



Glenn Livingston, Ph.D. And Amy “Achieving 100 Percent Confidence”

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Dr. Glenn: Hey, it's the very good Dr. Glenn Livingston and I'm here with Amy, who's a kind woman that's agreed to let me record a talk with her so you can benefit from her observations and struggles and wisdom and progress and experience and hope and all that kind of stuff. How are you, Amy?

Amy: I'm good.

Dr. Glenn: So catch me up. What brought you to Never Binge Again, what your experience has been, and is there any way that I can help?

Amy: Well, I've been overweight most of my life. I am 41 years old, but I found out a few years ago that I was type II diabetic. And so since I've found out about that, I've been doing research and all that. It's led me to know that that part of the reason that I'm type II diabetic is because I'm overweight and another part of it is how I've been eating which is why I am overweight. But I've just done what everybody else has done

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GLENN LIVINGSTON Ph.D.



and just followed the food pyramid, and don't eat fat, and eat more carbs. I've just done that. And so I think that has gotten me to where I am today, but I also tend to be an emotional eater. I eat when I'm bored, I eat when I'm upset. We tend to celebrations, we tend to focus that around food, and so that's where I'm at today.

Dr. Glenn: Got it. And just so I'm 100 percent clear, are you currently taking medication for your diabetes?

Amy: I am, and I've been seeing this one doctor for about four years since I've found out I was type II diabetic. And I have to see him like, every six months for lab work. So every time I've gone, it's gotten worse. My labs are worse and he puts me on different medication. And a lot of times, I can't do the medications because of side effects. So the last time I saw him, he wanted me to do another medication that I had tried before and I said I can't do that because of the side effect. And so, all he said was, "Oh, okay. Well then, just eat low carb." And so I was really upset because I feel like for the last four years, I've been a guinea pig for every kind of medicine there is when he probably knew all along to tell me just to eat low carb.

Dr. Glenn: Well, have you been able to eat low carb since then?

Amy: I do, but I really struggle with food addiction, like addicted to sugar and I tend to like the things that aren't good for you.

Dr. Glenn: Like everybody else.

Amy: Yes, like everybody else.

Dr. Glenn: The cookies and what else?



Amy: Cookies, and, cakes, and French fries, but that's not really sugar or flour, but it's still carbs. It's still carbs. And bread, just the typical stuff.

Dr. Glenn: Okay. You like flour and sugar?

Amy: Mm-hmm.

Dr. Glenn: Well, all things considered, what role would you like the flour and sugar to play in your life?

Amy: None.

Dr. Glenn: You'd like to get it out of your life entirely, flour and sugar?

Amy: Yes, I would.

Dr. Glenn: As in I will never eat flour and sugar again?

Amy: Yes, that's what I would like to do.

Dr. Glenn: Okay. Is there anything else that you would need to change about your dietary rules? Are there any of the rules you would need to keep you healthy and start to reverse your diabetes or at least control it?

Amy: Soda. But I haven't had soda in almost two months, and that was the one thing I started with and that's the one thing that I've stuck with.

Dr. Glenn: Not even diet soda?



Amy: No, not even diet soda at all because I was never one to drink diet soda. I didn't like the taste of it so I always drink regular soda all my life for as long as I can remember. And of course, according to government standards, that was perfectly acceptable because it didn't have fat in it.

Dr. Glenn: Yeah. There are no doctors out there saying you're not getting enough soda, right?

Amy: No, there's no doctors out there. So that's the one thing that I started with that I think has definitely helped, but the flour and the sugar are the other two big things. So soda, flour, and sugar and I've got soda under control, so I just need to work on flour and sugar.

Dr. Glenn: So if you didn't need flour and sugar, you would slowly lose weight and start to control your health?

Amy: Definitely.

Dr. Glenn: Okay, let's talk about a little bit more what would happen. Could you call it a pig? Do you call it your inner food demon? What do you call the monster inside?

Amy: My inner pig.

Dr. Glenn: I need for us to define sugar a little bit more.

Amy: Okay.

Dr. Glenn: What I find with people that are trying to quit sugar is that it's better to define it inclusively rather than exclusivity. So what that means is, you



create a statement to the effect of, the only sweet taste I will ever eat again are blank, blank, and blank. So for me, it's whole fruit and berries, period end of story. That's how I avoid sugar in my diet. The only sweet taste I allow were whole fruit and berries. What about you?

Amy: Okay. I would say berries. I need to probably stay away from most fruits because of the diabetes, but I know berries tend to be lower, probably the lowest sugar of fruits, so berries. I've been reading about some alternative sweeteners like Stevia that tend to not raise the blood sugar.

Dr. Glenn: So berries, Stevia. Any other sweet taste?

Amy: Xylitol is another one that's kind of like Stevia. It has a sweet taste, but it doesn't affect blood sugar.

Dr. Glenn: The only sweet taste you're going to allow are berries, Stevia, and Xylitol. Does the American Diabetic Association recommend against fruit, by the way?

Amy: You know, honestly, I'm not sure. I don't think so, but I'm not sure because I haven't looked at their information in a while because I don't trust their information.

Dr. Glenn: I checked a long time ago. I seem to see that it didn't really recommend against it, but -- So the only sweet taste you'll ever eat again are berries, Stevia, and Xylitol. Is there anything else that's sweet that you want to allow in your diet; chewing gum or anything like that?



Amy: The chewing gum that I tend to use is sweetened with Xylitol. I think those would be the three safe ones to go with.

Dr. Glenn: Berries, Stevia, and Xylitol. Just take a breath for a second, make sure that's enough for you.

Amy: Yes.

Dr. Glenn: I'll never eat flour or sugar again and the only sweet taste in my diet will be berries, Stevia, and Xylitol.

Amy: Okay.

Dr. Glenn: Well, now, I'd like you to imagine that it's a whole year from now, no matter what your inner pig says, and the pig says that you absolutely can't do this, but let's say you did it anyway and you had no flour or sugar for a whole year; what's different in your life?

Amy: I would not be taking medicine for type II diabetes. I would honestly believe that I would have it under control enough through my diet that I would not need to take medication. That would also mean that my lab work would be considerably better and not worse every time I go to the doctor. I would definitely lose weight.

Dr. Glenn: How much?

Amy: In a year, let's say 40 pounds. And I'm sure I would, just from the weight loss have more energy, be generally happier. I also take medication for anxiety and depression. I just take one medication for that. But I think if I was 40 pounds lighter, I probably wouldn't need that



medication. I would probably feel better about myself. I think it's definitely possible that I wouldn't need that other medication.

Dr. Glenn: Okay. So you could get off of the anxiety and depression medication and be 40 pounds thinner. What will be the impact of being 40 pounds thinner in addition to getting off the medication and having more energy and being happier, what else would happen? What would you do with that energy? What would you do with your happiness?

Amy: I like to do home projects. I like to do gardening and stuff like that. So I think I would probably have some of my projects done, maybe a lot of my projects done because sometimes I just don't feel like I just have enough energy to do everything that I want to do. So I'd probably have a lot of those projects that I've started.

Dr. Glenn: Like what?

Amy: Like I'm wanting to redo my kitchen, but I'm wanting to do a lot of the work myself because I know exactly how I want it.

Dr. Glenn: This sounds like a silly question, but what do you want to do in the kitchen? The reason I ask is because one of the ways that the pig keeps us stuck on our addictive foods is by hiding the details of the future that's waiting for us if we give them up, so could you paint me a picture of the kitchen that you want to redo? What you're all excited about?

Amy: Well, I want to rip out my current kitchen cabinets because they don't utilize my space well enough. I have a limited amount of space in my kitchen. I don't have the option of tearing down walls like other floor



plans do. So I would like to basically tear the whole kitchen out; cabinets, floors, countertops, everything, and just start over.

Dr. Glenn: That sounds like a lot of fun.

Amy: Yes. The tearing up part I'm sure would be a lot of fun.

Dr. Glenn: I once took a hammer and had to demolish a whole room because we were going to redo it. It was one of the best days of my life. It was a great day.

Amy: Yes, I would do that.

Dr. Glenn: Okay. And what about your clothing, is there anything that you would wear that you can't wear now?

Amy: Well, like a lot of people that have been overweight for a long time, I have clothes of all different sizes. And so, yes, I definitely have clothes now that I would be able to wear that I haven't been able to in a long time. Thinking back, I don't think I've been 40 pounds lighter since 2002.

Dr. Glenn: Well, can you just tell me about one dress or pair of jeans or something that you really would like to get into that you know you can do 40 pounds?

Amy: I have this one pair of shorts that I've been hanging onto forever. There's nothing special about them except for the size they are. They're just a pair of denim Levi's shorts and I've been hanging on to those because one day, I'm going to wear them again.



Dr. Glenn: Yes, you are. Attagirl. Okay. What else? What about your relationships, interactions with other people?

Amy: Well, I'm married, but fortunately, my husband even now is very supportive of me, so I have a good relationship with him, but I guess there's always room for improvement. Me being happier would probably make our relationship better even though it's not bad now, and hopefully, my husband has never had to worry about a weight problem. He's always been naturally thin, but he doesn't have the best eating habits. I'm hoping that if I am able to eat better, that hopefully, that will spill over to him and he will want to eat better.

Dr. Glenn: So you'd be a role model for your husband.

Amy: Yes.

Dr. Glenn: Do you have kids?

Amy: No.

Dr. Glenn: Okay, it's just your husband then. May keep him alive longer.

Amy: Yes, exactly because -- I mean, we've only been married a year, so I want to spend as much time with him as I possibly can.

Dr. Glenn: There you go. He sounds like a good guy.

Amy: Oh, yes.

Dr. Glenn: What would it be like to walk into the doctor and see the lab work so much better?



Amy: Well, hopefully, I could tell the doctor goodbye because really, the only reason I am seeing him is he only writes my prescriptions for six months. So if I need more medication, I have to go see him. But yes, it would be nice to say, "I don't need to see you anymore."

Dr. Glenn: No more medication, bye-bye.

Amy: Yes. That would save money because it's not free to go to the doctor; it's not free to pay for the medications, so I'd be saving money.

Dr. Glenn: How much would you save a year?

Amy: Probably at least \$500 a year. But the other thing is, my profession is in healthcare, so I see every day the results of not keeping diabetes under control, and I don't want to be that.

Dr. Glenn: What are the results that you see?

Amy: People having sores and stuff on their feet and legs that don't heal to the point that their tissue is rotting and they have to have a foot or toes amputated. I've seen a person whose blood sugar was higher than I've ever seen before. I'm not even sure how they were still alive, to be honest with you, but they were not themselves. They were totally a different person.

Dr. Glenn: How long would it take for you to get like that if you kept eating sugar and flour?

Amy: Less than a year.



Dr. Glenn: Really?

Amy: Yes.

Dr. Glenn: Okay. So you're in trouble if you'd keep going. Okay, that's good to know. Do you want to commit to this, I'll never eat sugar and flour again?

Amy: Yes.

Dr. Glenn: Okay. Well, how about we bring your pig to table, would that be okay?

Amy: Yes.

Dr. Glenn: I want to give your pig a chance, and before I do the same, I want you to know that I like you very much, but I'm not going to be super nice to your pig, so if it feels uncomfortable that's just your pig squirming. Is that okay?

Amy: Mm-hmm.

Dr. Glenn: Okay. So what are all the reasons that your pig says that you can't, shouldn't or won't be able to do this?

Amy: Well, my pig is very comfortable. It doesn't like being uncomfortable, so it wants me to keep doing what I'm doing so it can be comfortable. It doesn't really care that I have type II diabetes or that it's getting worse every six months. It just wants to be comfortable.

Dr. Glenn: Good. What else?



Amy: It tells me that I've tried so many times before and I failed, so why would this time be any different?

Dr. Glenn: Okay. So nothing different, you might as well just give up?

Amy: Yes.

Dr. Glenn: Okay. What else?

Amy: The pig tells me that I can't change; that I've been on this path for so long that there's no other option.

Dr. Glenn: You're incapable of changing, there's no other option.

Amy: Yes.

Dr. Glenn: We're going to come back to all these. I'm just writing them all down and I want to drain the pig of his energy by getting them all in the table. So what else?

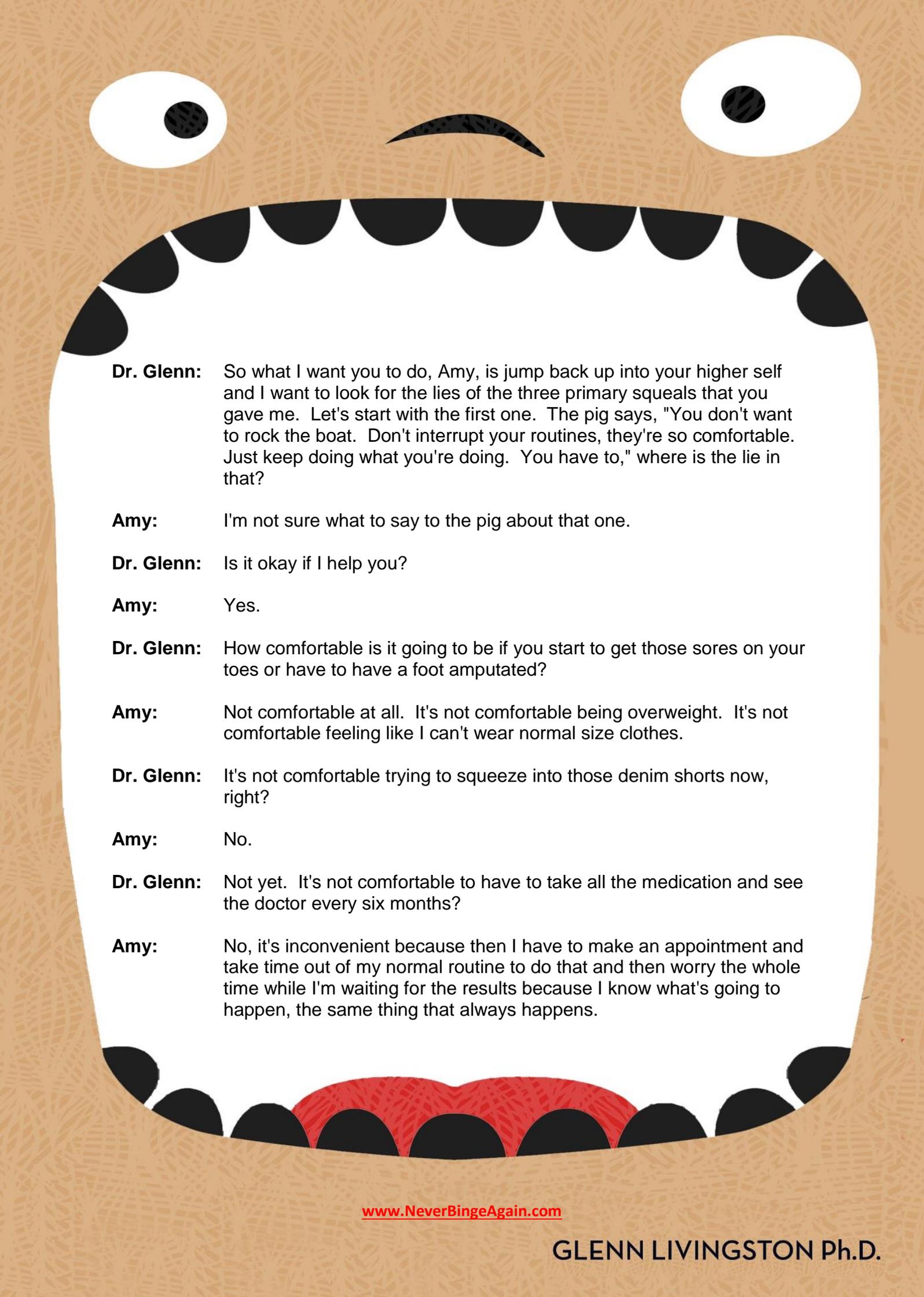
Amy: I think, mostly, the pig is very comfortable and does not want to be interrupted of its routine. It just likes things the way they are.

Dr. Glenn: Don't rock the boat.

Amy: Yes.

Dr. Glenn: Anything else?

Amy: I can't think of anything right now.



Dr. Glenn: So what I want you to do, Amy, is jump back up into your higher self and I want to look for the lies of the three primary squeals that you gave me. Let's start with the first one. The pig says, "You don't want to rock the boat. Don't interrupt your routines, they're so comfortable. Just keep doing what you're doing. You have to," where is the lie in that?

Amy: I'm not sure what to say to the pig about that one.

Dr. Glenn: Is it okay if I help you?

Amy: Yes.

Dr. Glenn: How comfortable is it going to be if you start to get those sores on your toes or have to have a foot amputated?

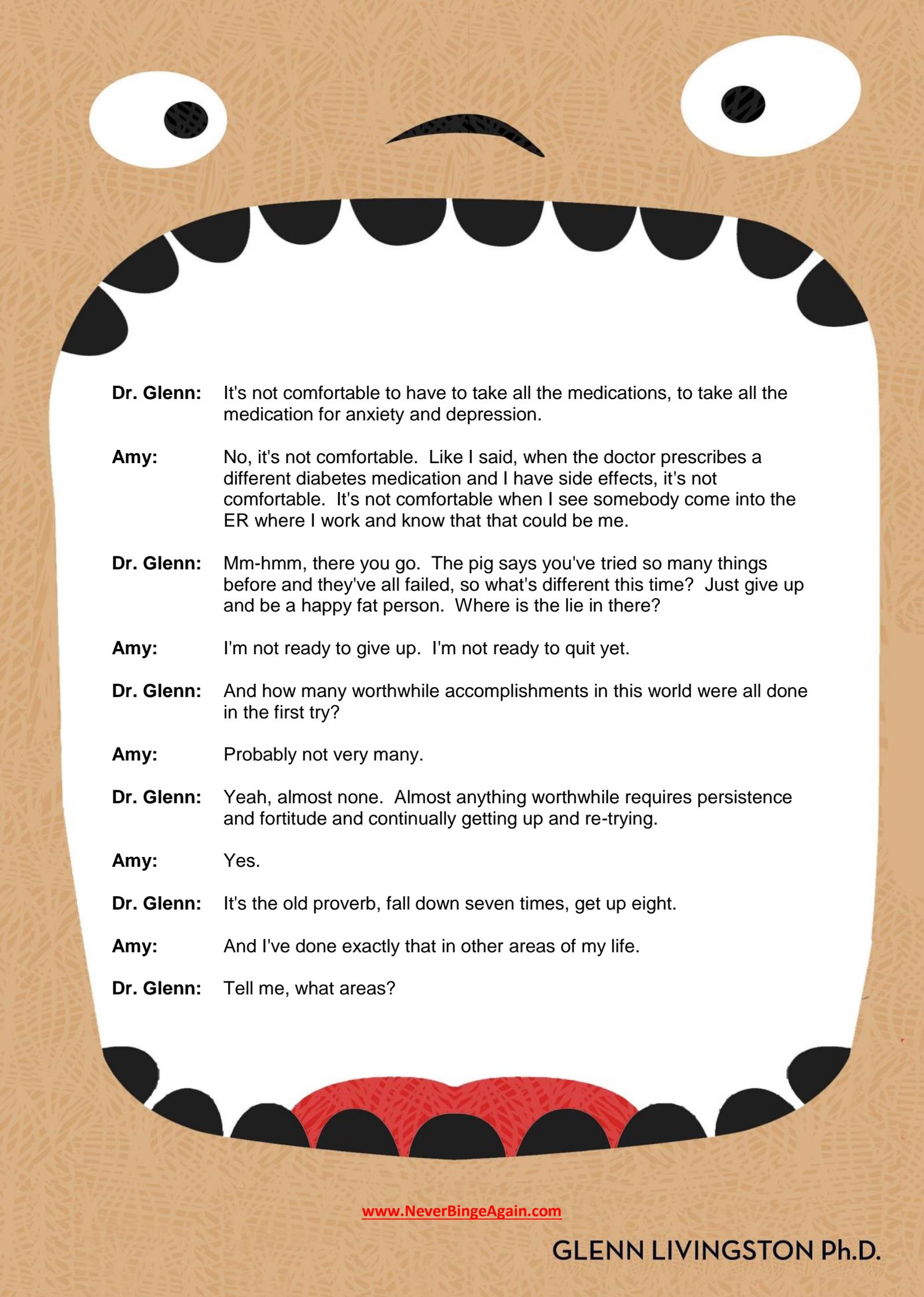
Amy: Not comfortable at all. It's not comfortable being overweight. It's not comfortable feeling like I can't wear normal size clothes.

Dr. Glenn: It's not comfortable trying to squeeze into those denim shorts now, right?

Amy: No.

Dr. Glenn: Not yet. It's not comfortable to have to take all the medication and see the doctor every six months?

Amy: No, it's inconvenient because then I have to make an appointment and take time out of my normal routine to do that and then worry the whole time while I'm waiting for the results because I know what's going to happen, the same thing that always happens.



Dr. Glenn: It's not comfortable to have to take all the medications, to take all the medication for anxiety and depression.

Amy: No, it's not comfortable. Like I said, when the doctor prescribes a different diabetes medication and I have side effects, it's not comfortable. It's not comfortable when I see somebody come into the ER where I work and know that that could be me.

Dr. Glenn: Mm-hmm, there you go. The pig says you've tried so many things before and they've all failed, so what's different this time? Just give up and be a happy fat person. Where is the lie in there?

Amy: I'm not ready to give up. I'm not ready to quit yet.

Dr. Glenn: And how many worthwhile accomplishments in this world were all done in the first try?

Amy: Probably not very many.

Dr. Glenn: Yeah, almost none. Almost anything worthwhile requires persistence and fortitude and continually getting up and re-trying.

Amy: Yes.

Dr. Glenn: It's the old proverb, fall down seven times, get up eight.

Amy: And I've done exactly that in other areas of my life.

Dr. Glenn: Tell me, what areas?



Amy: Well, I started college when I was about 20 years old. I wasn't sure what I wanted to do at the time, but I was just taking general classes and then I decided at some point that I wanted to be in healthcare. But by that time, I was working full-time. But I still just kept taking classes while I worked full-time and worked really hard to get good grades and eventually got into the program that I wanted to get into. And at one point, I was working three jobs for a year so that I could pay stuff off because I knew I wouldn't be able to work full-time once I got into my program for school. I did that for a year so that I could go to school full-time.

Dr. Glenn: So when you wanted something badly enough, you kept at it?

Amy: Yes, and I succeeded and that's why I'm where I'm at today career wise, but I never gave up. I mean, I didn't graduate until I was 34 and I started when I was 20, but I never gave up. I just kept working at it little by little.

Dr. Glenn: I wanted to say that's a story I hear a lot about people who have got a significant amount of weight to lose, they just don't give up and eventually, they get it. I hear that story a lot.

When your pig says that you're not capable of changing because you've been in the same path for so long there's no other option, where is the lie in that?

Amy: Well, I've heard you say that it doesn't matter if you've been driving on a road for a thousand miles, that you can always get off at the next exit.

Dr. Glenn: That's true.



Amy: And I agree with that.

Dr. Glenn: Well, how confident are you that you're never going to eat flour or sugar again?

Amy: I'm not a hundred percent, and the reason is because everything has flour and sugar in it, unless I make everything from scratch. Something that I buy is going to have either flour or sugar in it.

Dr. Glenn: So how should we handle that? Should we change the rule so that that's not a breach? Should we say that if the flour or sugar is the fifth ingredient or below in the label that it's okay, would that help?

Amy: Yes.

Dr. Glenn: Is there something that you want to buy that's going to have flour or sugar above the fifth ingredient on the label that you would still consider not having flour or sugar?

Amy: Well, there is not something that I would want to buy, there are stuff that the pig would want me to buy.

Dr. Glenn: Yeah, but what about you, do you need to have any of that stuff?

Amy: No. I don't need to have that, no.

Dr. Glenn: Okay. What we're going to do is we're going to revise the definition where it says, "I'll never have anything sweet besides berries, Stevia, and Xylitol," we're going to say and or any processed food which has flour or sugar as the fifth ingredient on the label below. That's the fifth



ingredient or below on the label. You'd have to do that for flour and sugar. You'd put that in the definition section.

Amy: Okay.

Dr. Glenn: And so that won't count as flour or sugar the way you're defining it.

Amy: Okay.

Dr. Glenn: With that revision, how confident are you that you'll never have flour or sugar again?

Amy: A hundred percent.

Dr. Glenn: Are you?

Amy: Yes.

Dr. Glenn: Take a breath and see what your pig has to say.

Amy: The pig does not like that.

Dr. Glenn: Are you still a hundred percent confident?

Amy: I am, but the pig isn't.

Dr. Glenn: That's okay. Your pig will always have other ideas. So let me rephrase the question. How confident are you that you'll never have flour or sugar again between now and the day that you die?

Amy: 95 percent.



Dr. Glenn: Uh-huh. Why don't we go back down?

Amy: It's the pig talking. The pig is still trying to convince me that I can't discern when they're in my thoughts or whether the pig stops.

Dr. Glenn: If we define the pig as any thought, feeling or impulse or idea that suggests that you're going to ever have flour or sugar again according to the way we defined it, how could the pig fool you into thinking that it was your thought as opposed to the pig's thoughts?

Amy: Couldn't.

Dr. Glenn: Couldn't?

Amy: No if that's the definition of the pig.

Dr. Glenn: Well then, how confident are you that you'll never have flour or sugar again between now and the day that you die?

Amy: Still 95.

Dr. Glenn: Because? I'm glad you're being honest, by the way. Tell me why.

Amy: Because sometimes I still feel like I'm not aware when it's my thought or when it's the pig's thought.

Dr. Glenn: So even though you just told me that it was really clear and the pig couldn't fool you, do you still think it could fool you?



Amy: I don't know how to be more self-aware all the time, like when I'm busy or when I have several things going on.

Dr. Glenn: The pig says you're going to forget?

Amy: Yes. Is it just habit where I'm getting this from?

Dr. Glenn: Part of it, yeah. If you come across a really attractive man, let's say in a couple years and you're married, are you going to kiss that man?

Amy: No.

Dr. Glenn: How come?

Amy: Well, first, I'm married. That would be the main thing. That just wouldn't be right.

Dr. Glenn: You made a commitment and it was really clear what that commitment was about, right?

Amy: Yes.

Dr. Glenn: How is that different?

Amy: It's not.

Dr. Glenn: Are you a hundred percent confident that you are not going to kiss a guy in a couple years if he's really attractive?

Amy: Yes. Yeah, there's no chance of that happening.



Dr. Glenn: Well, how was that different?

Amy: I guess it's not, but stuff like that, you learn from a young age that that isn't right. Nobody tells us that we even have a pig, except for you.

Dr. Glenn: That's too bad. Too bad that they don't tell you when you're younger, that's true. So this is newer. Your pig says this is newer so it's begging an exception.

Amy: Yes.

Dr. Glenn: Yeah. Do you want to reserve that exception for the pig?

Amy: No.

Dr. Glenn: How confident are you that you're never going to eat flour or sugar again between now and the day that you die?

Amy: 100 percent.

Dr. Glenn: Are you sure?

Amy: Yes.

Dr. Glenn: You're really, really sure?

Amy: 99 percent. My pig is very persistent. My pig is genius.

Dr. Glenn: Well, it's got access to your native intelligence, but the line is really clear, we draw a really, really clear line. I can't imagine what it could say that you wouldn't recognize this pig squeal that suggests that you



have flour or sugar across the definition that we made. I think that's a really bright line.

Amy: It is, but my pig is very sneaky. It always tries to get me when I've got multiple things going on, tries to catch me off guard. Tries to get me to not listen or not pay attention.

Dr. Glenn: Could you be off guard when there's an attractive man and accidentally kissed him because you're not thinking about it?

Amy: No. Definitely not.

Dr. Glenn: It could be a really attractive guy.

Amy: No.

Dr. Glenn: Brad Pitt or what movie star would you really like?

Amy: Even if I wasn't married, I wouldn't do something like that. That's just not me.

Dr. Glenn: Oh. Do you want it to be you to have flour or sugar when you feel like it or not?

Amy: No, I don't want to have flour or sugar.

Dr. Glenn: I don't want you to feel judged by me. If you wanted to, it would be perfectly okay.

Amy: No, because soda, flour, and sugar is the reason I am where I'm in today with the diabetes and with extra weight.



Dr. Glenn: How confident are you that you're never going to have soda, flour or sugar again between now and the day that you die?

Amy: 100 percent.

Dr. Glenn: Amy, are you sure?

Amy: Like with the flour and sugar, there's always times when you may not know like if you're at a restaurant or something like that.

Dr. Glenn: The way that we handle that is that we understand the rule to be preceded by the words "consciously" and "purposely." So when you say, "I will never have soda, flour or sugar between now and the day that I die," again, what you're really saying is I will never consciously and purposely have soda, flour or sugar between now and the day that you die.

I remember a time I was in a Mexican restaurant and there was little chocolate in the dish and I didn't realize, I found out afterwards, but I didn't panic 'cause it wasn't something that I consciously and purposely did. And the moment that I realize that that dish had chocolate in it, I wouldn't order it again. So the moment that you do wake up and realize you do something, then you kind of step back when you don't have it. Does that help?

Amy: Yes. So then I'm 100 percent.

Dr. Glenn: Even if your pig has other ideas?



Amy: Me and the pig are going to have to have a really long talk. I'm going to have to be really, really, really aware because otherwise -- like I said, I have a real sneaky pig.

Dr. Glenn: But how is it going to sneak to spy you? How is it going to sneak flour and sugar past this bright line?

Amy: With the never consciously and purposely, it really can't because if I'm buying something, then there's always a label where I can see the ingredients. There is no way it can.

Dr. Glenn: How confident are you that you're never going to have flour or sugar between now and the day that you die?

Amy: 100 percent.

Dr. Glenn: Even if a really attractive guy gives it to you?

Amy: Yes.

Dr. Glenn: Okay. I'm sorry for being so obnoxious. The problem is that if we leave one percent and the pig thinks it just has to try a hundred times and it will. See what I'm saying?

Amy: Yeah, I believe you because my pig is very sneaky and very persistent.

Dr. Glenn: Yeah. You did a great job.

Amy: Thank you.

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