

**Glenn Livingston, Ph.D.  
And Ali  
Stop Eating At Night**

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**Dr. Glenn:** Hey, it's the very good Dr. Glenn Livingston with Never Binge Again, and I am here once again with Ali, who's a very kind and spunky woman who has agreed to let us follow along with her journey and learn from her successes and observations and mistakes and problems and bounce backs and wisdom and all of the above. So Ali, how are you?

**Ali:** I'm good. I definitely need your help today.

**Dr. Glenn:** Okay. So let's talk about it. What's going on?

**Ali:** Okay. So I know I had told you that I've been off wheat, dairy, sugar and coffee for over a month now and it's funny, like the last time we talked, you said, it's kind of like a journey. And I realize that my journey, all roads lead back to Glenn.

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GLENN LIVINGSTON Ph.D.



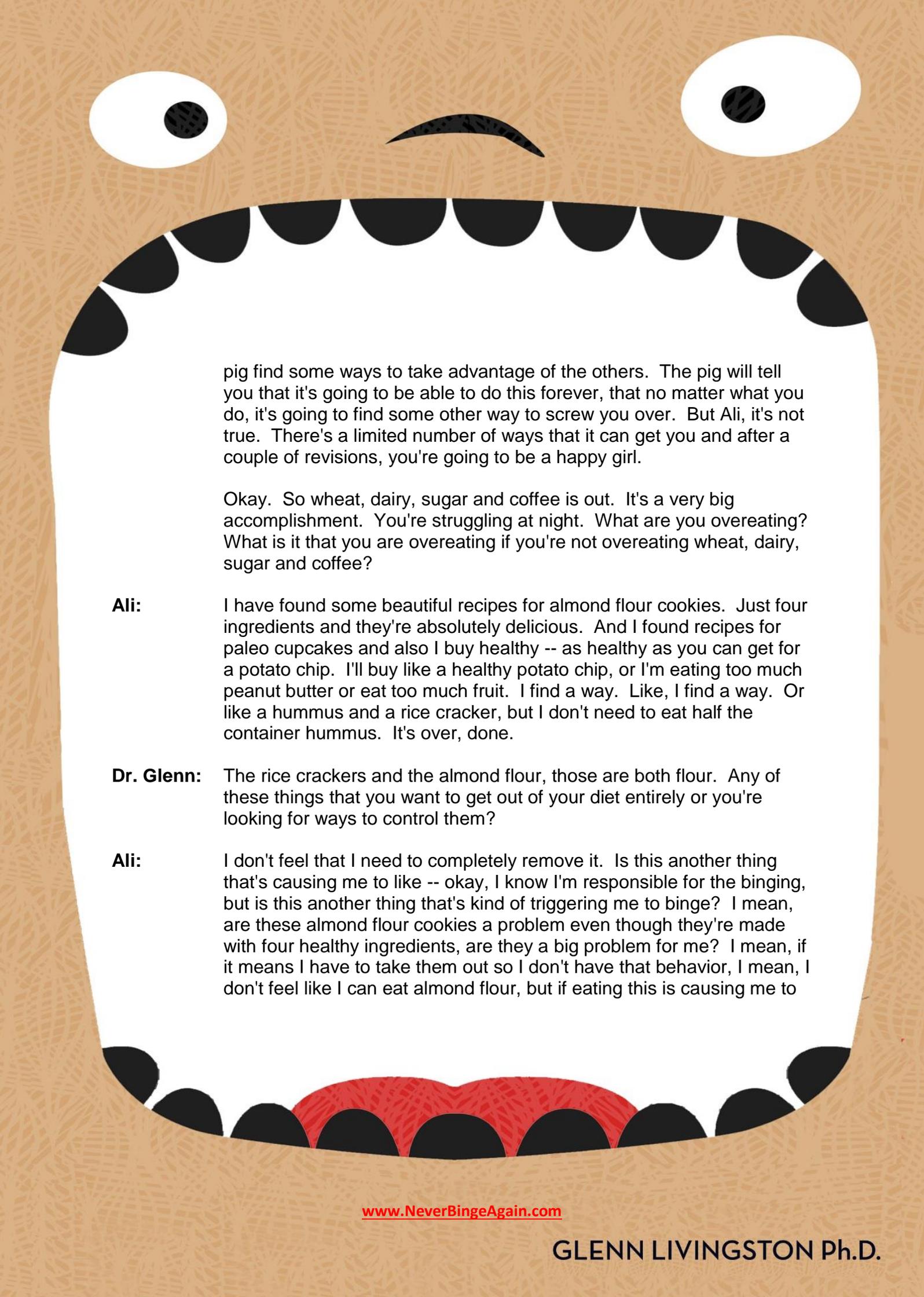
**Dr. Glenn:** That's funny.

**Ali:** On this journey, every road seems to lead back to you and Never Binge Again because just previously, you know I've been on like that diet crazy rollercoaster. "Which diet? Oh, my God, what do I eat? What do I eat? Do I eat this? Do I eat that?" And I really believe that the answer was to remove these foods from my life, and I actually have been able to do that very successfully. So wheat, dairy, sugar, coffee gone off the table, but come to find out that it's really easy to overeat all the good stuff and it didn't change my bingeing behavior and it didn't change the pig and the binge and the thoughts and the eating at night and all those other things. So those things haven't changed, so it's like it evolved. Like, okay, this is the answer, that wasn't the answer.

**Dr. Glenn:** It's part of the answer or it's not the whole answer.

**Ali:** Right, it's not the whole answer. I mean, being off those foods, I absolutely feel much better. I feel much, much better. I definitely feel healthier. I don't feel as crazy with the food and the moods up and down because of all the sugar and crap in my diet, but I still find myself doing things that I don't want to do. I don't want to eat at night the way that I've been eating. And when I say to myself, okay, I'm not going to eat now, all those pig thoughts come through and all the reasons as why I can always start later or since I'm not eating this bad food, I can eat these other things and not worry about it. I mean, I have lost some weight, I do feel better, but I'm still acting in ways that I don't want to be acting. Like my behaviors, I'm not happy with my behaviors.

**Dr. Glenn:** This is terrific. This is a very normal course of things when you have some success with one element of improving your food plan and the



pig find some ways to take advantage of the others. The pig will tell you that it's going to be able to do this forever, that no matter what you do, it's going to find some other way to screw you over. But Ali, it's not true. There's a limited number of ways that it can get you and after a couple of revisions, you're going to be a happy girl.

Okay. So wheat, dairy, sugar and coffee is out. It's a very big accomplishment. You're struggling at night. What are you overeating? What is it that you are overeating if you're not overeating wheat, dairy, sugar and coffee?

**Ali:** I have found some beautiful recipes for almond flour cookies. Just four ingredients and they're absolutely delicious. And I found recipes for paleo cupcakes and also I buy healthy -- as healthy as you can get for a potato chip. I'll buy like a healthy potato chip, or I'm eating too much peanut butter or eat too much fruit. I find a way. Like, I find a way. Or like a hummus and a rice cracker, but I don't need to eat half the container hummus. It's over, done.

**Dr. Glenn:** The rice crackers and the almond flour, those are both flour. Any of these things that you want to get out of your diet entirely or you're looking for ways to control them?

**Ali:** I don't feel that I need to completely remove it. Is this another thing that's causing me to like -- okay, I know I'm responsible for the bingeing, but is this another thing that's kind of triggering me to binge? I mean, are these almond flour cookies a problem even though they're made with four healthy ingredients, are they a big problem for me? I mean, if it means I have to take them out so I don't have that behavior, I mean, I don't feel like I can eat almond flour, but if eating this is causing me to



-- not causing me, but if they are trigger for me to not be able to stop, maybe I shouldn't be eating it.

**Dr. Glenn:** Ali, I was exploring. I don't know. It wasn't a rhetorical question. I don't know and I like to leave people with as much freedom as they can.

**Ali:** I would rather control it than remove it.

**Dr. Glenn:** Okay.

**Ali:** 'Cause I don't feel it's really a problem.

**Dr. Glenn:** Okay. You talked about potato chips, peanut butter, rice crackers, cupcakes and almond flour, kind of paleo recipes. What do you want to do with that? How do you want to regulate it?

**Ali:** I want to stop eating at night. I want to just say, "Okay, after 8:00 p.m. or after 9:00 p.m., that's it." I think that that will make a big difference for me just being able to stop eating at night and say, "Okay, we're done." I just continually do it even though I tell myself I'm not going to do it, I just keep on listening to the squeals and I keep doing it. So I want to stop that.

And another thing that I'm struggling a little bit with is I'm kind of just eating when I want. If I don't feel like eating until 12 noon and I eat a couple of things or I eat continually -- so I'm kind of just eating what I want. I'm not sure how to create an eating plan for myself. The idea of saying I'm going to eat three meals a day and only those three meals a day. I'm not going to eat anything else in between. I don't like that. Not the pig, me. Like feeling that restrictions, but I also don't know if



eating the way I'm eating is good. I mean, I eat when I'm hungry. Sometimes if I want to grab an apple even if I'm not hungry, I'm eating that. I don't feel like I do well, I feel like I rebel against that kind of seriously structured "I need to eat at this time, I need to eat at this time," and I don't want to eat like that.

**Dr. Glenn:** Have you added it all up? Have you gone over to Chronometer or talked to a dietician?

**Ali:** I haven't talked to a dietician, but I was Googling yesterday looking for paleo dieticians in my area because I'd want someone that wouldn't try to say, "Okay. Well, you need to eat dairy. You need to --" I don't want to eat those things. I actually was looking yesterday to see if I could find someone in my area that might be able to kind of help me.

**Dr. Glenn:** I think that would be good for you to have the feedback from them so we know that it's nutritionally complete. What would you think about starting with the eight o'clock rule and we could work on the rest of the diet another time after you have more feedback about exactly what you should be eating or shouldn't be eating and get a little more direct input about that? Are you okay with that?

**Ali:** Yeah. To me, that's a very big thing because, honestly, I do most of my eating after eight o'clock. I pick and I pick and maybe I'll have a meal and maybe I won't. I would say most of my calories come after eight p.m. and that's like to me, I think it's the worst time because it's a bad habit and it kind of just sits there and I set myself up. So if I say no eating after eight o'clock, I'm going to get hungry during the day and I'm going to end up eating then. I think it would solve half my problem, I think, if I just stop eating at night.



**Dr. Glenn:** Well, you will have to shift some of your calories during the day. Usually, the night time eating pattern has to do with keeping yourself too hungry during the day. Most people have trouble with this. They are accomplishing a lot during the day. Either they are managing difficult kids or a difficult spouse or they've got a lot of stress at work and they feel like they don't have time to eat during the day, but then the night time comes and all their plans go out the window. So they almost have to force themselves to at some point have a meal during the day and keep their blood sugar up. Is that a possibility for you or do you think that's impossible?

**Ali:** I definitely could. I know what my thinking is. I do have full-time with the kids and I'm going through some changes with my marriage. So I know my days are stressful. So what happens is once I get the kids to bed and the house is quiet, I'm like, "Ahh, it's my time." And to me, I guess I've been eating for pleasure too. Like, "Oh, I'm going to relax and I'm going to have a glass of wine, and I'm going to watch my show, and I'm going to eat these cupcakes I made today that are so good." And I feel like I'm using food at that time to treat myself, calm down, relax, the pleasure of eating at that point, but also it keeps me awake. I'm very much a night owl. I'm up all freaking night, but part of it is the food maybe, but that's what I'm eating. And then I'm full. And I'm like, "I can't go to sleep so full. I got to stay up late." Just like not a good cycle.

**Dr. Glenn:** Is there any way to make more me time during the day?

**Ali:** I have time for myself during the day at points while the kids are in school, so I could eat during the day. I mean, I could absolutely go and prepare myself a meal and eat in peace and quiet all by myself in the daytime if I wanted to.



**Dr. Glenn:** Could you watch your show during the day?

**Ali:** I never turn the TV on in the daytime, but I guess I could.

**Dr. Glenn:** Is there a law against that?

**Ali:** There is no law against that. I'm not a big TV person like a pattern. It's a night time thing. Everybody is asleep. I mean, I don't even watch TV when the kids are home. If they turn the TV on, it's all kids' stuff. Everything I do for myself is at night. Everything I do for myself is night time stuff. That's what has to change.

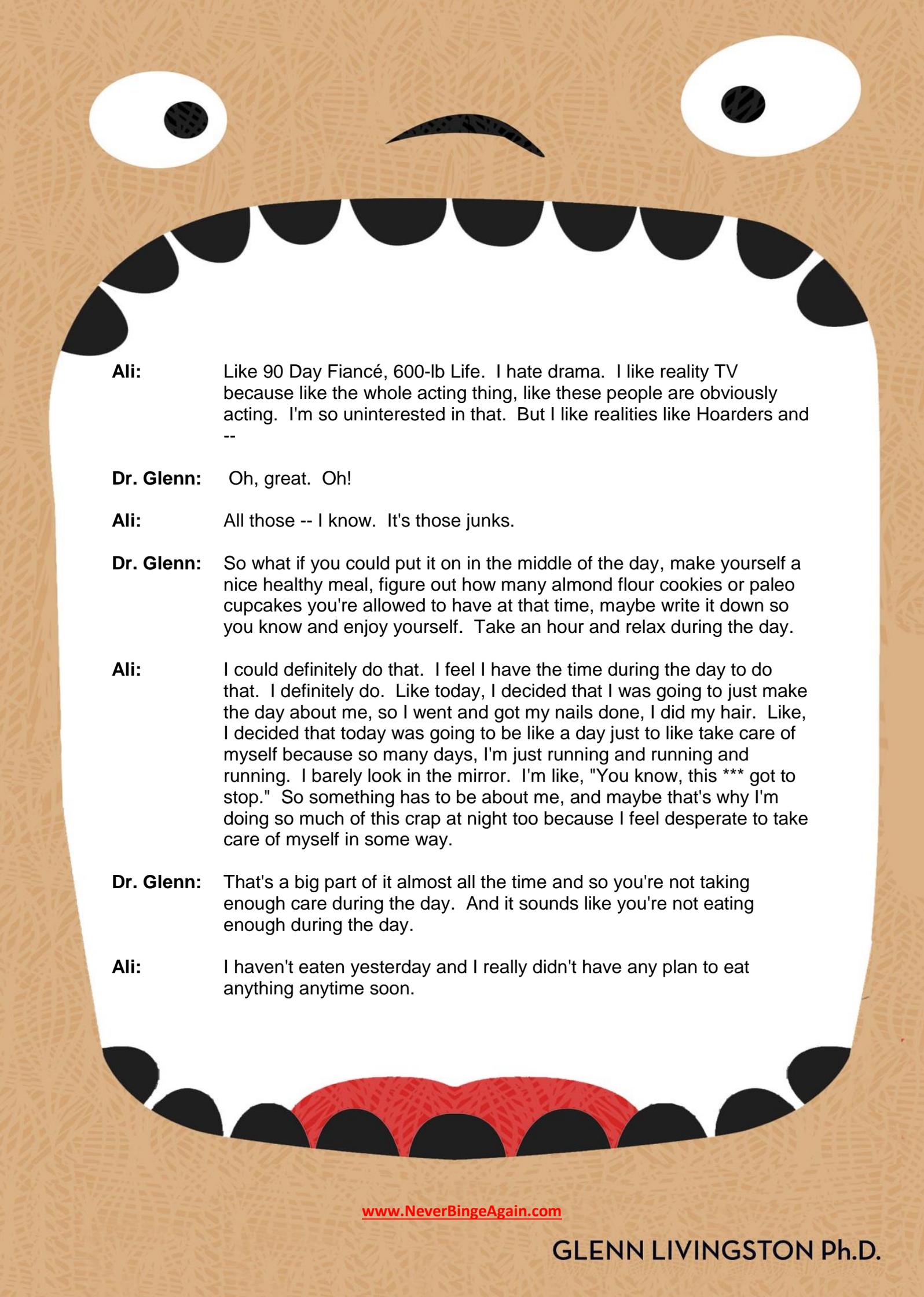
**Dr. Glenn:** Ali, it doesn't necessarily have to be TV. I was just taking the list of things that you do at night that seemed to relax you and wondering whether you could do some of it during the day maybe just as a transition. I don't even have a television. When I got divorced, I got rid of it 'cause I wanted to read more.

**Ali:** I love that.

**Dr. Glenn:** Well, actually wind up spending more time on Facebook instead. I read plenty, but I'm not a big TV proponent, I'm just saying that if you have this preset associations of relaxation with watching the show -- what show is it, by the way?

**Ali:** I always watch these reality shows. I'm so embarrassed, it's junky.

**Dr. Glenn:** That's okay. You're allowed to have some junky TV. What do you like?



**Ali:** Like 90 Day Fiancé, 600-lb Life. I hate drama. I like reality TV because like the whole acting thing, like these people are obviously acting. I'm so uninterested in that. But I like realities like Hoarders and --

**Dr. Glenn:** Oh, great. Oh!

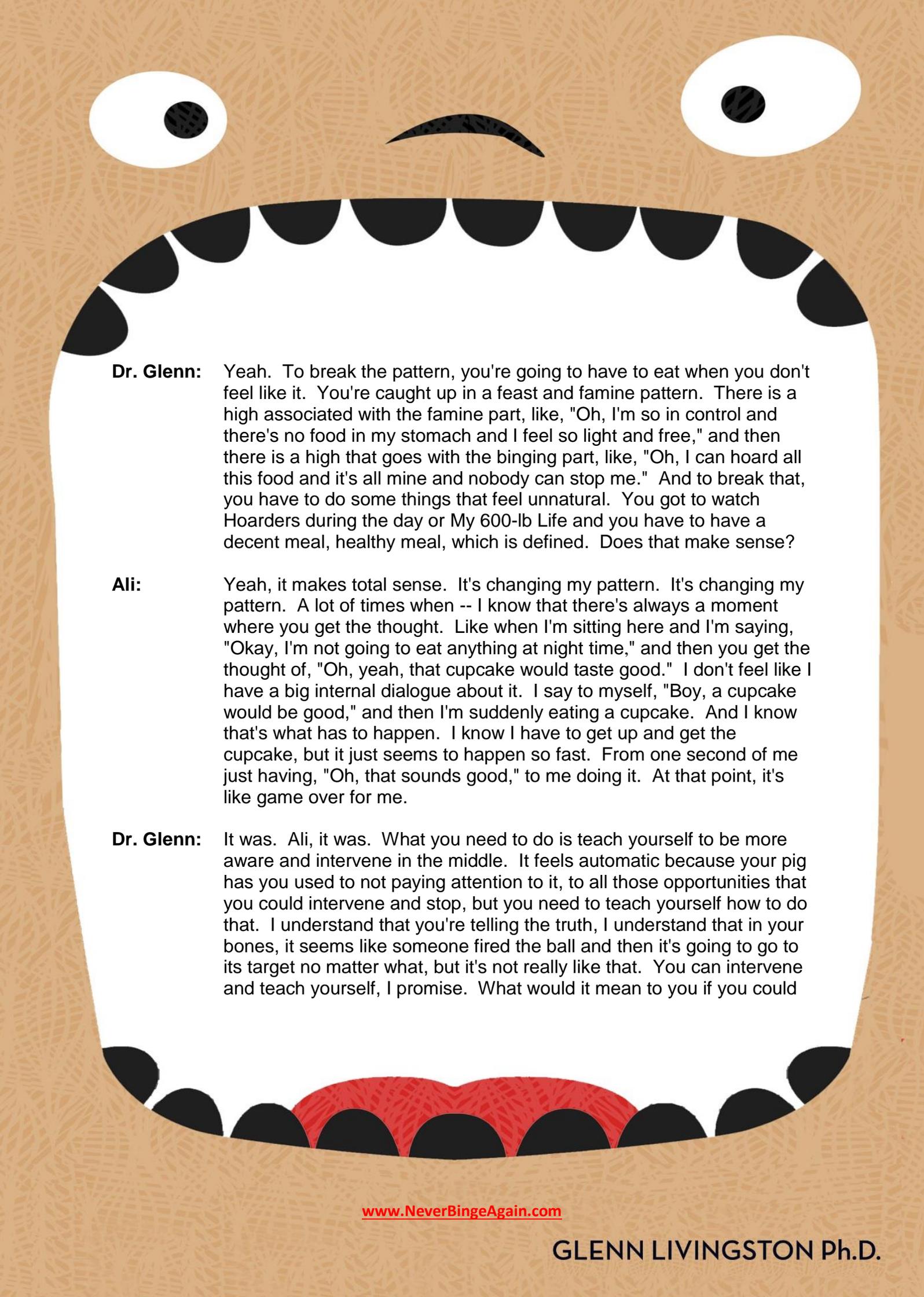
**Ali:** All those -- I know. It's those junks.

**Dr. Glenn:** So what if you could put it on in the middle of the day, make yourself a nice healthy meal, figure out how many almond flour cookies or paleo cupcakes you're allowed to have at that time, maybe write it down so you know and enjoy yourself. Take an hour and relax during the day.

**Ali:** I could definitely do that. I feel I have the time during the day to do that. I definitely do. Like today, I decided that I was going to just make the day about me, so I went and got my nails done, I did my hair. Like, I decided that today was going to be like a day just to like take care of myself because so many days, I'm just running and running and running. I barely look in the mirror. I'm like, "You know, this \*\*\* got to stop." So something has to be about me, and maybe that's why I'm doing so much of this crap at night too because I feel desperate to take care of myself in some way.

**Dr. Glenn:** That's a big part of it almost all the time and so you're not taking enough care during the day. And it sounds like you're not eating enough during the day.

**Ali:** I haven't eaten yesterday and I really didn't have any plan to eat anything anytime soon.



**Dr. Glenn:** Yeah. To break the pattern, you're going to have to eat when you don't feel like it. You're caught up in a feast and famine pattern. There is a high associated with the famine part, like, "Oh, I'm so in control and there's no food in my stomach and I feel so light and free," and then there is a high that goes with the binging part, like, "Oh, I can hoard all this food and it's all mine and nobody can stop me." And to break that, you have to do some things that feel unnatural. You got to watch Hoarders during the day or My 600-lb Life and you have to have a decent meal, healthy meal, which is defined. Does that make sense?

**Ali:** Yeah, it makes total sense. It's changing my pattern. It's changing my pattern. A lot of times when -- I know that there's always a moment where you get the thought. Like when I'm sitting here and I'm saying, "Okay, I'm not going to eat anything at night time," and then you get the thought of, "Oh, yeah, that cupcake would taste good." I don't feel like I have a big internal dialogue about it. I say to myself, "Boy, a cupcake would be good," and then I'm suddenly eating a cupcake. And I know that's what has to happen. I know I have to get up and get the cupcake, but it just seems to happen so fast. From one second of me just having, "Oh, that sounds good," to me doing it. At that point, it's like game over for me.

**Dr. Glenn:** It was. Ali, it was. What you need to do is teach yourself to be more aware and intervene in the middle. It feels automatic because your pig has you used to not paying attention to it, to all those opportunities that you could intervene and stop, but you need to teach yourself how to do that. I understand that you're telling the truth, I understand that in your bones, it seems like someone fired the ball and then it's going to go to its target no matter what, but it's not really like that. You can intervene and teach yourself, I promise. What would it mean to you if you could



stop eating at eight all the time? Oh, by the way, any exceptions if you got out to dinner or something?

**Ali:** Yeah. Like, obviously, if I'm out on a social occasion, out with my girlfriends or out with family. And to me, I wouldn't follow an eight o'clock rule and I wouldn't feel bad about it. I'd say, "Okay, this is a social occasion. I'm not going to not eat." But it's like, when I'm here in the house, which is most nights during the week. But when I'm here in the house, the clock starts to tick and it's getting later, those times when I'm here in my own house just hanging out in my robe and my pajamas, I don't want to be eating after eight o'clock. I don't want to do it. And what it would mean to me would be that I definitely think it would help with my weight loss, which is a big deal to me, but I think that I would feel better and more in control. I'd sleep better. I think I would feel better about the food I ate during the day and I wouldn't feel guilty about eating during the day, like 'cause that's part of it too that I don't think I'd feel guilty when I eat now that I mentioned it.

**Dr. Glenn:** Would you feel guilty eating during the day?

**Ali:** I think I feel guilty eating in general. Like, I shouldn't be eating. Like, I should be fasting. I should be restricting. I shouldn't be eating because I did have all this weight to lose and it's just sitting here. I have all these calories hanging off of me, I mean, why don't I just eat those? I mean, they're already on my body. It was so safe and convenient and it's right here, no preparation needed, and I think I feel guilty for eating.

**Dr. Glenn:** Yeah, that's a really good insight. You're telling yourself something really important. Your pig is making you feel guilty for eating 'cause it wants you in the restriction phase 'cause it knows what comes after



that and you should feel guilty for not eating. You should feel guilty if you're not taking care of yourself during the day instead.

**Ali:** I think though, if I made the cupcakes and then they're sitting there, when I'm eating them, I kind of feel I'm happy eating them. And I got the thing in my head that say, "No, they're healthy." But I feel also kind of ashamed, guilty. Like, "Oh, I shouldn't be eating this. I shouldn't be eating this." And I think that that drives me to eat even more of it.

**Dr. Glenn:** Of course, it does.

**Ali:** 'Cause instead of just eating one, I'll eat two or three in a row, and I'm like, "I didn't really want two or three," but I think that's some of the guilt of it is like, "Oh, my God. I feel like saying this guilty, I shouldn't be eating."

**Dr. Glenn:** Would you like to know why that is?

**Ali:** Yes, very much.

**Dr. Glenn:** The pig wants you to get a perverse kind of masochistic pleasure from beating yourself up while you do this. It's almost a way of doing penance in advance. So I'm going to do this, but I'm going to feel guilty about it and I'm not going to enjoy it. And it makes it possible to eat more. It makes it possible to binge more. It's like, you've already paid the price. The pig also wants you to feel too weak and too pathetic to be able to resist any more or resist the next binge. It's got a dual purpose, and the way that you beat that is to say, "Well, I know that I need to take care of myself. And to take care of myself, I have to eat regularly and I have to eat during the day and I have to enjoy it. I have to make myself healthy foods that are enjoyable and eat them in



reasonable amounts. And I'm going to feel guilty if I don't do that." The pig has broken your guilt machine. It's kind of pointed it in the wrong direction in making you feel guilty about the wrong things and it's broken your pleasure machine, you're not really feeling pleasure about the right things.

**Ali:** There, I don't feel good about everything. I eat, I don't feel good. I don't eat, I don't feel good. I don't feel good about food. It's like if I eat it, I'd feel bad. If I don't eat it, I'd feel bad.

**Dr. Glenn:** Are you Jewish, by the way?

**Ali:** No.

**Dr. Glenn:** Oh. We feel bad about everything. Guilty about everything.

**Ali:** Well, actually, I got the 23 in May thing done with the DNA and I'm actually two percent Ashkenazi Jew. Does that make me feel it?

**Dr. Glenn:** Ah, that's where it comes from. See, that's where it comes from. I don't know.

**Ali:** I was two percent.

**Dr. Glenn:** Okay. If you were brought up with a Jewish mother, you'd understand. Let's talk to the pig though. Let's find all the reasons that the pig doesn't want you to eat regularly and enjoy it and eat before eight o'clock. What are all the reasons the pig doesn't want you to do that and says that you can't, shouldn't or won't?



**Ali:** First of all, I shouldn't be eating. Second of all, fasting is the best and fastest way to lose weight and also it's shown to be healthy. I mean, fasting actually has been shown to be healthy. There are health benefits to not eating for periods of time. I don't want to eat six meals a day because that's very restrictive and I can always start tomorrow and I'm eating healthy food now. Anyway, I got those evil four out of my diet, which was a very big deal for me. I just feel like I'm always going to be fat I guess. I don't know. And if I eat, I'm just going to keep it up.

**Dr. Glenn:** Okay. Got it. That was the fastest anybody ever told me all their pig squeals. Is there anything else? Any other reason?

**Ali:** Not that I could think of right now. I'm never going to beat this. Even if I take this thing out in my diet, I'm still never going to beat it. There's always going to be something. Maybe I don't want it bad enough. Maybe I don't want it bad enough. Maybe there's some reason I'm staying this way on purpose, I don't know. But that's \*\*\*. I really do want it. I'm tired of being like this. That's not true.

**Dr. Glenn:** I know, that's why we're getting these out on the table. Okay. So let's find the lies in these, okay? Let's go through them one by one and let's assume that maybe there's a kernel of truth, but mostly, there is a logical fallacy or a lie. When the pig says that you shouldn't be eating during the day, you should wait until night time, where is the lie in that?

**Ali:** Well, if I don't eat during the day, I tend to eat more at night. I feel like I'm so heavy I shouldn't be eating.

**Dr. Glenn:** It's the opposite. It's the opposite. You need to be eating regular healthy meals so that your body doesn't need to binge anymore. When



the pig says that fasting is the best and fastest way to lose weight and it's also medically healthy, where is the lie in that?

**Ali:** So maybe it is, but with someone like me with a problem like this, it's just a trigger. It's just they bounce back and forth. I mean, I could fast for two or three days, which I have, and then I just have these stupid binges.

**Dr. Glenn:** Keeps you stuck in the pattern. You might be able to integrate fasting in a year, year and a half when you really have this down. We need to beat the binges first.

**Ali:** If I'm able to get ahold of the binges and then I did some intermittent fasting during the day, it's like, "Okay, I'll skip breakfast and eat lunch," that's not a terrible thing, but I can't conquer on every front it would.

**Dr. Glenn:** You can't conquer every front.

**Ali:** I can't conquer everything at one time.

**Dr. Glenn:** It's too much. You're right, Ali. When the pig says the only alternative to eating at night is eat six meals a day?

**Ali:** That's not true. I could eat two meals a day. One meal a day and two snacks a day. I don't have to be that rigid and say I'm eating at 8:00, 11:00, 2:00 and things like that really drive me crazy. But I don't have to eat that way. I don't have to. It's not totally black and white. It's not like I have to say, "Okay, well, it's either fast to eat nothing or I have to eat every two hours." I mean, there is a middle ground on this somewhere. What happened in good old-fashioned breakfast, lunch and dinner, right?



**Dr. Glenn:** Yeah. Exactly. When the pig says that you've got wheat, dairy, sugar and coffee out of your diet, so that's good enough, you shouldn't bother with anything else.

**Ali:** That's clearly not true because I'm still struggling with the same binge behaviors. I mean, even though I did get those foods out of my diet, it's not stopping me from overeating foods that I don't want to overeat and in ways that I don't want to behave. Like, when I eat that feel out of control, I don't feel good about that regardless of if I'm not eating wheat, dairy, sugar or coffee.

**Dr. Glenn:** When the pig says you'll always be fat, so you should just give up and enjoy it, what's wrong with that?

**Ali:** I don't know. That's a good one. You got me there, Glenn. I don't know.

**Dr. Glenn:** That's a good one?

**Ali:** I think it was, Glenn. You got me there.

**Dr. Glenn:** You believe the pig? You think you'll never going to beat this?

**Ali:** This has been so long.

**Dr. Glenn:** How old are you?

**Ali:** I'm really old.

**Dr. Glenn:** You're really old?



**Ali:** Yeah, I'm really, really old. I'm 45.

**Dr. Glenn:** You're 45? You don't think it's possible that someone could live 45 years as a heavy person and then live another 45 years as a thin person?

**Ali:** I guess it's possible. It's possible.

**Dr. Glenn:** But not for you. Is there something different about you where it's not possible for you, it's possible for other people? Seriously.

**Ali:** No, there's nothing different about me.

**Dr. Glenn:** I'm not criticizing you, Ali. I'm just trying to understand what --

**Ali:** I know that I'm just like everybody else and I'm not different. Sometimes I just feel like, it's like, enough already.

**Dr. Glenn:** You know I was almost 280 pounds, right?

**Ali:** Yeah.

**Dr. Glenn:** And that I didn't really figure this out until I was 43, 44 years old. Maybe 45. I forgot exactly when it was. Somewhere around your age. Did you know that?

**Ali:** I know. Yeah, but you're living the second half of your life much better than the first half. I know, so it is possible. You're a living proof it's possible.



**Dr. Glenn:** Not just me. There're a lot of people that do that. What is it that your pig is saying that's got you so convinced?

**Ali:** I don't know if I could do it too.

**Dr. Glenn:** Pig says you can't do it also?

**Ali:** I could do it, yes. I could do it. I've already got a good head start. I mean, I already got that stuff out of my diet and I have no intentions of eating it, so I already have a head start.

**Dr. Glenn:** And you're not talking about adding any really crazy restrictive rules, you just want to stop eating by 8:00?

**Ali:** Yeah, that would be a good thing because I got rid of the food I don't want to eat, that really was bad for me personally. And now, if I could get rid of the by eight o'clock thing, then let's see what I could do next after that.

**Dr. Glenn:** Yeah. Yeah, one step at a time.

**Ali:** But I got the eight o'clock thing down just focus on that 'cause I feel like I'm not struggling with the food. I'm not struggling with those foods at all. Those foods are good. I'm not struggling. I'm okay with that. I don't feel like I'll be tackling too much at once because those are good. So now, if I take care of the eight o'clock thing, that would be my next step and not juggling two things. There's just one thing. Okay, just with the eight o'clock rule and then after a while, see how that goes. And then once I have a good handle on that, that if I need to evaluate again, I could evaluate again. And in the meantime, I could try to see a nutritionist. I mean, I hate counting calories, but I mean, if they gave



me like a ballpark of even just macros, like eat this much protein and this much carb, and then maybe I can juggle around with that and get a better feel for it. And if I stop eating by eight o'clock, then I have to eat those foods in the daytime, right?

**Dr. Glenn:** It's always good to get expert opinions. Find out some information you didn't know and figure out what you want to do with it. Up to you what you want to do with it.

**Ali:** Definitely. Take a lot of time for myself during the day and do stuff, so that not everything has to happen at night time after 10 o'clock 'cause that's part of the problem too. It's not really all about food. It's not. It's about self-care, I guess, a lot too. It's not really all about the food. The food is just the crutch or coping -- I don't know how to say it, like a coping mechanism. It's like the reward at the end of the day for making it through another day, but that's not how it should be.

**Dr. Glenn:** Well, you're going to have some rewards during the day just for being you.

**Ali:** Right. Exactly.

**Dr. Glenn:** So Ali, if you add one small but significant rule at a time and you make those small but significant adjustments, do you always have to be fat?

**Ali:** No. I have lost some weight. Even what I've done, I'm making an improvement.

**Dr. Glenn:** If you just keep doing what you're doing, even going to the gym, that's great. You'll probably lose weight slowly just doing what you're doing.



And if you add this eight o'clock thing, it's probably going to be even better.

**Ali:** I know. But I would feel a lot better about myself if I would just be able to stick to that 'cause really, I'm not happy with what I'm doing.

**Dr. Glenn:** Yeah. Well, you can stick to it. So is the pig lying when it says you'll always be fat?

**Ali:** Yeah, it's lying because that's really up to me. That really is. It's up to me. It's not up to the pig, it's up to me and what I choose to do, so that is a lie.

**Dr. Glenn:** So when the pig says you don't want it bad enough, that you're staying this way on purpose.

**Ali:** That's definitely not true because I want it really bad. Like, that's not true. I definitely want to do get healthy really bad. But then again, I know other people, like my friend, she's -- a year ago compare ourselves, right? You don't have to compare yourself to other people. But she's already -- she's on a 120-hour fast. She's gone 10 pounds. She feels great. She wants it really bad 'cause she has a vacation coming up at the end of the month. Why don't I want it that bad? I have a million big whys, but I'm not driven like that.

**Dr. Glenn:** Do you have to want it really bad or do you just have to do it? Do you have to feel like doing it or could you just do it? Could you just stop at eight o'clock because when you are of sound mind and body and you were using your best thinking, you decided that eight o'clock was the time, that was your best thinking?



**Ali:** That's what I have to do. I have to take the feeling out of it and just say, "This is what I'm doing," and take the feeling out of it. Take the, "Oh, I don't want to. Oh, I'd really like to do this. Oh, what about that?" Just take that out of it and say this the rule I made for myself and that's it.

**Dr. Glenn:** Yeah. Sometimes you're really not going to want to do it. Sometimes the pig is going to really, really, really make you feel like you want to binge at night. I could guarantee that. That doesn't mean you're going to do it. Most nights, I don't feel like flossing. Most nights I want to just drop in the bed and go to sleep. The reason that I floss is not really because of my big why, I mean, I'd like to keep my teeth and I don't want to have pain, I don't want to spend tens of thousand dollars on dental bills, but I do it sometimes because in the moment, I just remember that that was my best thinking. I'm supposed to floss whether I feel like it or I don't feel like it.

**Ali:** Exactly. But there're so many things in the life that we just do because it's in our best interest even when we don't want to do it. You may brush teeth every night. You floss. Even with taking of care my kids. I mean, I don't always want to cook for them. I don't always want to go pick them up or drive them to this or drive them to that. Even when they come to me with a problem, I don't always want to listen, Glenn.

**Dr. Glenn:** Right.

**Ali:** That I don't always want to listen to who hate who and who's upset with who, and who's crying, and I don't really always feel like giving them hug, but you do it because that's what you do and that's it.



**Dr. Glenn:** You don't say, "I'm sorry, I'm not taking you to school today. I just don't feel like going. My pig feels like not talking you." Right?

**Ali:** That'll never happen, Glenn, because I want them in school.

**Dr. Glenn:** You need that time, yeah.

**Ali:** Oh, yeah, that'll never happen, but all the other stuff, I got to feed you, I got to clothe you, I got to wash clothes, I got to clean, I got to listen to you, I got to be your teacher, I got to take you to 8,000 freaking therapies, all those things will happen because that's what we do. I don't question those things.

**Dr. Glenn:** Ali, how confident are you that you're not going to eat after eight o'clock this week?

**Ali:** I'm not. I'm not going to eat after eight o'clock. I'm definitely not. I'm confident that I'm not going to do it.

**Dr. Glenn:** Could I bet \$10,000 on you?

**Ali:** You could.

**Dr. Glenn:** I could?

**Ali:** You could bet \$10,000 on me, it's not going to happen.

**Dr. Glenn:** I'm not rich, you know. People think 'cause I'm famous that I'm rich, but I'm not. I don't have a lot of money to lose. If I could bet 10 grand, I would win?



**Ali:** If you can bet 10 grand, you can win. I'm not doing it.

**Dr. Glenn:** Are you a hundred percent sure?

**Ali:** Yeah, I'm sure I'm not going to do it. I really want to just not do that. Just one thing. Just add one thing and that's it. Just add this one thing to what I'm doing right now. I'm just going to stop eating after eight o'clock. Before eight o'clock. I'm going to stop eating after eight o'clock. No more food after eight o'clock. I could eat what I want before eight o'clock, after eight o'clock, I'm done.

**Dr. Glenn:** What is your pig saying? Does it have other ideas?

**Ali:** The pig is being quiet and I guess it's going to probably pop up tonight at 7:58 and say, "Oh, yeah, by the way --" And I'm going to say, "Nope, we're done." He's saying, "Let's be quiet now while Glenn is on the phone. I'll get you later."

**Dr. Glenn:** I got it. Okay. Do you have any questions or concerns for me?

**Ali:** [Inaudible 0:28:22] or anything? I could use those while we're at it.

**Dr. Glenn:** I don't.

**Ali:** Okay. Maybe next time. Okay, I'll talk to you soon, Glenn.

**Dr. Glenn:** I'll talk to you soon. Be well, Ali.

**Ali:** Thank you.

**Dr. Glenn:** Bye.



**Ali:** Bye-bye.

**Dr. Glenn:** Thanks for your time and attention. If you need personal coaching to fix your food problem fast, please visit [FixYourFoodProblem.com](http://FixYourFoodProblem.com). [FixYourFoodProblem.com](http://FixYourFoodProblem.com). If you'd like to become a certified professional Never Binge Again independent coach and turn your passion for Never Binge Again into a lucrative, rewarding and fun career, please visit [BecomeAWeightLossCoach.com](http://BecomeAWeightLossCoach.com). That's [BecomeAWeightLossCoach.com](http://BecomeAWeightLossCoach.com) where you can attract high-paying clients by leveraging my credibility and the Never Binge Again brand and help them stop overeating and obsessing about food so they can achieve their health and fitness goals at [BecomeAWeightLossCoach.com](http://BecomeAWeightLossCoach.com). That's [BecomeAWeightLossCoach.com](http://BecomeAWeightLossCoach.com). Thanks.

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