

Glenn Livingston, Ph.D. and Liv – “Ground Yourself”

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Dr. Glenn: Well, hey, it's Glenn Livingston with Never Binge Again, and I'm here following up with Liv, who's maybe run into a little trouble and needs a tune-up, which is not unusual. Liv, how are you?

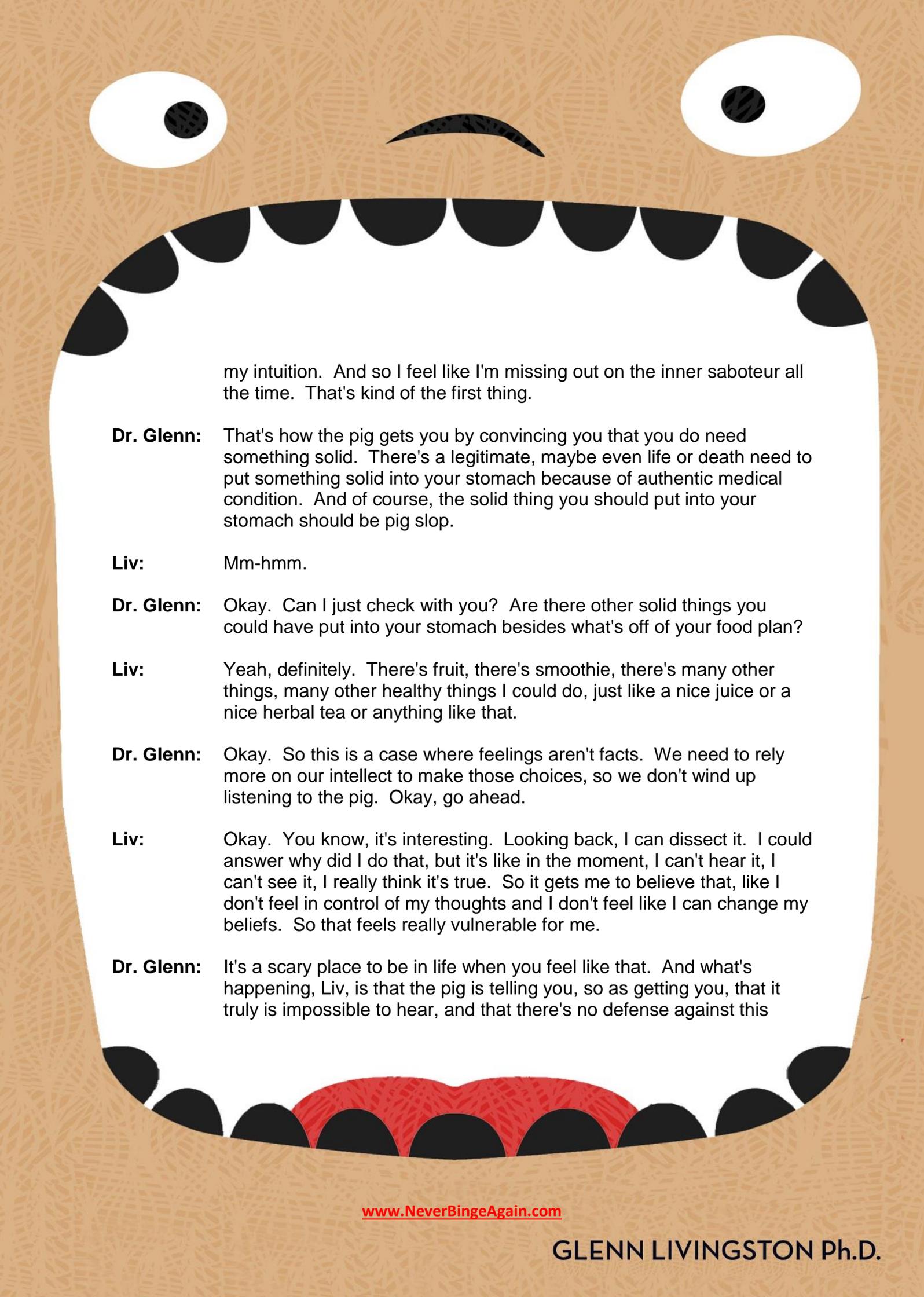
Liv: I'm okay. I definitely had a rough day. Things have been kind of going downhill recently. I just feel very out of control. Today, I binged so much that my body really hurts, and so I'm feeling the repercussions. So there are a couple of things that I thought I'd bring up with you that might give me clarity around this.

Dr. Glenn: I'm so sorry. I'm so sorry you're suffering with it and I'd love to help, so talk to me.

Liv: Thank you. Yeah. I know you understand how it feels.

Dr. Glenn: It's awful. It's just awful. Yeah.

Liv: Yeah. I know that there are a couple of things. I mentioned to you about this before, is I use kind of a nutritional nonsense to justify eating something. For example, if my stomach hurts, I say, "Oh, I need something solid," so I eat like a chip or something, which are not on my food plan and I really can't hear the pig. To me, it's me saying that. It's



my intuition. And so I feel like I'm missing out on the inner saboteur all the time. That's kind of the first thing.

Dr. Glenn: That's how the pig gets you by convincing you that you do need something solid. There's a legitimate, maybe even life or death need to put something solid into your stomach because of authentic medical condition. And of course, the solid thing you should put into your stomach should be pig slop.

Liv: Mm-hmm.

Dr. Glenn: Okay. Can I just check with you? Are there other solid things you could have put into your stomach besides what's off of your food plan?

Liv: Yeah, definitely. There's fruit, there's smoothie, there's many other things, many other healthy things I could do, just like a nice juice or a nice herbal tea or anything like that.

Dr. Glenn: Okay. So this is a case where feelings aren't facts. We need to rely more on our intellect to make those choices, so we don't wind up listening to the pig. Okay, go ahead.

Liv: Okay. You know, it's interesting. Looking back, I can dissect it. I could answer why did I do that, but it's like in the moment, I can't hear it, I can't see it, I really think it's true. So it gets me to believe that, like I don't feel in control of my thoughts and I don't feel like I can change my beliefs. So that feels really vulnerable for me.

Dr. Glenn: It's a scary place to be in life when you feel like that. And what's happening, Liv, is that the pig is telling you, so as getting you, that it truly is impossible to hear, and that there's no defense against this



because if you can't hear it then you'll have to listen to it. It will get to sneak by. And it's making you feel powerless. It really makes you believe that because you couldn't hear it in the past that you won't be able to hear it in the future.

Liv: Yeah, it does.

Dr. Glenn: And you really believe that at the moment. You really, really believe what the pig is saying. I know that experience. I've had that experience.

Liv: Okay. That's kind of the first thing. Another thing is I have chronic anemia. My anemia is getting worse right now and I'm just waiting to get these infusions. I'm very active and I know my level of exertion is really high for what my body could handle. And I am eating enough but I compensate my exhaustion with food because everything feels really hard and then when I eat food, it feels really, really good. It's the only pleasurable really good thing and I just want to keep going, and that's also the pig but that gets me into the binge as well.

Dr. Glenn: And can I just double check that when you say that you're eating enough, that's something that you've checked with your doctors and your nutritionists and you actually are eating enough?

Liv: Yeah.

Dr. Glenn: Okay.

Liv: Yeah. I've worked with a nutritionist, and I also did my calculator online and I tracked my food to know that I'm eating up to 2,000 and plus calories because I am really active. It's what I need.



Dr. Glenn: Okay. Is it true that food is really the only pleasure for you in life?

Liv: Sometimes it feels like that. It feels like that lately and it's kind of sad because I have a lot of good things going on, but it's like, everything feels so hard and I have a lot of anxiety and stress right now. And when I eat, it's the only thing that shuts my mind off. So there are a few things in my life that shut my thoughts off, and that would be yoga and exercise and then eating. And I kind of realized that today, is just I've got this anxiety, this monkey mind, and so when I eat in that moment, I'm not thinking anymore, I'm just enjoying. And then eventually, when I'm done eating, it's the guilt and the shame and that spiral.

Dr. Glenn: And you're doing as much yoga and exercise as you could reasonably do.

Liv: Yeah.

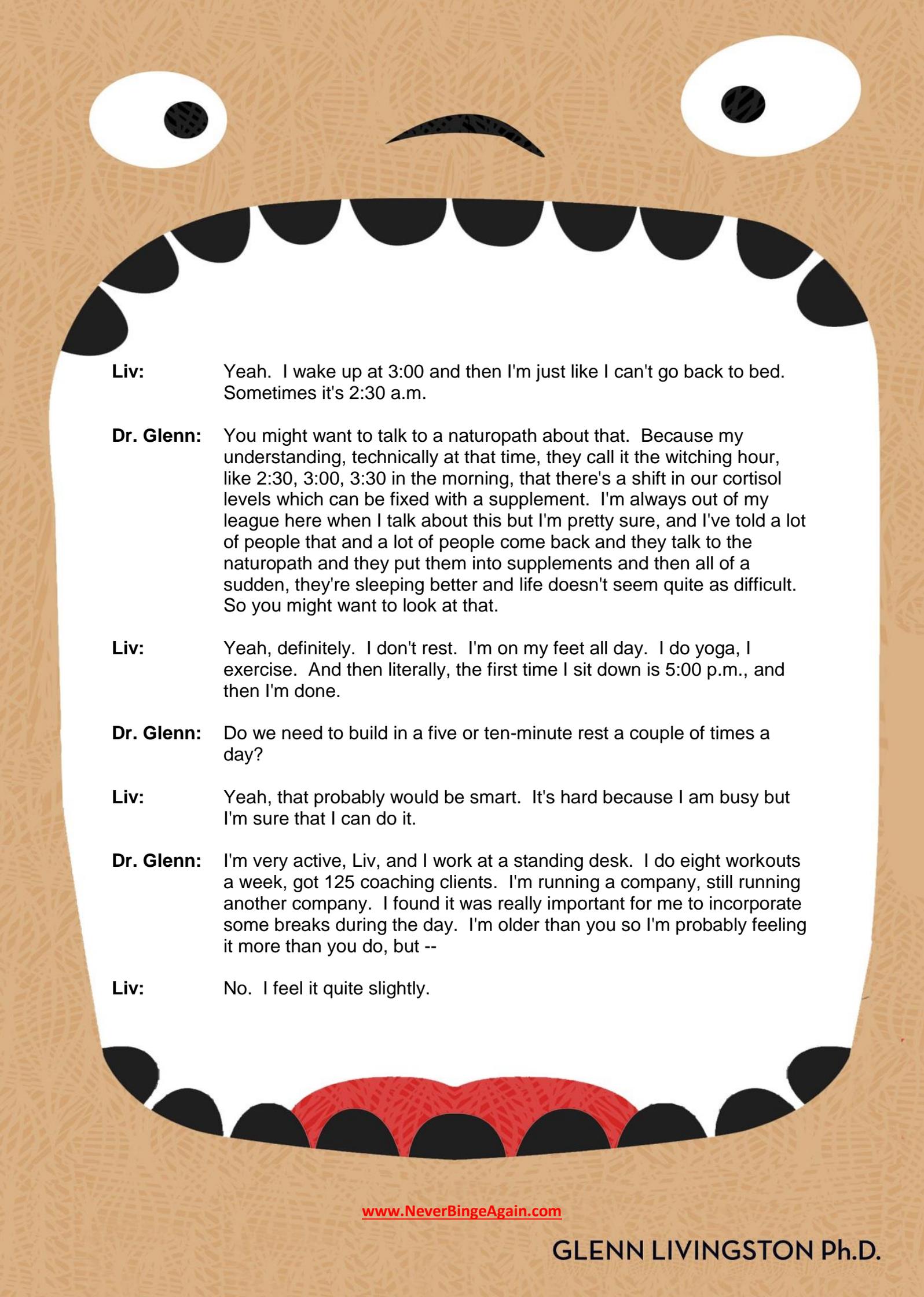
Dr. Glenn: So you can't really add that to your life. Are you getting enough sleep?

Liv: I get seven to eight hours. I do have crazy hours. I go to bed at like, 7:30 and I wake up at 3:00 a.m., and I do that for work. That's eight hours, or seven hours, should be fine.

Dr. Glenn: Do you sleep solidly for the night?

Liv: Yes.

Dr. Glenn: Okay. Some people need nine.



Liv: Yeah. I wake up at 3:00 and then I'm just like I can't go back to bed. Sometimes it's 2:30 a.m.

Dr. Glenn: You might want to talk to a naturopath about that. Because my understanding, technically at that time, they call it the witching hour, like 2:30, 3:00, 3:30 in the morning, that there's a shift in our cortisol levels which can be fixed with a supplement. I'm always out of my league here when I talk about this but I'm pretty sure, and I've told a lot of people that and a lot of people come back and they talk to the naturopath and they put them into supplements and then all of a sudden, they're sleeping better and life doesn't seem quite as difficult. So you might want to look at that.

Liv: Yeah, definitely. I don't rest. I'm on my feet all day. I do yoga, I exercise. And then literally, the first time I sit down is 5:00 p.m., and then I'm done.

Dr. Glenn: Do we need to build in a five or ten-minute rest a couple of times a day?

Liv: Yeah, that probably would be smart. It's hard because I am busy but I'm sure that I can do it.

Dr. Glenn: I'm very active, Liv, and I work at a standing desk. I do eight workouts a week, got 125 coaching clients. I'm running a company, still running another company. I found it was really important for me to incorporate some breaks during the day. I'm older than you so I'm probably feeling it more than you do, but --

Liv: No. I feel it quite slightly.



Dr. Glenn: Yeah. I think you're overloaded from what you're describing. Okay. So that's part of it. You said you have a lot of good things going on. What's going on?

Liv: I have a really great family. I have a great puppy. So I mean, everything is really stable and happy for me. It makes me sad that I've binged today and we had family game night and I was unable to really participate because I just felt so sick. I think that really just hurts me.

Dr. Glenn: The binge starts because you have something off the plan that's solid like a potato chip. Is it usually starch?

Liv: Yeah. It's starch carbohydrate. Like today, I had a really good lunch. I had like a cauliflower rice with tofu. I eat to satiation and then I went for like this Larabar Bites and peanut butter pretzels, all of it.

Dr. Glenn: Downhill from here.

Liv: Yeah.

Dr. Glenn: Do you need to have starch in your diet? You're not eating grains, right?

Liv: I'm trying not to eat grains. For example, I went off the plan today and I had the peanut butter pretzels, which was gluten, which is totally not good for me at all. It flexed my digestion horribly. So yeah, I don't have those in my plan.

Dr. Glenn: When you were on your plan most successfully, how were you eating?



Liv: I had a little bit of dairy and I would eat oatmeal, a few grains. So my plan, originally, was like gluten-free and the occasional yogurt, and I seem to be able to stick to that okay. I mean, possibly, my plan is to restrict it, I don't know. But I know that for my health, it could be that restrictive and I'd be more vibrant.

Dr. Glenn: Is it possible that what you're experiencing is more of a physiological drive to eat starch and more of a degradation of willpower because you've got some life stressors coming up? What you're describing are good stressors, but you're simultaneously working a lot and taking care of the kids and it's not clear whether you're sleeping enough or not. Probably, you are, but it's not really clear.

I'm not disagreeing with your goal, like the bull's eye that you want to get to eventually, but you know, if you're planning a trip to the top of a mountain, you have to make sure that you have the resources to get to the top of the mountain. And sometimes, you might plan a trip to a smaller mountain as training to get there until you know you're really going to be in the best shape to get to the mountain and have enough time and food and resources to get there. I don't know that that's the case, Liv, but what do you intuitively think? You think you're shooting too high to start with?

Liv: Yeah, maybe. A part of me doesn't want to go back. When I want to do something, I want to do it correctly and I want it to be the best thing that I could do for myself. However, I'm not hitting the bull's eye consistently. Like literally, every day, there's something that kind of knocks me off. And today was more extreme than usual, but yesterday, it was a piece of chocolate, which isn't on my plan. And then the day before, it was like oatmeal, which wasn't on my plan. And



then today, it was like the big binge. I don't know. I don't want to, but maybe I should.

Dr. Glenn: The best you can possibly be -- like if you're going to go train for a marathon, they don't tell you to run 26 miles the first day, right?

Liv: Right.

Dr. Glenn: Did you tell me you run a marathon? I forget.

Liv: Oh no, I can't run.

Dr. Glenn: Okay. I can't run either. I hike mountains. I didn't just go out and do the 26-mile hike the first time I went and hike the mountain. I had to get into shape for it and I was very determined. I had my list of mountains and I was working my way up them and I knew I was going to get there. I did, but I didn't just go do 26 miles the first day I went in the woods. So sometimes the best you can do, like being the best you can be involves accepting the realities of life and your physical limitations. So it might be we want to back up a little bit.

I'm not sure. I'm not sure because you're saying a couple of things here. You're saying that your pig tells you you'll never be able to hear it, and therefore, you are paralyzed. So even though you know that you need something solid and you can satisfy that with a fruit smoothie or a whole bunch of other things that would be healthy for you, the pig has you convinced that you really can't hear it.

Liv: That's true. That's the biggest one, is I can't hear it, or it has to be convinced that I can't hear it until after the fact.



Dr. Glenn: A big part of that reason is often that there's just not enough physiological self-care going on, that is just the person is reaching further than they could or restricting more than they need to and the body is hungry and tired and says, "Look, something has to give." Liv, I think you know it's the pig. I think that it's like a big hairy volleyball or something in a sea of ping pong balls. You know that starch is off your plan, right? You know that potato chips are off your plan.

Liv: Yeah.

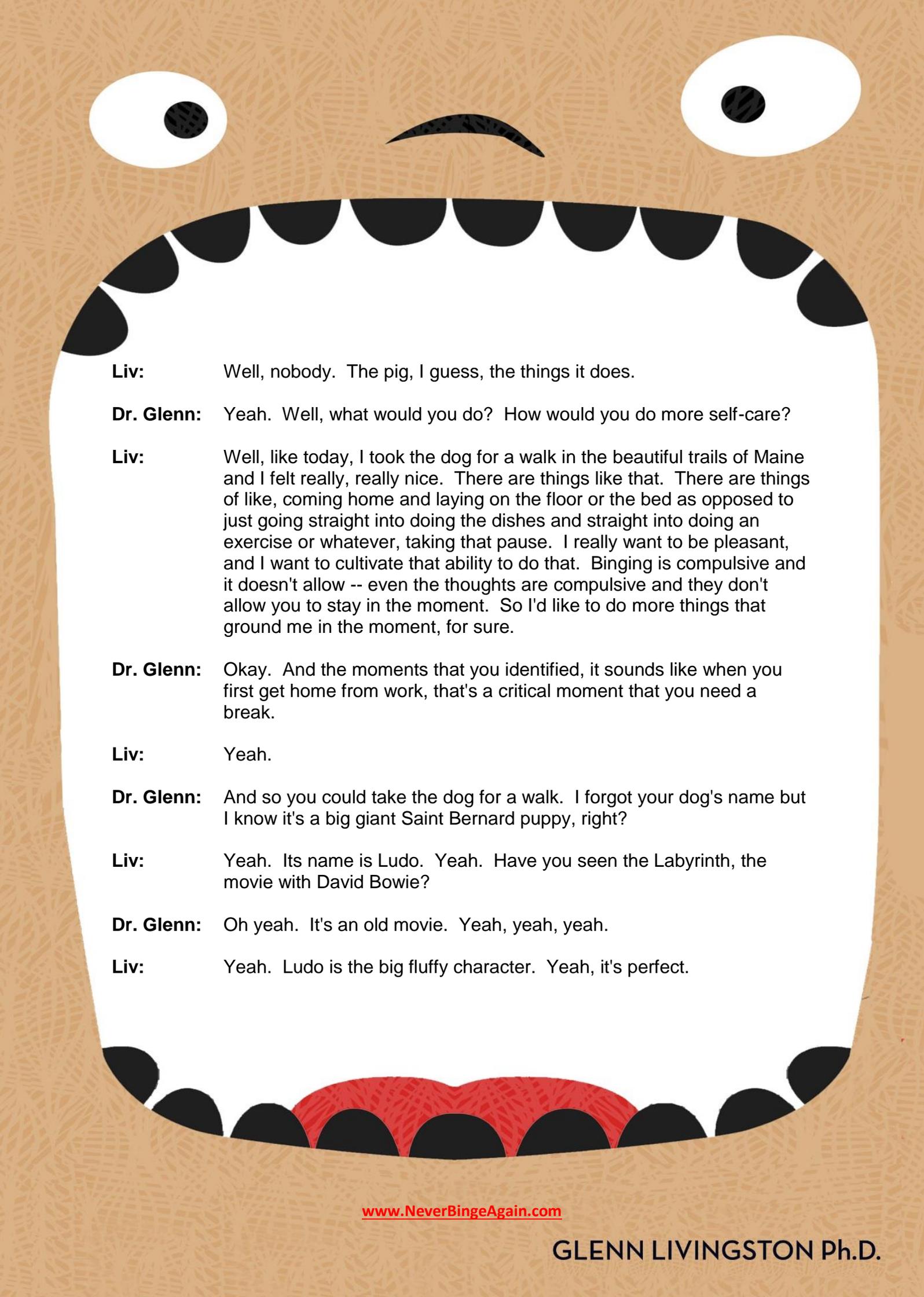
Dr. Glenn: I don't think it's that you can't hear it, I think it's that you don't believe there's another way to meet your needs at the moment, and so you're going along with what the pig is saying. That's what I think.

Liv: Yeah, definitely. There are many other things I could do. I could put a hot water bottle on my stomach and put some peppermint oil on my tummy and I could drink a hot cup of tea, which I love, and that's definitely on my plan. And I don't even recognize those actions. I don't even recognize them until -- they're not even in my periphery for some reason, because it's always like, "Well, food will make me feel better."

Dr. Glenn: It's the pattern that you established for a very long time. That doesn't mean it has to be the pattern forever.

Liv: So possibly, my next plan of action if I don't want to change my plan, which I'm not saying I won't because I might, is putting all my focus on self-care outside of food.

Dr. Glenn: I think you need a little more, Liv. It sounds like you're taking care of a lot of people and things. I'm not sure if it takes care of you.



Liv: Well, nobody. The pig, I guess, the things it does.

Dr. Glenn: Yeah. Well, what would you do? How would you do more self-care?

Liv: Well, like today, I took the dog for a walk in the beautiful trails of Maine and I felt really, really nice. There are things like that. There are things of like, coming home and laying on the floor or the bed as opposed to just going straight into doing the dishes and straight into doing an exercise or whatever, taking that pause. I really want to be pleasant, and I want to cultivate that ability to do that. Binging is compulsive and it doesn't allow -- even the thoughts are compulsive and they don't allow you to stay in the moment. So I'd like to do more things that ground me in the moment, for sure.

Dr. Glenn: Okay. And the moments that you identified, it sounds like when you first get home from work, that's a critical moment that you need a break.

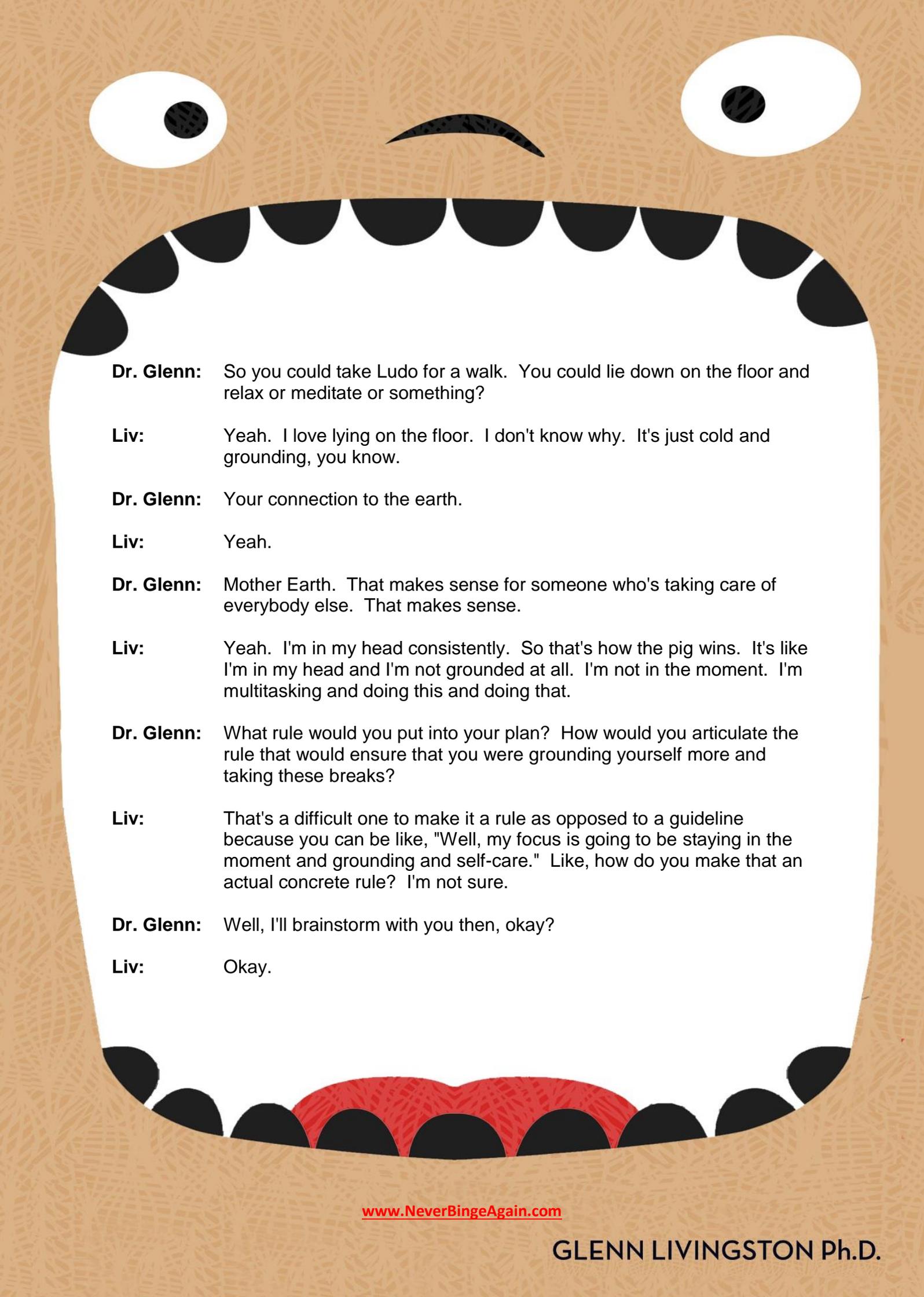
Liv: Yeah.

Dr. Glenn: And so you could take the dog for a walk. I forgot your dog's name but I know it's a big giant Saint Bernard puppy, right?

Liv: Yeah. Its name is Ludo. Yeah. Have you seen the Labyrinth, the movie with David Bowie?

Dr. Glenn: Oh yeah. It's an old movie. Yeah, yeah, yeah.

Liv: Yeah. Ludo is the big fluffy character. Yeah, it's perfect.



Dr. Glenn: So you could take Ludo for a walk. You could lie down on the floor and relax or meditate or something?

Liv: Yeah. I love lying on the floor. I don't know why. It's just cold and grounding, you know.

Dr. Glenn: Your connection to the earth.

Liv: Yeah.

Dr. Glenn: Mother Earth. That makes sense for someone who's taking care of everybody else. That makes sense.

Liv: Yeah. I'm in my head consistently. So that's how the pig wins. It's like I'm in my head and I'm not grounded at all. I'm not in the moment. I'm multitasking and doing this and doing that.

Dr. Glenn: What rule would you put into your plan? How would you articulate the rule that would ensure that you were grounding yourself more and taking these breaks?

Liv: That's a difficult one to make it a rule as opposed to a guideline because you can be like, "Well, my focus is going to be staying in the moment and grounding and self-care." Like, how do you make that an actual concrete rule? I'm not sure.

Dr. Glenn: Well, I'll brainstorm with you then, okay?

Liv: Okay.



Dr. Glenn: How about, I will never do anything but side use the bathroom when I first get home from work without laying on the floor for five minutes?

Liv: Okay. Yeah, that's good. So today, I was home alone. I was off from work and I binged right after lunch, like around one o'clock. I didn't go to work. So this rule would have to also encompass days that I don't work.

Dr. Glenn: Okay. We have one thing from when you first get home from work, but what if you had to lay down on the floor twice a day no matter what?

Liv: I think that would be good. So I will always lay down on the floor and ground twice a day.

Dr. Glenn: Mm-hmm. So I'll always lay down and ground two times per calendar day for at least five minutes?

Liv: Yeah. And then just me just recognizing that this is what I need to work on and like putting this at the forefront, because I feel like everything else is pretty good. It's just this thing that keeps sabotaging me.

Dr. Glenn: Well, with the practice of forcing yourself to lay down twice a day, would that keep things in the forefront for you?

Liv: Yeah. I have a rule too that I will always take three rests before I eat. However, I never do it. I keep forgetting about it. So it's forgetting about the rules, pig squeal as well.

Dr. Glenn: Yeah. The pig wants you to make a plan to forget. What's something that you never forget to do?



Liv: Brush my teeth.

Dr. Glenn: Brush your teeth. What if you need to visualize yourself taking three breaths before lunch or dinner, whatever the next meal was, before you brush your teeth? You put a little note in your toothbrush and visualize breathing before food and maybe you have to take three deep breaths then and in your mind's eye, you visualize taking your breath before food and you know you'll always do that. There's always a note in your toothbrush. You're not going to get up and not brush your teeth. What do you think about that?

Liv: Yeah, definitely. That causes the neuropathways to develop, I guess.

Dr. Glenn: That's the idea.

Liv: Okay.

Dr. Glenn: Anything else that you need to do to make this first and foremost in your life?

Liv: I don't think so. I mean, I could change my plan because I could say I could eat oatmeal or grains once a week or once a day or something like that if I needed to. But maybe I'll start with this first and then see from there.

Dr. Glenn: The one thing I have observed when people make a particular nutritional change in their plan where they're trying to move from getting their calories from grains to getting more carbohydrates from fruit is that it's difficult for people to eat the same number of calories at first from fruit because fruit is so much less dense. Five hundred



calories of oatmeal is not really that big. You can have that in a bowl. If you had the same bowl full of berries, it's maybe a hundred calories.

And so what happens is people will have the same volume of fruit, but they're not getting the same calories and other nutrition, and so they're actually under-eating in a way. When people try to make that transition, often, they don't have enough fruit and so they walk around hungrier than they really need to be. It sounds like you're counting calories, anyway.

Liv: Not consistently, but in my head, I could go through it and be like, "Oh, I definitely had this amount." Being in this food rule for a while, it's easy to look at something and know how many calories are in that.

Dr. Glenn: Okay. Why does your pig say that you can't, shouldn't, or won't lay down and ground yourself twice per calendar day for at least five minutes and take three deep breaths before you brush your teeth and visualize yourself breathing before you eat your food?

Liv: It's just really that I'll forget. That's the big one because that's been my history, forgetting. Forgetting is probably the biggest one. It might say, "You won't have time, it won't work," that kind of thing. But I think forgetting is probably the biggest thing.

Dr. Glenn: You'll forget. You won't have time. It won't work. What else?

Liv: There's something wrong with you. You're never going to get this. Other people can be this active and you're just making excuses. Maybe I'm just kind of broken, like a part of me is just so worried that this is going to be my daily life consistently.



Dr. Glenn: Yeah. When you feel that anxiety, that this is going to be your daily life, you need to translate that into saying that, "My pig really, really wants this to be my daily life." You need to be committed to changing the language, as silly as it sounds.

Liv: Yeah, I definitely do. That's part of me thinking that I can't change my beliefs either. It's kind of the same thing. I need to change the language so that I can change my beliefs.

Dr. Glenn: The pig says that you can't change your beliefs because it really, really doesn't want you to change your beliefs.

Liv: I really need to start working on separating myself from the pig.

Dr. Glenn: Yeah. The other language is binge-motivated because if it were part of your daily life, your pig would be really happy. So let's do what we do and jump back up into our higher selves. I may ask you and the pig says that you're going to forget, what would be a better answer to that to dispute that?

Liv: A good answer would be you want me to forget and I don't want to forget.

Dr. Glenn: Yeah. A plan to remember.

Liv: Yeah. It's interesting. I want this, but I feel like I am broken. I feel like after years of struggling, as much as I want this, maybe I'm just not able to do this, and not just the Never Binge Again, not able to ever control this.

Dr. Glenn: Ever under any circumstances.



Liv: Unless I'm a new person.

Dr. Glenn: Liv, play that out for me. Let's just, for argument's sake, that you're not able to control it and you are broken and there's something desperately wrong with you. What happens then?

Liv: Then I just suffer, I guess, and live in depression and that kind of thing.

Dr. Glenn: You would suffer in, definitely.

Liv: Yeah.

Dr. Glenn: It would slowly eat yourself to death.

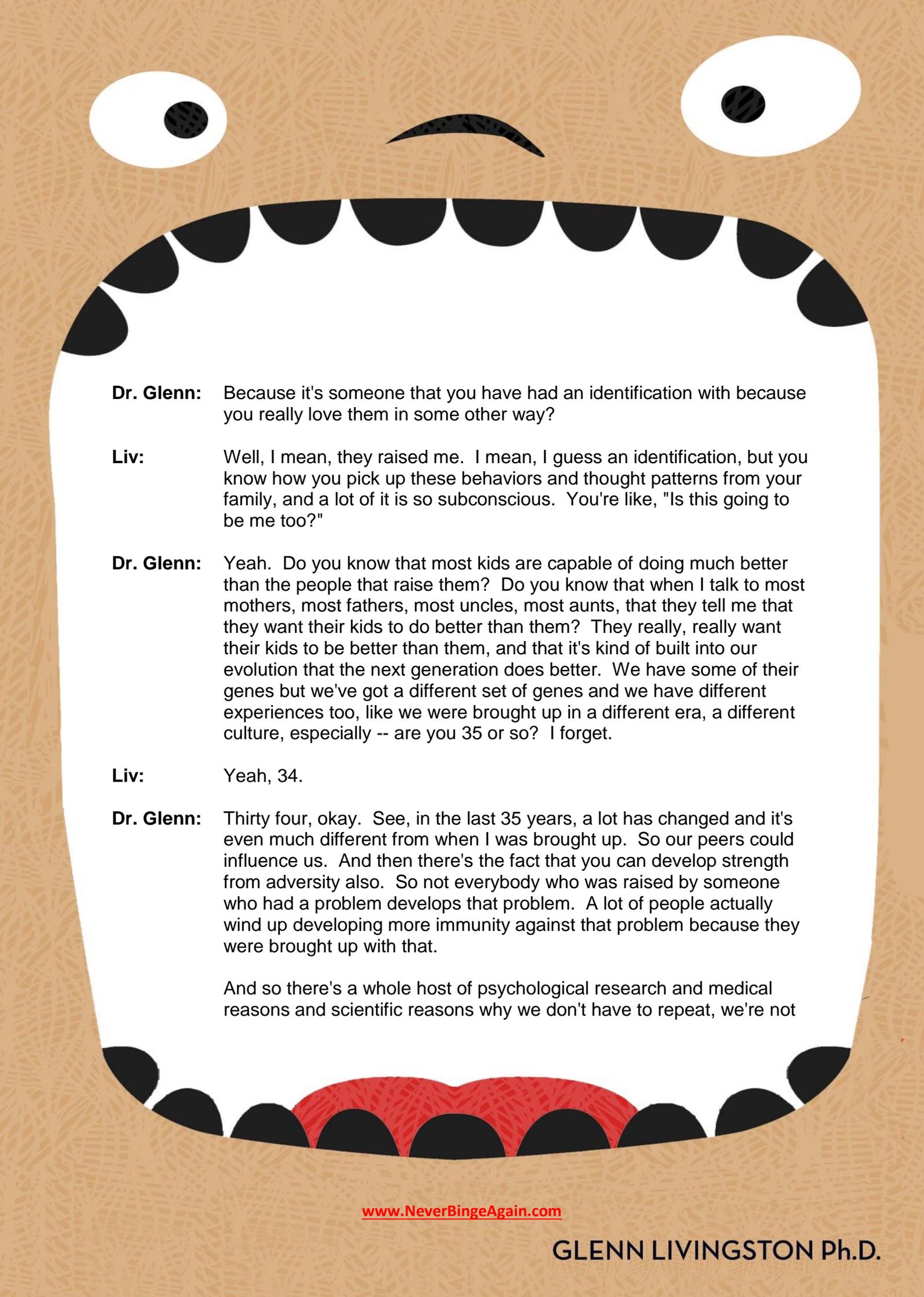
Liv: Yes, most likely. Yeah. Probably the only reason that I've not gained a lot of weight from these binges is because I'm so active. When I stop, I stop around 2:00 and I don't eat again until the next day, usually. But eventually, it's going to catch up with me. I'm getting older. It's happening more frequently, that kind of stuff.

Dr. Glenn: When will it catch up with you?

Liv: I don't know. Hopefully, it won't, that it will stop.

Dr. Glenn: Liv, is the pig following a model, some role model or person that you are close to or a friend that you had or someone that followed that route that your pig is all excited about?

Liv: Yeah. A family member who has struggled with eating things her whole life, and that's hard to see.



Dr. Glenn: Because it's someone that you have had an identification with because you really love them in some other way?

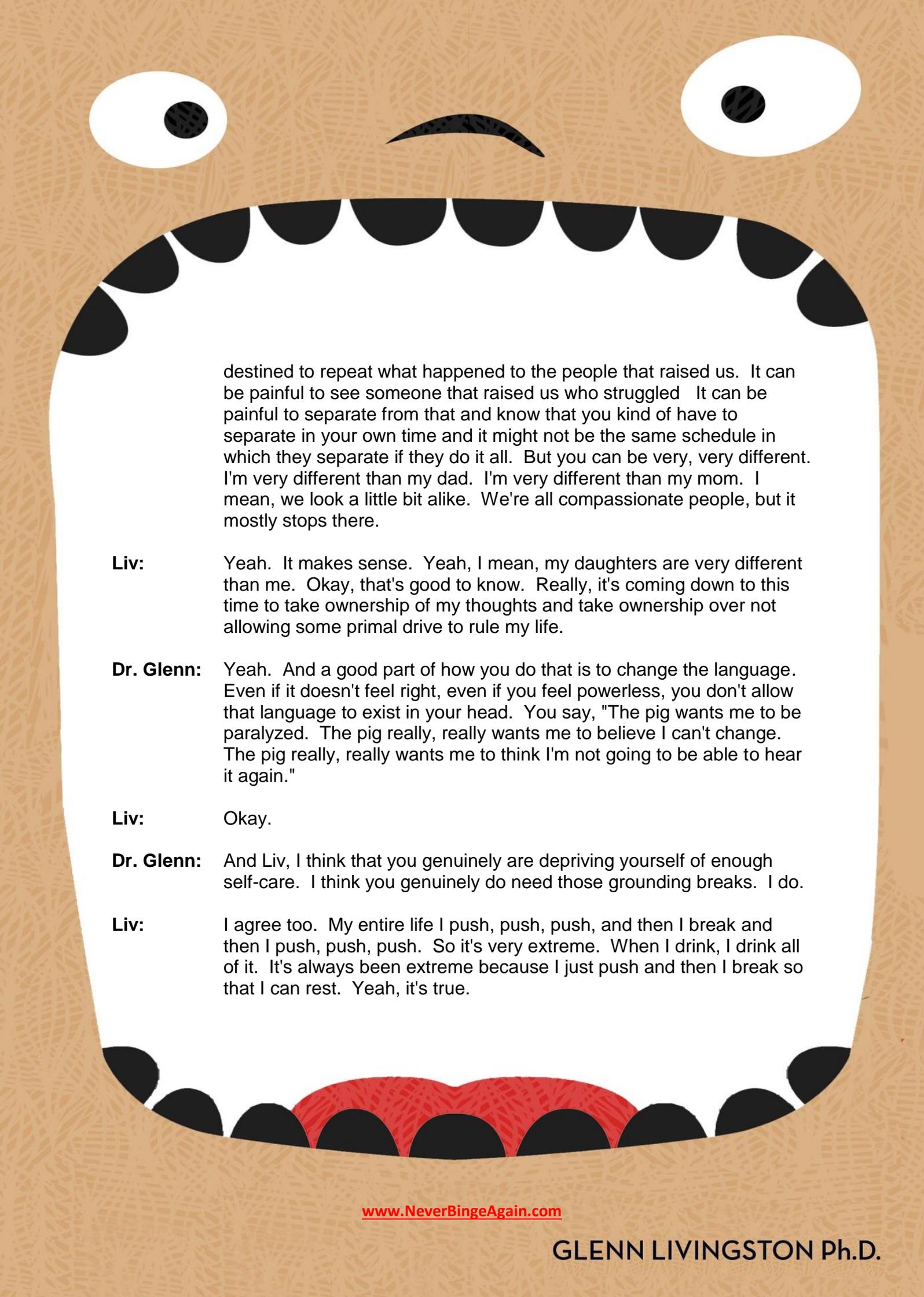
Liv: Well, I mean, they raised me. I mean, I guess an identification, but you know how you pick up these behaviors and thought patterns from your family, and a lot of it is so subconscious. You're like, "Is this going to be me too?"

Dr. Glenn: Yeah. Do you know that most kids are capable of doing much better than the people that raise them? Do you know that when I talk to most mothers, most fathers, most uncles, most aunts, that they tell me that they want their kids to do better than them? They really, really want their kids to be better than them, and that it's kind of built into our evolution that the next generation does better. We have some of their genes but we've got a different set of genes and we have different experiences too, like we were brought up in a different era, a different culture, especially -- are you 35 or so? I forget.

Liv: Yeah, 34.

Dr. Glenn: Thirty four, okay. See, in the last 35 years, a lot has changed and it's even much different from when I was brought up. So our peers could influence us. And then there's the fact that you can develop strength from adversity also. So not everybody who was raised by someone who had a problem develops that problem. A lot of people actually wind up developing more immunity against that problem because they were brought up with that.

And so there's a whole host of psychological research and medical reasons and scientific reasons why we don't have to repeat, we're not



destined to repeat what happened to the people that raised us. It can be painful to see someone that raised us who struggled. It can be painful to separate from that and know that you kind of have to separate in your own time and it might not be the same schedule in which they separate if they do it all. But you can be very, very different. I'm very different than my dad. I'm very different than my mom. I mean, we look a little bit alike. We're all compassionate people, but it mostly stops there.

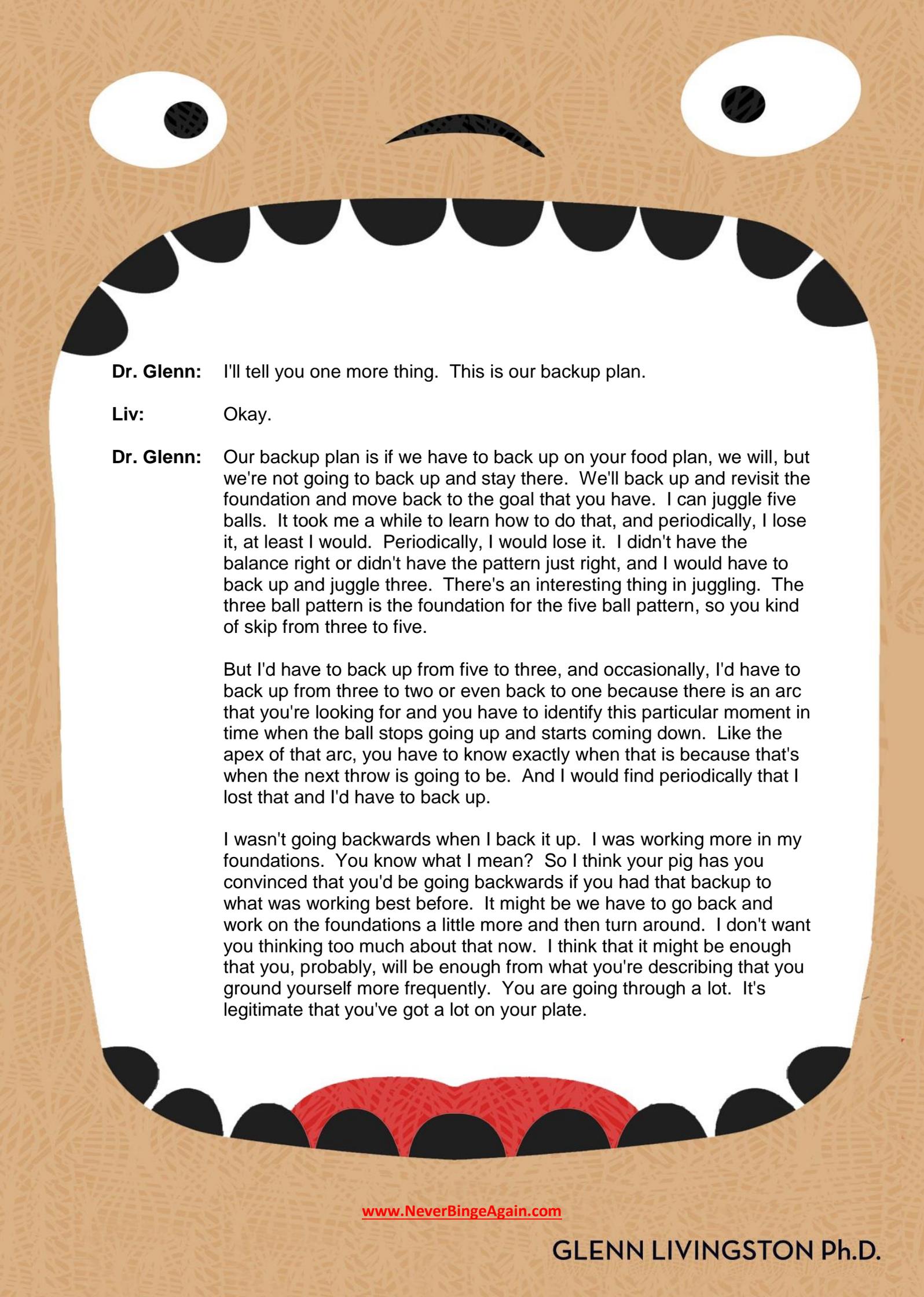
Liv: Yeah. It makes sense. Yeah, I mean, my daughters are very different than me. Okay, that's good to know. Really, it's coming down to this time to take ownership of my thoughts and take ownership over not allowing some primal drive to rule my life.

Dr. Glenn: Yeah. And a good part of how you do that is to change the language. Even if it doesn't feel right, even if you feel powerless, you don't allow that language to exist in your head. You say, "The pig wants me to be paralyzed. The pig really, really wants me to believe I can't change. The pig really, really wants me to think I'm not going to be able to hear it again."

Liv: Okay.

Dr. Glenn: And Liv, I think that you genuinely are depriving yourself of enough self-care. I think you genuinely do need those grounding breaks. I do.

Liv: I agree too. My entire life I push, push, push, and then I break and then I push, push, push. So it's very extreme. When I drink, I drink all of it. It's always been extreme because I just push and then I break so that I can rest. Yeah, it's true.



Dr. Glenn: I'll tell you one more thing. This is our backup plan.

Liv: Okay.

Dr. Glenn: Our backup plan is if we have to back up on your food plan, we will, but we're not going to back up and stay there. We'll back up and revisit the foundation and move back to the goal that you have. I can juggle five balls. It took me a while to learn how to do that, and periodically, I lose it, at least I would. Periodically, I would lose it. I didn't have the balance right or didn't have the pattern just right, and I would have to back up and juggle three. There's an interesting thing in juggling. The three ball pattern is the foundation for the five ball pattern, so you kind of skip from three to five.

But I'd have to back up from five to three, and occasionally, I'd have to back up from three to two or even back to one because there is an arc that you're looking for and you have to identify this particular moment in time when the ball stops going up and starts coming down. Like the apex of that arc, you have to know exactly when that is because that's when the next throw is going to be. And I would find periodically that I lost that and I'd have to back up.

I wasn't going backwards when I back it up. I was working more in my foundations. You know what I mean? So I think your pig has you convinced that you'd be going backwards if you had that backup to what was working best before. It might be we have to go back and work on the foundations a little more and then turn around. I don't want you thinking too much about that now. I think that it might be enough that you, probably, will be enough from what you're describing that you ground yourself more frequently. You are going through a lot. It's legitimate that you've got a lot on your plate.



Liv: Yeah, I agree with you. I think so too. But I mean, that makes sense because I can handstand in yoga, but that is also something that you can kind of lose or just not feel the balance. So for a while, when I lost it, I would go back to going on the couch and doing it and I'll stand there lifting one leg up and that kind of thing. It's interesting that you lose things like this. Okay, that makes sense.

Dr. Glenn: You won't lose it forever though. I'm sure that if you are practicing every day that you won't lose it or at least not anywhere near as frequently when you do the handstand, right?

Liv: Right, yes, exactly. Practice. And so I just need to practice grounding and bringing that and practice self-care. When somebody has an eating issue and binges and just that shame is like, "Oh, your self-esteem is mute. So you don't take care of yourself as well." I wonder this is such a big problem for so many people because when I do these things, I don't like myself at all. And so why would I want to take care of myself?

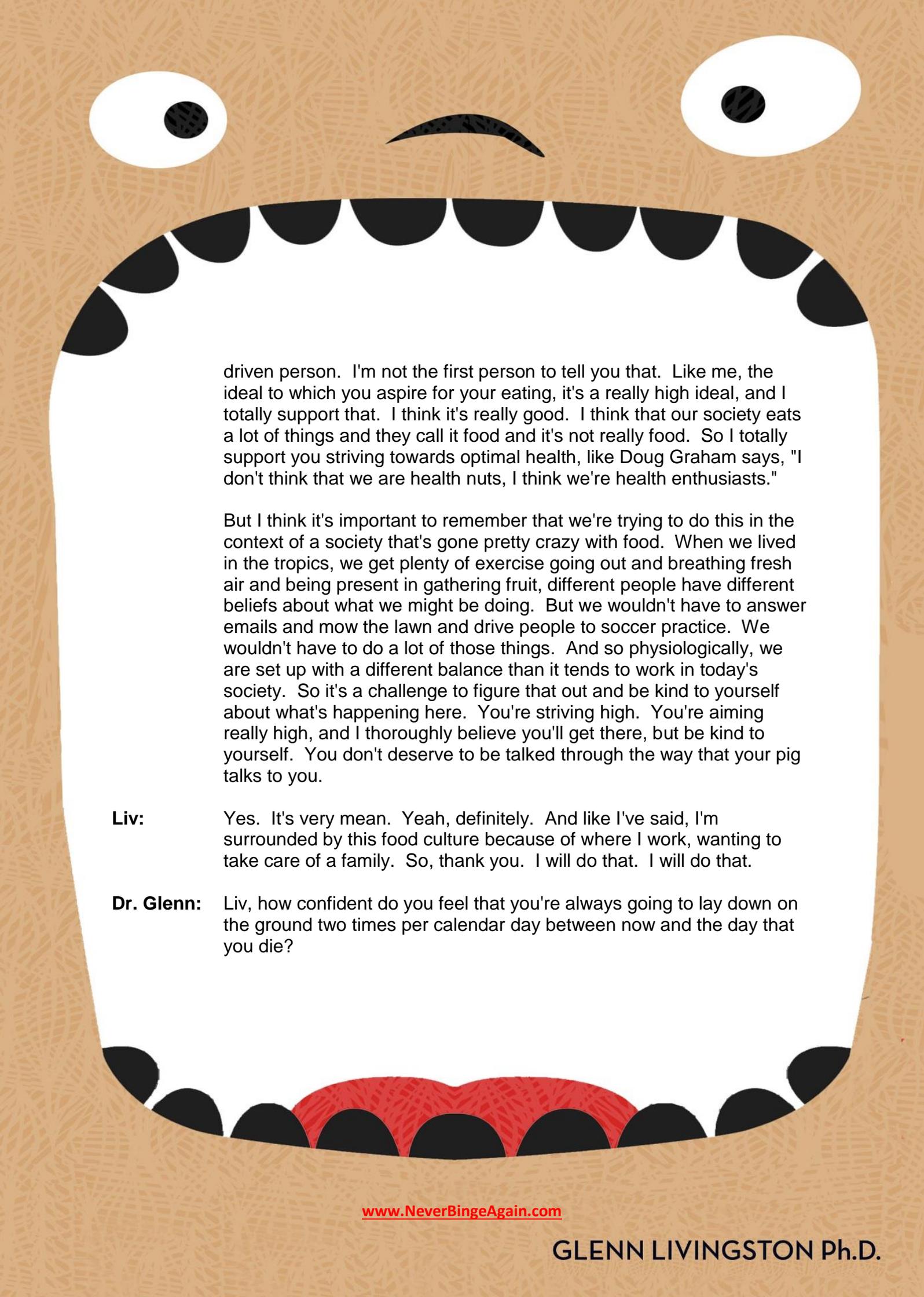
Dr. Glenn: Yes, that's true but that's also pig squeal.

Liv: Yeah.

Dr. Glenn: Yeah. The pig doesn't want you to feel good about yourself so you won't take care of yourself.

Liv: True. That's true. I identified it with myself again, whereas, it's not me.

Dr. Glenn: Yeah, but you're getting it. You can listen to this recording again. You can hear yourself do that. Liv, the last thing I'll tell you, you're a very



driven person. I'm not the first person to tell you that. Like me, the ideal to which you aspire for your eating, it's a really high ideal, and I totally support that. I think it's really good. I think that our society eats a lot of things and they call it food and it's not really food. So I totally support you striving towards optimal health, like Doug Graham says, "I don't think that we are health nuts, I think we're health enthusiasts."

But I think it's important to remember that we're trying to do this in the context of a society that's gone pretty crazy with food. When we lived in the tropics, we get plenty of exercise going out and breathing fresh air and being present in gathering fruit, different people have different beliefs about what we might be doing. But we wouldn't have to answer emails and mow the lawn and drive people to soccer practice. We wouldn't have to do a lot of those things. And so physiologically, we are set up with a different balance than it tends to work in today's society. So it's a challenge to figure that out and be kind to yourself about what's happening here. You're striving high. You're aiming really high, and I thoroughly believe you'll get there, but be kind to yourself. You don't deserve to be talked through the way that your pig talks to you.

Liv: Yes. It's very mean. Yeah, definitely. And like I've said, I'm surrounded by this food culture because of where I work, wanting to take care of a family. So, thank you. I will do that. I will do that.

Dr. Glenn: Liv, how confident do you feel that you're always going to lay down on the ground two times per calendar day between now and the day that you die?



Liv: I want it. I really, really want it and I am driven, so I am confident I will do this because I need to. I don't want this pig on my life anymore. I hate it.

Dr. Glenn: How confident?

Liv: This question is so hard.

Dr. Glenn: On purpose.

Liv: Yeah, it's hard for everybody, I know. I've listened. 99.

Dr. Glenn: Tell me about the one percent.

Liv: That's just the pig being its silly self and saying, "History repeats itself," but that's a squeal.

Dr. Glenn: Well, you know what the pig is saying with that one percent, right?

Liv: It's just trying to get me to binge?

Dr. Glenn: What it's saying is that it only has to try a hundred times, and if it tries a hundred times on average that it will get you to binge that one time.

Liv: Yeah, it definitely says that. My reserves are down right now because I would say a hundred percent that I am exhausted.

Dr. Glenn: Yeah.

Liv: I'll just do that right now. I'll say a hundred percent because I don't want this anymore.



Dr. Glenn: Liv, are you sure?

Liv: I'm definitely sure I don't want this. I want like an energetic life. I want a vibrant life. I want a present life. When the pig rules your life, it's fast, it's adrenaline, it's confusing, but when you rule your life, it's soft and it's present and it's subtle and it's beautiful, and that's what I want.

Dr. Glenn: That's what Ludo wants for you too.

Liv: Yeah, he does.

Dr. Glenn: I'm sure he does.

Liv: He's so cute.

Dr. Glenn: You have to send me pictures.

Liv: I will.

Dr. Glenn: Okay.

Liv: Well, thank you so much for meeting. I really appreciate it.

Dr. Glenn: Liv, how confident are you that you will always lay down in ground two times per calendar day between now and the rest of your life and you will always take three deep breaths before you brush your teeth in the morning and visualize yourself breathing before eating?

Liv: I am a hundred percent confident because I think it would be kind of fun when I'm an old lady and I'm just laying on the ground and people



are like, "What is she doing?" And I'm like, "This is my little thing that I do."

Dr. Glenn: Yeah.

Liv: I think that would be cute.

Dr. Glenn: You'd be like, "Do you have a problem with it?"

Liv: Yeah. Too bad I'm old. I can do what I want.

Dr. Glenn: Yeah. And I've got news for you; you're old enough now to do that too.

Liv: Yes, true. All right.

Dr. Glenn: I hope you have a good day, have a peaceful day with food and go lay down.

Liv: I am already there. All right, thank you so much.

Dr. Glenn: Bye-bye.

Liv: Bye.

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fix your food problem fast please visit
www.FixYourFoodProblem.com



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