

**Glenn Livingston, Ph.D.  
Brenda  
WFPB Rules Clarification**

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**Dr. Glenn:** Hey, it is the very good Dr. Glenn Livingston with NEVER BINGE AGAIN and I am here with a kind-hearted woman named Brenda who has agreed to share this session with you so you can benefit from her wisdom and experience and strength and hope, as well as her trials and tribulations and stumbles and failures and observations. Right, Brenda?

**Brenda:** Right!

**Dr. Glenn:** So give me just a little background. Tell me how NEVER BINGE AGAIN came into your life, what's helped, what are you struggling with, and how can I help.

**Brenda:** I have struggled with binge eating -- I am 49 years old -- I have been overweight the majority of my life. When I think back now, binge eating has had a



hold on my life since I was an early teen. Maybe even less than that. Maybe 9 or 10 years old, sneaking food, eating in excessive amounts, and not ever really knowing what hunger is. Eating for comfort more than anything else.

I struggled on and off through my college years with some bulimia. Never had treatment. I kind of came out of it on my own, but I've always struggled with food and the relationship that I have with food. In the last several years I've been really struggling because I've started reading about plant-based diets and that kind of thing for health. Probably around 2009 when Rick Eggleston wrote his book. I struggled with that for the last 11 years because there's so much food information out there and for people like me that are constantly looking for a healthy relationship with food, I feel overwhelmed all the time.

I can't ever stay with something because I think the pig has a hold on me, as well. It's so interesting because I'm always looking online -- online is a blessing and a curse because you can find so much information and so much misinformation. This is kind of longer than I intended.

I'm an emergency room nurse and my facility had an in-service probably about a year ago about eating disorders because we were going to start a wing in our hospital where we took care of patients that have eating disorders and need to be hospitalized. So the ER nurses had to go to this in-service and the women from the facility that came to speak with us brought to my attention that binge eating disorder is actually in the DSM. When they mentioned that literally tears formed in my eyes because I realized that I have been struggling with an eating disorder really my entire life.

I thought my little bulimia thing in college was just a side thing that was really nothing to actually put a label on. That a binge eating disorder is actually a disorder really just hit me and I was like, "You know what, I got to get on top of this. This is the



reason why I can't get healthy. Why I have these struggles with food and my weight and that kind of thing."

I started doing some research online and that is how I found you. When I first listened – I've listened to the NEVER BINGE AGAIN audio version on audible a couple of times, most recently this past week just to get me all ready to talk to you. But it resonated so much because the concepts make so much sense. It seems like it really should be simple, but that's what I struggle with. I struggle with maybe I don't value myself enough. And I let the pig's voice drown out my own. So that is what I'm really trying, to hear the pig and separate that the pig is something separate from myself.

**Dr. Glenn:** Do you have a very clear food plan or one simple food rule?

**Brenda:** I got your workbook probably four months ago and honestly, I have to say I'm ashamed to say that I haven't gotten too far into it.

**Dr. Glenn:** You're not the only one that does that. That's okay.

**Brenda:** I wrote a bunch of rules down and then I realized that I am really getting overzealous and I need to just stick to one. The one thing that I would really like is to eat a plant-based diet. That would make me really happy because I like healthy food and I like fruits and vegetables. I like the benefit that eating a whole food plant-based diet has for your health and well-being. I get stuck on the fact that my schedule has me working all sorts of hours and I'm tired.

**Dr. Glenn:** We can deal with all that for sure. You mentioned two different types of diets: a plant-based diet and you mentioned a whole food plant-based diet. Plant-based would include all types of vegan.

**Brenda:** I don't want to do vegan junk food. That's just as bad as non-vegan junk



food.

**Dr. Glenn:** How do you know if something is a whole food plant-based source?

**Brenda:** Minimally processed. Everything is processed in some form unless you're going and picking an apple off the tree. I think to say minimally processed is probably the safest way to say it. You see now when you go to the grocery store and everything has a label on it that says plant-based? That's not what I'm looking for. I want to make my quinoa, I don't want to buy it in premade.

**Dr. Glenn:** So cooking is okay, but otherwise you're going to ask does it grow.

**Brenda:** Yes.

**Dr. Glenn:** It's okay, but if it grows and it's processed too much it's not okay. Do you feel like there's any ambiguity there where they can say this is whole food but it's really not?

**Brenda:** Absolutely, absolutely. Peanut butter is one of the biggest offenders in my life. I used to always say if I could only eat one food the rest of my life it would be peanut butter. I've gotten to the point where I really can't even keep it in my house.

**Dr. Glenn:** I'm going to do something a little radical with you. I'm going to ask you to define this in a different way because the difficulty hearing the pig has to do with shifting definitions and ambiguity. I don't know that you really have a solid definition of what a whole foods plant-based diet is.

What you might want to do -- remember you can change this if you find that there's something we've left out or anything like that -- but just for the sake of having a really clear bull's-eye, I'm personally very familiar with this. You might want to say something like: "The only foods and drinks I will ever eat again --" bear with me, I



know this is a little scary – “are: (and if you want to go with whole foods then that would probably be) fruits, vegetables, beans, raw nuts and seeds.” We’ll define exceptions if you want to include mushrooms. What else am I missing? Whole grains?

**Brenda:** Yes. Whole grains.

**Dr. Glenn:** What else am I missing?

**Brenda:** I do find that I have avoided using a lot of oil, but I feel like I can use a little bit of oil without it being a problem. Like a little bit of olive oil or avocado oil. because I cook for my husband and my son and my other kids when they’re home from college and in order to get everybody to enjoy what I make, I might use a little bit of oil when I’m roasting vegetables or that kind of thing.

**Dr. Glenn:** Okay, so we’ll say “healthy oils” and you’ll make a list of what the healthy oils are.

**Brenda:** Okay.

**Dr. Glenn:** Anything else?

**Brenda:** Are we talking about alcohol in this?

**Dr. Glenn:** Are we?

**Brenda:** I mean, I don’t drink a lot of alcohol and it’s not a problem for me, but I do like red wine. I do probably have about two glasses of red wine a week and I feel like that’s okay. I don’t feel like I really need to give that up.

**Dr. Glenn:** “The only food and drink that I’ll ever eat again are whole fruits and



vegetables, beans, raw nuts and seeds, mushrooms, whole grains, healthy oils and red wine.” Anything else?

**Brenda:** I live in South Florida. Do you also live in South Florida?

**Dr. Glenn:** I do. I’m in Pompano.

**Brenda:** I’m in Jupiter. So I used to eat fish before I was trying to do a whole foods plant-based diet, and I do enjoy fish once in a while. I feel like we don’t go out for dinner very often, but when we do go out for dinner, I usually like to have something that I won’t make at home. So Sushi is something that we will have when we’re out. I feel that is okay. And because we do it so infrequently -- and I think in general because it’s locally caught and that kind of thing -- that it’s not terrible. So I would like to include that once or twice a month.

**Dr. Glenn:** Sushi in a restaurant up to twice per calendar month.

**Brenda:** I think that’s safe.

**Dr. Glenn:** So white rice is okay in this. “The only food and drink that I’ll ever eat again are whole fruits and vegetables, beans, raw nuts and seeds, mushrooms, whole grains, healthy oils, red wine and sushi at a restaurant up to twice per calendar month.”

**Brenda:** That sounds pretty fair.

**Dr. Glenn:** Take a breath and be sure.

**Brenda:** Now I’m thinking of the times when I’m pressed and don’t have time to cook. And I’m running around or traveling, and I don’t have things on hand where I might have to reach out for prepared foods or settle for something that’s not



necessarily the whole food thing. Like maybe something that's packaged. I don't do that very often, but I think that it's really simple to have that in there as an option if necessary.

**Dr. Glenn:** What would the option be?

**Brenda:** Do you mean what would the food option be like if I were traveling and needed to eat something on the go and I didn't have something packed with me? Like if we were at a restaurant and they had a vegan option? I don't really like to eat the Impossible Burgers or Beyond Meat or that kind of thing, but if I'm at a restaurant and that's the only option I have, I mean, I can always go for a potato and steamed vegetables and that kind of thing. So that shouldn't be a problem.

**Dr. Glenn:** What do you want to do?

**Brenda:** I want to avoid it. I want to say that I don't eat that.

**Dr. Glenn:** Okay, it's just a little more work when you're traveling. You have to look beforehand.

**Brenda:** In general I'm pretty good with that. But I hate to not put it in the plan and then be like, "Oh!"

**Dr. Glenn:** Do you want to let yourself say that any vegan restaurant once per calendar month?

**Brenda:** I think that's a good idea, yes. Thank you.

**Dr. Glenn:** See, you have a little safety valve then. "The only food and drink that I'll ever eat again are whole fruits and vegetables, beans, raw nuts and seeds, mushrooms, whole grains, healthy oils, red wine and sushi at a restaurant up to



twice per calendar month and any vegan restaurant option up to once per calendar month.”

**Brenda:** Okay.

**Dr. Glenn:** Does that feel better?

**Brenda:** It does.

**Dr. Glenn:** We’re almost at April 1 here. What would it feel like to wake up on April 1 knowing that you complied with this 100%?

**Brenda:** It would be wonderful, and it would also be a little bit scary. Because what I have found in the past is that I am my own worst enemy. I will have a taste of success and then the pig will say, “Look what you’ve done!”

**Dr. Glenn:** At the moment I’m not interested in the pig. We’ll give the pig a chance in a minute. I know the pig says you can’t do it, but what if you could? What would it be like to wake up on April 1 knowing you did this 100%?

**Brenda:** It would feel amazing.

**Dr. Glenn:** How so?

**Brenda:** Because I would feel accomplished and that I had really truly invested in myself and stuck with it and it would motivate me to continue on.

**Dr. Glenn:** So you accomplished something, you stuck with your goals, and you get motivated to continue on. Why is this goal so important to you? Besides just being able to pick a goal and stick to it?



**Brenda:** I feel like I've struggled with this my entire life, trying to get a handle on things and trying to be in control and not feel like food has control over me. I want to feel comfortable in a healthy body, especially as I am entering the second half of my life.

**Dr. Glenn:** And you feel like this is the best way to feed your body. A nutritionally complete and sound way of eating. You've experimented enough in your life and this is your best thinking about what the bull's-eye should be for you to have a healthy second half of your life.

**Brenda:** Absolutely. and believe me I've tried everything else. I had a lot of success doing Weight Watchers in the past, but the one thing I found is that it made me overly obsessed with food. Because I was always counting every point and trying to figure out how to get around and manipulate the system. And the more I focused on the food, the more I felt like the food controlled me.

**Dr. Glenn:** And if you're really eating plant-based whole foods you don't have to focus that much on it, I understand?

**Brenda:** Exactly, exactly.

**Dr. Glenn:** So you feel free of the mental obsession.

**Brenda:** Correct.

**Dr. Glenn:** Is there any other reason why this would be really good?

**Brenda:** Well it would help me to lose weight. I've been a runner -- not a fast runner, I run slow -- but I can run long. For several years, probably since my third child was born 15 years ago, I haven't raced for a while. This year I signed up for a race out in Colorado in June and I am training for that. So I feel like that's the best way for me to



fuel my body for that, as well. I want to keep myself free of injury. I want to lose weight so I'm not putting as much pressure on my joints and feel good about myself. I feel healthy about myself and see myself as an athletic person.

**Dr. Glenn:** What happens if you keep letting the pig win? Not in a month at the race but in five years?

**Brenda:** Well, I feel like my health for my lab work is not deteriorating, but I know that it can and can do so quickly.

I feel like a failure because the people that I have around me that know what I'm trying to do will see me as, "She says she's going to do this, she starts this and never finishes it" you know?

**Dr. Glenn:** Okay, let's talk to your pig now. Why does the pig say that you can't do this, you won't do this, you shouldn't do this? So you're telling me that she never follows through? The pig says you never follow through?

**Brenda:** Correct.

**Dr. Glenn:** And the rest of that spiel is therefore you might as well screw the plan and binge right now.

**Brenda:** Yes.

**Dr. Glenn:** What else does the pig say?

**Brenda:** He says: just enjoy what you have. You're fairly healthy, you're not morbidly obese. Just enjoy life. You work really hard, you're doing all this stuff, you don't have time to spend focusing on your diet. Just live!



**Dr. Glenn:** Enjoy what you have. You're not morbidly obese. You're relatively healthy. You work really hard. You don't have time to focus on eating healthy, so just live?

**Brenda:** Yes.

**Dr. Glenn:** Okay, I'm writing this all down. What else?

**Brenda:** I feel like the fact that I have tried so many times and always fall back, I feel like I just don't have the ability to stick with anything.

**Dr. Glenn:** You've tried so many times.

**Brenda:** And I've had success, but it never lasts.

**Dr. Glenn:** Success never lasts, therefore you might as well give up and binge now.

**Brenda:** Yes.

**Dr. Glenn:** Anything else?

**Brenda:** No, that's pretty much it.

**Dr. Glenn:** Those are pretty big spiels. Depressing spiels.

**Brenda:** It is.

**Dr. Glenn:** Should we refute them?

**Brenda:** Yes.



**Dr. Glenn:** Okay. The pig says that you should enjoy what you have, you're relatively healthy, you work hard, you're not morbidly obese, you can't afford the time to focus on eating healthy, therefore you might as well give up and binge now. You assume that the pig wins by telling the half-truths that hide a lie. What's the half-truth? And more importantly, where is the pig lying? Do you want me to help you?

**Brenda:** Yes.

**Dr. Glenn:** The pig says you should enjoy what you have, that you're healthy and you work hard and you're not morbidly obese, and therefore you can't really afford the time to be healthy. You should just live. The truth is those are all reasons to put the time in to eating healthy. So that you can keep and enhance them and live out the second half of your life in the best quality possible.

**Brenda:** Yes.

**Dr. Glenn:** The pig says you can't afford the time to focus on this and be healthy but I don't think you can afford the time not to, because people deteriorate at our age.

**Brenda:** That's true.

**Dr. Glenn:** Is that convincing to you?

**Brenda:** Yes, it is. It makes total sense. I remember listening to that this morning actually, when the dog and I were walking I was listening. And I remember you talking about that and it's true.

**Dr. Glenn:** What does the dog think about it?

**Brenda:** The dog just walks along, she's just happy to be there!



**Dr. Glenn:** She could care less.

**Brenda:** She's invested.

**Dr. Glenn:** When the pig says you've tried so many plans before, you always fall down later, you've never had long-term success so you might as well give up and binge now... what's wrong with that line of thinking?

**Brenda:** Well on the one hand I feel like the fact that I keep trying is a success. If I gave up trying then the pig would win. But one of these times that I keep trying I will prevail. AT least I keep getting back up again.

**Dr. Glenn:** Yes. And you could even take out the words "at least" because the research shows that the path of success involves the willingness to get up after every failure until you stay up. The main difference between people who resolve the problem in the long run and keep weight off and the people who go up and down is really the number of attempts.

So the pig says that the number of failures in your past is predictive of failure in the future. but the truth is that the number of attempts in your past is more predictive of success. So it's actually pointing out your fortitude and resilience. It's actually pointing out your strength. does that make sense?

**Brenda:** It does. You know it's funny. I've only started to think that way since I first listened to your book and I started listening to the podcast and listening to other people that have had similar experiences. It has made a lightbulb go off in my own head that makes me feel like maybe this time I'm onto something.

**Dr. Glenn:** You are. And every time you're stronger. The last squeal was kind of a version of one we just went over, but it says you never follow through so you might as well screw the plan and just binge now. Same thing, right?



**Brenda:** Yes. Well, I also struggled for years with smoking. It was kind of the same thing, you know. You quit and you only stay quit for a week or a month or whatever and you start again. I had always considered myself to be a casual smoker a social smoker, that kind of thing. That I always have control over it. That I can quit whenever I wanted. that kind of thing. Also that failure when I had quit and started up again and then quit and started up again. It kind of goes along with that. Same thing with the binge eating. I've been quit now and I'm not a smoker anymore and I'm not a binger anymore. Because that's the only way to never binge again, is to never binge again. Right?

**Dr. Glenn:** That's the only way. So Brenda, we only have about two minutes, a little bit less. And while I have confidence that you're feeling now that the only foods and drinks that you'll ever eat again in March are fruit, vegetables, beans, raw nuts and seeds, mushrooms, whole grains, healthy oils, red wine and sushi at a restaurant up to twice per calendar month and any vegan restaurant meal you want once per calendar month, how confident are you that that's all you're going to have? If I talk to you in a month that you'll have been successful?

**Brenda:** Very confident.

**Dr. Glenn:** Can you give me a number?

**Brenda:** I will give you a 100% number.

**Dr. Glenn:** Any doubt or insecurity in your mind? Or is that just your pig?

**Brenda:** Absolutely.

**Dr. Glenn:** And now you know that any thought that suggests you should have anything else is the pig. You have a really clear definition.



**Brenda:** Yes, absolutely.

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

**Brenda:** No. And I really appreciate you helping me make that food rule because you would laugh if you saw my page. I've written rules that I had that you have helped me narrow down into one that I can grab onto.

**Dr. Glenn:** Good. Good. it'll change your life. That rule will change your life, that's all you need.

**Brenda:** Absolutely. I appreciate your time so much.

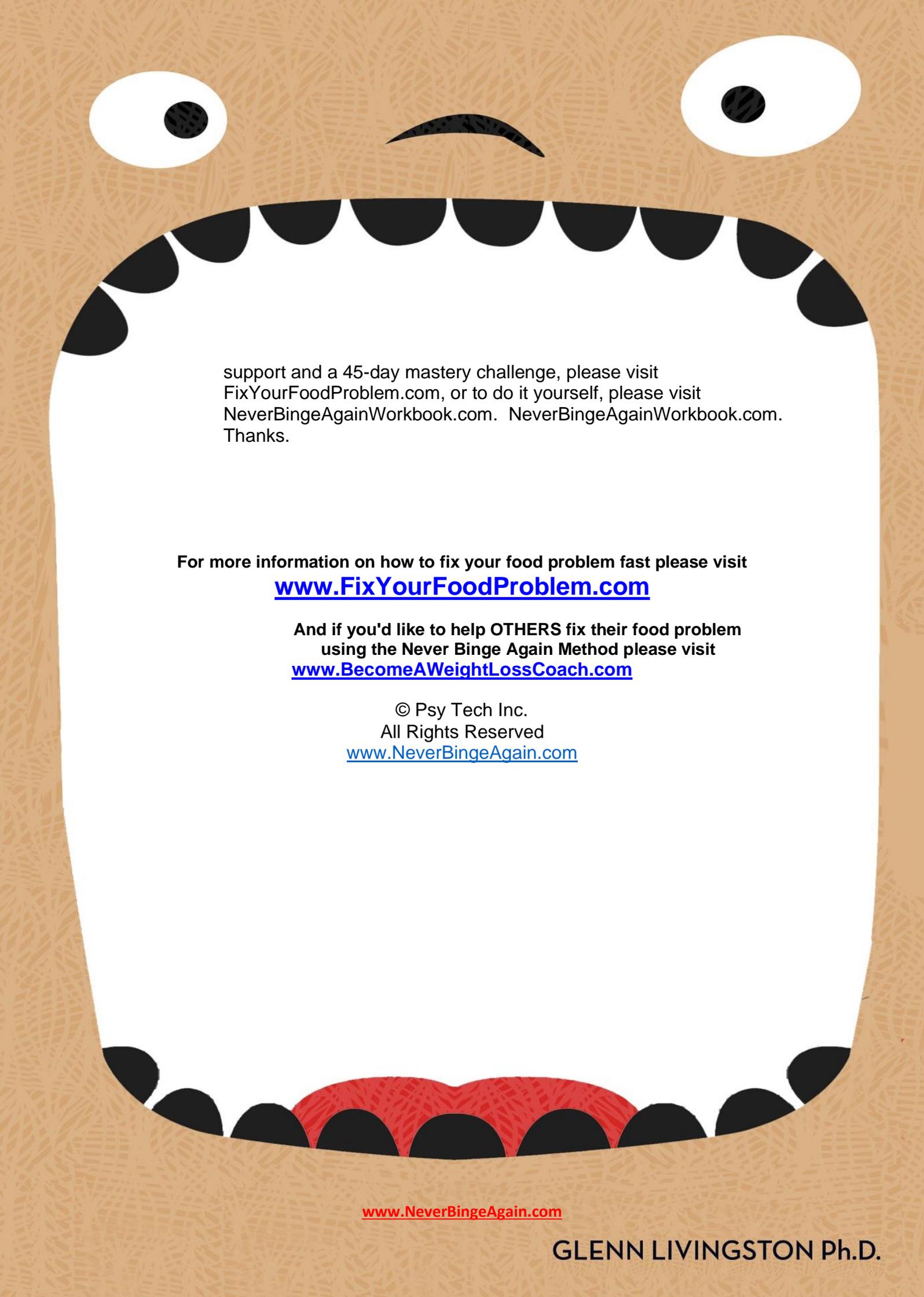
**Dr. Glenn:** Thank you very much.

**Brenda:** Awesome. Thank you so much, Glenn. I really appreciate you.

**Dr. Glenn:** I appreciate you, too.

**Brenda:** Thanks.

Thanks for your time and attention. If you like to find out more about how to fix your food problem fast using our new coaching format that includes daily email accountability, a 45-day mastery challenge and live support groups four times per week, all completely optional of course, you don't have to come four times a week, they're just there if you need it, please visit [FixYourFoodProblem.com](http://FixYourFoodProblem.com). If you'd like to walk yourself through the coaching process and do it yourself, please visit [NeverBingeAgainWorkbook.com](http://NeverBingeAgainWorkbook.com). [NeverBingeAgainWorkbook.com](http://NeverBingeAgainWorkbook.com). For live coaching, daily email accountability, four times a week group



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