

Glenn Livingston, Ph.D. and Warren Follow-Up 9

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Warren: Hey Glenn.

Dr. Glenn: Hey Warren, how are you today?

Warren: Pretty good. What's going on?

Dr. Glenn: Oh, I am looking forward to talking to you and I just wanted to apologize again. I'm very disoriented still in the new place, disoriented and fatigued by moving all the heavy boxes, but how are you doing, what's going on with you?

Warren: Good. It's been just over a year now since I decided to do something about my weight, so things are going good. There's plenty times that I was just going better, but I just got a long way to go so I just got to tell myself it is what it is.

Dr. Glenn: Fill me in on the good, bad and the ugly. Nobody expects a journey to be perfect.

Warren: Well like I said, it's been a year and so I was looking at some stuff. I do keep track, I don't weigh myself everyday or anything like that because that just drives me nuts, but I do every week or every other week or something like that. Probably for the last three months I've stayed the same, but the time or distance from where I started, I forget how much



better I'm feeling compared a year ago. I guess I just try to keep that in perspective, but I've lost 65 pounds in the last year. I felt pretty good doing it, I mean granted there's ups and downs.

Dr. Glenn: What's it like to be 65 pounds thinner?

Warren: Well, one of the things, I have a thing that I keep track and there's an app I had found online. It's been like three years since I started tracking, and so it shows me, I'm 25 percent towards my goal, so quarter of the way there. And the thing is I forget how bad it was back last year in April as far as how deteriorated my health was. So if I think about it, I get kind of emotional about it because I think, God, I came a long ways, but it's like, oh, that's never good enough. And I got to tell myself, no, it's good, I'm going in the right direction. Even for the last three months, I've pretty much plateaued for a while, maybe there was other things going on, but I'm still feeling good and I'm feeling better and I just got to remember that and probably the last week and a half or so I've made some tweaks and just said, you know what, I thought I was okay even though it's within what I consider my food plan. Let's go ahead and cut that out and see what happens.

Also since I'm physically feeling better, they replaced all our desks at work a while back with stand up desks. So, I made a concerted effort to start standing up on a regular basis, so I want to really build that habit, only because it will just strengthen me up because sitting all the time for as long as I have, I get fatigued pretty easily, but I think where I'm at I can definitely push it a little bit, just to start building that strength back up. So I think all that is good. It's just I get to the point where I think about I've been this way for such a long time, I call it a rut, I mean probably worse than that, so I have a hard time seeing anything better.



Dr. Glenn: Warren, can I say a couple of things?

Warren: Sure.

Dr. Glenn: You're talking about several very important components. I can sense maybe you're a little bit down on yourself about it and I just wanted to support you with a couple of things. First of all, 65 pounds is a very significant accomplishment, take yourself out of the most significant risk zone. I imagine you're still at risk for some things, but it sounds like you are no longer being threatened with having your leg amputated and you've really reversed the direction and that's a very significant accomplishment and there's a lot to adjust to. Life at 400 pounds is different than life in 500 pounds, right?

Warren: Oh yeah, yeah. I don't know why. I've been emotional about all this, but --

Dr. Glenn: Warren you're coming back to life in some ways. I caution people to avoid thinking they have to solve all the emotions before they can stop binging. I think that it's important to understand that their behavior is paramount. But that doesn't mean that you won't feel your emotions more intensely. When you're eating less binge food, your nervous system has more energy to conduct the emotions. You feel your feelings.

Warren: Wow. I think back. I don't know exactly what the trigger was, but the last two, three weeks it's like, holy cow, I have to laugh at myself because otherwise I'd be just tearing up all the time and it's just one of those things. I knew I would be going to this direction and talking because just talking with you is good, it keeps me on track but it's just like, man, what the heck is going on? But I do feel that as I continue on



where I'm going -- and I think we've talked about it before as my environment, I'm in an environment that supported my rut or whatever. I'm starting to feel the energy, starting to feel, hey, maybe I got a life. But I have all this other stuff just saying, oh, this is where you've been at, it does feel for whatever reason then over -- not necessarily overwhelming -- well yeah, overwhelming is probably the right word to do it.

I guess that's one of the things I wanted to ask you is probably the last two years as I've told you, I've been really focused on getting better attitude, better outlook on life and stuff like that and one of the things that I've read, I can't let anything outside of myself, make me feel worthy or that I have to look into myself that only I can make myself happy on how I respond to things and it's a big difference in my frame of mind how to do that and that's where I'm struggling at I think. It's the old term, if it's to be, it's up to me kind of thing in my head and just trying to remember that and not look at external sources for happiness I guess the bottom line.

Dr. Glenn: Did you want to ask me something about that?

Warren: Well, I think one of the things that's where I'm struggling at, maybe it's just one of those things I just got to keep in my mind in present tense but I don't know if it's because of the feelings of overwhelm or just trying to get pushed to do this.

Dr. Glenn: I've got something to tell you that I think will make you feel a little better. Is it okay if I talk a little bit now?

Warren: Sure, oh yeah.



Dr. Glenn: First of all, you're doing a fabulous job explaining what you're going through and it's normal. It's true that if it's to be, it's up to me, that's true. That's the right attitude to have about what you want to accomplish in your life. But what's also true is that when you step away from the food as an escape or an excuse for why things are not happening, is that suddenly you are faced with an overwhelming life. Life is not a cakewalk. Some people walk around and say, you should just be happy all the time and it's entirely up to you. I don't think people should be happy all the time. I don't think it's a sane reaction to an insane world to kind of ignore what's going on around you and pretend like your happy. You've heard the phrase, a happy moron, right? There's a lot of people out there that walk around like happy morons.

I think that what's well is to be in touch with reality, to look around you and say, these are my circumstances and maybe in the past I let them overwhelm me and let them stop me from taking action, but they're overwhelming and nobody would be happy looking at this particular circumstance. I don't know which particular one you're talking about, and it's actually a sign of progress that you are feeling the overwhelm as opposed to going to the food to get away from it. It's actually a sign of progress and you should be proud of yourself and you should also know that maintenance skills are things you can practice along the way. As you lose weight, if you want to take a couple of months here and there and plateau because you just kind of need to get used to the new weight and all the new things that you're dealing with at that weight and make some minor adjustments, that's perfectly okay. Those skills are going to come in handy when you get to the weight that you want to maintain permanently. It's perfectly okay, it's part of the process.



So I think you're doing great at all fronts. I have no complaints whatsoever, it's perfectly fine with me that you're the same weight for a couple of months, it's just part of the course, Warren. This is how you kind of come back to life after where you've been. I think you're doing really well.

Warren: The thing is I've tried to tell myself that because when I go back and I think about a year ago, I was approaching a cliff and it wasn't good, not that I'm Thelma & Louise going over a cliff but I felt like that when I really made the change. I don't know if it's just my past or my disposition to think, forget that and just look at the now and say, oh, I still got a long way to go and I'm not at the peak or whatever and it's like, no, I really have improved in a lot of areas, and just to remind myself of that.

Dr. Glenn: Yeah, I mean even just being willing to do a little bit of standing during the day, make a couple of tweaks to your food program, yeah, you're doing all the right things. I even think you could celebrate a little bit. I don't really see a reason you have to be down on yourself about it.

Warren: Like I said, I don't know exactly what it was. I even thought about what am I eating or not eating that might help that.

Dr. Glenn: Let's talk a little bit about that, I'm sure people would be curious if you don't mind sharing some of the adjustments that you're thinking about. I know you're on a very low carb diet, tell me.

Warren: I have not had a problem sticking with that. I think the first couple months, month and a half, everything I research is I was going to go through some -- not the struggles, but just the withdraw certain things doing that. I was feeling so bad anyways, it was just a different feel



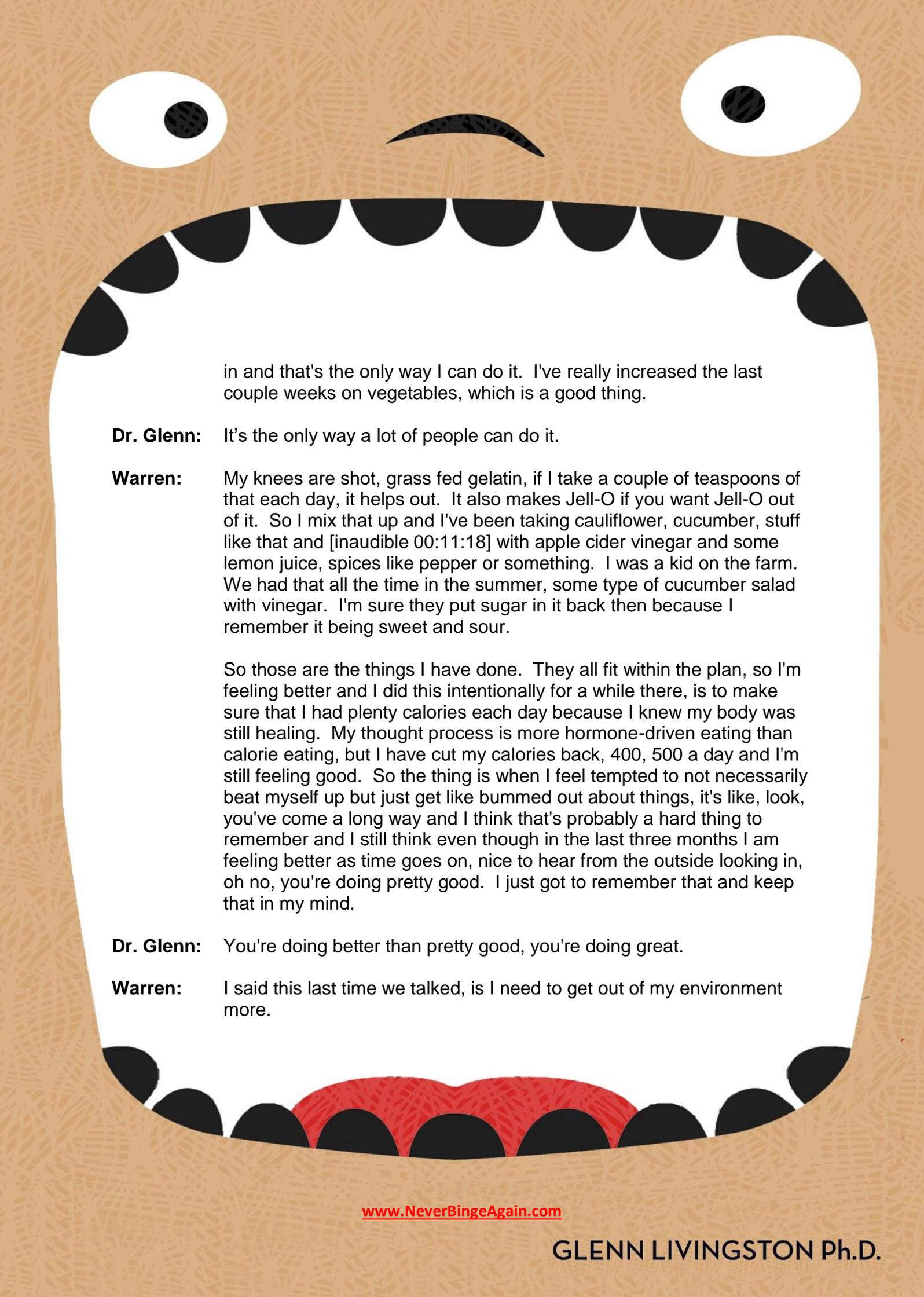
bad. It's just funny that a year later it's like this is how it is, this isn't a diet or anything, it's just how I have to eat. And I check my blood sugar every morning and I can tell if I'm doing good or bad just by that. One of the things that I did the last few months was I started blending up a smoothie and I'd buy like frozen mixed berries which are probably the lowest sugar content of anything and I'd put like maybe a quarter or half a cup of frozen berries in there and it didn't seem to spike my blood sugar at all.

So I just did that and I would take those into work, definitely not saying that it's not a good thing, but I just wonder even where I'm at right now that any kind of sugars like that just puts me on a stop. So like I said, this last week and a half, two weeks, I've stopped that. And the other thing that I was doing is I love coffee but I switched to decaf but I was putting stevia drops just to give it a little sweetness. I think the body reacts to the sweetness, oh hey, here's some sweetness. You've got to deal with that. So I've cut that out too. So the thing is I feel like I'm starting to lose weight again, so we'll just see on that.

I think the other thing I added which you'll get a chuckle at is I've told myself I have to really increase my vegetables instead of the berries. I'm making a kale shake, like kale, spinach and I got one of those mini blenders, the Ninja thing.

Dr. Glenn: Yeah, I know what you mean.

Warren: And I packed that thing full of vegetables and water and I put a couple other things in there and I just blend that up the night before I go to work and then I take it and drink it at work. Now without the stevia drops, oh it's bad. But the thing is, I know I need to get the vegetables



in and that's the only way I can do it. I've really increased the last couple weeks on vegetables, which is a good thing.

Dr. Glenn: It's the only way a lot of people can do it.

Warren: My knees are shot, grass fed gelatin, if I take a couple of teaspoons of that each day, it helps out. It also makes Jell-O if you want Jell-O out of it. So I mix that up and I've been taking cauliflower, cucumber, stuff like that and [inaudible 00:11:18] with apple cider vinegar and some lemon juice, spices like pepper or something. I was a kid on the farm. We had that all the time in the summer, some type of cucumber salad with vinegar. I'm sure they put sugar in it back then because I remember it being sweet and sour.

So those are the things I have done. They all fit within the plan, so I'm feeling better and I did this intentionally for a while there, is to make sure that I had plenty calories each day because I knew my body was still healing. My thought process is more hormone-driven eating than calorie eating, but I have cut my calories back, 400, 500 a day and I'm still feeling good. So the thing is when I feel tempted to not necessarily beat myself up but just get like bummed out about things, it's like, look, you've come a long way and I think that's probably a hard thing to remember and I still think even though in the last three months I am feeling better as time goes on, nice to hear from the outside looking in, oh no, you're doing pretty good. I just got to remember that and keep that in my mind.

Dr. Glenn: You're doing better than pretty good, you're doing great.

Warren: I said this last time we talked, is I need to get out of my environment more.



Dr. Glenn: How would you get out of that environment a little more?

Warren: Since I knew I was going to talk to you, I didn't get myself down to the driving range and they have a card that you can load. So I got down there at least once, because the weather is going better, so I want to start going at least a couple of nights after work each week to go down there and hit a bucket of balls and planning on going golfing with some friends if the schedule allows, so just those kind of things.

Dr. Glenn: How did it feel?

Warren: Oh, I'm sweating up like a pig, man, but it felt good. The whole idea of standing up and doing a little bit of exercise and here at my place. I definitely have no desire to go into a gym. I'd definitely say I'm self-conscious in that respect but there's thing I can do here I've started doing and going to the driving range would be good too.

Dr. Glenn: You live in sunny California, don't you?

Warren: No, no, I'm over here in Seattle, rainy Seattle. But this is the best time of year coming up, so I just got to take some time off from work and go do some things and friends of mine, they golf too, so my legs are feeling good. One of the things I think has just taken just a long time to heal is my left hip was really messed up. I don't know if it was a tendon thing or something and I moved around, it would twinge, just painful. I don't remember the last time that I felt a twinge just walking around. And my right knee on the inside of it is bone on bone and there's nothing much I can do about that until I lose the weight for them to fix that, but I think that collagen makes a big difference. Every once in a



while if I push it a little bit too much it will twinge, but at least now I can go on back on the golf course.

Dr. Glenn: Where do you get that?

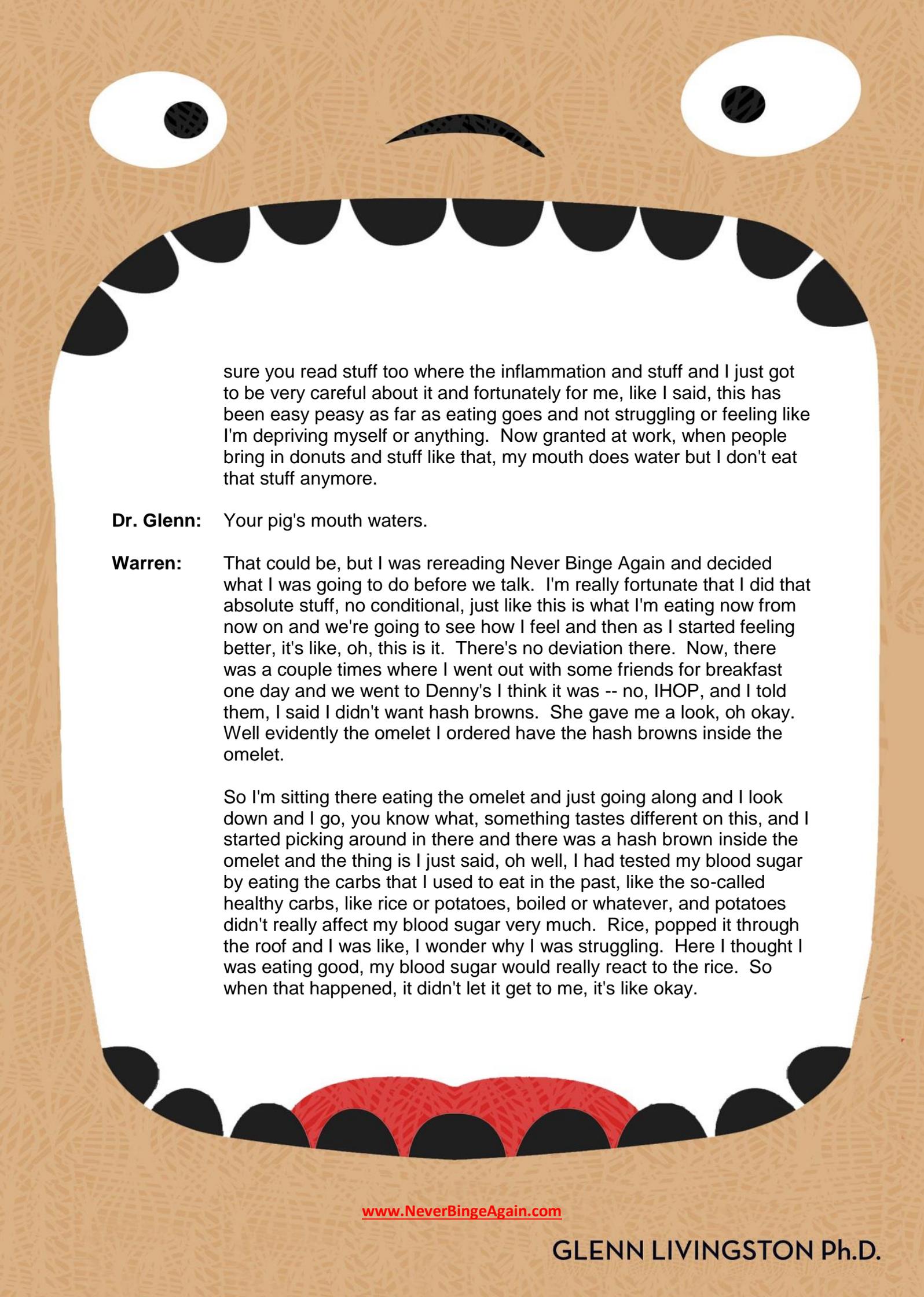
Warren: It's on Amazon. You just look grass fed collagen or gelatin powder. I got a big container, I don't know if it's 1 or 2 pound or maybe 3 pound container. I just put a couple of teaspoons in there, about 10 grams. It's a protein but it's basically made from beef tendons and stuff like that rendered down, pulverized or whatever, just the powder. It's what they used to use a long time ago to make jellies and stuff out of. It's like a beef protein. I think there are some vegan type of stuff too. I don't know what they make it out of though. I've read some good things about it and I just put that in my blended drink with my veggies. If I put a little bit too much in there, it will be like Jell-O, a green mush Jell-O. But like I said, I try to just get a lot of vegetables in me. I'm probably getting I would say a good 5 to 10 cups total.

Dr. Glenn: That's got to be doing you a world of good.

Warren: I feel that. I used to juice but I just hated, hated the prep time and all the other stuff and it's just like, you know what, just put it in a damn blender, blend it up and drink it.

Dr. Glenn: Well that way you get the fiber too.

Warren: Yeah, I just really think my body, maybe where it's at right now, maybe forever, I don't know, that I just really got to keep the carbs down and that's any carbs just so it doesn't spike and I've noticed that even if I'm not careful, my lower feet will swell up, and since I've been doing this, the swellings went back down. So it's not painful as it used to be, I'm

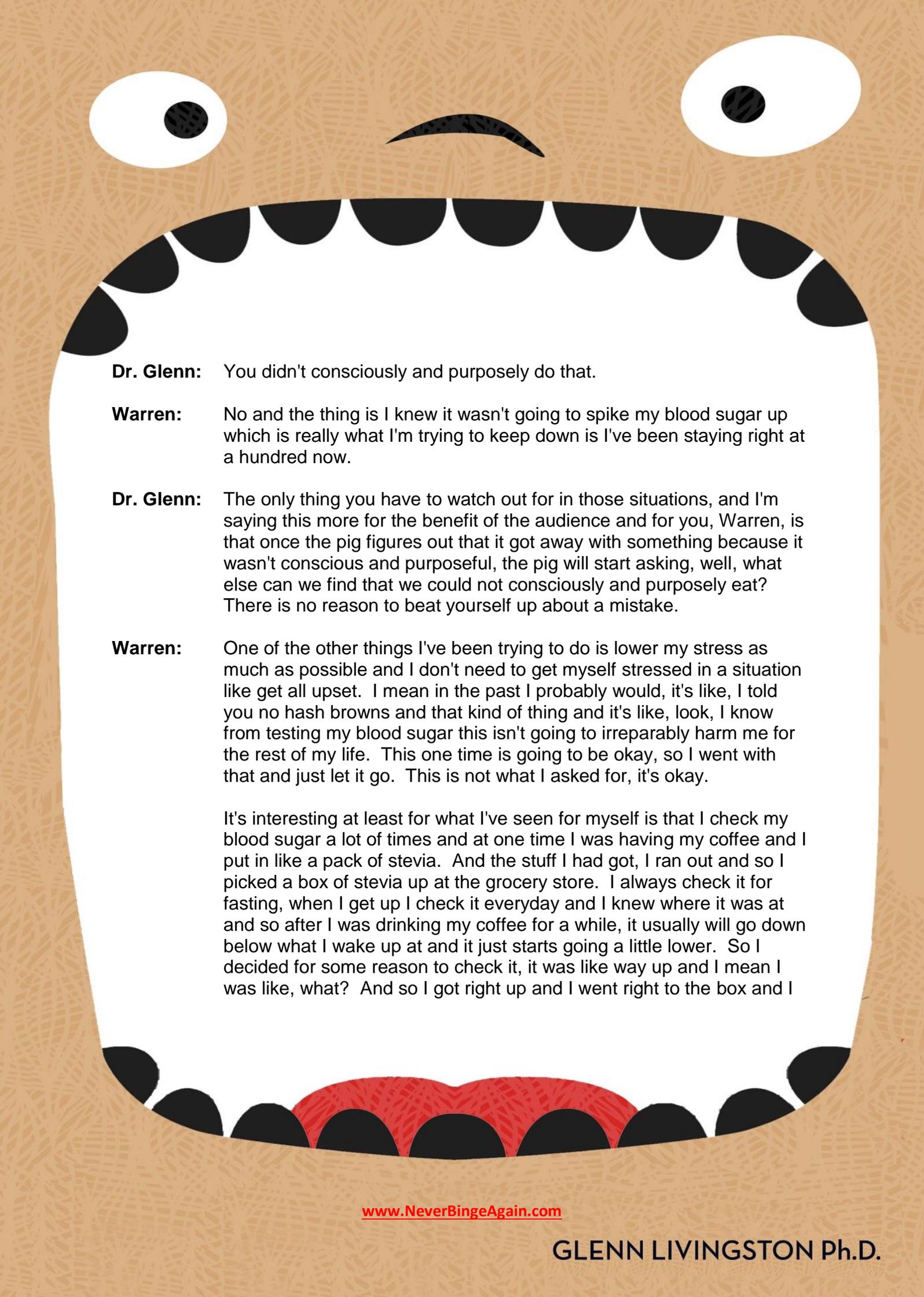


sure you read stuff too where the inflammation and stuff and I just got to be very careful about it and fortunately for me, like I said, this has been easy peasy as far as eating goes and not struggling or feeling like I'm depriving myself or anything. Now granted at work, when people bring in donuts and stuff like that, my mouth does water but I don't eat that stuff anymore.

Dr. Glenn: Your pig's mouth waters.

Warren: That could be, but I was rereading *Never Binge Again* and decided what I was going to do before we talk. I'm really fortunate that I did that absolute stuff, no conditional, just like this is what I'm eating now from now on and we're going to see how I feel and then as I started feeling better, it's like, oh, this is it. There's no deviation there. Now, there was a couple times where I went out with some friends for breakfast one day and we went to Denny's I think it was -- no, IHOP, and I told them, I said I didn't want hash browns. She gave me a look, oh okay. Well evidently the omelet I ordered have the hash browns inside the omelet.

So I'm sitting there eating the omelet and just going along and I look down and I go, you know what, something tastes different on this, and I started picking around in there and there was a hash brown inside the omelet and the thing is I just said, oh well, I had tested my blood sugar by eating the carbs that I used to eat in the past, like the so-called healthy carbs, like rice or potatoes, boiled or whatever, and potatoes didn't really affect my blood sugar very much. Rice, popped it through the roof and I was like, I wonder why I was struggling. Here I thought I was eating good, my blood sugar would really react to the rice. So when that happened, it didn't let it get to me, it's like okay.



Dr. Glenn: You didn't consciously and purposely do that.

Warren: No and the thing is I knew it wasn't going to spike my blood sugar up which is really what I'm trying to keep down is I've been staying right at a hundred now.

Dr. Glenn: The only thing you have to watch out for in those situations, and I'm saying this more for the benefit of the audience and for you, Warren, is that once the pig figures out that it got away with something because it wasn't conscious and purposeful, the pig will start asking, well, what else can we find that we could not consciously and purposely eat? There is no reason to beat yourself up about a mistake.

Warren: One of the other things I've been trying to do is lower my stress as much as possible and I don't need to get myself stressed in a situation like get all upset. I mean in the past I probably would, it's like, I told you no hash browns and that kind of thing and it's like, look, I know from testing my blood sugar this isn't going to irreparably harm me for the rest of my life. This one time is going to be okay, so I went with that and just let it go. This is not what I asked for, it's okay.

It's interesting at least for what I've seen for myself is that I check my blood sugar a lot of times and at one time I was having my coffee and I put in like a pack of stevia. And the stuff I had got, I ran out and so I picked a box of stevia up at the grocery store. I always check it for fasting, when I get up I check it everyday and I knew where it was at and so after I was drinking my coffee for a while, it usually will go down below what I wake up at and it just starts going a little lower. So I decided for some reason to check it, it was like way up and I mean I was like, what? And so I got right up and I went right to the box and I



looked at the back and I go, oh it's got dextrose in it and it's like, oh my God.

Dr. Glenn: I remember that actually.

Warren: I'm sure it wasn't the pig on that case, but it's like I didn't pay attention, and I know I need to pay attention to this stuff and it's like that's the reason why I do that. I made sure from then on when I bought stuff like that but I just think where I'm at right now that if my body tastes anything sweet, it's going to react to that whether it's good or not, so that's the reason why I've cut it out even more.

Dr. Glenn: Warren, can I ask you a question about something you said before at the golf course?

Warren: Sure.

Dr. Glenn: It sounded like you were really uncomfortable about sweating. Is that true?

Warren: My body has got a long way to go and I had a small bucket of balls and I was really sweating, but it is what it is. I think the more I do that, the better it will be.

Dr. Glenn: Well, isn't sweating part of exercise?

Warren: Oh yeah.

Dr. Glenn: Kind of detoxifying thing that our body does?

Warren: Yup.



Dr. Glenn: I kind of look forward to a good sweat when I'm exercising and then a really nice shower afterwards. I feel really clean after that. My whole body has been cleansed.

Warren: And the thing is I know it's good for me and like I said, I want to golf more this summer, so going out there, it's just my form of exercise.

Dr. Glenn: Yeah. I think you're doing great on all accounts. I mean I'm not a nutritionist and I don't really totally understand about the low carbohydrate diet, but I don't have any complaints about what you're doing whatsoever, I think you're doing great.

Warren: I will add that it's low carbohydrate, high fat.

Dr. Glenn: It sounds like you're making tweaks that are working for your body and I know you have a doctor supervising you.

Warren: The thing is, is how I feel. I've got to remind myself how good I'm feeling than a year ago.

Dr. Glenn: Warren, is there anything you're looking forward to this week?

Warren: Really pushed myself yesterday at work every hour to stand up and now I've got that as a goal. The first couple hours of the day I was able to stand up half an hour each hour and as time went on it got down to about 15 minutes, but I did it all day. So it's like okay, this is my little check mark to do this, so I kind of made a game out of it. I look forward to that, okay, this is what I'm doing, this is what I want to do. I am optimistic on that and I think it's definitely going to help and so the



last three months or so I plateaued, I really think as I started doing the things I've talked about, I'll definitely see a change for the better.

Dr. Glenn: I'd be shocked if you didn't. Warren, do you know that I use a stand up desk?

Warren: Yeah. I thought you were still using that reclining chair or whatever at the desk too.

Dr. Glenn: I used to have a treadmill underneath the desk. I found that I wind up with a kind of repetitive strain and injury and I got a little sciatica from it, and it turned out that standing was better and I have an inversion table that's right next to the desk also and every couple hours I'd get on it for five minutes.

When you're standing up -- this is my lay understanding, when you're standing up you're actually compressing the disks a little bit, which you know, I mean we're meant to stand up and walk around and it's just part of life but you are compressing the disks. And then the inversion table, they open up the disks a little bit. And so my chiropractor wanted me to alternate the standing with the inversion table, and I also thought it was really important that if I was going to stand a lot that I stretch every hour just for a little bit, even if I just reach down towards my knees a little bit and kind of stretch my hamstrings out a little bit that it made it possible to stand longer. I've been kind of doing that routine and it works really well. I get tired of standing once in a while. At the moment while I'm talking to you I'm actually lying down and looking at the computer from the floor. If I could figure out how to work on the computer while I was on the inversion table, I would do it. It feels that good.



Warren: Now is the inversion table upside down? Are you like hanging like Batman?

Dr. Glenn: Yeah, you can vary the angle. There's a little rope that attaches to the back. If you want to see it online, go to Hang-Ups, I think it's at hangups.com. You can vary the maximum angle, so it was a little scary at first and I put it at like maybe a 200 degree angle to start with, I wouldn't go all the way straight up and down. Maybe my geometry is wrong, but you figure a horizontal plane and then a little bit further. That's how I started it and I would just rock back and forth. And then overtime I started going a little further and go out further down and getting a lot more comfortable with it. I can go straight up and down, but I've got a little bit of a fear that I'm going to get stuck there.

Warren: That's what I would think too. But didn't you also have one of those reclining desks?

Dr. Glenn: I tried that when I had some bad sciatica, when it seemed like I wasn't going to be able to stand up. I tried a reclining desk, but it wasn't very comfortable for my head and my neck. I know for a lot of people, it is very comfortable. I had a really bad car accident a long time ago, so for a lot of people there's a company called ErgoQuest and they were terrific. They work really hard to make it right for you, but they just couldn't make it right for me so I gave it back to them, which is great, they took it back and refunded me and everything like that.

Yeah, so I don't do that, my best routine now is I do a lot of standing, a lot of stretching and a lot of inversion table. I really like it, I kind of wish that I did this even before I had problems. My body feels better, I even think I'm more productive at the computer because I feel happier and looser.



Warren: I think the studies are showing that with my weight, it's like okay, I sit at work all day, but now that we have those stand up desks, one of the things I got was a little step stool so I could rest and put one leg up or one foot up and that really helps me just to probably just moving around a little bit.

Dr. Glenn: That's really interesting.

Warren: I still got a huge gut, so that just takes some of the pressure off the back.

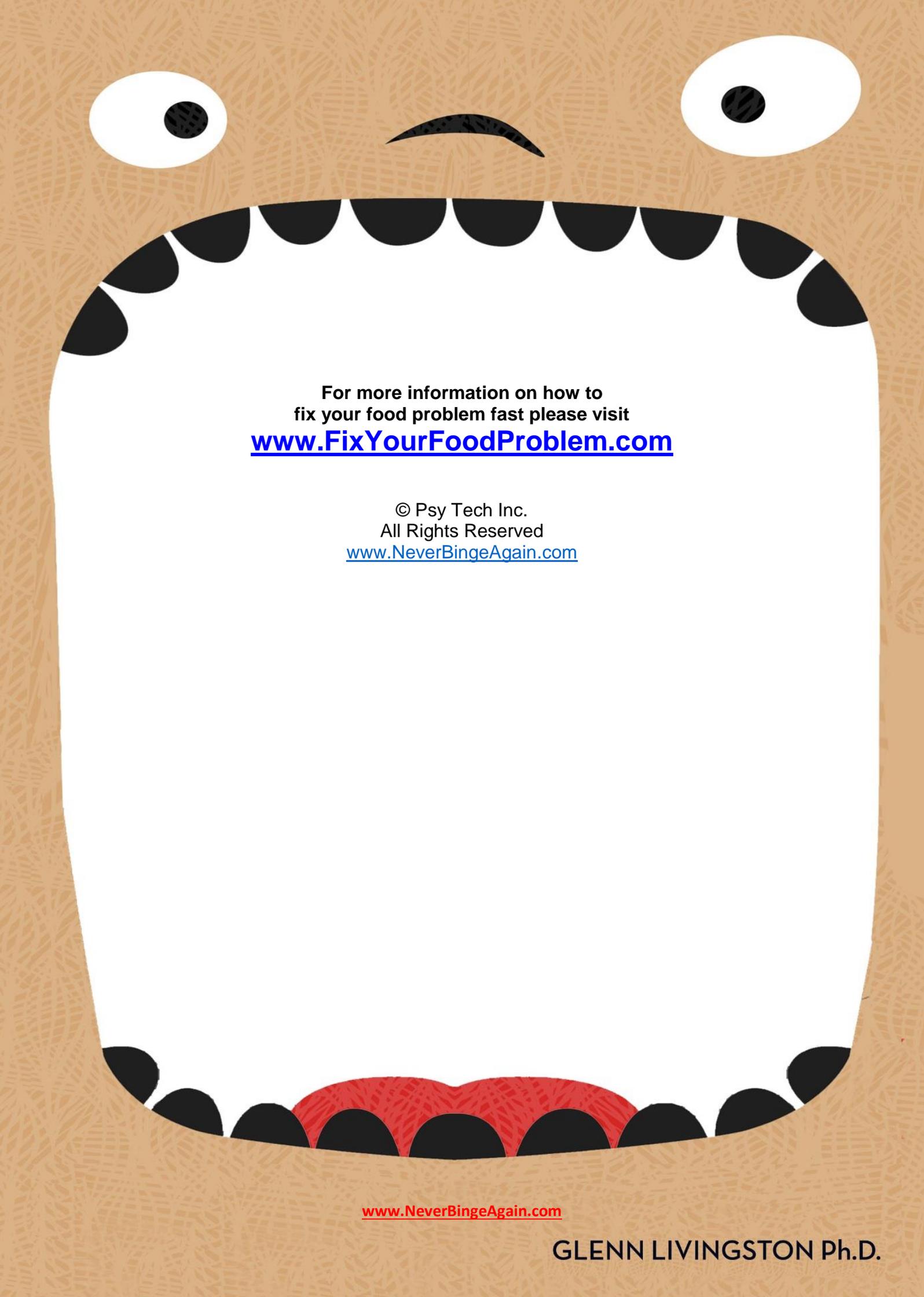
Dr. Glenn: Significantly smaller than it was though.

Warren: Oh yeah. I looked at my belt, it's almost 12 inches around the waist, so to me it's like I just got to tell myself, oh look, just look at that, about 10, 12 inches longer on my belt so it's like going in the right direction. So I think standing is definitely going to help to build up the strength and get more energy.

Dr. Glenn: Warren, is there anything else that you want to ask me or tell me about or anything else that you think our audience should hear to understand what you've been going through the last couple of months and how they can get through it if they go through something similar?

Warren: No, I think I did pretty good today. I don't know exactly what was going on, feeling overwhelmed, but I feel much better talking with you about it and so we can leave that on an up note.

Dr. Glenn: Okay.



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