

**Glenn Livingston, Ph.D.  
and Howie Jacobson, Ph.D. on  
Howie-Environmental-Triggers**

For more information on how to  
fix your food problem fast please visit

[www.FixYourFoodProblem.com](http://www.FixYourFoodProblem.com)

**Dr. Glenn:** Hey, this is the very good Glenn Livingston from Never Binge Again and I'm here with Howie Jacobson from plantyourself.com. What are you doing Howie?

**Howie:** Not much. Plants are going, sun's beating down hot and I'm looking forward to a fun summer.

**Dr. Glenn:** Could I ask you something speaking about growing that has nothing to do of what we're about to talk about?

**Howie:** Of course.

**Dr. Glenn:** Do you ever miss your hair? I remember the days when you had hair down to your waist.

**Howie:** No. The only time I've missed my hair in the past two years has been one day I went out to play Frisbee and it was hot and I forgot a hat. I was like, all right, I need to do something drastic or else I'm going to burn like a beet. I had to wear another T-shirt on my head. Other than that I'm very happy to be bald.

**Dr. Glenn:** That's a smart solution. Do you think that I should shave my head?



**Howie:** I don't know. I mean here's the thing, it grows back.

**Dr. Glenn:** That's true.

**Howie:** That's what I told myself when I did it. For a couple of weeks I looked at myself in the mirror and just be shocked and semi-appalled. I took to wearing a hat everywhere where I didn't want to make a scene. But I was like, you know what, worst comes to worst, it grows back, this is all just a bad dream.

**Dr. Glenn:** And if it doesn't grow back, I could just grow my beard really long and brush it over my head.

**Howie:** Yeah, the ultimate comb over.

**Dr. Glenn:** Okay. It was 90 degrees in May in New Hampshire and so I think global warming is actually -- climate change is actually happening so I'm not going to have to shave my head because it's entirely too warm. But well, we've taken entirely too long to tell people what we're going to talk about. Why don't you tell them what we're going to talk about, Howie?

**Howie:** We're going to talk about social and environmental challenges to your food plan.

**Dr. Glenn:** Other than people coming up to you with no hair.

**Howie:** Well, that's probably a big challenge.

**Dr. Glenn:** Yeah. You want to make them feel better and eat something, right?



**Howie:** Right. Or you would rather they look like Guy Fieri.

**Dr. Glenn:** All right. People on this particular podcast are not used to me acting like this, so I should probably get down to business. Yeah, so we're going to talk about environmental and social challenges to sticking with your food plan. You know what I want people to remember is that no matter what environment or social challenges come up, if you drew your line and you separated your pig's trough from your own and you know what's pig slop and what's real food. Then that's all you really need to know and the other things have to do with becoming psychologically comfortable in these situations and making other people psychologically comfortable also.

There are some skills to be learned with that, but if you've made a fundamental characterological decision that you're not going to eat pig slop, you're not going to eat once in your pig's trough, then it doesn't really matter if you are at a restaurant or a birthday or out with your grandma or traveling in Hungaria or having a really deep memory about how your mama did this in your birthday or something like that. None of that really matters. That all gets relegated to the realm of the psychological comfort of yourself and the psychological comfort of others and as compassionate human beings, we're looking to maximize comfort where we can, but it's not primary, it's not the first goal. So that's the first thing that I want to say about before we talk about more specific strategies. Howie, do you want to echo that in any way or tell me that I'm wrong or add to it?

**Howie:** No, I think those ideas and thoughts have exactly as much power as we decide to give them. And in my coaching and working with people, I'm still like a nice guy, but in my mind I'm calling bullshit a lot more in



my mind, like someone says something before, I said yes, that's like a real thing we have to work on, and now in my mind I'm like, is that just a justification. I explore with them how much permission they give me to call them on it and sometimes people are very relieved if I say, that doesn't sound like the truth to me, because one of the things I've done lately is I've really gone inside and question a lot of the things that I believed were limiting factors and holding me back and all I had to do was say, no, that's not true and all of a sudden I had some wiggle room.

**Dr. Glenn:** Exactly.

**Howie:** Yeah, I agree with you. If you decide that that's all pig squeal, then it's all pig squeal.

**Dr. Glenn:** And what many people don't realize is that in these social situations, you're actually acting as a model. As much as people might make fun of you or seem uncomfortable, if you can stand the trial by fire, if you can show them how to walk proud for that situation and take care of yourself, they might make jokes about it, but there's a part of them that watched and envied and might consider identifying with you and making changes for themselves. And you'll see that the more that you do this, even though it's uncomfortable at first, the more people come around and start asking you to help them with their own eating behavior.

**Howie:** Yeah, it's like sales, right? Somebody once told me that sales is a transfer of confidence, so whoever is more confident wins. The salesperson is more confident that their product is worth the money that the buyer is going to pay, then they'll make the sale. If the buyer is more confident, then they won't.



**Dr. Glenn:** That's exactly what I'm saying. So let's talk about a couple of specific situations. Now Howie and I lived -- and I always have to be careful with this because not only am I not a nutritionist, but I promised that I would not preach any particular dietary philosophy. That having been said, a good portion of my list comes from the plant-based world. I am a plant-based person myself. And so we get a lot of calls from clients who say, I went out to eat and there was just nothing for me to have. They couldn't accommodate a vegetarian meal or they couldn't accommodate a raw meal. There was no way that I could eat without cheating and having some pig slop.

And I thought we could talk about some very specific strategies for dealing with that situation. And Howie maybe you want to trade one for one?

**Howie:** Sure. You go first.

**Dr. Glenn:** I once heard Doug Graham say that if he's going out to eat, if he doesn't call ahead then he doesn't eat. So he really likes to eat and so he always calls ahead. I've kind of adopted that strategy. The only time it doesn't work is if you've got a spontaneous luncheon or something like that, but it really has to be super spontaneous for you not to have a half hour ahead of time that you can make a call and talk to the waitress or talk to the hostess or the chef and figure out what's available. Most restaurants have your type of food available and you just kind of interview them and say you're on a special diet and your doctor wants you to eat a particular way.

So in my case, could you make me a really big salad and maybe you got some mushrooms or beans or something like that. And you just



kind of find out what they have, what they have in the kitchen. You could look at their menu a lot of times if you don't feel constrained by the actual menu items, but you look at the ingredients in those menu items and you know what they have in their kitchen. And a lot of times most times you could call ahead and say you're on a special diet and your doctor says this, your doctor says that, they will accommodate you. They'll be happy and you give them a little extra tip. You can tip them beforehand so they know that you're really going to take care of them and it goes a lot more smoothly and you actually get what you want. And people might look at you and say things about it, but you're going to get what you want and you won't be stuck having nothing to eat. Okay Howie, your turn.

**Howie:** Right. And it's funny, I like how you went to the best case scenario and I want to go to the worst case scenario, where you get there and there is absolutely nothing for you to eat.

**Dr. Glenn:** Okay.

**Howie:** And I'm thinking about like when we lived in Africa for a year and we were traveling outside the cities. There were places where there was literally nothing for me to eat.

**Dr. Glenn:** How did you manage?

**Howie:** Well, in those days, before I knew about the pig, I would do what I tell people not to do now. I was like, well, I'll have a little bit, but here's the other thing, you don't have to eat. One of the metaphors I love that you use is the idea of your marriage vows. You wouldn't say, I promise to be mostly faithful to you unless I see somebody else who's really hot.



**Dr. Glenn:** Right. I'm 80 percent sure that I can be faithful to you forever, but there sure are a lot of attractive people out there. That's not a marriage vow that you really want to hear.

**Howie:** Right or, I promise to be faithful to you, unless like I'm away for a week. What if I go out of town and you're not there, love the one you're with. So if you wouldn't make that vow, human beings, we have the physical capability of going without food for weeks.

**Dr. Glenn:** Unless you're really ill beforehand, and I shouldn't say it is impossible because I'm not a medical doctor, but my understanding is that it's almost impossible to starve to death unless you don't eat for 30 days, maybe even more.

**Howie:** Right. My friends at True North Health Center in Santa Rosa do medically supervised water only fasting. They have people depending on how sick they were coming for three, four, five weeks. 44 days is not uncommon for humans to be fasting, and if you think about our evolutionary heritage, if we had to eat every four hours, if that was like a requisite for our existence, you and I would not be having this conversation right now.

**Dr. Glenn:** Now I know there's somebody in the audience that's saying, what about hypoglycemia? What about that?

**Howie:** Yeah. Well, people who have hypoglycemia -- and again, I'm speaking in generalities, if you have a medical condition that requires getting sugar into your bloodstream or insulin, obviously most people don't need to take exogenous insulin, but if you're a type 1 diabetic you do and some type 2 diabetics also need to if they're not eating right or if their pancreas pooped out or if they're transitioning to a healthier diet,



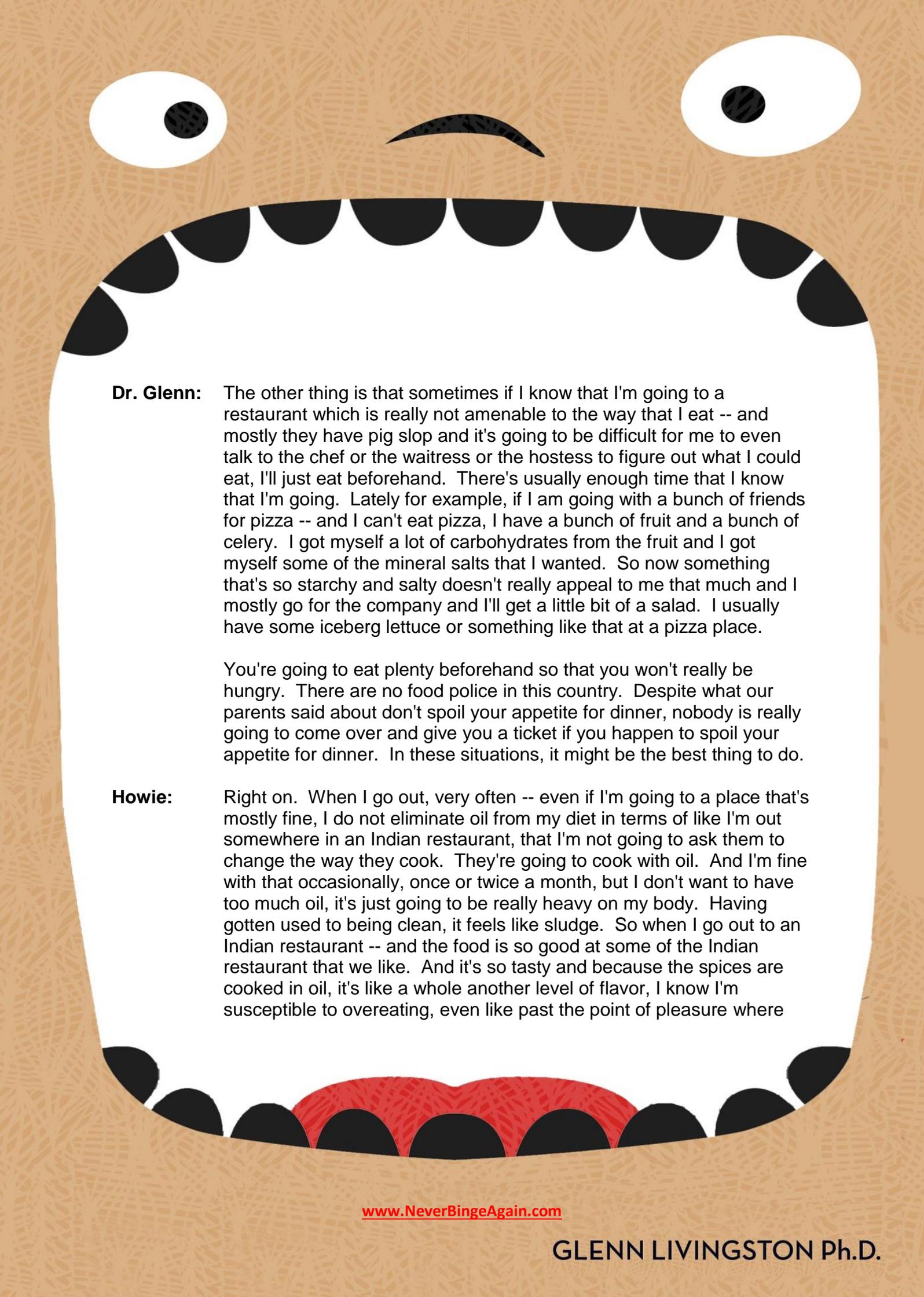
so don't not do what your doctor says because you're listening to this, but people who are severely hypoglycemic generally carry stuff around with them.

**Dr. Glenn:** Which is a lesson in and of itself, right? If you're hypoglycemic and you're going to Africa, then you're going to really think through, do you need to carry a couple of cans of beans with you on the safari? Do you have some fruit with you? Where are you going to get that? You do a little planning ahead of time. And when it's necessary, when it's medically necessary for you to be planned and organized like that, those people get planned and organized. So really, it's a matter of what's important to you and have you prioritized enough, keeping an even blood sugar level and making sure there's something for you to eat. We live in a society where it's possible to do that, so I don't think you have to be in a situation where you can't eat something during the day if you really want to, but isn't that nice to know that you can, you're not going to die if you don't eat.

**Howie:** Right. Once you get there and you know that that's your worst case scenario, then I think it loosens up everything else. It doesn't feel like a life or death situation if you're on the phone with them and they're busy or they're not completely understanding what you're talking about or they're not entirely sympathetic.

**Dr. Glenn:** It silences the pig, because the pig is going to say, we're going to die. We're going to die if we don't get something now. You're going to starve to death. You can't go without eating. You have to have X, Y or Z, just a little bit please.

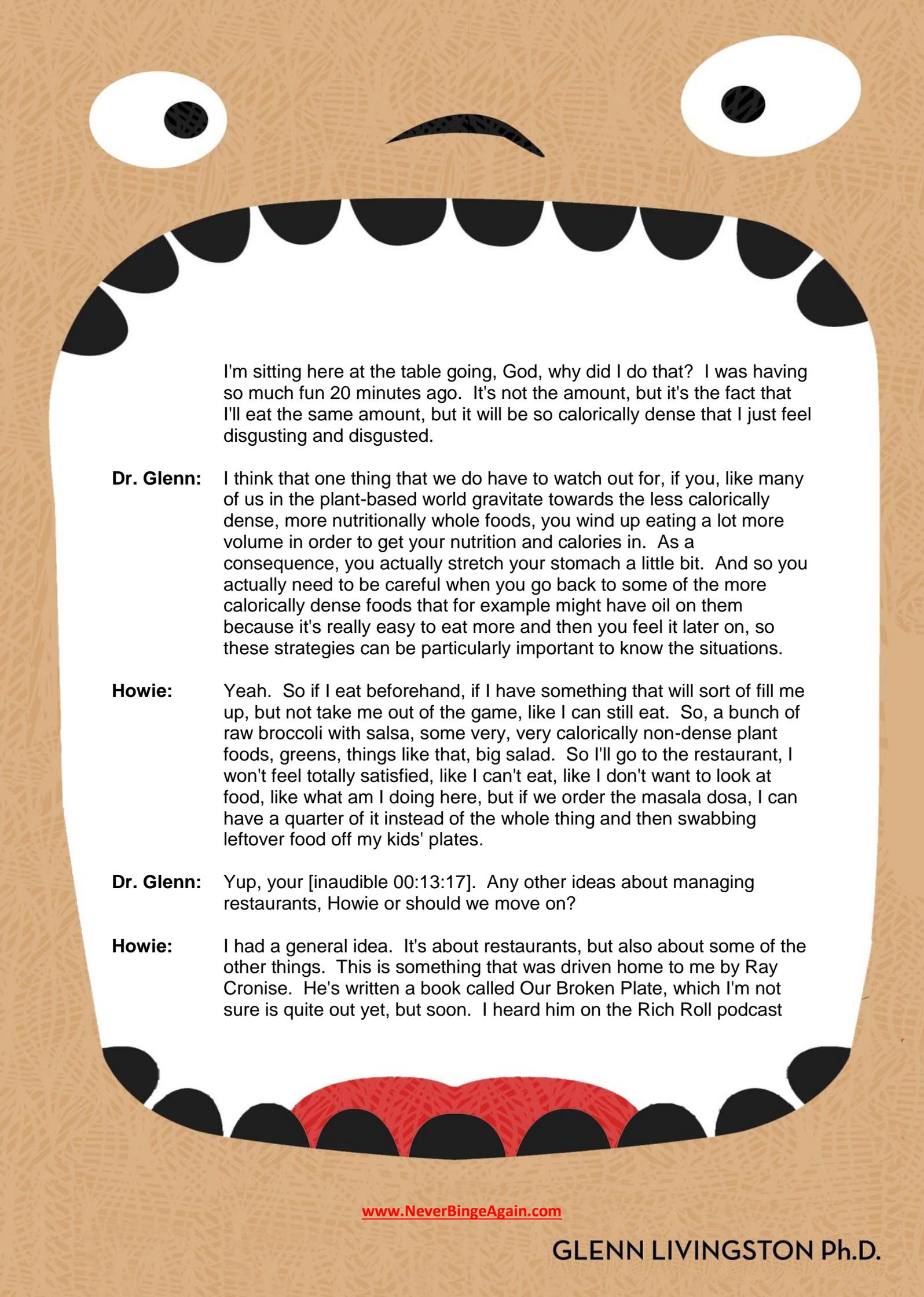
**Howie:** Right. Me going the worst case, feels like for me that loosens up all the other cases, so I'm not so attached to one of those being the outcome.



**Dr. Glenn:** The other thing is that sometimes if I know that I'm going to a restaurant which is really not amenable to the way that I eat -- and mostly they have pig slop and it's going to be difficult for me to even talk to the chef or the waitress or the hostess to figure out what I could eat, I'll just eat beforehand. There's usually enough time that I know that I'm going. Lately for example, if I am going with a bunch of friends for pizza -- and I can't eat pizza, I have a bunch of fruit and a bunch of celery. I got myself a lot of carbohydrates from the fruit and I got myself some of the mineral salts that I wanted. So now something that's so starchy and salty doesn't really appeal to me that much and I mostly go for the company and I'll get a little bit of a salad. I usually have some iceberg lettuce or something like that at a pizza place.

You're going to eat plenty beforehand so that you won't really be hungry. There are no food police in this country. Despite what our parents said about don't spoil your appetite for dinner, nobody is really going to come over and give you a ticket if you happen to spoil your appetite for dinner. In these situations, it might be the best thing to do.

**Howie:** Right on. When I go out, very often -- even if I'm going to a place that's mostly fine, I do not eliminate oil from my diet in terms of like I'm out somewhere in an Indian restaurant, that I'm not going to ask them to change the way they cook. They're going to cook with oil. And I'm fine with that occasionally, once or twice a month, but I don't want to have too much oil, it's just going to be really heavy on my body. Having gotten used to being clean, it feels like sludge. So when I go out to an Indian restaurant -- and the food is so good at some of the Indian restaurant that we like. And it's so tasty and because the spices are cooked in oil, it's like a whole another level of flavor, I know I'm susceptible to overeating, even like past the point of pleasure where



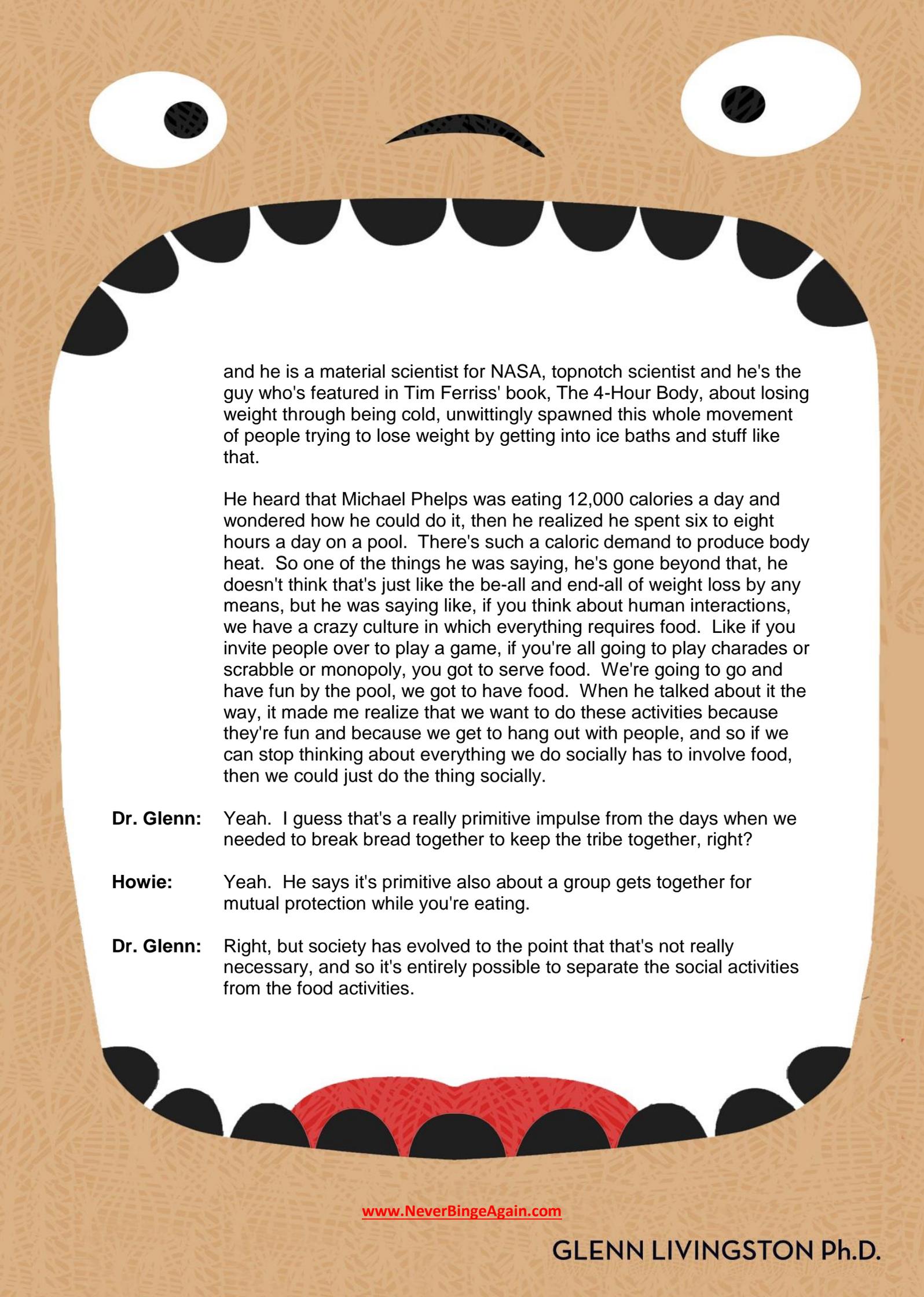
I'm sitting here at the table going, God, why did I do that? I was having so much fun 20 minutes ago. It's not the amount, but it's the fact that I'll eat the same amount, but it will be so calorically dense that I just feel disgusting and disgusted.

**Dr. Glenn:** I think that one thing that we do have to watch out for, if you, like many of us in the plant-based world gravitate towards the less calorically dense, more nutritionally whole foods, you wind up eating a lot more volume in order to get your nutrition and calories in. As a consequence, you actually stretch your stomach a little bit. And so you actually need to be careful when you go back to some of the more calorically dense foods that for example might have oil on them because it's really easy to eat more and then you feel it later on, so these strategies can be particularly important to know the situations.

**Howie:** Yeah. So if I eat beforehand, if I have something that will sort of fill me up, but not take me out of the game, like I can still eat. So, a bunch of raw broccoli with salsa, some very, very calorically non-dense plant foods, greens, things like that, big salad. So I'll go to the restaurant, I won't feel totally satisfied, like I can't eat, like I don't want to look at food, like what am I doing here, but if we order the masala dosa, I can have a quarter of it instead of the whole thing and then swabbing leftover food off my kids' plates.

**Dr. Glenn:** Yup, your [inaudible 00:13:17]. Any other ideas about managing restaurants, Howie or should we move on?

**Howie:** I had a general idea. It's about restaurants, but also about some of the other things. This is something that was driven home to me by Ray Cronise. He's written a book called Our Broken Plate, which I'm not sure is quite out yet, but soon. I heard him on the Rich Roll podcast



and he is a material scientist for NASA, topnotch scientist and he's the guy who's featured in Tim Ferriss' book, *The 4-Hour Body*, about losing weight through being cold, unwittingly spawned this whole movement of people trying to lose weight by getting into ice baths and stuff like that.

He heard that Michael Phelps was eating 12,000 calories a day and wondered how he could do it, then he realized he spent six to eight hours a day on a pool. There's such a caloric demand to produce body heat. So one of the things he was saying, he's gone beyond that, he doesn't think that's just like the be-all and end-all of weight loss by any means, but he was saying like, if you think about human interactions, we have a crazy culture in which everything requires food. Like if you invite people over to play a game, if you're all going to play charades or scrabble or monopoly, you got to serve food. We're going to go and have fun by the pool, we got to have food. When he talked about it the way, it made me realize that we want to do these activities because they're fun and because we get to hang out with people, and so if we can stop thinking about everything we do socially has to involve food, then we could just do the thing socially.

**Dr. Glenn:** Yeah. I guess that's a really primitive impulse from the days when we needed to break bread together to keep the tribe together, right?

**Howie:** Yeah. He says it's primitive also about a group gets together for mutual protection while you're eating.

**Dr. Glenn:** Right, but society has evolved to the point that that's not really necessary, and so it's entirely possible to separate the social activities from the food activities.



**Howie:** Right.

**Dr. Glenn:** And that's a nice goal, I like that. I haven't thought of that.

**Howie:** Right. And coming from a Jewish background, that's especially had.

**Dr. Glenn:** Everything is harder from a Jewish background.

**Howie:** Where's the food? When are we going to eat?

**Dr. Glenn:** Oh my God.

**Howie:** At lunch we talk about what are we going to have for dinner.

**Dr. Glenn:** Oh my God, I can't tell you growing up how many times I had like early four or five bagels and lox and cream cheese and then it was time for lunch after that. Yeah, I guess every culture has their troubles, but we Jews, we certainly like bagels and lox. Okay. Well, can we move on to another social situation?

**Howie:** Yup, let's do it.

**Dr. Glenn:** We have birthdays, holidays and celebrations where my experience is that most people hear their pig saying, well, everybody else is indulging in that, why can't I? Don't I deserve it also? There are two ways to solve that. One of them is to build in some kind of controlled conditional exception to your rules for those kind of events, and I see a lot of people do that by the way. I see that the people who aren't at a birthday party everyday, like if you are a mom and you go to every kid in the class' birthday party, this might not be so good for you, but if you



are only at a birthday once a month or so, some people do really well with a controlled conditional exception to the rule for those events.

The other thing that I see that really works is when people take a step back. So before they think about what they're going to do at birthdays, holidays and celebration, they take a step back to their big why, and they think about why do they really want to stick to their food plan and what's it going to do for them a year from now, or if they were 100 percent compliant even though their pig says that it's not possible, what if they really were 100 percent compliant for a year, what's that going to do for them? And most people will say they're going to be thinner and more confident and they're not going to fear judgment as much and they're going to be out in social situations more and maybe they're going to be confident to ask for a raise or they're going to go to school and get their degree. Really, they're going to go back and live their life again.

Having done so many of these sessions has really shown me how much life the pig really takes away from you. And when you ground yourself in those big whys and you realize what the food plan really means, it means everything. The food plan really means everything, and what you deserve is life. What you deserve is the health and the energy and the confidence and to shed the shame that you carry around with you and I have to say that heavy people shouldn't be ashamed, but they do carry a lot of shame around with them with the way that our society treats them and they shed their risk of diabetes and the risk of cardiovascular events and the risk of strokes and everything that's associated with eating badly, which you really deserve as life. It totally eclipses the pig's squeal that, well, don't I deserve to indulge like everybody else, right?



And everybody else there is probably going to get what the average American gets. Wish we could see -- we don't know what they're doing outside of the party, right? But it's a thing you can tell yourself in order to quiet the pig at the moment. So those are the kinds of things that I found to work with clients when their pig gets them in a hush about everybody else is indulging at a birthday and why can't I do it also. How about you, any other ideas?

**Howie:** Yeah. First of all, I really like the idea of that conditional exception, if it works. And one of the things that has to work about it is you have to really embrace and enjoy the thing as much as possible, so not have half of your mind still wrestling with the pig.

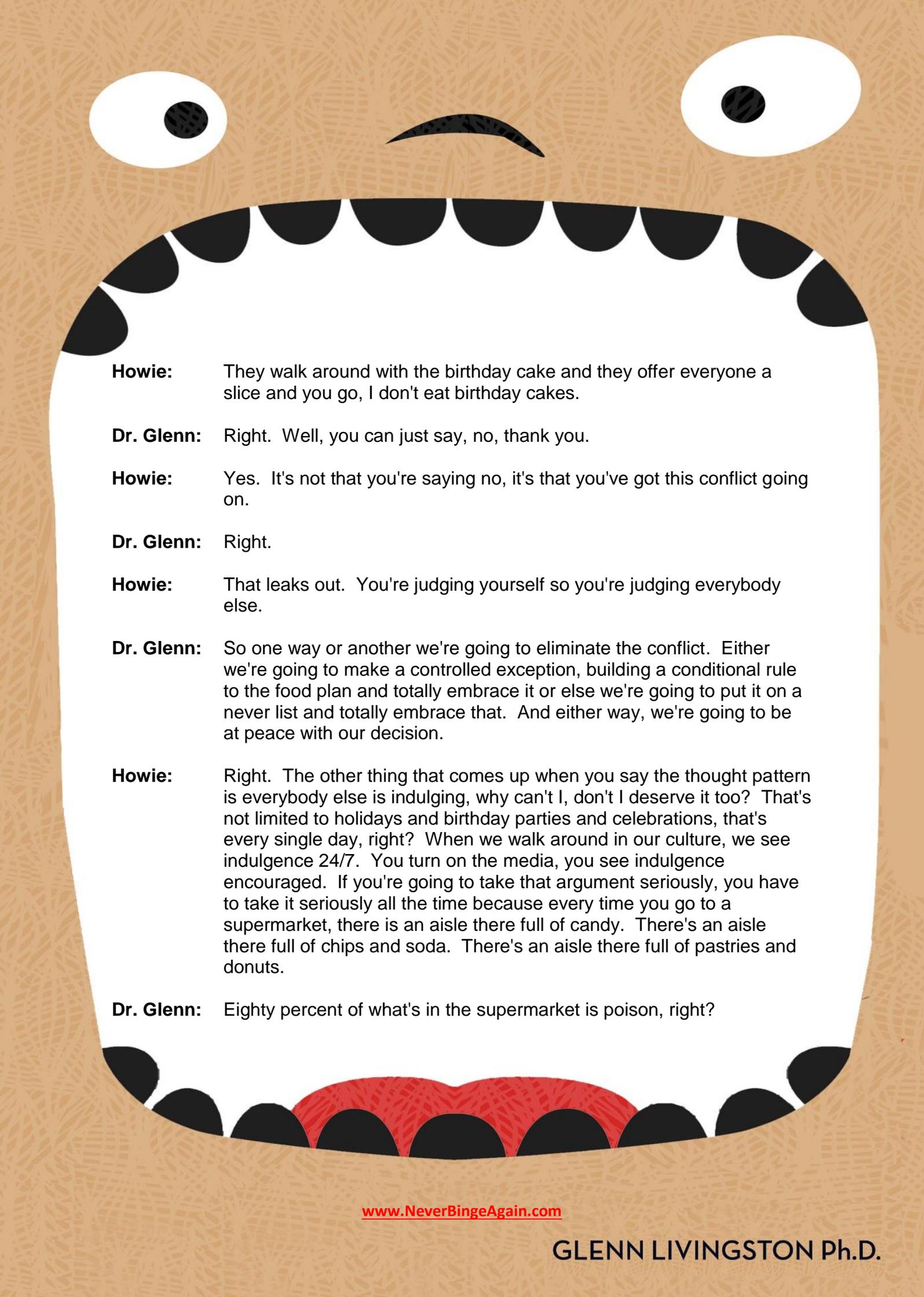
**Dr. Glenn:** It's not a guilty pleasure, it's a normal part of life that you build into your rules.

**Howie:** Yeah, but half of you is like, oh my God, I can't believe I'm eating this. Why? Why even bother to do it? You're getting like net negative even in the moment. Like once you decide, I'm going to have this, have it consciously, have it mindfully, enjoy the hell out of it, be in it 100 percent. So at that moment, you don't continue the discussion and the battle if you've decided in advance.

**Dr. Glenn:** I wholeheartedly agree.

**Howie:** Yeah. Here's the thing you don't want to do at a party or a holiday celebration or a family thing, you don't want to be that person. You know what I mean?

**Dr. Glenn:** What do you mean?



**Howie:** They walk around with the birthday cake and they offer everyone a slice and you go, I don't eat birthday cakes.

**Dr. Glenn:** Right. Well, you can just say, no, thank you.

**Howie:** Yes. It's not that you're saying no, it's that you've got this conflict going on.

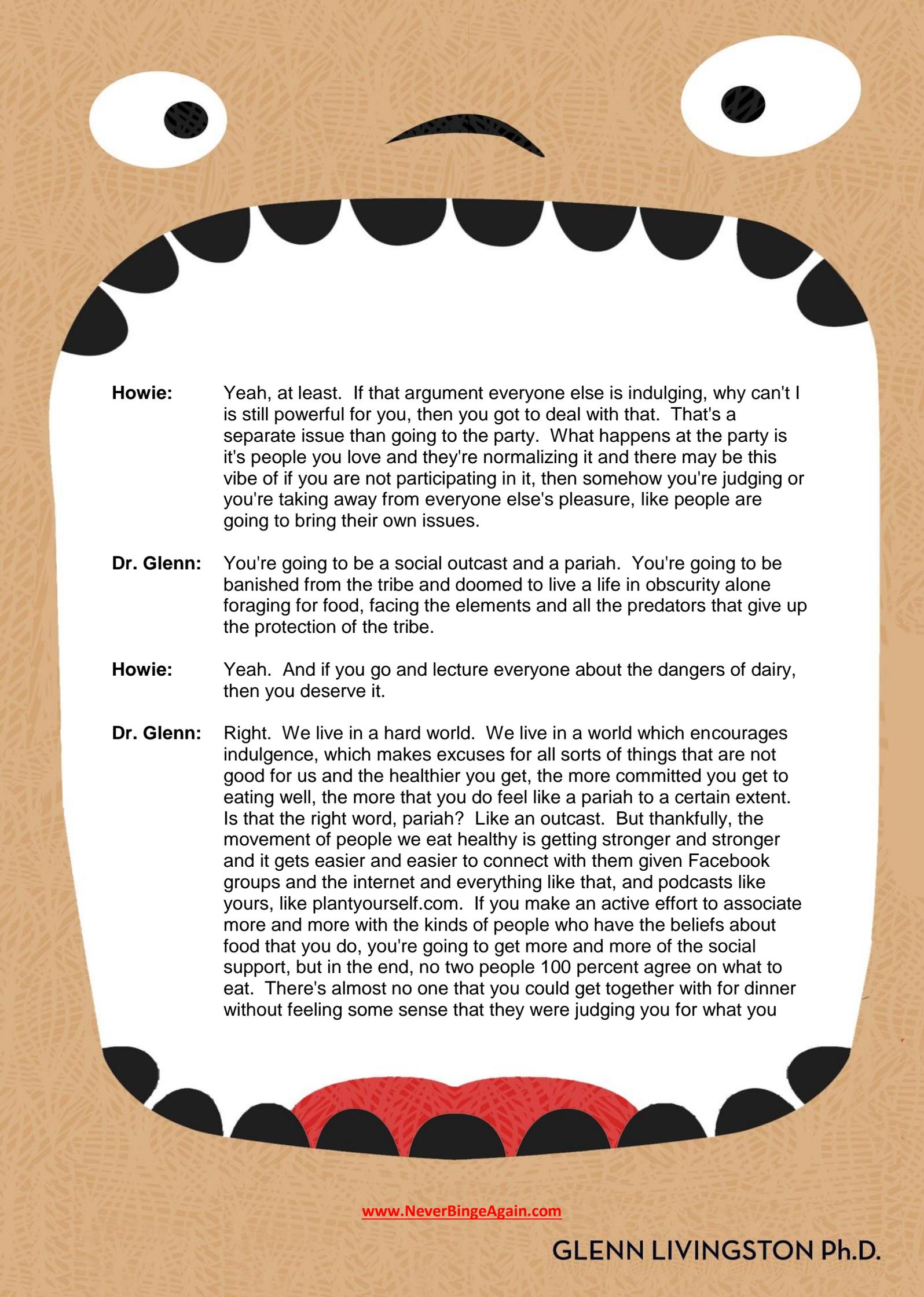
**Dr. Glenn:** Right.

**Howie:** That leaks out. You're judging yourself so you're judging everybody else.

**Dr. Glenn:** So one way or another we're going to eliminate the conflict. Either we're going to make a controlled exception, building a conditional rule to the food plan and totally embrace it or else we're going to put it on a never list and totally embrace that. And either way, we're going to be at peace with our decision.

**Howie:** Right. The other thing that comes up when you say the thought pattern is everybody else is indulging, why can't I, don't I deserve it too? That's not limited to holidays and birthday parties and celebrations, that's every single day, right? When we walk around in our culture, we see indulgence 24/7. You turn on the media, you see indulgence encouraged. If you're going to take that argument seriously, you have to take it seriously all the time because every time you go to a supermarket, there is an aisle there full of candy. There's an aisle there full of chips and soda. There's an aisle there full of pastries and donuts.

**Dr. Glenn:** Eighty percent of what's in the supermarket is poison, right?



**Howie:** Yeah, at least. If that argument everyone else is indulging, why can't I is still powerful for you, then you got to deal with that. That's a separate issue than going to the party. What happens at the party is it's people you love and they're normalizing it and there may be this vibe of if you are not participating in it, then somehow you're judging or you're taking away from everyone else's pleasure, like people are going to bring their own issues.

**Dr. Glenn:** You're going to be a social outcast and a pariah. You're going to be banished from the tribe and doomed to live a life in obscurity alone foraging for food, facing the elements and all the predators that give up the protection of the tribe.

**Howie:** Yeah. And if you go and lecture everyone about the dangers of dairy, then you deserve it.

**Dr. Glenn:** Right. We live in a hard world. We live in a world which encourages indulgence, which makes excuses for all sorts of things that are not good for us and the healthier you get, the more committed you get to eating well, the more that you do feel like a pariah to a certain extent. Is that the right word, pariah? Like an outcast. But thankfully, the movement of people we eat healthy is getting stronger and stronger and it gets easier and easier to connect with them given Facebook groups and the internet and everything like that, and podcasts like yours, like [plantyourself.com](http://plantyourself.com). If you make an active effort to associate more and more with the kinds of people who have the beliefs about food that you do, you're going to get more and more of the social support, but in the end, no two people 100 percent agree on what to eat. There's almost no one that you could get together with for dinner without feeling some sense that they were judging you for what you



were eating or you feeling some sense of judgment for what they were eating. That's why I always say that ultimately our food plans are nobody's business but our own.

**Howie:** Right. If you doubt that, go to some veg fest or vegan conferences or plant-based health conferences, you'll see it's like a politburo in there, are you plant-based enough?

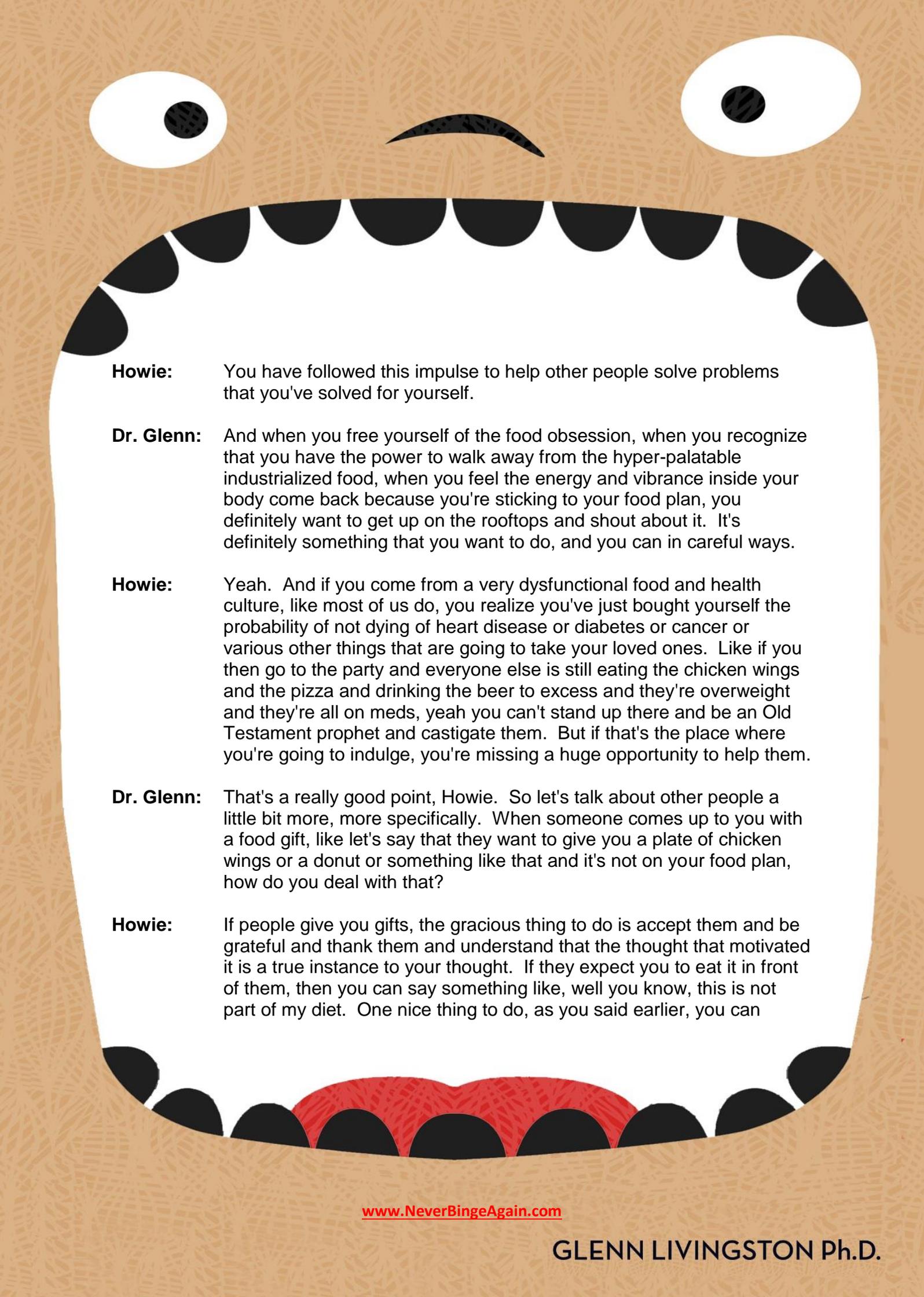
**Dr. Glenn:** But still, even with this inherently impossible situation to solve, it's still helpful if you work to associate with the types of people who believe 80 percent of what you believe about food, it's helpful.

**Howie:** And I want to say something else about that which is, once you start your transformation and you take it seriously, one of the best places to go is back to your old stomping grounds and be okay in it while sticking to your values and your agreement. First of all I mean that's where you build muscle. You build muscle in the gym, not on a couch. And secondly, those are the people whom you can have the most influence over just by being yourself. A lot of us go into this for selfish reasons at first because we're suffering, but after a certain point we're like we want to help others. It's an impulse, right? I think you had that impulse when you decided to leave a really fun, easy, lucrative marketing career, at least to a certain extent and help people --

**Dr. Glenn:** I would say it's fun and lucrative. I don't know if it was easy.

**Howie:** Well, you always made it look easy.

**Dr. Glenn:** Okay.



**Howie:** You have followed this impulse to help other people solve problems that you've solved for yourself.

**Dr. Glenn:** And when you free yourself of the food obsession, when you recognize that you have the power to walk away from the hyper-palatable industrialized food, when you feel the energy and vibrance inside your body come back because you're sticking to your food plan, you definitely want to get up on the rooftops and shout about it. It's definitely something that you want to do, and you can in careful ways.

**Howie:** Yeah. And if you come from a very dysfunctional food and health culture, like most of us do, you realize you've just bought yourself the probability of not dying of heart disease or diabetes or cancer or various other things that are going to take your loved ones. Like if you then go to the party and everyone else is still eating the chicken wings and the pizza and drinking the beer to excess and they're overweight and they're all on meds, yeah you can't stand up there and be an Old Testament prophet and castigate them. But if that's the place where you're going to indulge, you're missing a huge opportunity to help them.

**Dr. Glenn:** That's a really good point, Howie. So let's talk about other people a little bit more, more specifically. When someone comes up to you with a food gift, like let's say that they want to give you a plate of chicken wings or a donut or something like that and it's not on your food plan, how do you deal with that?

**Howie:** If people give you gifts, the gracious thing to do is accept them and be grateful and thank them and understand that the thought that motivated it is a true instance to your thought. If they expect you to eat it in front of them, then you can say something like, well you know, this is not part of my diet. One nice thing to do, as you said earlier, you can



always blame it on your doctor, where you call the restaurant, if you tell them that your doctor prescribed a certain diet for you. So you know, my doctor says I shouldn't eat this stuff, but thank you so much. You want to take it back or I can pass it along?

**Dr. Glenn:** Yeah, that's easy enough. And then if they push any further, you say, oh I really hate to talk about it. I'm not dying or anything, but the less we talk about it, the easier it is for me. You can also give them the feeling that they want, because really when someone brings you a gift, they're looking to be accepted and make a connection with you. That's so sweet that you got that for me, tell me about how have you been? What made you think of this for me and did you make this yourself? Oh my God, it looks so good. But you don't have to eat it. You can just be very effusive about accepting the gift and giving them the feelings that they want. And then you can ask them something about themselves that you haven't heard about for a while, how's your Aunt Martha? Oh my God, I've been meaning to ask you about that.

**Howie:** Yes. Misdirection is a very useful tool.

**Dr. Glenn:** Yes. What about when people ask you, where do you get your protein? This is really for the vegan, vegetarian crowd. How do you manage that?

**Howie:** Yeah. I heard some really good answers lately. Somebody says like, moonbeams.

**Dr. Glenn:** You know what, there's a book called How to be a Vegan Smart Ass. Take a look, it's pretty funny.



**Howie:**

I like that. Doug Lisle, who's one of the guys at True North Health Center that I mentioned, he co-wrote a book called *The Pleasure Trap*. He's an evolutionary psychologist. Everything for him is how our minds work in ways that supported our evolution and survival as a species. What he says is going on when people ask you where do you get your protein is not a serious concern over where you get your protein, because nobody was asking you, where do you get your fiber when you're eating McDonald's three times a day. So he says what's going on is that's a code for I'm concerned that you are overtaking me in social status, and I'm going to take you down a notch, because if you're used to eating the salad and I'm having the greasy steak, then you're somehow saying you're better than me, and I'm worried that maybe you are so I'm going to cut you down and we're going to have this faux science argument that I can show that I'm smarter than you.

What Doug Lisle recommends people do, a wonderful lecture that people can find on YouTube, I think it's called *Getting Along Without Going Along*, he says, I really don't know, but my doctor gave me this book and/or I started reading this book. I'm not sure if I'm right or not, but I'm halfway through it and it seems pretty interesting and it seems to be working for me, so I'm just going to stick with that for right now. It's just like everything he's done there is to restore the other person's status.

**Dr. Glenn:** Interesting.

**Howie:** Like I don't know, I got this book, I didn't even finish it. I couldn't even finish a freaking book.

**Dr. Glenn:** So you're not claiming to be an expert, you're not going to show them scientifically how inadequate they are. You're going to let them



continue to think that you are not necessarily in the know, and then they can go on with their day without having to put you down.

**Howie:** Yeah.

**Dr. Glenn:** That's interesting.

**Howie:** Yeah, and you know that that was the motivation when the topic just disappears. If someone is actually like, gee, but what about the methionine? Then that shows they're ready to have some sort of different discussion and if they're really open to it, then you could have it if you want.

**Dr. Glenn:** Sometimes I ask people what the symptoms of protein deficiency are and they usually don't know. They usually don't say anything. I ask them if they know anybody who has been diagnosed with a protein deficiency.

**Howie:** Right. What I do actually is I just carry around copies of Proteinaholic and I just hit people with it.

**Dr. Glenn:** There you go. It's a great book.

**Howie:** And hardback too,

**Dr. Glenn:** And it's thick also, so you can't hit them with it. We talked a little bit about traveling, but do you want to say a little more about if you're going to be out of the house or out of the country, what do you do?

**Howie:** Well, you prepare. One thing you do is you think about like, what am I going to eat? And when you're traveling, I think it really helps to lower



your standards in terms of fanciness. Not in terms of quality, but in terms of like if you're at home and you're a cookbook aficionado and you love restaurants and you've got to make four new dishes every week, that might be fun, but unless that's your life, unless you're a cookbook recipe developer or something, you're probably overdoing it. And if you can figure out what's your lowest effort, simplest meals you could make and if you have to have them everyday for a month, what would they be.

**Dr. Glenn:** That's interesting. So for example, what are they for you?

**Howie:** I mentioned before I started recording, I'm working on a book and podcast project with Josh LaJaunie who is a bayou dweller from Louisiana who's an ultra-marathoner and who five years ago weighed over 400 pounds. He's a leader in the plant-based community, he's on podcasts, he Instagrams and Facebooks and he runs 100 miles a week and competes in 100 mile races, and he also runs two companies, including one that services ship pumps and another -- he runs a trailer park. So he's up at 6:00 a.m. working everyday. He does his runs between 3:30 and 6:00. So he's not a guy who's going to be doing Paul Prudhomme type recipe development everyday.

So he came up here, we were working together and he had this meal he came with in his truck. He had 50 pounds of red potatoes and he would boil a few of the potatoes and smash them into raw kale. The hot potatoes would kind of wilt the kale a little bit, then he would add Sriracha sauce and nutritional yeast. That was his lunch. And he was eating it, I was eating it and I said, this stuff is delicious.

**Dr. Glenn:** That's a great recipe.



**Howie:**

Yeah. And you can buy a bag of kale anywhere, you can buy potatoes anywhere. He travels with his instant pot. That's an electric pressure cooker, so to cook the potatoes in 15, 20 minutes. He also talks about like when you're on the road, you go to a gas station store, they'll have some fruit, they'll have some nuts, they might even have some sad little packet of celery somewhere or you go to a grocery store and they'll have just the produce section. If you can get used to eating raw produce and you bring your favorite seasonings with you, whether it's nutritional yeast or an herb mikes, Sciracha. I mean Sciracha makes everything taste like Sciracha, so if you like Sciracha, you really don't care what else -- you know.

**Dr. Glenn:**

The thing about Sciracha is you get progressively more addicted to it, you want more and more of it, to the point that if I'm having a Sciracha meal and Sharon wants a bite of my food, she runs away screaming. You develop a tolerance. But I really like what you're saying, I really like what you're saying, yeah. And it's really just the pig saying that there's nothing available. They have supermarkets everywhere now. A lot of them have these pre-packaged, pre-washed salad greens. There's usually some produce, if it's not organic at least it's fresh whole produce. Some fast-food joints have baked potatoes with nothing on them. There are all sorts of options, cans of beans, there's all sorts of things you can get in supermarkets, in restaurants that it just requires a little bit of thinking and a little bit of silencing the pig to make room for that thinking and you realize that the world is full of these options.

**Howie:**

Yeah. And I find I only have to do the thinking once, right? Or just listen to someone else who's done the thinking, like I did with Josh, like oh okay, I can do that. That's what I just for lunch before we got on the call. At around 11:15, I put the potatoes in. At around 11:40, I was able to open the lid of the pressure cooker, smashed them into the kale



that I picked from our garden, threw on nutritional yeast and Sriracha and finished it right at like 11:58, right before we were scheduled to start talking. I don't have to think.

**Dr. Glenn:** So cool. Another little trick for me is my niece calls them caranges. I always have a case of oranges in my car. Sometimes I just throw them at her for fun when she's riding in the back, but there is always an orange, or five oranges if I really want them. There's always oranges available and I find that no matter what my pig might be craving, that if I have a couple of oranges, that those cravings go away. And then I find a more substantial meal later on.

**Howie:** Yeah, and I love the word "always" there. It's something that you can count on.

**Dr. Glenn:** Literally, you could randomly come to my house and look at my car at any time and you would see a case of 72 oranges or some proportion thereof, depending upon what point in the month it is. Yeah. If you do that by the way, you have to check them everyday to make sure none of them go moldy and periodically throw one or two of them out. And if you buy them by the case, they're a lot cheaper. Depending upon where you live, they can be even cheaper than that. Getting to know produce managers is a really valuable thing, because you'll be spending less money in getting the better produce, but that's a whole other interview.

The last thing I want to talk about today, and then I think we need to wind down, because I do have a 1 o'clock, are the memories that seem to plague people, like most people in certain situations just remember enjoying a particular food that got them in trouble. For example, on the way home from college, I used to eat two full boxes of Dunkin'



Munchkins every single time. And I don't know how I survived that, but I literally remember doing that and other than knowing that those are not my food anymore and they're not on my food plan, so it's just pig squeal when I hear it, when those memories come up, what I tell myself is that there are a lot of things that I did in my youth that I matured out of. I know I used to suck on a pacifier and really enjoy it. I don't do that anymore. I used to knead my bunny rabbit, my stuffed bunny rabbit to go to sleep. I can sleep without a bunny rabbit now, believe it or not against popular opinion. I don't really need my bunny rabbit to sleep anymore.

And there are some things that are part of my earlier life that I have chosen to let go off so that I can enjoy the pleasures of life as I matured. So I don't suck on a pacifier, I don't sleep with my bunny rabbit and I no longer eat Dunkin' Munchkins when I'm driving home. Do you have a memory or two like that that would be helpful or no?

**Howie:**

Or 12. Yeah, I mean I remember in college there would be a week when I have to write papers. I always ask the professor if I could write a paper instead of taking the final, because I know I could have more control and do a better job and get a better grade on the paper. And so I have a week in which I'd have to write four papers, and I would pull a lot of all-nighters and my reward after turning in the paper -- and I would be scruffy and really smelly like maybe I didn't even shower for two days and I would go to the department and hand it in, then I would go across the street to the convenience store and I would buy the biggest amount of Kit Kats and a six-pack of Coke. I would just eat those and I would take a short nap, half an hour before the caffeine and sugar kicked in and then I would go back to work on the next paper.



**Dr. Glenn:** Wow!

**Howie:** That was like my reward. Every time I did a paper, I would eat this stuff. Of course by the end of the week, I couldn't talk, I have sores all over my mouth. I never put two and two together. Well, I'm just tired.

**Dr. Glenn:** So what do you do now when you have those memories and you have those urges?

**Howie:** So the closest thing to I need a pick me up is I'll have dried fruit. So I'll have raisins. Generally I like to have fresh fruit and we have about 30 pounds of frozen blueberries in our freezer from last summer from our blueberry bushes.

**Dr. Glenn:** That's really smart.

**Howie:** What I like about frozen blueberries is you can sort of enjoy them frozen, but the more defrosted they get, the better they are. So I'll just pour a big bowl and kind of eat it slowly and let the natural melting process kind of pace me.

**Dr. Glenn:** I love that. That sounds like more fun than Kit Kat and Coke.

**Howie:** Yeah, I certainly feel better afterwards.

**Dr. Glenn:** I'm sure.

**Howie:** The other thing I've done until pretty recently was I'd get like Lärabars or something that had the ingredients -- the ingredients themselves are fine and the only problem was how many of them I was eating and how calorically dense they are. So I could easily go through a case of 12



Lärabars. You get the 10 percent discount at Whole Foods when you buy a case. I have a six-hour drive and they're all gone by hour two, and I did not like that. So one thing I do now is I'll say, okay, I'm not going to have the whole box next to me. The box is in the trunk. If I really want another one after I've eaten the two or three that I've allotted myself, I've got to stop the car and then get out and get it and I hate stopping. I don't even like stopping to fuel up or go to the bathroom, so certainly stopping for a damn Lärabar is not going to happen.

**Dr. Glenn:** That's very creative. I like that. Well hopefully, we gave you all some ideas and tips and tricks for how to manage these social situations. Bottom line is that if you draw a line in the sand and you know what your food is and you know what the pig slop is, then you just don't eat pig slop and all of this was just to help you be more comfortable and get through your day a little more easily.

For more information on how to  
fix your food problem fast please visit  
[www.FixYourFoodProblem.com](http://www.FixYourFoodProblem.com)

© Psy Tech Inc.  
All Rights Reserved  
[www.NeverBingeAgain.com](http://www.NeverBingeAgain.com)

[www.NeverBingeAgain.com](http://www.NeverBingeAgain.com)

GLENN LIVINGSTON Ph.D.