

**Glenn Livingston, Ph.D.  
and Liv  
Dealing With Medical Conditions**

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**Dr. Glenn:** Well, hey, it's the very good Dr. Glenn, and I am here once again with Liv, who has agreed to follow-up with us and actually sounded like she could use a little help. Liv, how are you today? What's going on?

**Liv:** Hi. I'm doing pretty well. Things aren't pretty good. I'm still having some troubles with my food plan or just like on listening to the pig, figuring out what the voice is. So I could use some help.

**Dr. Glenn:** I'd be happy to help you with that. So I'm taking notes while we talk. I'll share my screen so you can see it like last time, okay?

**Liv:** Okay. Sounds good.

**Dr. Glenn:** You're not so sure about your food plan and you're having trouble discerning the pig. Those two things always go together, by the way because by definition, the pig is any voice that tells you that you should break your food plan even by one bite, either now or in the future. And so, if you're having trouble discerning the pig's voice from your voice, then by definition, there's some kind of ambiguity in the food plan or someplace where it's not clear where the line is. So let's start with the food plan. Tell me about the food plan.



**Liv:** Well, I feel like the food plan is quite clear, in the sense that like, the rules are very clear. I don't eat sugar. I eat mostly plants. I think what happens is I have some medical issues, and so when my IBS gets really bad, I kind of need to change the food plan because I can't just eat like healthy foods because they make me feel worse. And so, what the pig has been doing lately is like, "Well, you don't feel good, so I think some solid chips will be good."

**Dr. Glenn:** Okay.

**Liv:** And it's like, well, chips aren't on my food plan, and also, they don't really make me feel good. So that's the pig's voice, obviously, but in that moment, it is very hard for me to discern.

**Dr. Glenn:** Okay. So what we really need is some way to define when you're not feeling well, and then some type of conditional rule for when that's the case and what kind of exceptions you can make in those situations, right?

**Liv:** Yeah, probably. That would be good.

**Dr. Glenn:** So let's just go over what the plan is right now. When you say you eat mostly plants -- Liv, I'm sorry to be so aggressive with this. I just really want to make sure we work this out. If you want me to shut up for a minute, so you can say more, please do. But I think I know exactly where we're going with this. You eat mostly plants. Is that the way that it's defined on your plan?



**Liv:** No. On my plan, it's more specific. It's, I will always eat beans, vegetables, fruits, whole grains and legumes, with the exception of like, one animal product a week. That's how the rule is stated.

**Dr. Glenn:** So it's one animal product in one meal per week?

**Liv:** Yes.

**Dr. Glenn:** And really, if I were going to say this in Never Binge Again nomenclature, I would say, I will never eat anything except beans, vegetables, fruits and legumes, with the exception of one animal product in one meal per week.

**Liv:** Yeah, exactly.

**Dr. Glenn:** Okay. That's more specific than mostly plants. And for everybody listening, when you find you can't discern your voice from your inner pig, or your inner food enemy, whatever you call it, you want to examine every rule in your food plan for specificity. That's the first place to go.

**Liv:** Okay.

**Dr. Glenn:** Are there any other rules in your plan?

**Liv:** Yes, I mean, there's quite a few. And the ones that are very specific are like, I will never eat dairy again. I will never eat added sugar again. I will never eat candy again. And it says, I will never eat chips again. So I feel like the rules are pretty specific. I don't know if there's anything wrong with them per se. Maybe it's just me not being able to listen to the pig.



**Dr. Glenn:** Well, yeah. I mean, it sounds like there's a legitimate medical issue that you need to have a conditional in there to take care of the IBS episodes. What does your doctor say about that? What would your doctor like you to have when you're having an IBS episode?

**Liv:** Veggie broth or rice or toast, something like that. And I don't have flour on my plan. The rice and like, veggie broth are absolutely okay.

**Dr. Glenn:** What the rule really is, it says, I will never eat flour again unless I am suffering an IBS episode, in which case, I may have veggie broth, rice or toast; right?

**Liv:** Yup.

**Dr. Glenn:** Is there anything else that you'd like to be able to have during an IBS episode?

**Liv:** No, I think those are the things that always make me feel good. It's that solid food. So crackers actually probably will be okay on there too as well.

**Dr. Glenn:** Toast and/or crackers. Okay.

**Liv:** Mm-hmm. Yeah, that's good.

**Dr. Glenn:** Okay. How would I know that you were having an IBS episode?

**Liv:** My stomach would have sharp pains, I would be very bloated, I would feel nauseous.



**Dr. Glenn:** Do all three of those have to happen?

**Liv:** No. I think one could happen.

**Dr. Glenn:** Okay. Sharp pains in the stomach, nausea or bloating. But those are a little bit subjective, but it sounds like you know when you're having one and when you're not; right?

**Liv:** Yeah. Absolutely.

**Dr. Glenn:** How do you know when it's over?

**Liv:** Usually it's over the next morning. It's usually after a good sleep that it will be over. Because once it starts in a day, it doesn't end.

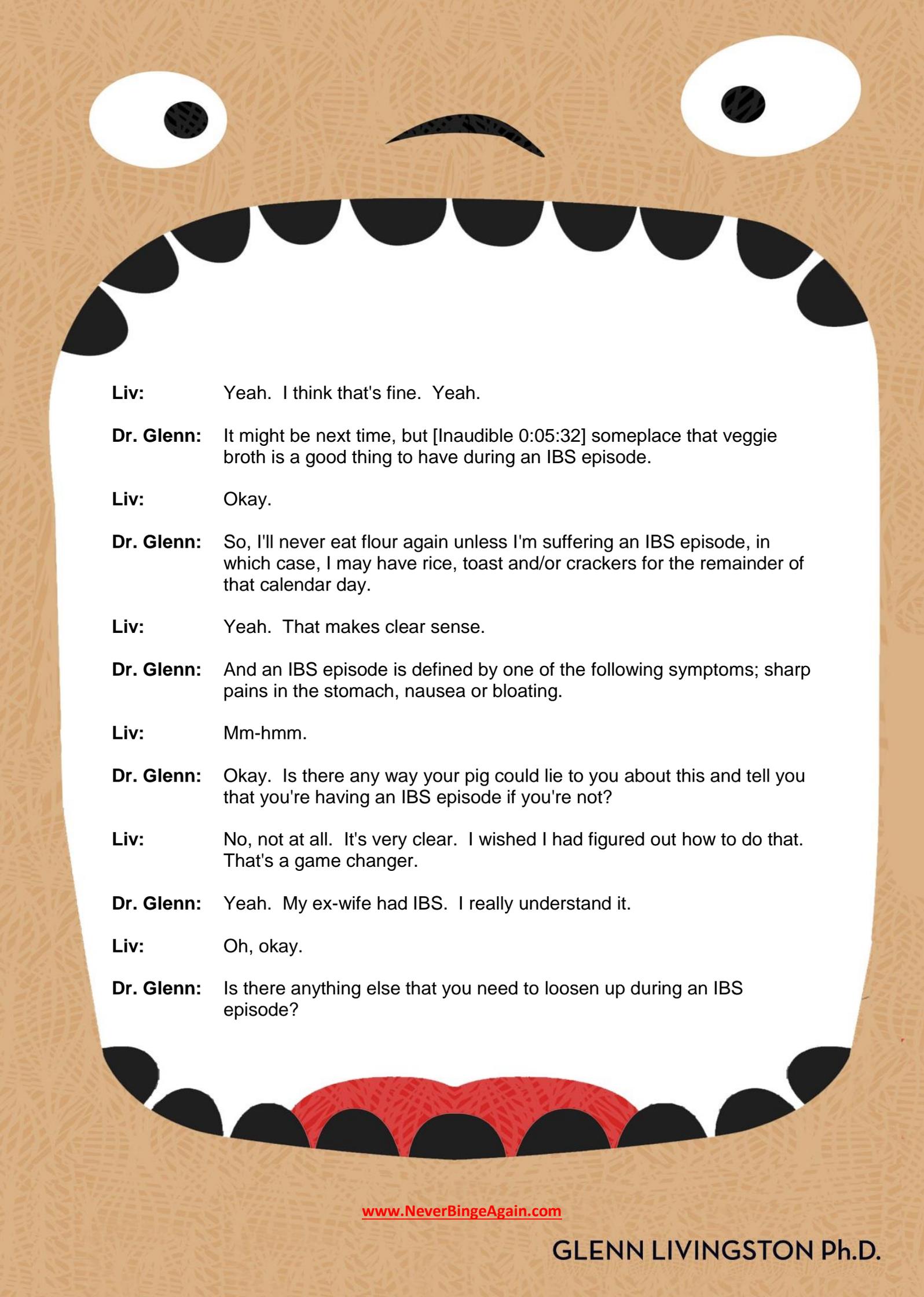
**Dr. Glenn:** Okay. So I will never eat flour again unless I'm suffering an IBS episode in which case I may have veggie broth, rice, toast and/or crackers for the remainder of that calendar day. Is that okay?

**Liv:** Yeah, for sure. It makes things really clear.

**Dr. Glenn:** That's probably all we need to do here. We're going to investigate what else the pig is saying and where else you're going with it. I'll never eat flour again unless I'm suffering an IBS episode, in which case I can have veggie broth, rice, toast and/or crackers. Can you have veggie broth when you're not suffering an IBS episode?

**Liv:** Yes.

**Dr. Glenn:** Okay. I can actually take that out here because you can have veggie broth anytime you want to.



**Liv:** Yeah. I think that's fine. Yeah.

**Dr. Glenn:** It might be next time, but [Inaudible 0:05:32] someplace that veggie broth is a good thing to have during an IBS episode.

**Liv:** Okay.

**Dr. Glenn:** So, I'll never eat flour again unless I'm suffering an IBS episode, in which case, I may have rice, toast and/or crackers for the remainder of that calendar day.

**Liv:** Yeah. That makes clear sense.

**Dr. Glenn:** And an IBS episode is defined by one of the following symptoms; sharp pains in the stomach, nausea or bloating.

**Liv:** Mm-hmm.

**Dr. Glenn:** Okay. Is there any way your pig could lie to you about this and tell you that you're having an IBS episode if you're not?

**Liv:** No, not at all. It's very clear. I wished I had figured out how to do that. That's a game changer.

**Dr. Glenn:** Yeah. My ex-wife had IBS. I really understand it.

**Liv:** Oh, okay.

**Dr. Glenn:** Is there anything else that you need to loosen up during an IBS episode?



**Liv:** No, not at all. I had to tighten a few things. Like, I eliminated coffee, so I put that on my never list, but that is something that I have been struggling with. So I said I will never drink more than one cup of coffee a day per calendar week, and my pig goes, "Oh, well, you need just one more. Like, it's fine. It won't hurt," which is a lie because it always does.

**Dr. Glenn:** So that's just a simple pig squeal.

**Liv:** Yeah. And I find it hard sometimes, the pig squeals, and sometimes I just let it happen. I don't fight back and I'm not sure why.

**Dr. Glenn:** Okay, let's look at that for a second. I just want to make sure we have everything really clear on the plan.

**Liv:** Sure.

**Dr. Glenn:** Okay. What you're describing, Liv, is basically you reversed your intent that you have a good definition and you heard the pig squeal, you know it was a squeal, but you decided to let the pig out of the cage. And a lot of people do that. And Never Binge Again, it's really about freewill. It's not about me saying you can never do this again. It's about really defining what your bull's-eye is and deciding, are you going to aim for that or not, are you going to stay there or not.

The reason I find that to be a sign of progress when people say, "Well, I'm just deciding to let it out." And we'll talk about some of the reasons that might happen. The reason I find it to be a sign of progress is that once people have overcome the sense of powerlessness and helplessness, and their will is that they're making conscious decisions

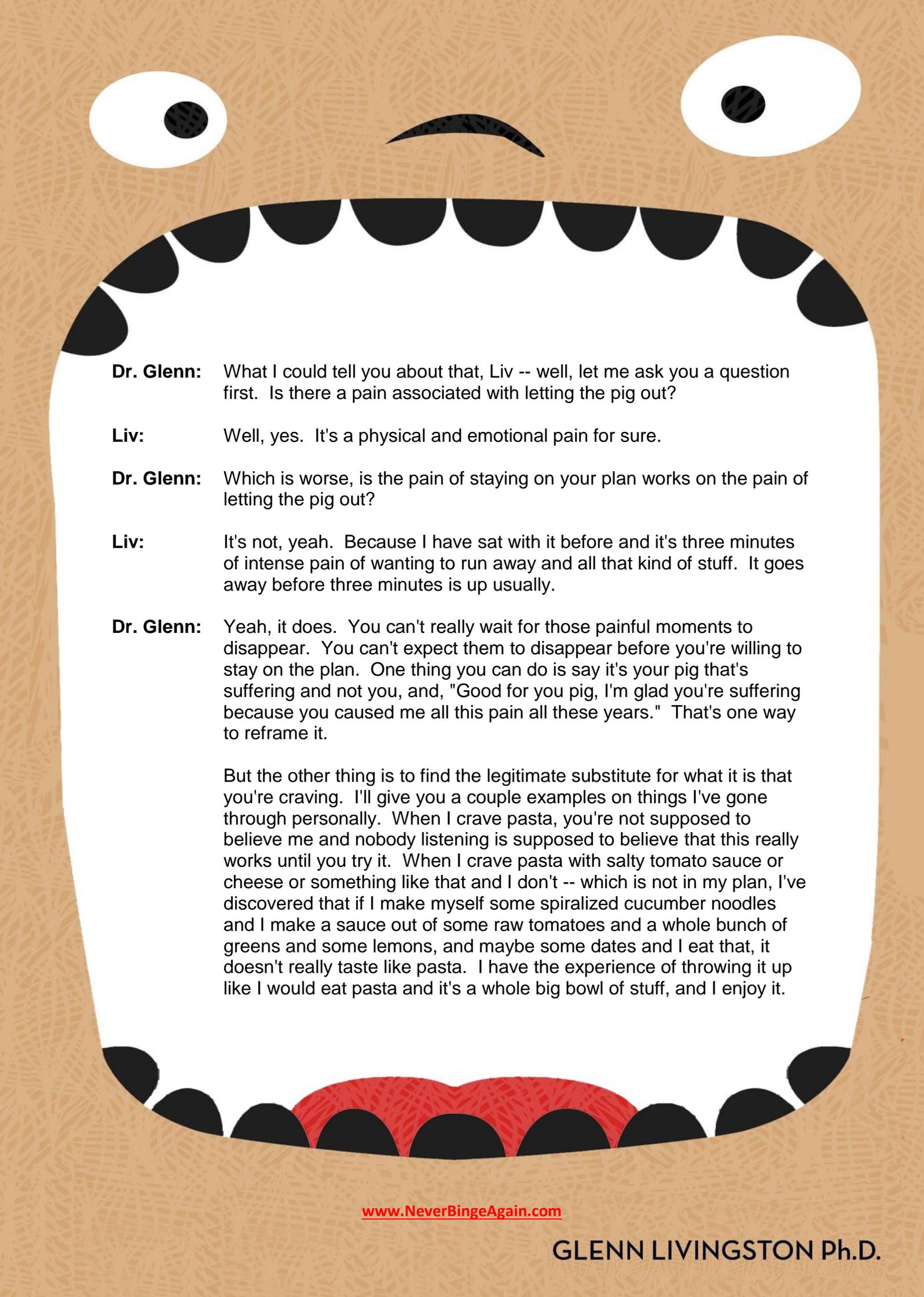


and it's all under their control, then it's really just a matter of solidifying the motivation and observing the consequences. And overtime, they start saying to themselves, "Well, this is silly. Why am I letting the pig out? I know what's going to happen."

And they go back and they examine when it happened, and often it's because they didn't really eat enough during the day before or there wasn't enough self-care in their routine so they were busy taking care of everybody else and they didn't really remember to take that 20 minutes to go walk or meditate or take a bath or whatever it is that they need to do for themselves to restore. And they just have to balance their life a little better, but the motivation comes relatively quickly because the consequences of the binge are bad.

And so when you feel like you're in control like you're making the choice, which also means that you accept the responsibility and you feel a little bit of guilt or shame right afterwards. And when all of those feedback mechanisms are in place, I find that people get up thereafter and they start choosing not to now that they know that they can choose to, they decide to choose not to. Let's talk more specifically about those moments. Why do you think that you are letting the pig win at those situations?

**Liv:** The feeling is very compulsive. It's a feeling of horrible discomfort and I know you talked about it before and you know you just want to like jump out of your skin and feels like if you don't do this thing, that it's painful. And I think I'm willing to sit with that pain because my life is very difficult, very busy and I don't take enough time for self-care, and I think just that added like pain is just too much for me.



**Dr. Glenn:** What I could tell you about that, Liv -- well, let me ask you a question first. Is there a pain associated with letting the pig out?

**Liv:** Well, yes. It's a physical and emotional pain for sure.

**Dr. Glenn:** Which is worse, is the pain of staying on your plan worse on the pain of letting the pig out?

**Liv:** It's not, yeah. Because I have sat with it before and it's three minutes of intense pain of wanting to run away and all that kind of stuff. It goes away before three minutes is up usually.

**Dr. Glenn:** Yeah, it does. You can't really wait for those painful moments to disappear. You can't expect them to disappear before you're willing to stay on the plan. One thing you can do is say it's your pig that's suffering and not you, and, "Good for you pig, I'm glad you're suffering because you caused me all this pain all these years." That's one way to reframe it.

But the other thing is to find the legitimate substitute for what it is that you're craving. I'll give you a couple examples on things I've gone through personally. When I crave pasta, you're not supposed to believe me and nobody listening is supposed to believe that this really works until you try it. When I crave pasta with salty tomato sauce or cheese or something like that and I don't -- which is not in my plan, I've discovered that if I make myself some spiralized cucumber noodles and I make a sauce out of some raw tomatoes and a whole bunch of greens and some lemons, and maybe some dates and I eat that, it doesn't really taste like pasta. I have the experience of throwing it up like I would eat pasta and it's a whole big bowl of stuff, and I enjoy it.



But it doesn't get me high the way that pasta gets me high, but the craving goes away. I don't have to recover from that meal.

Doug Graham says you should never have to recover from a meal and I absolutely believe that. I don't have to recover from it and I don't have the craving anymore, so I got rid of that painful experience. I didn't get the high associated with indulging in the way that I traditionally indulge with a whole box of pasta and a whole box of cheese or something like that. I got the nutrition that I needed. I got some calories that I needed so it raised my blood sugar. I got the mineral composition that I needed and I actually started to learn that the craving for salt can be replaced by cucumbers and greens. I actually started to learn that and that for me, for my particular plan, it was okay to put some dates in there in the sauce so that it has some calories.

And so what you need to do is think through, if you were actually having a really strong craving in nature, what might it be for; right? So you're on a whole foods plant-based diet more or less. So if you're craving chips, you're probably craving carbohydrates. I guess at that moment you can't have fruit, so rice might be good. Rice might work for you because that will be carbohydrates so you don't have to suffer with the hunger at the moment. Am I making sense? Do you see what I'm saying?

**Liv:** Yeah, absolutely. You're replacing it. I mean for example, I gave up chocolate and I never thought I'd be able to do that, and literally this plan has allowed me to do that. I just eat dates instead and my craving for chocolate is gone. Even though it's not the same high that I would get, the craving is gone.

**Dr. Glenn:** That's what I'm talking about.



**Liv:** Okay. That makes sense. Yeah.

**Dr. Glenn:** You might even try adding some greens to that for the chlorophyll and to balance out the dehydration from the dates.

**Liv:** Well, even like a hot soup like a sweet potato soup or something like that.

**Dr. Glenn:** There you go.

**Liv:** Usually when I'm uncomfortable, I'm cold too, like, I'm always cold. I live in Maine so it's always cold.

**Dr. Glenn:** I spent 14 years in New Hampshire, so amen, sister.

**Liv:** Yeah. Heat is our best friend.

**Dr. Glenn:** The state motto was Live Free or Die. I always said it should be live, freeze and die.

**Liv:** Yeah, that's true. I mean, it's so true.

**Dr. Glenn:** It's like minus freaking 20. The first year I went there in January, it was minus 20 outside, and I thought, "Did I move to the moon? What the heck happened here?"

**Liv:** Oh my god. I know today is 56 and it's September, but still.

**Dr. Glenn:** September 1st, it's not supposed to be 56.



**Liv:** No. I know.

**Dr. Glenn:** When you and I are running the world, we're going to do something about that.

**Liv:** Yes. Soups are awesome, herbal teas, heating pad, all that jazz.

**Dr. Glenn:** Yeah, stay warm. That makes sense. It sounds like the pig talks you into the cravings for carbohydrates when you're cold, when you might have some legitimate need for some healthier food and you're feeling that discomfort of the craving. It's also important to think of that as an opportunity because it's not those moments when you feel the craving the strongest that you have the opportunity to redirect and correct your survival drive. See, when you feel the craving for chocolate and it feels like there's no way you could ever get rid of that -- and that's why there are jokes like, "Just hand over the chocolate and nobody gets hurt."

**Liv:** Yeah.

**Dr. Glenn:** But people really feel like that. It feels like a matter of survival. It's at that moment when your survival drive is going haywire that you have the biggest opportunity to correct it. And so when you eat the dates at that moment, you're signaling to the survival drive, "Hey you, idiot, the good stuff is over here." You're training it. You're training it where it really belongs. So it's actually an opportunity when you see that happening.

**Liv:** Okay. That's a good way to look at it for sure as more in a positive way. I mean, I truly believe that like, gratitude and positive thinking really help the process, perspective switch. It's easier to have a good feeling about something and continue to do it.



**Dr. Glenn:** Well, that's a really good point because the pig wants you to think negatively about the situation so it can wear you down. If you've got a positive perspective, then you're more likely that it gains you the positive behavior. That's fabulous. Okay. What else? What else is the pig saying that's bothering you and causing you to jump off?

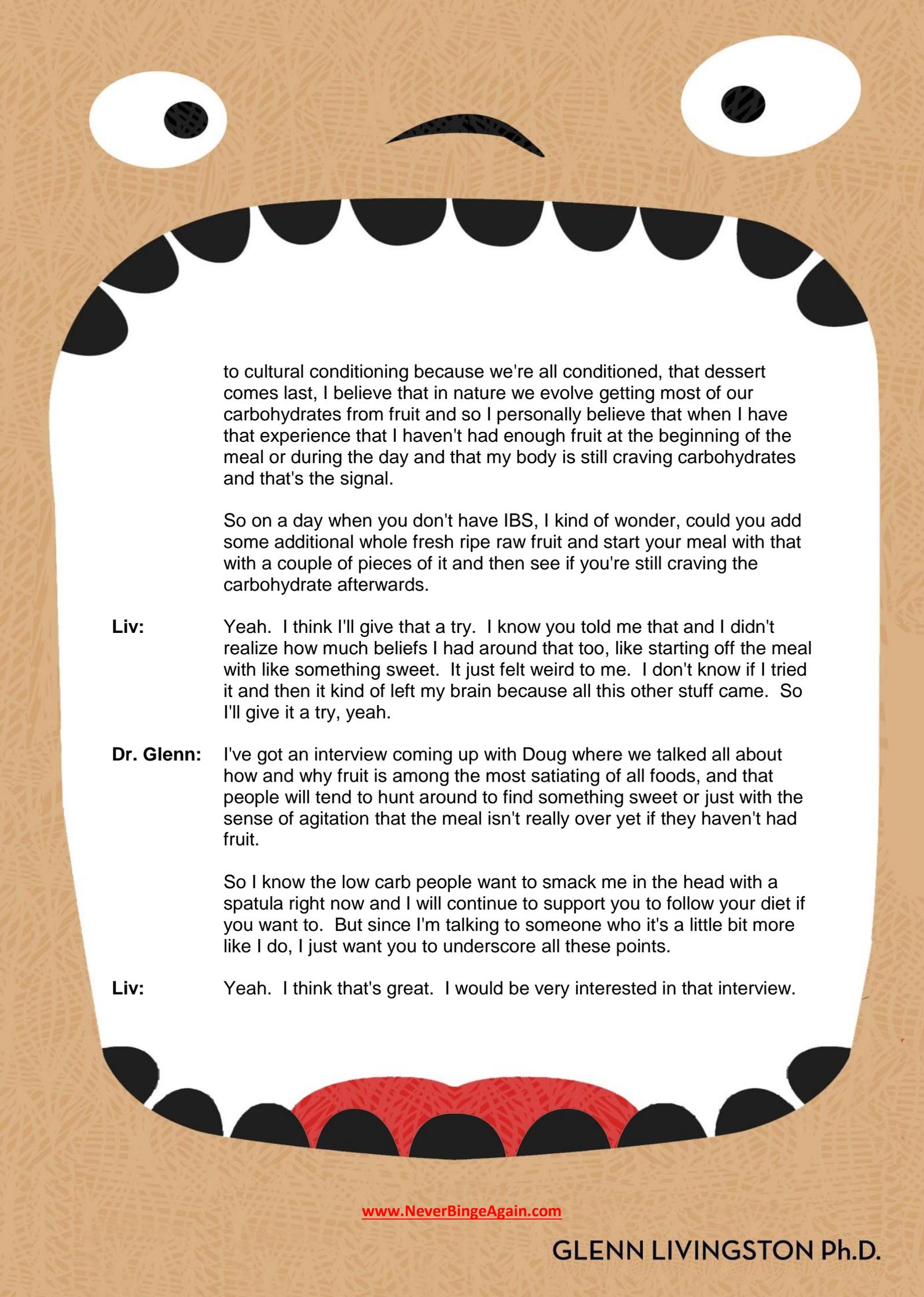
**Liv:** I feel like that was the nutshell. I really needed a rule around the health issue and I think that is going to really help me out. And then just the two ways to deal with that discomfort, finding out what I really need, which is generally slowing down and that kind of thing or doing a hot soup or something else as opposed to chips, rice, warm rice, that kind of thing.

**Dr. Glenn:** Yeah.

**Liv:** I think that is it. I felt pretty good. I was having an issue with candy, like me eating something sweet after every meal. I replaced that with either dates or like a piece of coconut or something else. So I still have to have something after my meal, but it's more healthier. So I think I've taken care of that for now. Does that sound good?

**Dr. Glenn:** It does sound good. I'm hesitating only because I promised to keep these talks diet agnostic and there are a lot of people on paleo or low carb diets that no, I don't necessarily agree with, but I help them anyway because I feel like that's my promise and Never Binge Again doesn't really require you follow any particular diet.

But when I'm talking to a whole foods plant-based person who understands the importance of carbohydrates and the diet, I would say that the experience of craving something sweet after a meal in addition



to cultural conditioning because we're all conditioned, that dessert comes last, I believe that in nature we evolve getting most of our carbohydrates from fruit and so I personally believe that when I have that experience that I haven't had enough fruit at the beginning of the meal or during the day and that my body is still craving carbohydrates and that's the signal.

So on a day when you don't have IBS, I kind of wonder, could you add some additional whole fresh ripe raw fruit and start your meal with that with a couple of pieces of it and then see if you're still craving the carbohydrate afterwards.

**Liv:** Yeah. I think I'll give that a try. I know you told me that and I didn't realize how much beliefs I had around that too, like starting off the meal with like something sweet. It just felt weird to me. I don't know if I tried it and then it kind of left my brain because all this other stuff came. So I'll give it a try, yeah.

**Dr. Glenn:** I've got an interview coming up with Doug where we talked all about how and why fruit is among the most satiating of all foods, and that people will tend to hunt around to find something sweet or just with the sense of agitation that the meal isn't really over yet if they haven't had fruit.

So I know the low carb people want to smack me in the head with a spatula right now and I will continue to support you to follow your diet if you want to. But since I'm talking to someone who it's a little bit more like I do, I just want you to underscore all these points.

**Liv:** Yeah. I think that's great. I would be very interested in that interview.



**Dr. Glenn:** So I'm going to be a little quieter now and I just want to ask you a few more questions to stamp this in.

**Liv:** Okay.

**Dr. Glenn:** Let's say that we solve the problem; we solve the candy problem and the after dinner problem with having a little more fruit beforehand. We solve the IBS straying problem by attending to those authentic needs and saying that when you're having an IBS episode, you could have rice, toast or crackers for the remainder of that calendar day. We defined what an IBS episode was. We noted the pig says one cup of coffee won't hurt, but it does. Let's say that your pig is completely caged and I come back and talk to you in a month, what's different or better about your life in a month?

**Liv:** Hopefully, I'll have my IBS more managed because instead of eating chips and then eating too many of them, and then causing more of an issue, I'll have managed it because I'll just be eating what I need to eat for that moment and hopefully it will be less issues, which will give me more energy to work and to do things around the house, and that kind of thing. So the energy will hopefully go up.

**Dr. Glenn:** What work and things around the house do you want to do?

**Liv:** We're redoing our old 1900 house.

**Dr. Glenn:** Is it a Victorian?

**Liv:** Yeah. It's old and creaky, and there's so many things to be done. So those are things that I could do.



**Dr. Glenn:** Fabulous. Do you enjoy that?

**Liv:** I do. I love it. It's fun. It's gorgeous, too.

**Dr. Glenn:** I bet it is. There's Victorian houses in New England, they are amazing. So you could all the things around the house. Is there one project in particular that you'd start with?

**Liv:** We do the upstairs flooring.

**Dr. Glenn:** What would you do with that?

**Liv:** I think we're going to put like probably a laminate wood over the lead paint.

**Dr. Glenn:** Okay, very good. It's not a bad idea. What else would you do around the house?

**Liv:** Paint the bathroom, redo the bathroom. We're also doing cedar shakes on the outside of the house, so I could help my husband with that. Take the dog for more walks, all that kind of stuff.

**Dr. Glenn:** So your dog and your hubby would be happier?

**Liv:** Yes.

**Dr. Glenn:** How would that impact you if they were happier?

**Liv:** Things would run more smoothly around the house and when everybody's happy, things move smoothly.



**Dr. Glenn:** Mm-hmm. What about at work? You said you'll have more energy to work.

**Liv:** Yeah, I have more energy to work. I mean sometimes I leave work because I'm sick because when you have chronic stomach pains, it's impossible to work. So I would leave work less and therefore would make more money.

**Dr. Glenn:** How much more would you make?

**Liv:** I don't know, but at least maybe a couple hundred a week.

**Dr. Glenn:** So maybe a thousand dollars a month?

**Liv:** Yeah, probably, so that's \$12,000 a year.

**Dr. Glenn:** Wow!

**Liv:** Yeah, that's a lot of money.

**Dr. Glenn:** Okay. Would that be significant to you?

**Liv:** Yes. It would make me happier, too. The IBS makes me like depressed a little bit too, so I will always have to manage the anxiety and depression I get from it.

**Dr. Glenn:** It feels like there is this external force attacking you; right?

**Liv:** Yeah, it does. My doctor wanted to put me on an antidepressant to manage it. I haven't done that yet and I don't want to, but if I have to, I



will. So I don't know. Hopefully, this will prevent me from having to do that.

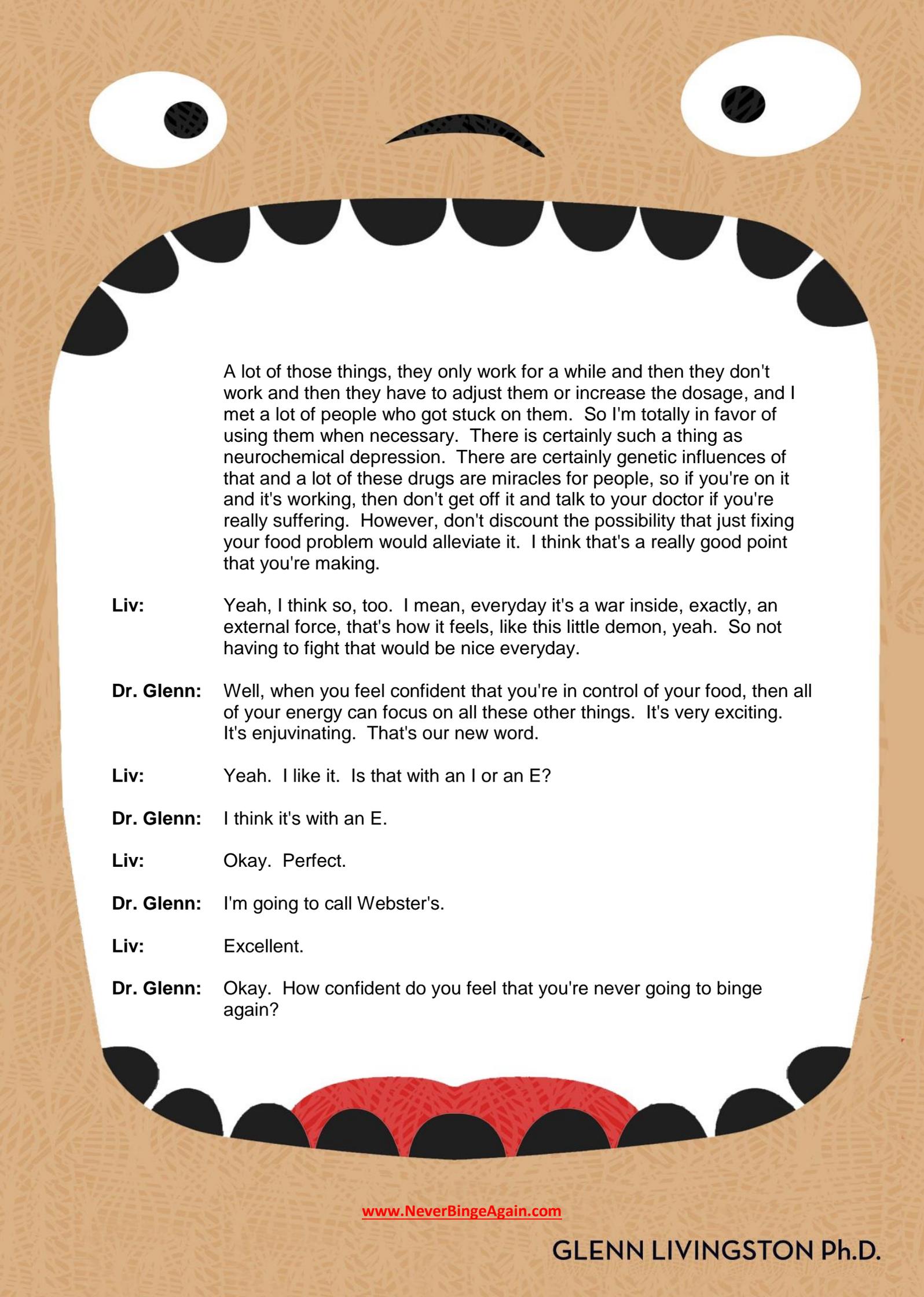
**Dr. Glenn:** One thing that I don't think a lot of psychologist understand and I have to give a disclaimer that at the moment even though I am a psychologist, I'm functioning as a coach and an educator, and my advice is often against the standards of care. I don't think a lot of psychologist understand that the experience of addiction causes depression. It's like every person who feels addicted to food struggles with anxiety and depression because the whole experience of life is of this external force that you're helpless to control.

"I'm on a seafood diet, I see food therefore I eat it." That's how people feel and that's a depressing way to go through life. It's like the smell of cake or the sight of a bagel is going to control them and people don't feel like they're the master of their own fate so they don't feel like they can master their own impulses, and it's like they're just kind of being dragged around by all of these addictive foods.

That depresses people. It's naturally depressing, but the good news is when you conquer it, it's naturally enjuvinating. Is that a word that I just make up, enjuvinating?

**Liv:** That's a good one. I like it. Juvinating.

**Dr. Glenn:** It's an antidepressant. Fixing your food problem is a natural antidepressant. It wouldn't surprise me. I have to tell you to listen to your doctor, but it wouldn't surprise me, Liv, if you did this and you felt less depressed and you didn't need the antidepressants. That wouldn't surprise me.



A lot of those things, they only work for a while and then they don't work and then they have to adjust them or increase the dosage, and I met a lot of people who got stuck on them. So I'm totally in favor of using them when necessary. There is certainly such a thing as neurochemical depression. There are certainly genetic influences of that and a lot of these drugs are miracles for people, so if you're on it and it's working, then don't get off it and talk to your doctor if you're really suffering. However, don't discount the possibility that just fixing your food problem would alleviate it. I think that's a really good point that you're making.

**Liv:** Yeah, I think so, too. I mean, everyday it's a war inside, exactly, an external force, that's how it feels, like this little demon, yeah. So not having to fight that would be nice everyday.

**Dr. Glenn:** Well, when you feel confident that you're in control of your food, then all of your energy can focus on all these other things. It's very exciting. It's enjuvinating. That's our new word.

**Liv:** Yeah. I like it. Is that with an I or an E?

**Dr. Glenn:** I think it's with an E.

**Liv:** Okay. Perfect.

**Dr. Glenn:** I'm going to call Webster's.

**Liv:** Excellent.

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



**Liv:** I feel very confident actually. I would say 100 percent because -- and I'm not lying at all. I actually do. Because this rule and I know my pig is going to creep up, but I think I have the tools right now to deal with it.

**Dr. Glenn:** Okay. So this is the rule that I made you feel better; right?

**Liv:** Mm-hmm.

**Dr. Glenn:** I'm going to Skype that to you so you have that for good. Is there anything else you'd like to tell my audience or anything else you want to ask me about what we talked about?

**Liv:** Nothing about what we talked about. I feel really confident and I really, really appreciate your time. I just did the NBA - Never Binge Again Immersion Program and I really, really loved it and I feel like it was worth the money, and I would recommend that to anybody especially if you're having troubles like this. Because you guys were just very thorough and communicative.

**Dr. Glenn:** Well, thank you, dear. People can find that at [fixyourfoodproblem.com](http://fixyourfoodproblem.com), [fixyourfoodproblem.com](http://fixyourfoodproblem.com), yes. And we put our hearts and soul into that. I am still teaching the program, so as of the recording, you can actually get to talk to me personally, so thank you for the little plug. That was sweet of you. It's not where I was going, but thank you.

**Liv:** No. I mean, I definitely mean it.

**Dr. Glenn:** Thank you. Thank you.



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