

**Glenn Livingston, Ph.D.
And Brynn J.
Getting to 100 Percent EDITED**

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Dr. Glenn: Hey, this is the very good Dr. Glenn Livingston with NeverBingeAgain.com and I am here with a very kind woman named Brynn. Am I pronouncing your name correctly?

Brynn: Yes. You're actually one of the first people who said it correctly the first time.

Dr. Glenn: What does everybody else say?

Brynn: Everyone calls me Brian. I don't know why.

Dr. Glenn: Brynn has agreed to let us record this session so you can all benefit from her experience, and hope, and wisdom, and struggles, and trials and tribulations. And with that, Brynn, how are you today?



Brynn: I'm good. I'm a bit nervous about it, but I'm willing to share anything so that it would be helpful.

Dr. Glenn: What we would like to say is that your pig is probably nervous and you're excited. 'Cause the anxiety and excitement are very much the same physiological experience and you can look at that physiological experience in two perspectives, either your perspective or your inner pig's perspective. And so you should be really excited because we're going to help you to put the pig in a cage and your pig should be very nervous 'cause that's where it's going to live for now on. Does that make sense?

Brynn: Mm-hmm, I hope so. Yeah. I'm still having trouble of caging the pig at this time right now 'cause I just started last week with my food plan.

Dr. Glenn: So catch me up a little bit. How did you come to Never Binge Again and where are you struggling?

Brynn: Well, there was this girl on Instagram who's like talking about body positivity. I think she was being attacked because she's a bit big, so she was saying like, "People who attack me probably have food problem." I wasn't attacking her, but she mentioned all these resources for people who were attacking her. Maybe it's us who has a problem with food that's why they attack her. And so, I looked at the resources and she mentioned you on Instagram and I looked you up and I was like, "Wow, this book seems perfect because it's not like another food plan, it's like a book that helps you stick to your food plan," which I like 'cause I tried so many different diets. I never get to stick to them, and then now I realize there's this pig that was preventing me from doing that and I didn't realize that before.



Dr. Glenn: Yeah. And so then you read the book and then what happened?

Brynn: For the first two weeks, I was able to be strong. Like, I wasn't even night eating anymore. After two weeks, I was like, I don't know what happened. It's like I went back to my cycle. Maybe I like started forgetting the lessons I learned from the book, so I was thinking maybe I need to reinforce it. And that's why during your intensive training program, I think I'm becoming stronger now.

Dr. Glenn: Okay, good. I'm glad the program is helping you. So what you're trying to do was stop eating at night, that's the biggest deal?

Brynn: And also trying to stop refined carbs because I'm pre-diabetic. 'Cause I'm vegan and I think I told you that before. And then I had a hard time because when I turned vegan, I started realizing I was eating more junk food. And I guess I got the wrong mentality that vegan equals healthy, but there is vegan unhealthy options and just my pig tricked by saying, "Oh, it's vegan, it's healthy." But then there is still unhealthy options. And then I got fat and I got so sick that my triglycerides became so high and I was hospitalized for pancreatitis.

Dr. Glenn: Well, yeah, it's very possible to be a junk food vegan. When were you hospitalized?

Brynn: On January first. New Year, so it was like really traumatizing. I was like really sad to start my year that way.

Dr. Glenn: I'm so sorry. And so you're eating a lot of refined carbohydrates, so like pastas and sugars and things like that?



Brynn: Yeah, 'cause sometimes I don't like salad, but I'm trying to eat more. But I thought by being vegan, I was like, "Oh, I'm still healthy." I guess I got that wrong mentality that what I said, "Vegan equals healthy," but now I know I have to be more conscious. Like about, what is really healthy? I got tricked, I guess.

Dr. Glenn: What is really healthy? What is it that you want to eat? What are the rules that you're trying to follow?

Brynn: I want to eat more of a whole food plant-based diet.

Dr. Glenn: So nothing refined and nothing from animal sources?

Brynn: Yeah. If I do eat flour, it should be whole wheat or brown rice or something like that. Like, I didn't mean completely no flours, it just needs to be whole wheat or brown rice.

Dr. Glenn: So the only flour I'll ever eat again is whole grain flour?

Brynn: Yes.

Dr. Glenn: Okay. So, only whole grain flour, only whole foods plant-based. Is there any other rule you're trying to follow?

Brynn: Yeah. And I have no problem with no eating meat. I've done it for a year already. And also like no dairy, no honey. Like vegan diet.

Dr. Glenn: No animal products or other semi-animal products you'll permit?

Brynn: Completely no animal products. I'm vegan because of ethical reasons, not for my health that's why I think I went towards the more junk food.



My only purpose of being vegan is actually, it wasn't first, my health was just for the animals so that's why it's really easy for me to stick to it. But then when it comes to my health, it's harder for me to stick to things that are considered healthy.

Dr. Glenn: Got it.

Brynn: Maybe it's because I don't want care, I don't know.

Dr. Glenn: You care more about the animals than yourself.

Brynn: Yeah.

Dr. Glenn: There's an argument, a very strong argument that says that everything that's wrong with this world is because people think some lives matter more than other lives.

Brynn: Mm-hmm.

Dr. Glenn: The only flour I'll ever eat again are whole grain flours. I eat no animal products and I only eat whole food plant-based foods?

Brynn: Yes.

Dr. Glenn: So there are no other refined foods that you would have?

Brynn: Yeah, that's what I really want to do, but I do have trouble. Like yesterday, I did eat cookie so that's why I told you I'm still struggling to cage the pig.



Dr. Glenn: Got it. Okay. So you let the pig out sometimes, but if you could keep the pig in the cage, this is how you would behave?

Brynn: Yeah, that's really what I want. Yeah.

Dr. Glenn: If you were to follow those rules; no animal products, all whole foods plant-based with the only refinement being that you can have whole grain flours, is there any way that your pig could get you into trouble if you didn't let it out?

Brynn: Yes. All the time. Sometimes like when you go to a restaurant, they don't even have any vegan option. The only thing they have is fries and then I start eating the French fries 'cause they have nothing else on the menu sometimes.

Dr. Glenn: What role do you want French fries to play in your life?

Brynn: Well, I did put it in the conditionals. Like, I'm allowed to have two days of cheat meals, so that's where it would fall. And I was thinking of telling it only six times I would allow myself to cheat. And better if none, but I would only maximum out of six. Like, even if I reach my maximum of six cheat meals, then I would not even eat. So I just want to make sure that's like I really do minimize eating all the refined carbs that I'm used to. That was a conditional that --

Dr. Glenn: I want to make sure we have all the rules down on the table so I can look at the whole food plan.

Brynn: Okay. So I just made this last week, but it's still new and I haven't truly successfully implemented it yet.



Dr. Glenn: Tell me what it is. Tell me what your actual rules are.

Brynn: Okay. I will never binge again. I will never eat any animal products again. I will never eat anything sweet besides the whole fruit and stevia. I will never eat white flour again, except for the cheat meals. I will never eat three hours before bedtime, except for water. I will never have white flour, refined carb for dinner. I will never drink soda. I actually had to study refined carbs this week because I guess, I've mistaken that all carbs is bad. I had it figured out this week to like really learn the food that I didn't want to eat anymore, yeah, refined carbs and white flour.

Dr. Glenn: Okay, refined flour. And you'll never eat refined sugar again?

Brynn: Yes.

Dr. Glenn: Except you already defined that in terms of this week. And the only flour that you'll eat again is whole grain flour?

Brynn: Yes.

Dr. Glenn: Okay. So what I have so far; no animal products, nothing sweet besides whole fruit and stevia, no refined flour, whole grain flours are okay. What else?

Brynn: Most of my always is about I always drink 24 ounces of water when I wake up, I always drink one glass of water before meals, and finish at least one glass of water during meals. Make sure I drink eight full cups of water each day. I will only order water when eating out. And I only cook with extra virgin olive oil. And yeah, I said I will always have mindful eating. Like, make sure I don't have distractions while eating.



Also gets my if I'm really hungry or not. To take deep breaths before eating. Just to be more mindful so I can be aware from getting full or not.

Dr. Glenn: So no distractions before eating, always take a deep breath before you begin eating. Anything else?

Brynn: For the unrestricted, it's just I may eat as many vegetables as I wish and I may drink as much water as I wish.

Dr. Glenn: That's good. What were the cheat meals? How do you define a cheat meal?

Brynn: Something with white flour or refined carbs.

Dr. Glenn: So you can cheat on any rule that you want to six times per month, six times per year? I didn't understand that.

Brynn: Six meals per week. Is that too much? I'm not really sure yet, that's why I was just testing it out first.

Dr. Glenn: You can eat whatever you want too if you're willing to deal with the consequences. I find especially in the beginning, people do better with a lot less refined stuff because refined stuff creates cravings for itself and you're telling me that you have trouble with that. I don't know, we could try it. We can try and see how you do. Do you want to do that?

Brynn: Okay. But I remember in your book you said like, "If you're doubting it, then just might as well put it in the never." So I was thinking that too, but I just didn't know yet. But this is like my first week working on it, so



right now, I kind of cheated two times and that was starting at the week yesterday on Sunday.

Dr. Glenn: Where would you think about having a 30-day experiment where you didn't cheat with refined carbs and that we can decide to add the cheat meals at the end?

Brynn: Okay. I would really have to plan beforehand. I tend to forget when I'm not at the house. I'm more controlled when I'm in the house, but I want to try the 30 days to see how it is. Like, no cheat meals.

Dr. Glenn: Well, what would you do in a restaurant if you suddenly find yourself at a restaurant?

Brynn: Oh, okay. Well, I first would want to ask first if they do have something like a whole wheat version or maybe just salad.

Dr. Glenn: You can always get a salad at the restaurant and have something to eat before or after if you had to.

Brynn: Okay.

Dr. Glenn: I don't want you to just comply with me though 'cause if you're going to feel like that's too depriving, then you won't do it.

Brynn: No, I don't think so. I really want to try.

Dr. Glenn: I think it will be easier for you if you don't allow so many cheats. I think the cheats are creating cravings, that's what I think.



Brynn: Oh, yeah, I think so too. I thought I was just going to allow it the cookies yesterday with cheat meals and I ended up almost finishing the whole box.

Dr. Glenn: Yeah, that's a pretty common story. They're engineered to make you do that.

Brynn: I was really shocked I almost finished the whole box.

Dr. Glenn: Well, for the next 30 days, if you don't have any animal products, the only thing sweet you have is fruit and stevia, you don't have any refined flour except for whole grains, you always drink 24 ounces of I would say your eight cups of water a day and all the variations that get you to do that, you only cook with extra virgin olive oil and you take a deep breath before you eat without distractions, what else do you need to control to make sure that you have a healthy 30 days? So Brynn, take a breath. How does it feel?

Brynn: Good. I feel more motivated now, like, in control. What you mentioned earlier about nervous can also be excitement, I feel both.

Dr. Glenn: Okay, good. No animal products. The only thing sweet is whole fruits and stevia, no refined flour except for whole grains, you're going to drink your eight cups of water a day, you're only going to cook with extra virgin olive oil and you're going to take a breath before you eat. You're not going to eat with distractions.

Brynn: Yes.

Dr. Glenn: Okay. If you could do this for 30 days, what would be different?



Brynn: I didn't know that I'll be happier. I'm usually always sad or stressed, it's usually because of my weight. I would feel lighter, especially 'cause I feel so much burdened because of my weight. I'm always scared. When I'm gaining weight, I'm really scared to be hospitalized again.

Dr. Glenn: How long were you hospitalized for?

Brynn: This is actually my second time to get pancreatitis 'cause of my diet. So the first time I was hospitalized for two weeks, but the second time I was hospitalized for one week.

Dr. Glenn: How high were your triglycerides?

Brynn: Oh, it was like in the thousands.

Dr. Glenn: I normally wouldn't do this because I'm not a nutritionist or a medical doctor, but I just want to tell you what I learned about that. What I learned is that the fat in our diet acts as an insulator in the blood and we're not actually set up, especially people like you and I who are genetically predisposed to high triglycerides, we're not set up to process a lot of fat. And the fat interferes with the uptake, transport, and absorption of the sugar. And if you have too much fat in your system, it actually creates sugar metabolic problems. I mean, you could look at it for yourself. And sometimes a little knowledge is dangerous, but I just wanted you to know that if you're using a lot of olive oil or things like that, that might be a problem for you and it might be creating the cravings.

Brynn: Okay. I thought it was supposed to be good for the triglycerides, like you know how they're still healthy kinds of fat from oils.



Dr. Glenn: Yeah, but if it gets to be too high a percentage of your calories for the day, it's not. That's my understanding.

Brynn: Okay. Okay, thank you. That's good to know.

Dr. Glenn: You're an M.D., aren't you?

Brynn: Yes.

Dr. Glenn: You can look some of that stuff up. You'd know where to look better than I would. And if you find something that contradicts that, I'd want to know.

Brynn: Okay.

Dr. Glenn: You'd be happier, you'd feel lighter. How much lighter do you think you'd be in 30 days if you did this?

Brynn: I think I could lose 10 pounds. Well, that's my goal.

Dr. Glenn: That's two and half pounds a week, that's not impossible. Even if you lose eight pounds, that's not bad.

Brynn: Well, I used to be 150 pounds when I first got pancreatitis. I was able to lose the weight easily for the first 20 pounds and then I lost 30 pounds now. I'm 120 now. But for some reason, even though I'm doing the same thing, I guess I reached a plateau and I can't lose the weight. It's either going higher or just going back to 120 maintaining it. But I would really like to be 115 or something. I think that would be healthier 'cause I'm really short. I'm 4'11. That's kind of a lot of weight for me still. It's still heavy,



Dr. Glenn: Okay. So maybe you take off the remaining weight. What else would be different so you'd feel lighter? Why is that important besides the pancreatitis?

Brynn: Well, I love doing yoga. And I realize when I'm fatter, it's very hard for me to exercise. I can really feel it limiting me when I know I could do more. It would make exercising easier for me. I notice that when I'm hiking, like when I'm heavier, I'm having trouble breathing hiking. I really love being outdoors so I really want to enjoy that without worrying about how I'm so limited by my weight.

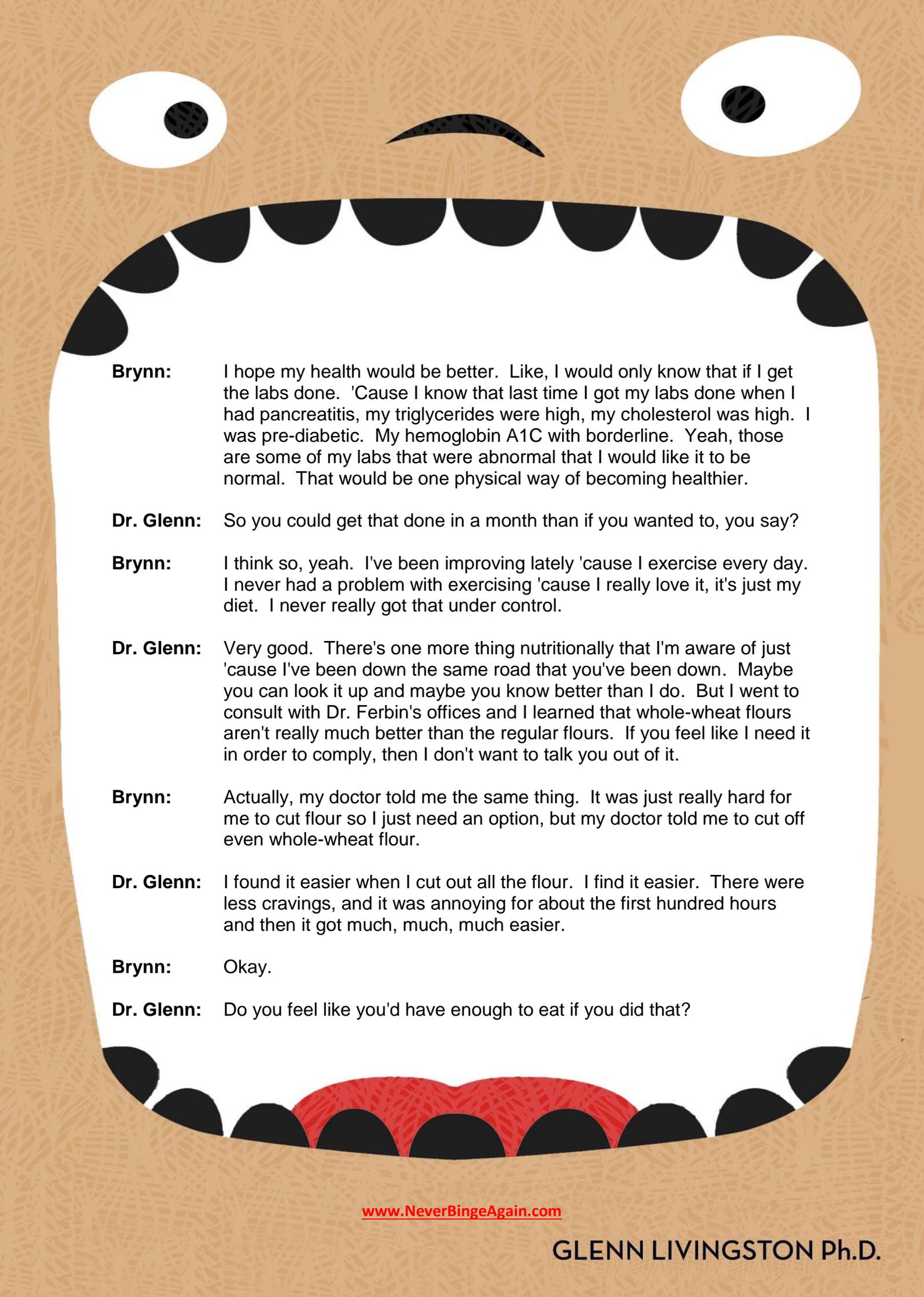
Dr. Glenn: So more hiking, more exercising and yoga.

Brynn: Also my clothes would fit. I have so many clothes in my closet I've never been able to wear because of my weight. I feel like if I lost weight, I'd be more confident and I get to wear all the clothes that I really want to wear.

Dr. Glenn: Tell me about some of the clothes you want to wear.

Brynn: These two dresses. One is like a crop top. When I first tried it on, it was like really nice, but for some reason I gained weight since then, I never gotten to wear it in public. And I also bought this red dress that I bought two years ago and I still never been able to wear it. I couldn't fit into it.

Dr. Glenn: What else? So, if you were more confident and you're doing more yoga or hiking or your clothes fit well, what else would be different in just 30 days?



Brynn: I hope my health would be better. Like, I would only know that if I get the labs done. 'Cause I know that last time I got my labs done when I had pancreatitis, my triglycerides were high, my cholesterol was high. I was pre-diabetic. My hemoglobin A1C with borderline. Yeah, those are some of my labs that were abnormal that I would like it to be normal. That would be one physical way of becoming healthier.

Dr. Glenn: So you could get that done in a month than if you wanted to, you say?

Brynn: I think so, yeah. I've been improving lately 'cause I exercise every day. I never had a problem with exercising 'cause I really love it, it's just my diet. I never really got that under control.

Dr. Glenn: Very good. There's one more thing nutritionally that I'm aware of just 'cause I've been down the same road that you've been down. Maybe you can look it up and maybe you know better than I do. But I went to consult with Dr. Ferbin's offices and I learned that whole-wheat flours aren't really much better than the regular flours. If you feel like I need it in order to comply, then I don't want to talk you out of it.

Brynn: Actually, my doctor told me the same thing. It was just really hard for me to cut flour so I just need an option, but my doctor told me to cut off even whole-wheat flour.

Dr. Glenn: I found it easier when I cut out all the flour. I find it easier. There were less cravings, and it was annoying for about the first hundred hours and then it got much, much, much easier.

Brynn: Okay.

Dr. Glenn: Do you feel like you'd have enough to eat if you did that?



Brynn: Yeah, I would probably eat more vegetables.

Dr. Glenn: Where would you be getting your calories from? Whole grains and fruits and stuff?

Brynn: Yeah, and beans. Sometimes I add beans to my salad. And maybe tofu more, yeah.

Dr. Glenn: Okay. So, whole grains and beans. We can always adjust back in 30 days if we want to. I'd like you to have a really successful 30 days.

Brynn: Okay. So, I should add no flour instead and just get rid of all flour for the 30 days.

Dr. Glenn: I think so.

Brynn: Okay.

Dr. Glenn: Are you okay with that?

Brynn: Yeah. I guess it's my pig who's getting nervous.

Dr. Glenn: We'll give your pig a chance in a second. Is there anything else that would be better? Relationships with friends or spouse or kids or anything like that?

Brynn: I don't have any kids. With my diet, I don't know how it would help with my relationship. It would make me more attractive.

Dr. Glenn: Is that important?



Brynn: Yeah. It would be nice to know that I would feel attractive, but I think it's more about being confident. My dad has all the problems. The diabetes. He also had a heart attack, so I also want to set an example for him that it's possible to be healthy.

Dr. Glenn: Okay. So you'd like to be a role model for your dad.

Brynn: Yeah. That's one way with the relationships, yeah.

Dr. Glenn: How old is your dad?

Brynn: 60.

Dr. Glenn: So it's a really important time to do that.

Brynn: Yeah. He always tells me how he regrets. When he was younger, how come he didn't realize eating healthy was so important? Now, he's like suffering all the consequences now. And he has this kidney problem where he can't [inaudible 00:17:24], so it's like I'm really trying to help him become vegan too so he won't eat much protein. But he does it more for his diet being healthy not for ethical reasons, so it's kind of hard to convince him because I keep telling him about the animals, but I don't know if it's helping.

Dr. Glenn: Tell him to read a book called Proteinaholic written by an M.D. So Brynn, what happens if you don't do this? What happens if you just keep binging?

Brynn: I'll be disappointed and also I know that I'll be wasting more time worrying about this. And when I could use that time to actually maybe



study more and just having that no more worries about it would just -- I feel like my life would go more smoothly. 'Cause it's always like, behind my head, it's always when I'm thinking about it, it just weighing me down a bit.

Dr. Glenn: Is it possible you could wind up in the hospital again if you don't do this?

Brynn: Yeah. I get scared 'cause sometimes when I eat noodles or something, I do feel pain in my stomach, it's scares me 'cause I'm not sure if that pain is heartburn or pancreatitis 'cause they kind of feel similar, so I don't know which one it could be. And it's scary 'cause I don't want it to happen to me again three times.

Dr. Glenn: You don't need to go back to the hospital for that. You would know better than I, but is there any doctor that's diagnosed a noodle deficiency?

Brynn: No.

Dr. Glenn: Are you sure?

Brynn: Noodle deficiency?

Dr. Glenn: Is there such a thing as a noodle deficiency?

Brynn: Not that I know of.

Dr. Glenn: I'm just kidding you. I never heard of a doctor that --

Brynn: I was like, wait, is he asking a diet for noodles? Okay, I get it.



Dr. Glenn: I've never heard a doctor diagnosed a noodle deficiency before.

Brynn: Yeah.

Dr. Glenn: Should we give your pig a chance? Say yes, we should. We should give your pig a chance. Could you tell me all the reasons that your pig says that you can't, shouldn't or won't be able to do this?

Brynn: Well, he's going to tell me for sure like, "Oh, you're going to get sick of eating just salad and vegetables. There's not that many variety that would make you full." And the pig really loves pizza, so it would always tell me like, "You're hungry, pizza will make you feel better." And sometimes when I'm studying, I get stressed out and tells me to eat. It will make me feel better. I find comfort in food. Like, I really do find pleasure in eating, that's what makes it so hard. It's like, you keep just maintaining your weight. So you're never going to reach your true goal weight, so might as well just eat. And then also, it always tells me start tomorrow. Start tomorrow. That's like number one. Yeah, I'll do it tomorrow, just enjoy now.

Dr. Glenn: You start tomorrow, enjoy now. What else?

Brynn: Sometimes it tells me, 'cause like I'm vegan, so it's like, "Oh, look, there are some vegan food. You might as well eat as much as you can now 'cause later on, you don't know if you're going to have food." That's the number one thing too. 'Cause when I went to a party, I was scared there was not going to be any vegan option, so when I saw that there was like rice and beans and tortillas, instead of knowing that I could just eat one, it would make me feel satisfied, I was thinking like, "Oh,



what if they run out and I get hungry and this is already my dinner?"
So I end up getting four.

Dr. Glenn: You're afraid to be hungry, okay.

Brynn: Yeah. So, you like take advantage of the food that you can eat now.

Dr. Glenn: What else does the pig say?

Brynn: Sometimes it goes like, "Oh, you're exercising today so you can eat more."

Dr. Glenn: So you exercise enough to afford some? What else?

Brynn: Or like when I'm out with friends, just enjoy with your friends and eat whatever you want, just start tomorrow. It always tells me start tomorrow.

Dr. Glenn: Mm-hmm. What else?

Brynn: It's all I can think of right now.

Dr. Glenn: So, I want you to jump back up into your higher self, put the pig aside. And now, I want to look at what the pig said and I want you to find the lies for me, okay?

Brynn: Okay.

Dr. Glenn: There's going to be a lie in everything the pig said, so let's start with this one. Hey, you know you're going to get sick of just eating salad



and vegetables and there's nothing else to eat besides salad and vegetables so you might as well binge now, where is the lie in that?

Brynn: That's a hard one because I'm actually believing it, but I can probably try to like mix up sauces so that the salad can taste differently. I feel like I'm not that strong yet fighting against my pig.

Dr. Glenn: That's where we're going over this. The pig wants you to feel weak. So it says you're going to get sick of salad and vegetables, let me ask you a question, Brynn. What about fruit? What about whole grains? What about beans?

Brynn: It's hard 'cause I never really like fruits, but I'm trying to learn how to love it. Like I'm starting to like love acai bowls. Like last weekend, if there is an acai bowl and then there's vegan donut shop and I decided to choose the acai bowl and I was kind of happy 'cause I really liked it. And I was like, maybe instead of going to the donut place all the time, I can go to this place instead to get something sweet.

Dr. Glenn: It's a good idea. It's a really good idea. You know about downregulation and upregulation, right? Do you know about that?

Brynn: Yeah.

Dr. Glenn: Well, because the refined carbohydrates are so strong and they're made so palatable, our whole bodies downregulate. The whole pleasure system downregulates. The taste buds and the dopaminergic, the reward system, it downregulates. And that's why people say they don't like fruit because they're used to getting the sweets from refined carbohydrates. But when you let go of that stuff,



your body upregulates and you'll start to like the acai bowls and fruit and berries. You'll see.

Brynn: I'm trying to teach my body that it's not so bad and it can be just as satisfying as like a donut or something.

Dr. Glenn: It'll be more satisfying because you'll know you won't have to deal with the crash afterwards.

Brynn: I like how you thought us how you don't need to recover from eating and I always thought that that's what I had to do. I got used to always thinking like it takes me like a while to recover from a meal, but I learned that that shouldn't be a normal.

Dr. Glenn: I don't think it is normal. I don't think we're supposed to have to recover from a meal the way that we'd recover from meals. The pig says you're going to miss pizza too much you're going to have to break for pizza, where is the lie in that?

Brynn: Yeah, that is not true. That maybe when I started feeling healthy and more satisfied with my life, that pizza was worth it giving it up. It was worth giving up for this new happy life.

Dr. Glenn: Maybe it's better to live with the memories as opposed to having to recover from it all the time.

Brynn: Okay.

Dr. Glenn: When the pig says you're going to be way too stressed out and food is the only thing that can comfort you, pig slop is the only thing that can comfort you, where is the lie in that?



Brynn: It will not comfort me, it would actually make me feel worse and make me feel tired. So I wouldn't even get to study anymore 'cause I would just want to sleep after eating such a big meal.

Dr. Glenn: Yeah. That's why I say, "If you have six problems and then you overeat, then you have seven problems."

Brynn: It just feels like it's going away for like a few minutes, but then it's worst after.

Dr. Glenn: The pig says, food is really one of the only places that you really find pleasure. Are you really going to give that up?

Brynn: Yeah. Yes, because I realize like it's giving me like a fake pleasure. I don't get to be able to wear the clothes that I want to wear and I have trouble doing normal things like walking, so it's actually not really giving me any pleasure.

Dr. Glenn: It will be more pleasurable to you to be able to do yoga and hiking and pick out the clothes that you want to wear and wear that red dress, get rid of pancreatitis worries and have normal blood labs and be a role model for your dad, all those things would be more pleasurable.

Brynn: Yeah. I was like, when you're actually listing all of that, it just made me smile because it really would make me happy.

Dr. Glenn: It really would. Brynn, it really would. I believe you.

Brynn: Mm-hmm.



Dr. Glenn: It would be a really big deal. The pig says, you'll never reach your true goal weight so you might as well give up, where is the lie in that?

Brynn: That it is possible because at first, I was thinking maybe it's my body composition or something that there's really no hope, but then I see these girls who are like just the same as me, same height and everything and they had their goal weight, so I believe it's possible.

Dr. Glenn: If you're eating a lot of olive oil and refined flour and you're cheating as often as you were saying, what happens when you have these empty calories is your body still pushes you to have more calories 'cause you didn't get the nutrition.

Brynn: Mm-hmm. Yeah.

Dr. Glenn: When you get rid of those empty calories, you'll find yourself satisfied on fewer calories. But I've talked to a lot of people who are still eating a bunch of empty calories and they feel like it's impossible to get any lower, and then they get rid of the empty calories and they get lower.

Brynn: Yeah, that's true. I remember there is this one meal I only have, tempeh and broccoli I felt so full after. And I felt guilty 'cause like even though it's healthy, I remember that feeling of full, I was like, oh no, I think I ate too much 'cause I feel so full. But then the next day, I weighed myself and I was actually lighter, so I was feeling full from good food.

Dr. Glenn: That's a wonderful experience and it's really good that you took note of it. Put your brain on hyper alert to find those experiences, that's really good.



Brynn: Try to remember it.

Dr. Glenn: Write them down, remember it, yeah. The pig says you should just start tomorrow. The best thing would be to just start tomorrow, where is the lie in that?

Brynn: Oh, I remember one time when you said like, sometimes when the pig says start tomorrow, it is harder to start tomorrow if I binge now.

Dr. Glenn: Because you're going to reinforce the addiction. You're going to make the connection stronger, it will be harder to start tomorrow.

Brynn: Yes.

Dr. Glenn: When the pig says you're going to starve if you don't eat this vegan food right now, where is the lie in that?

Brynn: I won't starve. Like what you say, you can't really starve to death until it's like a really long time. And obviously, I won't be going that long without food if I don't have like these four tacos instead of one.

Dr. Glenn: Mm-hmm. When the pig says that you've exercised enough to afford some slop so you should eat some slop, where is the lie in that?

Brynn: Well, if I eat the slop and exercise, I won't be releasing any improvement because sometimes I just have to eat healthier when I exercise. That's the only way to improve yourself because I might actually even like inhibiting the progress I am with my exercise by eating so much.



Dr. Glenn: I remember I hiked to Mt. Washington, which is the tallest mountain in New Hampshire. I eat whatever I wanted to and I was sure I was going to lose weight that week and actually gained two pounds. So with exercise I made up for it.

Brynn: Yeah, I don't want to feel like it's a waste. I don't want to feel like all the exercise and hard work I've put in, I don't want it to feel like a waste.

Dr. Glenn: Yeah. And if you exercise hard and you need some food, you can eat some more whole food.

Brynn: Yeah.

Dr. Glenn: When the pig says you should just enjoy some pig slop with friends, you can always start tomorrow, where is the lie in that?

Brynn: Yeah, you're going to be only happy now, but later on you're just going to feel terrible when you're home and like stepping on that scale and seeing that you actually gained so much weight, like sometimes it's not worth it. I realize that when you're talking, it's better to just focus on the company. Just hanging out with my friends instead of thinking like, oh, I need to eat and enjoy with them. But sometimes I don't need to eat, I can just enjoy with them.

Dr. Glenn: Make some memories, yeah. Ask them questions, smile at them even if they're all eating.

Brynn: Yeah. Focus on them more than focusing on the food.

Dr. Glenn: Yeah. There you go. Well, how confident are you that for the next 30 days, you'll have no animal products, the only thing sweet you'll have is



whole fruit and stevia, that you're going to have all the water that you plan your eight cups a day, that you're only going to cook with extra virgin olive oil, that you're not going to have distractions while you're eating, you'll take a deep breath before you do? How confident are you that you're going to do that for 30 days?

Brynn: Honestly, it's like 90 percent, but I really want to try and make it a hundred percent. Like, I really want to be proud of myself on this 'cause I've never been in control before and I want to feel that control, so I want to be a hundred percent.

Dr. Glenn: Tell me about the other 10 percent then.

Brynn: I've always cheated in the past. 'Cause sometimes when I do find out that I'm losing weight, my mind gets tricked and says, "Oh, you're losing weight now. You can eat again." And then I start eating again then just goes back. So that's why I feel like that's inhibiting me too because I see the scale going down and then I think, "Oh, it's okay to eat. Order the pizza now 'cause I did lose weight." So I never really progressed, I just sometimes maintain or even get worst.

Dr. Glenn: What else do you hear?

Brynn: That's why it's 10 percent. 'Cause at those moments when I think I'm doing well, it's actually encouraging me to go back again. So it's like a cycle.

Dr. Glenn: Okay. So when the pig says that you've always cheated in the past, so you always will in the future, where is the lie in that?



Brynn: Yeah. That I do have control of what goes in my mouth and I can control it. Like, I do have control.

Dr. Glenn: If you've driven on one highway for a thousand miles, that has no bearing on your ability to take the next exit, right?

Brynn: Yeah, sure.

Dr. Glenn: You can take the exit if you want to.

Brynn: Okay.

Dr. Glenn: And when the pig says that as soon as the scale starts going down, I'm going to convince you that you can afford to eat?

Brynn: I could say back to the pig, like, "I'm sick and tired of you telling me that because I never get to really reach my goal because when you think I'm losing weight, I end up just eating more so I never really see the improvement, that you're tricking me to eat more."

Dr. Glenn: Yeah, it's pretending like you're going to get to the goal anyway, but you're not going to do it.

Brynn: Yeah. It tricks me that it thinks like I'm on the right direction, so it's okay to cheat, but I realize it's not.

Dr. Glenn: If you want to adjust your plan to eat things after you get to your goal weight, you can do that, but you're not going to let the pig change your goal weight. How confident are you now?

Brynn: 100 percent.



Dr. Glenn: Are you?

Brynn: Yeah. I want to be. I want to fight the pig.

Dr. Glenn: Are you going to or you're not?

Brynn: I'm going to.

Dr. Glenn: Hundred percent?

Brynn: Yes.

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

Brynn: Yes. 'Cause you want to be able to get back to being free and easy with your yoga and wearing that crop top or the red dress and blood labs or your triglycerides, your 81C, your pancreatitis, your cholesterol or you want to be confident. You want to go hiking, you want to be a role model for your dad, you want to be able to study more, you want to feel lighter and happier. That's why you're a hundred percent, right?

Brynn: Yes. It really makes me happy every time you keep listing that.

Dr. Glenn: That's why I do it.

Brynn: You're making me like, that's really what I want, so yes a hundred percent.

Dr. Glenn: Your pig didn't want you to know, didn't want you to realize that you're going to be so much happier doing yoga and exercising and hiking and



wearing your clothes and red dress and getting all of your blood labs back to normal, your triglycerides and your 81C and your cholesterol. See, I'm not going to stop.

Brynn: Yeah. I'm like, "yeah".

Dr. Glenn: There you go.

Brynn: I got to remind myself.

Dr. Glenn: So tell me one more time, how confident are you that you're never going to binge for the next 30 days?

Brynn: 100 percent.

Dr. Glenn: And you know exactly what that means?

Brynn: Yes. No flour. Yeah, everything you said. No cheat meals.

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

Brynn: No. I'm going to do it.

Dr. Glenn: There you go. You assign all the doubt to the pig. There is no try, there's only do. If you hear the pig saying maybe yes, maybe no, that's definitely coming from the pig. And it's a subtle switch of language, but it represents your commitment to separating your human identity to building a success identity and looking at all the failures as pig generated. That makes sense, Brynn?

Brynn: Yes, it does.



Dr. Glenn: Can I tell you something?

Brynn: Sure.

Dr. Glenn: You did terrific.

Brynn: Oh, thank you.

Dr. Glenn: You're going to do great. I want you to follow up with me in a month, okay?

Brynn: Okay.

Dr. Glenn: You have a good evening.

Brynn: Okay. You too. Thank you so much for your help.

Dr. Glenn: You're welcome. Bye-bye.

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