



## Glenn Livingston, Ph.D. and Nancy Z

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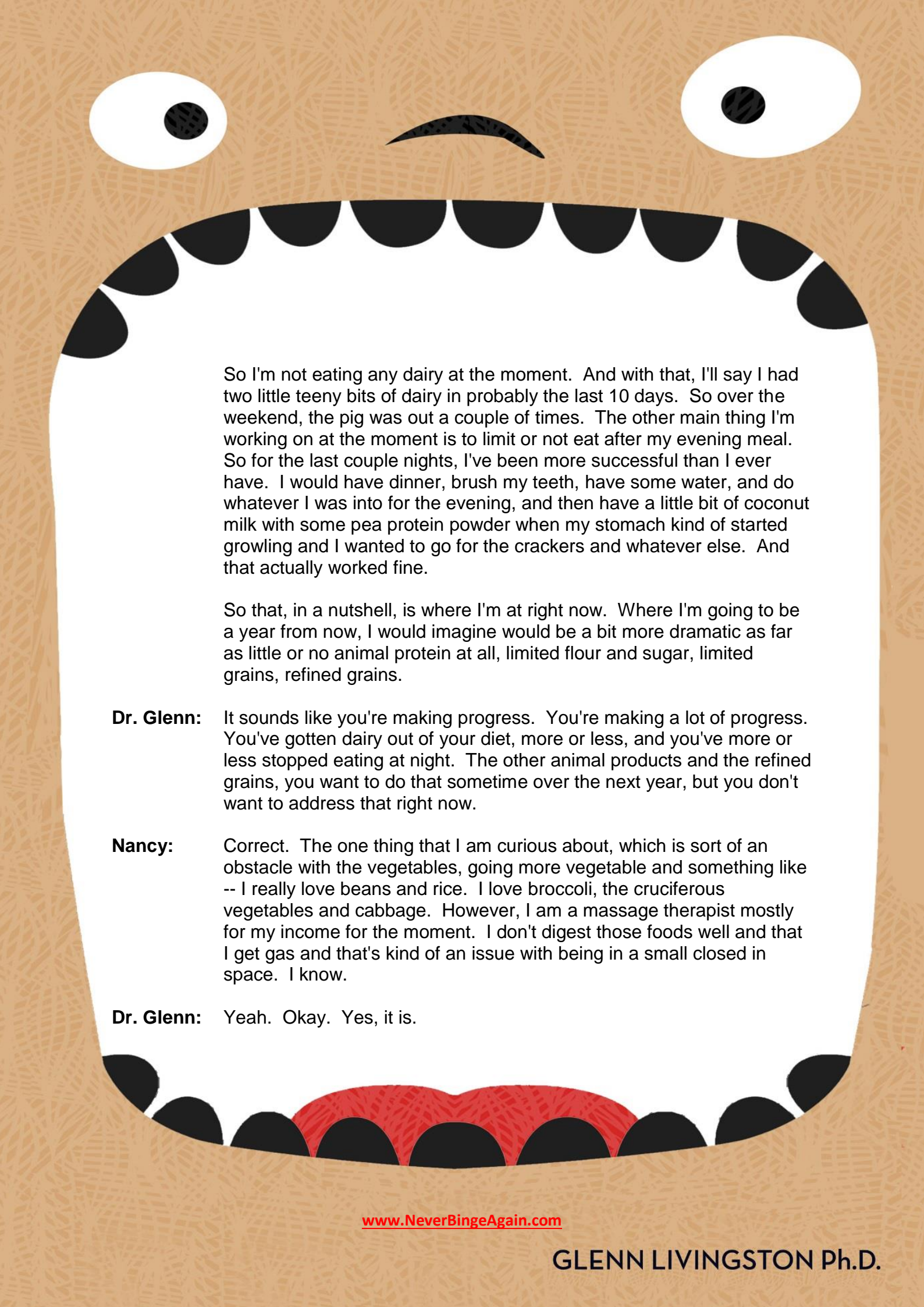
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**Dr. Glenn:** Well, hey, this is the very good Dr. Glenn Livingston with Never Binge Again. And I'm here with a very kind woman named Nancy, who agreed to let us record her session about approaching veganism or near veganism or whole foods plant-based or near whole foods plant-based dietary philosophy using the Never Binge Again methodology so you could benefit from her strength and wisdom and observation and struggles and hope and enthusiasm and insight. So with that big mouthful of introduction, Nancy, how are you today?

**Nancy:** I am doing well, Glenn. Thank you for having me on.

**Dr. Glenn:** So why don't you catch me up? I know we've talked privately, but tell me where you are now, what are you trying to accomplish with your diet, and how can I help?

**Nancy:** Sure. Well, I'm trying to accomplish a number of things, bringing down inflammation in my body by changing my diet, as well as losing some weight. Also, I have found that I'm less interested in eating animal products. It's not for any other reason than sometimes I'm just a bit grossed out; wanting to look at how I can make a really good nourishing, satisfying way of eating that does not include animal products.




So I'm not eating any dairy at the moment. And with that, I'll say I had two little teeny bits of dairy in probably the last 10 days. So over the weekend, the pig was out a couple of times. The other main thing I'm working on at the moment is to limit or not eat after my evening meal. So for the last couple nights, I've been more successful than I ever have. I would have dinner, brush my teeth, have some water, and do whatever I was into for the evening, and then have a little bit of coconut milk with some pea protein powder when my stomach kind of started growling and I wanted to go for the crackers and whatever else. And that actually worked fine.

So that, in a nutshell, is where I'm at right now. Where I'm going to be a year from now, I would imagine would be a bit more dramatic as far as little or no animal protein at all, limited flour and sugar, limited grains, refined grains.

**Dr. Glenn:** It sounds like you're making progress. You're making a lot of progress. You've gotten dairy out of your diet, more or less, and you've more or less stopped eating at night. The other animal products and the refined grains, you want to do that sometime over the next year, but you don't want to address that right now.

**Nancy:** Correct. The one thing that I am curious about, which is sort of an obstacle with the vegetables, going more vegetable and something like -- I really love beans and rice. I love broccoli, the cruciferous vegetables and cabbage. However, I am a massage therapist mostly for my income for the moment. I don't digest those foods well and that I get gas and that's kind of an issue with being in a small closed in space. I know.

**Dr. Glenn:** Yeah. Okay. Yes, it is.



**Nancy:** I go, I'm not going to that again, what am I going to eat then? So I'm a little bit stumped. I don't have easy access to a full kitchen at the moment. I have a microwave, a fridge and a sink, so that is a little bit limiting in the short-term as well.

**Dr. Glenn:** My understanding is that the flatulence from eating beans is because the gut doesn't have the right bacteria balance to digest it initially. But that as you eat the beans, that it develops that balance and it becomes less flatulent. So it's kind of a catch 22 because you have the gas until you get there, but how are you going to get there if you don't have the gas? So it's a little rough. I know that some people -- I don't eat beans as part of my food plan, I just get the calories from fruit. So I know that that's entirely possible to do instead, but that's up to you. I don't think it's the rice that's causing the flatulence. I think it's probably the beans.

**Nancy:** Oh, correct. I mean, it most definitely is from my experience over the years. And sometimes, it is cabbage or broccoli. I can just tell because that's the only thing I've had. I haven't had it mixed with other things. There may be a way around that as far as most of my massage shifts are in the day. So if I include some of these things in my evening meal only, maybe my digestion could adapt without that impacting my massage situation.

**Dr. Glenn:** You know, I thought of one more solution. Can I give you one more solution?

**Nancy:** I would love that.

**Dr. Glenn:** What if we charge your patients more on a day that you have beans and you tell them it's a special part of the treatment?



**Nancy:** Oh, dear. Sure, why not?

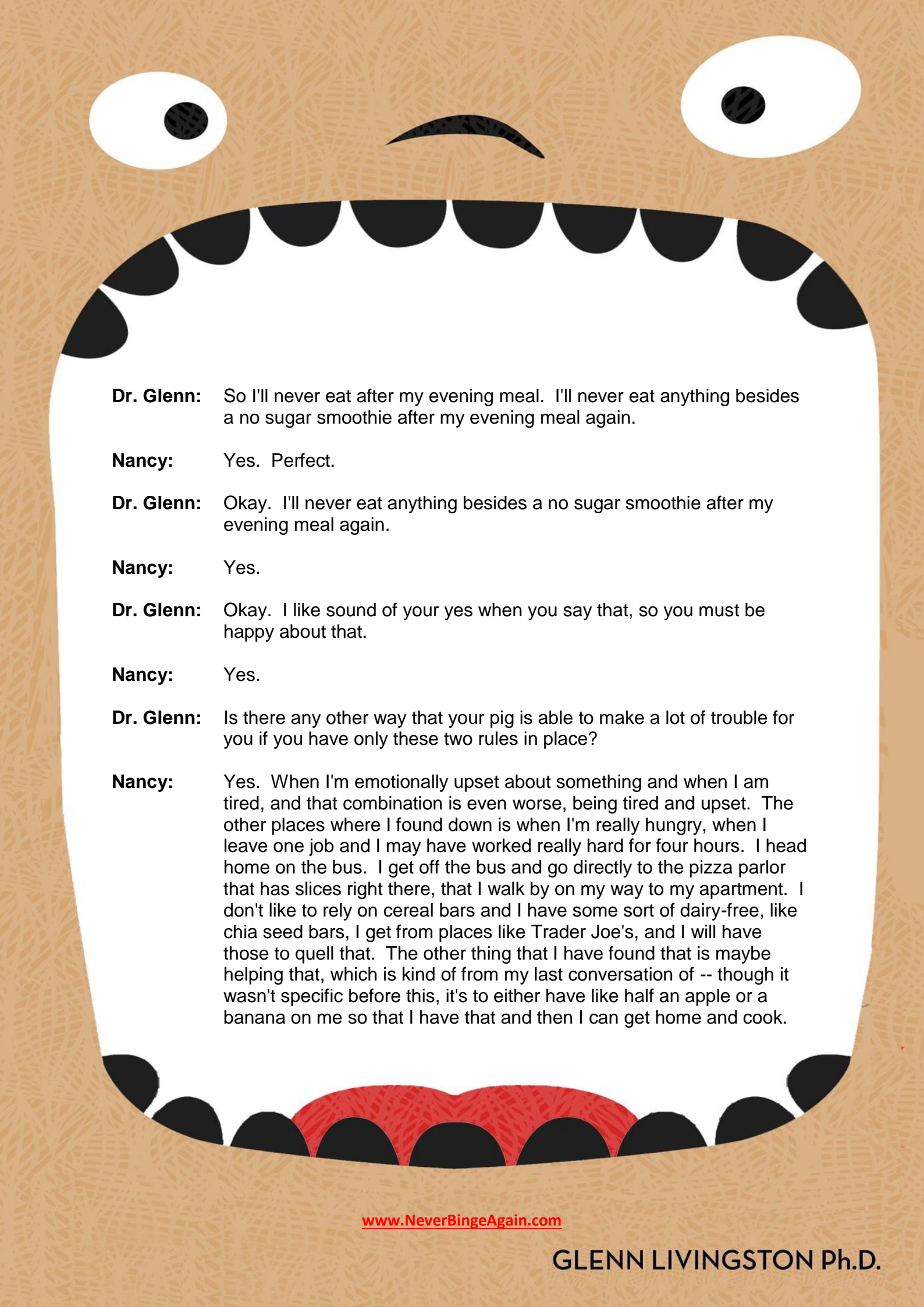
**Dr. Glenn:** Okay. So if I understand correctly, what you want help with right now is to never eat dairy again. If you don't want to have any dairy, the way that I would phrase it is, I will never eat dairy again, unless you want to do it differently. And then, I'll never eat after my evening meal again. Is that correct?

**Nancy:** Almost. Never eat dairy again. Never eat after my evening meal. I don't know how to address that. Maybe this is my pig going, but what about if you eat at 7:00 or 5:00 and you're not going to bed until four hours later and your stomach is churning and growling, then my conditional would be, if that's the case, then I will allow one cup at the most, smoothie that's not sugar laden. I don't want to do sugar at night. So is that a conditional? I never used to eat after my evening meal, up until about maybe seven years ago when I moved back to the U.S. from moving overseas in Australia for many years. And so that was never an issue.

So I'm not sure why now I'm thinking I can't get back to that place again, except that getting to sleep and staying asleep has been an issue for the last five years because of hot flashes, perimenopause, and my body is changing with age.

**Dr. Glenn:** Well, does it harm you to have a no sugar smoothie later at night? Is it keeping the weight on or doing something bad?

**Nancy:** I don't think so. A little unsweetened coconut milk with some protein powder that has no sugar or sweetener in it, I can't imagine, is a problem for the weight.



**Dr. Glenn:** So I'll never eat after my evening meal. I'll never eat anything besides a no sugar smoothie after my evening meal again.

**Nancy:** Yes. Perfect.

**Dr. Glenn:** Okay. I'll never eat anything besides a no sugar smoothie after my evening meal again.


**Nancy:** Yes.

**Dr. Glenn:** Okay. I like sound of your yes when you say that, so you must be happy about that.

**Nancy:** Yes.

**Dr. Glenn:** Is there any other way that your pig is able to make a lot of trouble for you if you have only these two rules in place?

**Nancy:** Yes. When I'm emotionally upset about something and when I am tired, and that combination is even worse, being tired and upset. The other places where I found down is when I'm really hungry, when I leave one job and I may have worked really hard for four hours. I head home on the bus. I get off the bus and go directly to the pizza parlor that has slices right there, that I walk by on my way to my apartment. I don't like to rely on cereal bars and I have some sort of dairy-free, like chia seed bars, I get from places like Trader Joe's, and I will have those to quell that. The other thing that I have found that is maybe helping that, which is kind of from my last conversation of -- though it wasn't specific before this, it's to either have like half an apple or a banana on me so that I have that and then I can get home and cook.



Yeah, being caught empty-handed and getting really hungry, being tired, emotionally upset.

**Dr. Glenn:** Okay. So those are all the ways that your pig gets you to break your rules. But if your pig couldn't get you to break these two rules, I'm wondering, where else could you get in trouble with food? You couldn't have pizza if you were never going to eat dairy again. I understand the pig says, "Well, you're going to do it anyway," but that's a different issue.

**Nancy:** Well, I actually had a dairy-free pizza with diet cheese the other day, that was excellent.

**Dr. Glenn:** Does that break your rules in any way?


**Nancy:** No.

**Dr. Glenn:** So you're happy being able to do that?

**Nancy:** Yes. I'm not eating a lot of wheat, but I've got gluten-free bagels that I can do with some slices of tomato and some diet cheese, and that would be acceptable to not go for the pizza parlor on the street.

**Dr. Glenn:** Okay. What I'm really trying to get at, Nancy, is do you want to add any more rules to your plan besides I'll never eat dairy again and I'll never eat anything but a no sugar smoothie after my evening meal?

**Nancy:** Eventually, I do. I'm not quite sure what shape that will all take place. I and/or my pig are a little bit afraid to put more in place for the next several weeks anyway, but those would be around wheat, possibly gluten altogether, refined flour and the limits on sugar and -- I don't eat



a lot of chocolate, but yeah, I don't feel confident to add those rules. I would really love to get some time to go, you know what, I can start making these changes. I'm not eating a lot of meat now, so I'm not sure what rule I would put in there that -- one thing that I'm noticing is in the past week or so, I've ordered something with a little like, a stir fry with some chicken in it and then go, "Why did I do that? I don't even want it." It was just kind of gross to me. And I don't know how to put that into a rule.

**Dr. Glenn:** What is it that you'd want to be eliminating or limiting?

**Nancy:** Animal products, really. I mean, I'm not doing the dairy, so that's mainly burgers and chicken and anything else like seafood, bacon.

**Dr. Glenn:** Are you ready to do that now? Are you ready to eliminate that now, or do you want to wait?


**Nancy:** I want to wait.

**Dr. Glenn:** Okay. So for right now, we're just solidifying I'll never eat dairy again and I'll never eat anything besides a no sugar smoothie after my evening meal.

**Nancy:** Correct.

**Dr. Glenn:** Okay. Tell me why you like to give up dairy entirely and stop eating anything after your evening meal besides a no sugar smoothie?

**Nancy:** It's been recommended by a Chinese medicine specialist that I've consulted with. And the number of times I've been tested for intolerances or allergies over the years, dairy has always come up.




And for the hot flashes, I have been told that inflammation can exacerbate or be a contributing factor to hot flashes. I also tend towards phlegm and I love to sing. And I would really love to see how my body can change with not having the calories from dairy. I mean, that's one thing, is the dairy; the calories from cheese and cream.

So losing weight is another factor in the dairy piece. I think those are the main ones. So it just takes off some of the digestive load. I know dairy and animal products, at least, from what I've been told, they're harder to digest than vegetables and other plant-based products, food types. As I get older, I think that's important since a lot of our bodily energy is sent on digestion. The eating in the nighttime is kind of like the cracker, crunchy cracker binges is trying to fill an emotional need that I'm not getting because I'm not feeling satisfied in my life in some ways. And from listening to some of your information about if I'm not feeling satisfied at work and eating crackers or crunchy things, that reminds me of why didn't I get to speak up today or nourish myself, or something. And I don't want to use food or some outside substance to deal with that in my life. I would rather address those issues and make changes in my life than use crackers to compensate.

And it's the weight gain, I have gradually gained weight, well, since before I left Australia. But really, I came back to the States, wasn't at the beach anymore, wasn't walking all the time. I was in a small mountain town in Colorado where you really had to drive anywhere to get anywhere. And so I started adding on the weight and eating at night. And I just think that's been a big factor in gradually gaining weight and keeping it on, along with the -- I don't think it makes it easier when there's financial stresses and other stresses in one's life, including perimenopause and menopause for losing weight. And the





losing weight is also for longevity. I don't see many really overweight people that are in much of a healthy, fit state as they age.

**Dr. Glenn:** There aren't a lot of heavy 90-year-olds.


**Nancy:** No.

**Dr. Glenn:** It's true. So if you were to have no dairy whatsoever for a year and you never ate after evening meal except for a no sugar smoothie, you would have much more digestive ease, you would drop weight, you would have clear breathing, less mucus so that you could sing. You'd be dealing with the hot flashes better and have less inflammation in your body. You'd be able to speak up and be more assertive rather than using crackers to squash the feelings.

**Nancy:** Yes, and more energy.

**Dr. Glenn:** You'd have more energy. Okay. Why does your pig say that you have to have dairy, shouldn't try not to have it, have to eat after the evening meal except for a no sugar smoothie. Why does your pig say you have to do those things?

**Nancy:** Because I love cheese and crackers, and I would be depriving myself of that. And cream in my decaf, I don't drink coffee very often, and only decaf. And that's -- my pig says that's a comforting, creamy taste, so it's soothing and a self-soothing thing in a way. And ice cream, I'm not a huge ice cream fanatic, but every once in a while, I really like the creaminess of ice cream and my pig says, "Well, you don't have it very often, so why are you making such a big deal out of this?"



**Dr. Glenn:** Not too often, don't make a big deal. What else? What else shouldn't you do this, can't do this, won't do this?

**Nancy:** The eating later on, one of the arguments to me, well, what if you were -- what if a smoothie just isn't enough? What are you going to do then? Just go ahead and eat so that you're not uncomfortable. And what if you're out with friends and they want to have a pizza, pizza or something and it's past your dinner, aren't you going to want to join along with the crowd and have a taste because you know how yummy and comforting that feels.


**Dr. Glenn:** What else?

**Nancy:** I'm drawing a blank at the moment. I'm sure there might be stuff, but that's really all that's coming right now.

**Dr. Glenn:** You're doing great. So what I want you to do, Nancy, is jump back up into your higher self. We gave the pig a chance. Jump back up into your higher self. And I want to dispute these reasons. I want to come up with a better answer. So when the pig says, "You just love cheese and crackers and you're going to feel really deprived if you don't have them," what's a better answer for that?

**Nancy:** A better answer for that is, well, I don't feel so great when I'm really honest with myself. I don't naturally feel so great after I've pigged out on a bunch of cheese and crackers. I'd feel too full and kind of bloated, and then I'd feel guilty for doing it, like, I've been a failure. And so, it's not really that comforting. So that comforting idea, it's not really accurate, except for maybe a short-term.

**Dr. Glenn:** It's actually discomfoting, right?



**Nancy:** It is actually discomforting. So it's not true that I get a lot of comfort out of it, especially in the longer term.

**Dr. Glenn:** What about the cream in your decaf?

**Nancy:** Well, many times after I have in the past month or so, had a cup of decaf with some cream, my stomach hurts. So it's actually causing me pain in my abdomen. It's painful. It's not comforting.


**Dr. Glenn:** So you're not going to miss that.

**Nancy:** No.

**Dr. Glenn:** And then when the pig says that you don't have ice cream that often, so it's not such a big deal, go ahead.

**Nancy:** Not always, but sometimes. I get a stomach ache from that too and I feel bloated, and especially if it's later at night, that sugar high will keep me up. And if I really want an ice creamy type thing, I'm pretty satisfied with a non-dairy version. There's several out there. And unless or until I make another food rule around that, the dairy, I'm not really depriving myself, and the other side of the deprivation is when I do do all these things, I'm going to be depriving myself of the increased vitality and mental clarity that comes from not eating it.

**Dr. Glenn:** What about when the pig says that if you're working late and a smoothie isn't enough, what if that happens? What are you going to do then, smarty pants?



**Nancy:** Oh, what am I going to do then? Well, I know one of the things is, sometimes I'm mistaking hunger for thirst. Like what I did the other night was had a glass of water. So first thing is go to the water. So I was still not quite there, and so then I had the smoothie and that was enough. And if it's not, really, what I want to say to the pig is I don't need that. I don't need the calories, I don't need the crunch as a way of dealing with whatever is going on in my headspace or internal dialogue. I've got a lot of other resources to go to before giving into the pig. So you know, let the pig suffer and be okay with the discomfort.

**Dr. Glenn:** Well, how confident are you that you're never going to eat dairy again, never going to eat anything but a no sugar smoothie after your evening meal again?

**Nancy:** I am super confident.

**Dr. Glenn:** Could you give me a number, one to a hundred?

**Nancy:** One to a hundred. Oh, God. I'm hesitating because I'm at the like the 99, but I know the 99 turns into nothing at all.

**Dr. Glenn:** Is there a specific reason that you're at the 99 and not a hundred?

**Nancy:** Yes, there is. And that is because this isn't really breaking that rule, so maybe it's okay, but every now and then, if I go out and have like singing at a jazz jam, then I might have a glass of wine somewhere in that night. And that's not a no calorie item. But it's not a food item.--

**Dr. Glenn:** Would you like to change the rule a little bit to say, "I will never eat anything but a no sugar smoothie and/or a glass of wine when I'm out after my evening meal again"?



**Nancy:** Yes, that makes sense, when I'm out. You added the "when I'm out."

**Dr. Glenn:** So to say it one more time, "I'll never eat anything but a no sugar smoothie and/or a glass of wine when I'm out after my evening meal again."

**Nancy:** Yes.

**Dr. Glenn:** How confident are you now?

**Nancy:** I'm a hundred percent confident now.

**Dr. Glenn:** Okay. Really?

**Nancy:** Yes.

**Dr. Glenn:** Are you sure?


**Nancy:** I really feel it. I'm positive.

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

**Nancy:** Not at the moment.

**Dr. Glenn:** Your pig is planning something for you later?

**Nancy:** I'm not hearing that. I'm not feeling that. I'm just kind of looking forward to the rest of the things I have to do today and yeah, a pig-free zone.



**Dr. Glenn:** Good. Rock and roll.

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