really necessary, so no.

Dr. Glenn: What happens is you push to the point that there are no more articulable squeals. There's no more language in there, but the lizard brain is still there and it still says, "You can't get rid of me and I'm going



to keep on lunging, and sooner or later, I'll get you." I've showed you how to deal with those thoughts, but you can't excise the lizard brain from your head. You have to live with it. What you can do is make a commitment to 100 percent separate your thoughts from the lizard brain's. And the way you do that is you say, "I'm 100 percent certain that I'll never binge again even if my pig has other ideas."

Liv: Okay.

Dr. Glenn: That's installs an algorithm in your head that aggressively separates the bingeing thoughts from the healthy thoughts, and then you can make a choice.

Liv: Yeah, that makes sense. I'm not these thoughts. Okay.

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

Liv: I am very confident.

Dr. Glenn: And could you give me a percentage?

Liv: 99.5.

Dr. Glenn: And where is the 0.5 percent coming from?

Liv: It's just that overwhelming emotion of just like fear. Like, if you don't have this, you're going to really live your life, and that's scary because I don't know what it is, that kind of thing.



Dr. Glenn: If you said that you were 100 percent confident that your pig had other ideas, and you knew that you could change your plan later on if you really wanted to, what would your fear be?

Liv: I guess it's just the unknown of how my life is going to be without all of this grief and suffering. And I mean, it's not even fear. I guess it's just kind of like an ease a little bit, like, "Wow, this could be really great." Does that make sense?

Dr. Glenn: You're a little bit afraid you're going to miss the misery?

Liv: Yeah because I have lived through this cycle for so long, that I'm used to it, so, yeah.

Dr. Glenn: The fear of the unknown.

Liv: Yeah.

Dr. Glenn: Would you rather live with that fear or repeat the pain?

Liv: I would rather live with that fear.

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

Liv: 100 percent.

Dr. Glenn: You're just saying that to please me, or do you understand?

Liv: No. I like that question, "Would you rather live with the fear or would you rather live with the suffering of this constant thing?" And it's like, I'd rather live with the fear. That's an easy choice.



Dr. Glenn: Yeah.

Liv: I can handle that.

Dr. Glenn: Do you have any questions or concerns?

Liv: I think that was pretty good. That really went into everything that I was having issues with.

Dr. Glenn: I think you got it. I think you figured it out.

Liv: Thank you.

Dr. Glenn: Okay. Maybe you can follow up with me in a month or so.

Liv: Yeah, that would be great.

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GLENN LIVINGSTON Ph.D.