

Getting Off Sugar (Again!)

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Dr. Glenn: Hey, this is the very good Dr. Glenn Livingston, Never Binge Again. And I am here with a nice woman named Trish who has agreed to let me record her session so that you all can benefit from her insights and struggles and progress and observation and humor and all that type of thing. So, Trish, how are you? Tricia, how are you?

Tricia: Hi. I'm good.

Dr. Glenn: Good. I know we corresponded quite a bit before we got together, but it's been a couple of weeks. And I'm going to take notes as we go along so that I can come back to some things. Why don't you catch me up? Tell me where we are. How are things going with food for you?

Tricia: I went through your book, and a lot of light bulbs came on for me, so to speak. And I thought, this is such an interesting concept. I've got to give this a try. And it changed a lot of things for me. I had lost 30 pounds. I felt amazing. And I thought this whole thing is just brilliant because at my age and everything I've been through and yo-yoing weight, I was always looking for an answer, and sometimes you tried everything. I just need something different, unusual, and this is definitely it. And I'm not sure what happened, but I've started falling off the wagon, so to speak.

Dr. Glenn: When? When did that happen?



Tricia: Actually, oddly enough, it started when I went on vacation. I don't really understand why. I know on vacation we kind of let loose and we can't prep our food. We're out of our routine and we're out of our regimen. And it's about fun. And I said, I'll give myself a little leeway for vacation. And then when I got home, I could never get back on track.

Dr. Glenn: What does "back on track" mean? What is the plan you're trying to follow?

Tricia: So, I really try to follow good, clean eating, so to speak, a lot of paleo concept, just going by my plan, like having control over my eating. And so when I wrote my plan that I utilized in your guide, they included something that I could have dessert on the weekend, or I'll have a treat on so and so days or once a week or whatever. So I guess I incorporated some things and I really just stick into that. And so that was my plan; the majority of it is clean eating, but once in a while, I'd buy myself a treat of some kind.

And I felt very much in control of my eating, and so that was very important to me. And I think when I say I'm on plan, it's about having control and not overeating, eating when I'm hungry and stopping when I'm full, and food is fuel and not a high. So then when I went off track, food became a high again, instead of just a fuel, this good, healthy, whole grains and lean meats and all of that. One thing that's very interesting that I was reading in your book, you talked about discomfort. And that we think we have to be comfortable at all times, and that binging is the only way to alleviate the discomfort. And I thought, wow, that statement is just so amazing because it's true, we crave the high, whereas you're saying -- in your book, you talk about how when you're



eating healthy, you're not getting the high per se, but we could say a high in a different way. You could feel amazing about yourself. One of my favorite things, I love clothes and I love just to open my closet, and I have some beautiful clothes and I love to just pick anything and throw it on. And that's a different kind of high instead of the food high.

Dr. Glenn: That's a longer term, more sustainable high.

Tricia: Exactly.

Dr. Glenn: So Tricia, one of the things that the pig does to stop us from getting back on track is it prevents us from really articulating what our plan was in the first place. And so I would like you to articulate the rules that define good clean eating for you. You said you were following a primarily Paleolithic philosophy, but in terms of the actual food rule statements, what would those be -- or don't you have that?

Tricia: Yeah, I'm trying to do it from memory because I don't have it in front of me. I had trouble -- and I heard that you talked to other people before, with the never statement. So honestly, I didn't put much in the never category. One thing I could say is I never have a dessert that I don't make myself in my own kitchen with knowing what's in it and my own ingredient, Monday through Friday or Monday through Saturday. And I would say I would have one treat of my choosing on the weekend. So that would mean one cookie or one piece of chocolate, something like that; not extreme, but just enough.

Dr. Glenn: Okay. I'll never eat dessert I don't make myself on a weekday, and I will only ever allow one treat of my choosing on the weekends.

Tricia: Correct.



Dr. Glenn: Okay.

Tricia: Another thing is if I get a dessert in a restaurant, I would always share it. But honestly, I got to the point where I didn't even want that. It was in my plan and I was saying, you can have it if you want it, but I found that I didn't want it. I found that I felt so much better when I eliminated sugar. And that really is my ultimate goal, is to eliminate table sugar.

Dr. Glenn: Yeah. But our pigs tell us that we're going to be tortured forever if we try to do that, but the truth is that when you get off it for a while, the craving goes away and your taste buds become more sensitized to natural foods and you find the enjoyment in the things that we were evolved to enjoy rather than the concentrated sources of sugar, that the pig thinks that it has to have to survive. So you're reporting a very common experience.

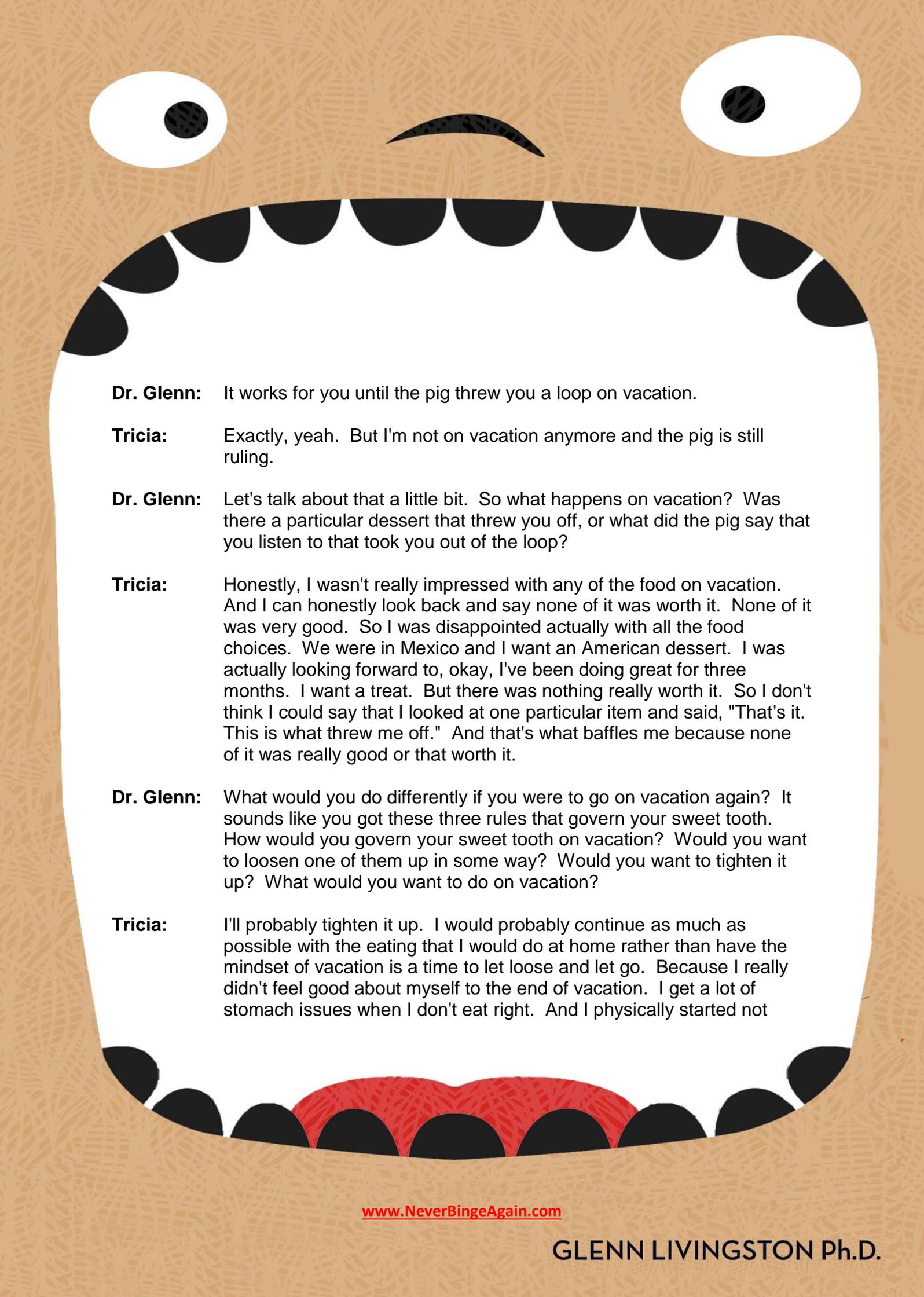
Tricia: Okay. Yeah, exactly.

Dr. Glenn: Okay. So I never eat dessert I don't make myself on a weekday. I only ever allow one treat of my choosing on the weekends. I always share my dessert in a restaurant. So were your rules mostly about desserts and sugar?

Tricia: Actually, yeah, oddly enough. I mean, that's what my issue is. I have a sweet tooth. Yeah, I mean I guess I put more in my plan about what I wasn't going to eat versus what I was going to eat.

Dr. Glenn: Would that work for you?

Tricia: I don't know. Apparently not.



Dr. Glenn: It works for you until the pig threw you a loop on vacation.

Tricia: Exactly, yeah. But I'm not on vacation anymore and the pig is still ruling.

Dr. Glenn: Let's talk about that a little bit. So what happens on vacation? Was there a particular dessert that threw you off, or what did the pig say that you listen to that took you out of the loop?

Tricia: Honestly, I wasn't really impressed with any of the food on vacation. And I can honestly look back and say none of it was worth it. None of it was very good. So I was disappointed actually with all the food choices. We were in Mexico and I want an American dessert. I was actually looking forward to, okay, I've been doing great for three months. I want a treat. But there was nothing really worth it. So I don't think I could say that I looked at one particular item and said, "That's it. This is what threw me off." And that's what baffles me because none of it was really good or that worth it.

Dr. Glenn: What would you do differently if you were to go on vacation again? It sounds like you got these three rules that govern your sweet tooth. How would you govern your sweet tooth on vacation? Would you want to loosen one of them up in some way? Would you want to tighten it up? What would you want to do on vacation?

Tricia: I'll probably tighten it up. I would probably continue as much as possible with the eating that I would do at home rather than have the mindset of vacation is a time to let loose and let go. Because I really didn't feel good about myself to the end of vacation. I get a lot of stomach issues when I don't eat right. And I physically started not



feeling well. The trip home on the flight was miserable because I was in so much pain in my stomach. So I [inaudible 0:07:20] it up because it's not worth it in the end. And even with that mindset, and me saying this out loud and hitting that revelation, why am I still caught up in it? And that's what completely baffles me.

Dr. Glenn: Okay. Let's talk about if you were to follow these three rules, rather than vacation being a time to let loose and let go, vacation is a blank. How would you come up with a better answer for that?

Tricia: A time to enjoy your family and friends, a time to be active, embrace the culture that you are in, when you're in a different country or atmosphere. And fun is not necessarily equating to food. We had a great time. We snorkeled and went for bike rides and we were very active. So associating all that was fun versus food is fun.

Dr. Glenn: Okay. Very good. There are all sorts of other things in life. Now, if you were to follow these three rules to govern your sweet tooth, including on vacation, what would happen to your life in a year? If you were to stay on track for a year, what would happen?

Tricia: I would be what I'd want to be. I'm sure. Mentally, physically.

Dr. Glenn: And where is that?

Tricia: So I have a certain number that I want to reach for weight goal. I have certain athletic goals that I am finding difficult to reach, such as running marathons or whatever; the lighter you are, the easier it all is on your body. I'm noticing more aches and pains physically as I gained weight back. So things like that, and like I said, I have a number that I want to be at as far as weight or clothing size. And just the mental clarity, it's



everyday that this literally -- no pun intended -- eats at me, it's constantly on my mind. I'm constantly beating myself up with the horrible negative self-talk. To be free of that, that's a goal in and of itself. And if I could now stick to my plan and be free from that self-talk and just feel good about myself in general, that would be worth everything.

Dr. Glenn: Trish, do you know why the pig wants you to engage in all that negative self-talk?

Tricia: I have no idea.

Dr. Glenn: The pig eats you down so that you feel too weak to resist binging. It's binge motivated. The purpose of the negative self-talk is to get you to binge. It disguises itself as, "Oh, I'm punishing myself for having made these mistakes, and if I don't punish myself, then I'm just going to keep doing it." But the truth is, that the negative self-talk makes you feel too weak to resist. It's very difficult to keep binging if you refuse to allow that to go on. So you'd reach your weight loss goals; would you prefer not to say what that number would be?

Tricia: No, I can say it. It's fine. I'd like to be 135.

Dr. Glenn: Okay. That's a reasonable number. And you believe that you would be there in a year if you followed this plan for a year?

Tricia: Absolutely. I was very close. When I was on vacation, was like, 146.

Dr. Glenn: And you wouldn't be having aches and pains when you are running marathons.



Tricia: I felt great. I was running a 10K. I was going to sign up for a Spartan Race, and I was feeling great. Now, I haven't done anything. I haven't signed up for any races lately, and I'm avoiding them because I feel too heavy to do it.

Dr. Glenn: And is there any other physical difference you would notice? You wouldn't have the aches and pains when you're running marathons, you'd be 135 pounds. What else would happen physically?

Tricia: My self-confidence. I'm not trying to be vain or related to vanity, but it is. You feel great. When you slip on that amazing dress and you go to somebody's wedding or somebody's party, you feel amazing. And I was having people constantly come out to me and saying, "Wow, you look great." And it's just an amazing feeling. And I was inspiring other people. I started an Instagram page where I was inspiring others, and others were reaching out to me saying, "Thank you so much for sharing your struggles and showing us what you're eating for dinner and what you're doing for workout today." And I was inspiring others, and it was just this amazing self-esteem boost, a feeling that if I can do it, anybody else can do it.

Dr. Glenn: Excellent. You said you'd be able to wear clothing that you can't wear now. Are there particular dresses or outfits in your closet that you're waiting to put on?

Tricia: Yes, absolutely.

Dr. Glenn: Is there one in particular that is very inspirational?

Tricia: Maybe my pair of ripped jeans, because it makes me feel young.



Dr. Glenn: And you still have that in the closet?

Tricia: Yes.

Dr. Glenn: Okay. Great. When did you buy those?

Tricia: Probably about two years ago. And I wore them about four months ago. And now, I haven't even attempted because I know it's not happening.

Dr. Glenn: Are they black or blue?

Tricia: Blue.

Dr. Glenn: I just want to be able to reference them later. What would you do with the mental clarity? If you could stop beating yourself with all the horrible self-talk, what would you do instead with all that mental energy?

Tricia: Wow. It's funny because I'm an educated person, an extremely motivated person. And I'm the type of person that anything in my life has never been handed to me, and if I want it, I go get it. And I have been extremely successful in all parts of my life; my career, current relationship, my very close family. The negative self-talk, I think it just occupies so much time. And I could put that energy into so many other things in my life; even more in my career. My husband and I talk a lot about doing entrepreneur type businesses. And I would love to put more energy into those positive things, to make my life even better, like fit all of those puzzle pieces. But negative self-talk is so incredibly draining that I start doubting myself on some other aspects of my life.



Dr. Glenn: Theoretically, if you could follow this for a year, it would have a financial impact on you and your family?

Tricia: Yeah, I think so.

Dr. Glenn: Could you put a number on that if you were going to be conservative, how much more per year would you make?

Tricia: Oh gosh. Well, the ventures that we're talking about, I mean, I could probably add another 50,000 a year.

Dr. Glenn: \$50,000 a year?

Tricia: Yeah.

Dr. Glenn: Wow!

Tricia: We're getting into real estate. We have some great plans that I feel like my confidence of taking the risks and the motivation and not there because of this self-talk that I do with myself.

Dr. Glenn: So if you were able to follow this plan for a year, then that self-confidence would return; wouldn't it?

Tricia: Absolutely.

Dr. Glenn: Is it fair to conclude that breaking these sweet tooth rules is costing you 50 grand a year?

Tricia: Yes.



Dr. Glenn: I don't want to put words in your mouth, so I want to make sure that you actually believe that.

Tricia: No, I really do believe that. And you're right. I think I waste a lot of other money for getting in another podcast to somebody the other week about buying junk food or you go out to dinner more; so much money wasted.

Dr. Glenn: Yeah.

Tricia: And it's interesting how people say, "I don't want to purchase organic because organic is expensive." Boy, if I added up the junk food that I buy or going out to eat because I want to have a binge or whatever, and if I just put that money into good, organic food, I still have money left over, I'm sure.

Dr. Glenn: That's a really good point. So with this self-confidence, you would go out and start a business. What else would you do with this self-confidence?

Tricia: Gosh, I don't know. Just hold my head up higher everywhere. I mean, I do a great job at work in my career. I'm a good leader, but maybe I could be better. I think there's aspects where I had a bit more confidence, held my head up higher. I might excel even more at my job. I would do an entrepreneurial job as a side thing -- because I do have a full-time job.

Dr. Glenn: So you could be making more at work also, at your regular job?

Tricia: Not more money. I work for government. So we're not getting paid based on the harder you work. Does that make sense?



Dr. Glenn: Yes, it does, unfortunately.

Tricia: Yeah. Actually, in a way, the higher I work and the harder I've shown myself, I've moved up the ladder extensively over the last two years. And so I essentially do make a little bit more money, but it's more of a gratification for me. At this point, I'm actually, oddly enough, not looking to make more money in my job. I'm pretty happy with my salary. But it's more about opportunities, being in the limelight, people referring to me as one of their great employees. That gives me more satisfaction than any more pay in my paycheck.

Dr. Glenn: So if you would follow this for a year, you'd be holding your head up higher, walking around in your ripped blue jeans, making another 50 grand a year with an entrepreneurial business, getting more accolades at work, running marathons without aches and pains, walking around at 135 pounds. Anything else, how would this impact your relationship with your husband or your kids or anything like that?

Tricia: Yeah, I think definitely -- and my children look at me as a role model. We actually have six children, and my girls in particular really look at me as a role model and they mimic me. So four of our children have moved out and we have two left at home. One is actually going to college in August, so we'll only have one left at that point. But my eating definitely affects them because I make the dinner, I go grocery shopping or I'm running the household lifestyle. And if we eat dinner and then go for a walk, it's me kind of running the show and guiding them. So I feel a huge responsibility and it would definitely affect them in such a positive way, especially being young teenage girls, this is a pivotal point in their life.



Dr. Glenn: You could be a role model for your daughters at a formative stage of their body image and self-identity,

Tricia: Exactly. And I know from experience that my eating disorder behavior started at 14 years old, and my daughters that are home with me now are currently 15 and 18. And this is the pivotal years where I don't want them to go through what I went through.

Dr. Glenn: It's like a critical window of opportunity.

Tricia: Exactly.

Dr. Glenn: The pig says you can start tomorrow, but everyday that goes by is actually a window closing.

Tricia: Exactly, yeah. It's a missed opportunity that I should have taken and showed them.

Dr. Glenn: Trish, is there anything else that would change -- would be very different about your life in a year when you just follow these simple rules for a year?

Tricia: My husband is a very supportive, amazing person. And I think also I affect him as well when my eating is off or my behavior is off or I'm down on myself. It certainly affects our relationship. And he almost feeds off of that. My mood affects his mood. Why wouldn't we want to be happy 100 percent of the time and be energetic and do active things? And I think it would definitely affect my lifestyle with my husband as well, and his health.

Dr. Glenn: Very good.



Tricia: He has very similar struggles that I do. And if we can do this together and stop the struggle together, it would be monumental for both of us.

Dr. Glenn: The whole family would be healthier.

Tricia: Exactly.

Dr. Glenn: Why does your pig say that you can't do this, shouldn't do this or won't do this, now that you really see what the future holds? What does your pig have to say that you shouldn't get back on track?

Tricia: That's the key that I can't figure out. So many other pieces in my life are going so well and I have control over a lot of things, and like I said, I'm a very motivated, goal-oriented person, and I'm just missing that piece.

Dr. Glenn: Tricia, one of the pig's strategies is to try to hide his best tricks from you. And the way to get over that is if they were to curse you that the pig might be saying, rather than having to get it 100 percent right. The pig would like to keep you in wonder. The pig would like to keep you blind to what it's actually doing, but you can see. This is just a thing inside of you. There are thoughts and feelings that you're listening you that caused you to do this. What might the pig be saying to get you to keep doing this? What occurs to you? Tricia, if you don't know, then nobody does, but I think you know.

Tricia: So you're saying it's me that's doing the self-talk, but because of the self-talk, I'm letting the pig in. Is that what you're saying?



Dr. Glenn: There's something that the pig is telling you that you're listening to, and it's causing you to believe that you can't get back on track, and that you have to keep on eating sugar beyond your rules. What is it the pig is saying?

Tricia: I think the pig is saying, "You're still just not good enough." No matter where in life, it's still not good enough. I still want more, or there's more I can accomplish, so there's more I could do, or I could be better, or I could be prettier, or I could be -- just a constant "you could be this, but you're not." "And we've been down this road before and here you go again. Here you go again with, you lost weight, you looked amazing, you felt great and then you sabotage yourself." And, "What a failure you are for continuing to let this happen."

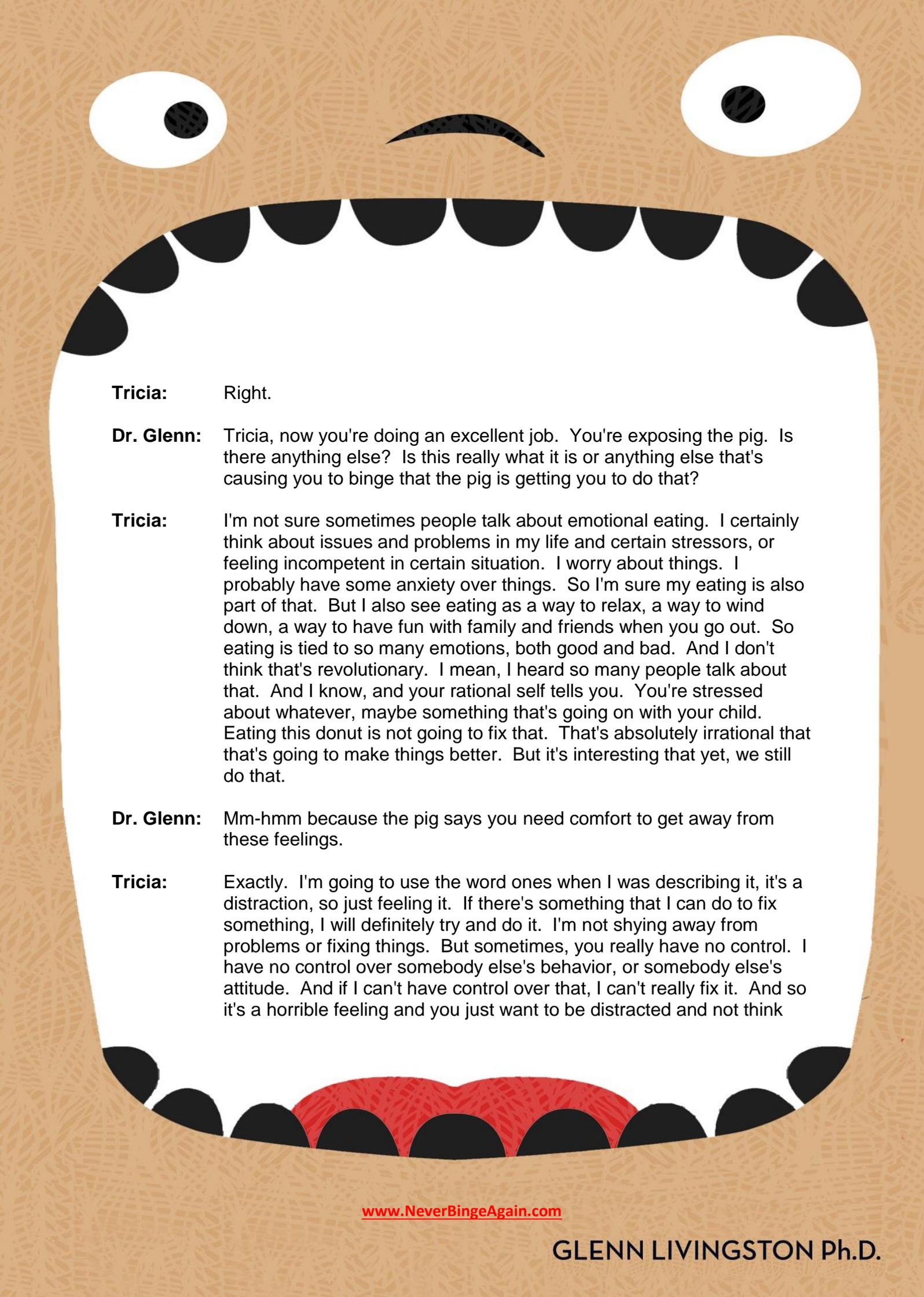
Dr. Glenn: And so the rest of that sentence, if I'm hearing you correctly is, so therefore you should just give up and be a happy fat person.

Tricia: Totally. Yes.

Dr. Glenn: Because it's too exhausting. Your internal super ego was too strong. Even if you do lose weight, it's not going to be good enough. There's always going to be more you could be doing. You could be prettier. That's an exhausting life. We've had enough. You're always going to fail with this anyway, so let's just binge.

Tricia: Yup. Exhausting is the perfect word. I am completely utterly mentally exhausted from all the talks, from all the feelings, from all the wanting something that I just am never achieving. And at some point, you just say, "I just can't do this anymore."

Dr. Glenn: And so the only solution is to give up, according to the pig.



Tricia: Right.

Dr. Glenn: Tricia, now you're doing an excellent job. You're exposing the pig. Is there anything else? Is this really what it is or anything else that's causing you to binge that the pig is getting you to do that?

Tricia: I'm not sure sometimes people talk about emotional eating. I certainly think about issues and problems in my life and certain stressors, or feeling incompetent in certain situation. I worry about things. I probably have some anxiety over things. So I'm sure my eating is also part of that. But I also see eating as a way to relax, a way to wind down, a way to have fun with family and friends when you go out. So eating is tied to so many emotions, both good and bad. And I don't think that's revolutionary. I mean, I heard so many people talk about that. And I know, and your rational self tells you. You're stressed about whatever, maybe something that's going on with your child. Eating this donut is not going to fix that. That's absolutely irrational that that's going to make things better. But it's interesting that yet, we still do that.

Dr. Glenn: Mm-hmm because the pig says you need comfort to get away from these feelings.

Tricia: Exactly. I'm going to use the word ones when I was describing it, it's a distraction, so just feeling it. If there's something that I can do to fix something, I will definitely try and do it. I'm not shying away from problems or fixing things. But sometimes, you really have no control. I have no control over somebody else's behavior, or somebody else's attitude. And if I can't have control over that, I can't really fix it. And so it's a horrible feeling and you just want to be distracted and not think



about it. And I suppose bingeing makes you stop thinking about it, or gives you that comfort for 15, 20 minutes.

Dr. Glenn: And then the crash, yeah.

Tricia: Exactly.

Dr. Glenn: I'm writing all of these down so we can attack them one by one. Is there anything else that the pig is saying? Any other way the pig is getting you to binge?

Tricia: No, I think that's it. That's enough. That's enough. It's exhausting.

Dr. Glenn: You're doing terrific, yeah. And so basically, the pig is pointing out that the constant striving is exhausting, and you need a break from the striving. And the only break possible is the binge. And besides, bingeing takes you away from uncomfortable feelings with people, places and things you can't control. It's a great way to relax, wind down and have fun with family and friends, so let's go party. That's what the pig is saying; right?

Tricia: Exactly.

Dr. Glenn: I'd like you to jump back up into your higher self, your rational self. Let's talk about these things one by one. Let's talk about the main one. When the pig says that, "The constant striving is exhausting. No matter what you do, you're not going to be good enough. There's always going to be more you could be doing. You could be prettier and more successful, in better shape. And so since you're never going to reach that point of satisfaction, you might as well give up and binge."



What's a better answer for that? If you jump up into your higher self, what would you say to yourself instead?

Tricia:

I guess you could relate it to -- say a friend of mine was feeling the same way, what would I say to my friend? We are our own worst critics, and I would never ever say the things I say to myself to a good friend of mine. If I really get back and look at me in my higher self as a person, I would say, "Wow, your life is great! You have got a great career that you've pushed for. You struggled and worked hard to get your master's degree. You have a great family and relationship." I have the most amazing children who do everything for me. It's hard for me to say that I'm attractive, but I guess people say I'm attractive. I thank for that. I think that I've never been obese or whatever.

Some people don't get it. I'm talking about I'm 30 pounds overweight and to me, that's monumental. And somebody else may say, "Are you kidding me?" You know, I've been 100 pounds overweight. If I look back at myself, "That's not really that bad, and still look at what you do every morning. You get up at 5:15 every morning and you go to boot camp and you're flipping tractor tires when everybody else is sleeping. And look how motivated you are and how great your life is, and you do so much with every moment." I guess I wasn't criticizing myself and looking back on the sidelines, if I was telling my friends that seeing it in a different light, my life is really great and I actually is a very great, smart, nice, kind person. I don't lie. I don't do anything bad. I'm not addicted to anything. I don't drink. I don't do drugs. I mean, it's all good. Everything that you see is the epitome of what health and wellness should be.

Dr. Glenn: Trish, you're way, way, way above average. That's what you're saying. All you got to do is look back and see where you've come.



Tricia: It's very hard for me to admit that, but I think, yeah, I do feel like I am. I don't want to ever be average. This goes back to that striving, of course. I'm a striving goal-setter type person. I'm never going to settle for myself being average, and I never have.

Dr. Glenn: I don't disagree with anything you're saying. I think it would be hard for anybody to deny if they look at your life that you're way, way, way above average. And there's something else I want to tell you about all this if I can help just a little bit. Is that okay?

Tricia: Okay.

Dr. Glenn: Making the choice to be healthy in the moment is heroic. It's something you can be proud of. It's something that you can feel like, without having to look at all the results, without having to even look back on everything you've accomplished and how far you've come, which you definitely have, it's heroic in the moment. And I think if you were to consider allowing yourself to celebrate those moments without really being so focused on the end game and where it's going to lead, even though you know it's going to lead to a wonderful place, I think you'd soften that harsh super ego that you're talking about and the pig wouldn't get away with what it's been getting away with. Does that make sense?

Tricia: Yes. So what, do we eat three to five times a day? Are you saying, just celebrate every time I make it through a meal, that in a sense -- I look at things like if I make one mistake in a day, I feel like the whole day has been a mistake. And then it can go on from there.



Dr. Glenn: Well, the pig's purpose in getting you to feel like that is so that you keep bingeing. That's all the pig ever wants, is just to get you to binge. That's what all the negative self-castigation is about. But when you're feeling this harsh super ego, when you're feeling the inevitableness of failure because you have to keep striving and you're never going to be good enough, to change those thoughts and recognize that you're more than good enough as you are in the moment, and especially by making a healthy choice right now. And don't let the pig talk to you about what's going to happen in the future. Don't let the pig pretend like it has a time machine, and eventually you're going to fail because you're going to feel too tortured and you're just going to have to keep striving and striving and striving, and on your death bed, you're going to be trying to accomplish one more thing and when is it ever going to be good enough, so let's just binge. Just focus on the moment. I never binge now. I always use the present moment to be healthy, and that's heroic. That's something to be proud of.

Tricia: Yeah, okay. I think sometimes it's hard that we all want something quickly, or when we want to achieve our goals, lose weight or whatever your other goals are, we want it yesterday. We don't want to necessarily wait for it. So I think I try to go above and beyond and my eating will be on point, and I'll over exercise probably so I could hurry up and get in there.

Dr. Glenn: So Tricia, you're not someone who needs to worry about being lazy or losing your drive. You are built with a very strong drive to achieve inside of you. And you're someone who would do much better to soften the negative self-talk and be more accepting of themselves. And paradoxically, you're going to accomplish more by doing that than focusing so much on the drive and feeling like you're never going to be good enough. I'd rather have you moving towards than moving away



from. I'd rather have you moving towards the future that you outline for yourself than moving away from not being good enough.

So let's just recognize that's the pig that's saying you're not good enough and focus on the future you outlined for me. That pair of blue jeans, 135 pounds, making an extra 50 grand a year, focus on all that and focus on the moment as you're eating healthy, and I think this will soften for you. Does that make sense?

Tricia: Yes, it does.

Dr. Glenn: What about when the pig says, "We've been down this road before and here you go again. What a failure you are for continuing to do this." What's a better answer for that?

Tricia: Well, I guess, "You've done it before, you can do it again." It's exhausting, but, "You've done it before. You know how to do it. Let's to it again for the last time."

Dr. Glenn: There you go. Trish, you know that the research shows that the people who keep getting up and trying to find a way to lose weight are the ones who eventually figure out how to do it for good.

Tricia: Good. That's me.

Dr. Glenn: Well, and that's the psychology of winning; right?

Tricia: Yeah.

Dr. Glenn: Fall down seven times, get up eight times. That's what winners do. There's almost nobody that was overweight with any significance, lost it



and kept it off, that didn't have a multitude of tries behind them. There's almost nobody that's done that. The other thing to recognize is that the pig is actually pointing out your strength, that you do keep getting up and doing it again. It's pointing out that you are resilient and persistent. It thinks that it's putting you down, but it's actually being pretty stupid. It's actually pointing at your strength.

Tricia: Okay.

Dr. Glenn: When the pig says that you've got to eat to get away from all these uncomfortable feelings, what's a better answer for that?

Tricia: Well, my rational self says, this food isn't going to make the feelings go away. I may feel high for 20 minutes, but not only the feeling is not going to go away, but now I'm going to feel worse.

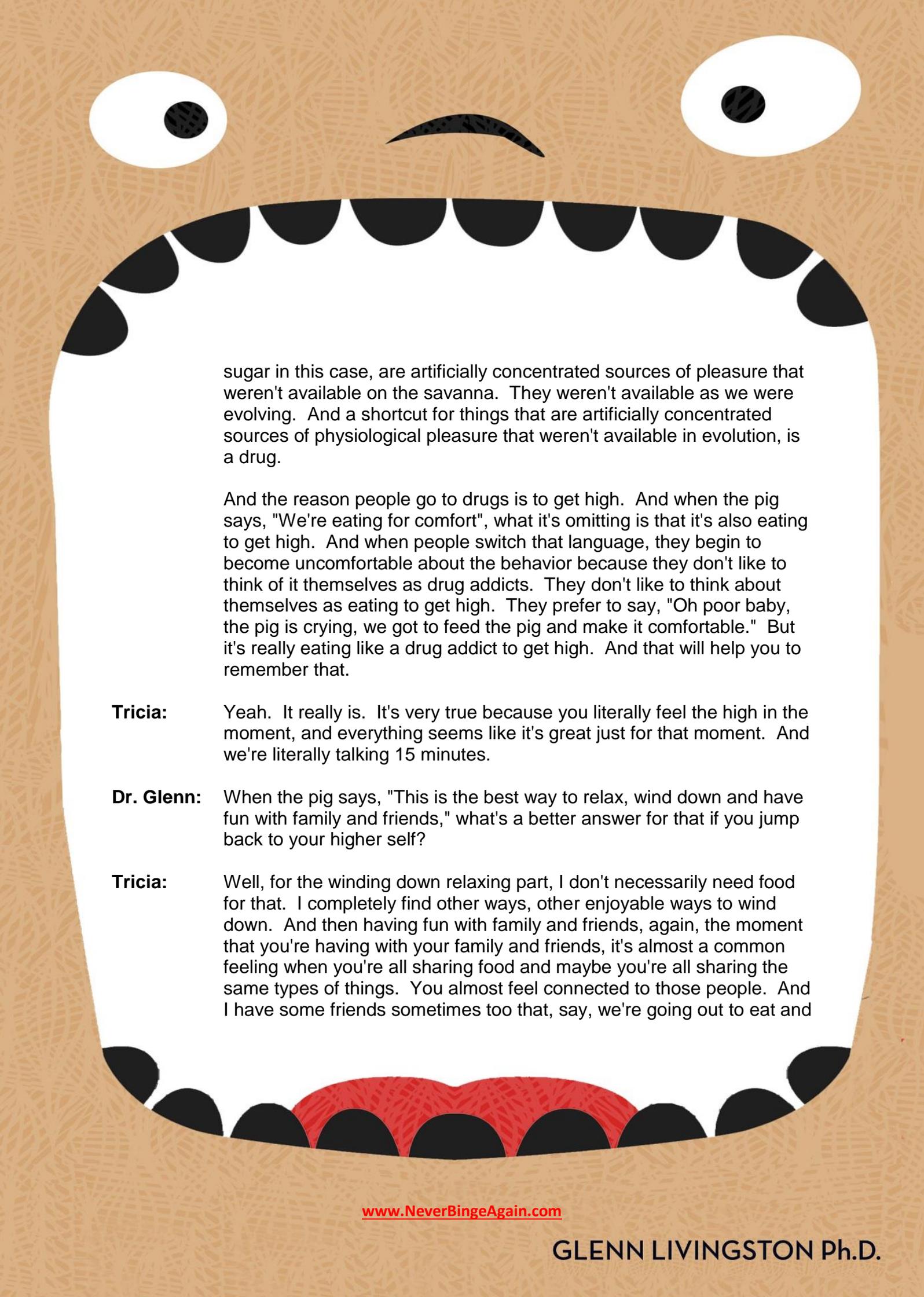
Dr. Glenn: If you have six problems and you overeat, then you have seven problems.

Tricia: Exactly, yeah.

Dr. Glenn: There's two other things about emotional eating that I wasn't to say briefly if I can.

Tricia: Mm-hmm.

Dr. Glenn: First of all, you're right on target, and life is not a pain-free experience and the only way out is through. So what's wrong with feeling some uncomfortable feeling sometimes, you can build your tolerance for that. The other thing is that the pig isn't really eating just for comfort and to get away from the emotions. The things the pig would be turning to,



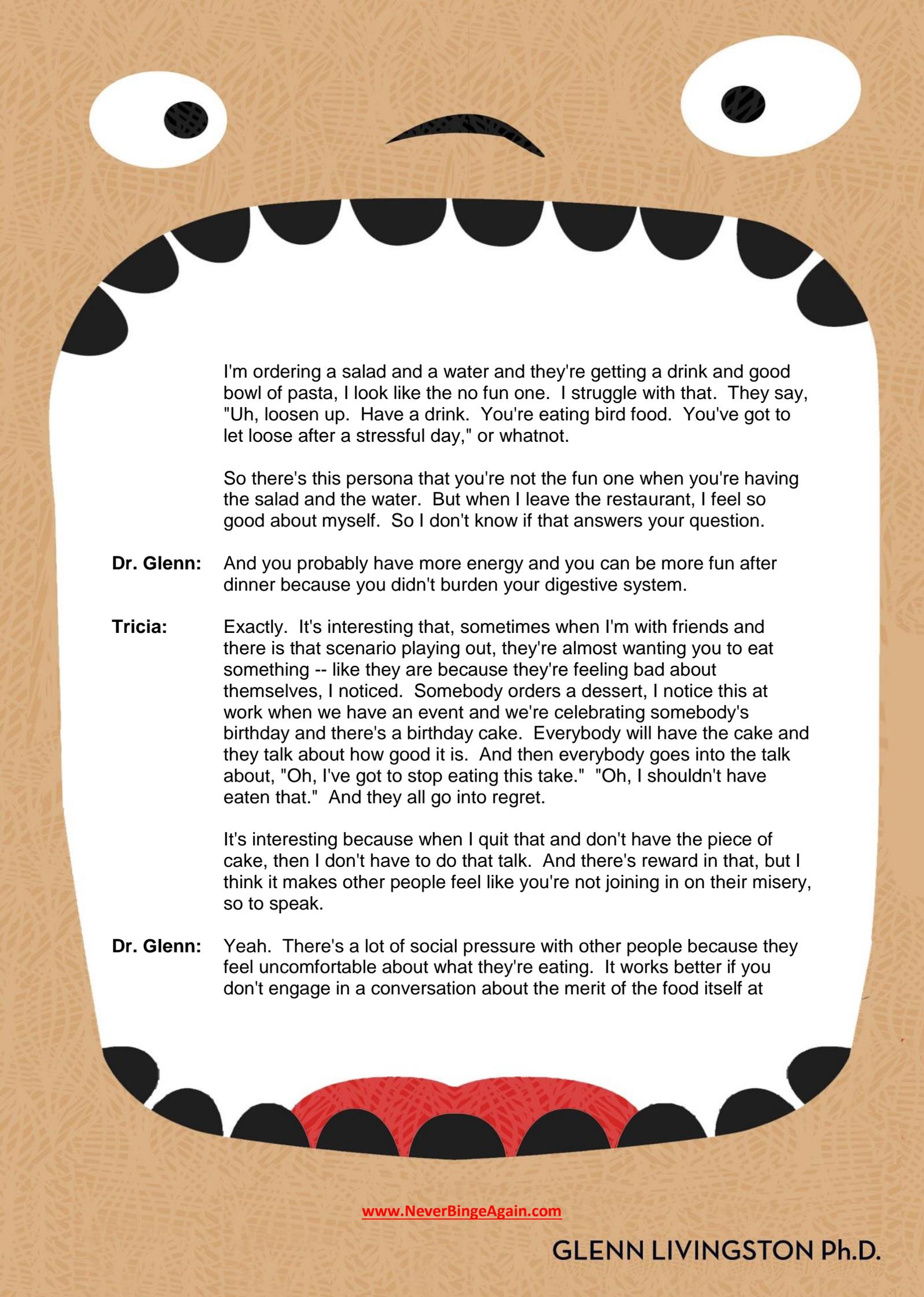
sugar in this case, are artificially concentrated sources of pleasure that weren't available on the savanna. They weren't available as we were evolving. And a shortcut for things that are artificially concentrated sources of physiological pleasure that weren't available in evolution, is a drug.

And the reason people go to drugs is to get high. And when the pig says, "We're eating for comfort", what it's omitting is that it's also eating to get high. And when people switch that language, they begin to become uncomfortable about the behavior because they don't like to think of it themselves as drug addicts. They don't like to think about themselves as eating to get high. They prefer to say, "Oh poor baby, the pig is crying, we got to feed the pig and make it comfortable." But it's really eating like a drug addict to get high. And that will help you to remember that.

Tricia: Yeah. It really is. It's very true because you literally feel the high in the moment, and everything seems like it's great just for that moment. And we're literally talking 15 minutes.

Dr. Glenn: When the pig says, "This is the best way to relax, wind down and have fun with family and friends," what's a better answer for that if you jump back to your higher self?

Tricia: Well, for the winding down relaxing part, I don't necessarily need food for that. I completely find other ways, other enjoyable ways to wind down. And then having fun with family and friends, again, the moment that you're having with your family and friends, it's almost a common feeling when you're all sharing food and maybe you're all sharing the same types of things. You almost feel connected to those people. And I have some friends sometimes too that, say, we're going out to eat and



I'm ordering a salad and a water and they're getting a drink and good bowl of pasta, I look like the no fun one. I struggle with that. They say, "Uh, loosen up. Have a drink. You're eating bird food. You've got to let loose after a stressful day," or whatnot.

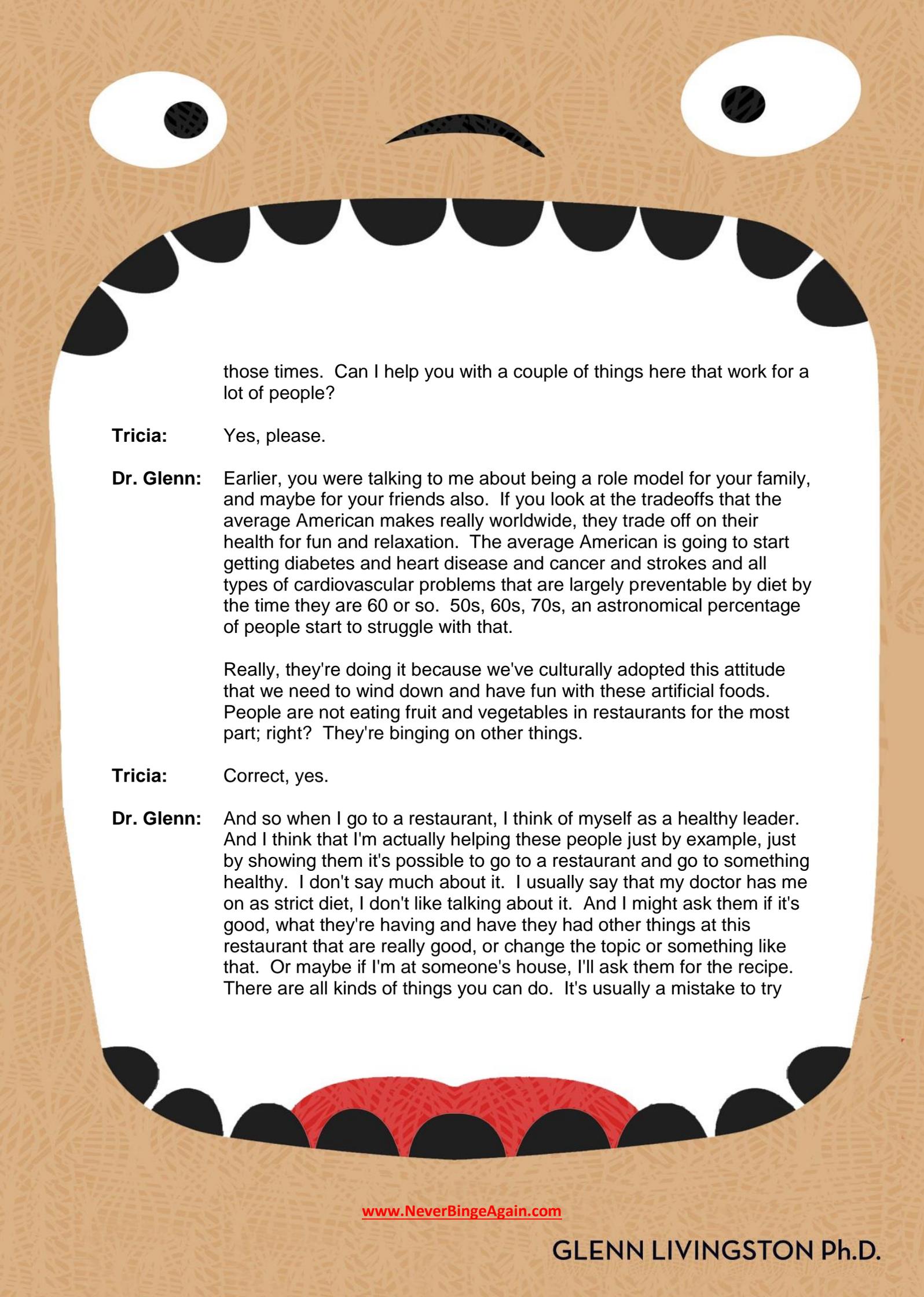
So there's this persona that you're not the fun one when you're having the salad and the water. But when I leave the restaurant, I feel so good about myself. So I don't know if that answers your question.

Dr. Glenn: And you probably have more energy and you can be more fun after dinner because you didn't burden your digestive system.

Tricia: Exactly. It's interesting that, sometimes when I'm with friends and there is that scenario playing out, they're almost wanting you to eat something -- like they are because they're feeling bad about themselves, I noticed. Somebody orders a dessert, I notice this at work when we have an event and we're celebrating somebody's birthday and there's a birthday cake. Everybody will have the cake and they talk about how good it is. And then everybody goes into the talk about, "Oh, I've got to stop eating this take." "Oh, I shouldn't have eaten that." And they all go into regret.

It's interesting because when I quit that and don't have the piece of cake, then I don't have to do that talk. And there's reward in that, but I think it makes other people feel like you're not joining in on their misery, so to speak.

Dr. Glenn: Yeah. There's a lot of social pressure with other people because they feel uncomfortable about what they're eating. It works better if you don't engage in a conversation about the merit of the food itself at



those times. Can I help you with a couple of things here that work for a lot of people?

Tricia: Yes, please.

Dr. Glenn: Earlier, you were talking to me about being a role model for your family, and maybe for your friends also. If you look at the tradeoffs that the average American makes really worldwide, they trade off on their health for fun and relaxation. The average American is going to start getting diabetes and heart disease and cancer and strokes and all types of cardiovascular problems that are largely preventable by diet by the time they are 60 or so. 50s, 60s, 70s, an astronomical percentage of people start to struggle with that.

Really, they're doing it because we've culturally adopted this attitude that we need to wind down and have fun with these artificial foods. People are not eating fruit and vegetables in restaurants for the most part; right? They're binging on other things.

Tricia: Correct, yes.

Dr. Glenn: And so when I go to a restaurant, I think of myself as a healthy leader. And I think that I'm actually helping these people just by example, just by showing them it's possible to go to a restaurant and go to something healthy. I don't say much about it. I usually say that my doctor has me on as strict diet, I don't like talking about it. And I might ask them if it's good, what they're having and have they had other things at this restaurant that are really good, or change the topic or something like that. Or maybe if I'm at someone's house, I'll ask them for the recipe. There are all kinds of things you can do. It's usually a mistake to try



and argue with them about the merit of the food. That brings up all the social conflict. So, it's something you can do.

Trish, we have just a couple of minutes. There's a whole bunch more I'd like to do with you, but I just want to check in and see how you're feeling at this point. How confident are you that you're back on track now?

Tricia: Yeah, I think this has been great. I'm definitely going to work on -- you know, whenever I catch that self-talk; the negative self-talk, changing that wording around. I like the examples that you gave to look at it differently, and even just talking about how I would look at myself in a more positive light. And I love what you just said about being the leader and the example and the role model. So I'm going to definitely keep all these things in mind the next time the pig shows itself. It could be multiple times throughout the day, but I'm just ready to move forward and see that result, like what we just talked about, where do I see myself in a year from now. I'm just so ready for that.

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fix your food problem fast please visit
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