

**Glenn Livingston, Ph.D.
And Dawn H.
NBA for Kids Putting On a Show**

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Dr. Glenn: Well, hey, this is the very good Dr. Glenn Livingston with NeverBingeAgain.com, and I'm here with a kind-hearted woman named Dawn, who has agreed to have a discussion with me about applying Never Binge Again to kids, in her kids in particular. Dawn, welcome. How are you?

Dawn: I'm good. Thank you.

Dr. Glenn: Good. Can you, just for the benefit of our audience, just say a little bit about your experience with Never Binge Again so we get some perspective?

Dawn: Well, I've been following Never Binge Again. I think I read the book about a year ago, but really started to apply it at the beginning of this year and it's making a massive difference to me so far.

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GLENN LIVINGSTON Ph.D.



Dr. Glenn: Oh, good. And how many children do you have?

Dawn: I have two girls. One is two and a half and the other one is about six and a half.

Dr. Glenn: Okay. And tell me how are they eating, what are your concerns, what are you proud of. Tell me all about it.

Dawn: My main concern is with my six-year-old. She used to be a good eater when she was a toddler and ate vegetables, a big variety of food. And then probably when she was about three, the types of food she would eat started to diminish. The way things currently stand is she avoids pretty much all vegetables. I can get her to eat fruit, but all the foods that she's got any interested in are processed, the typical foods that are marketed to children definitely. And I just battle with it really day in, day out. She also seems to be quite habit-formed when it comes to food, so if we're watching a film, she expects to be eating really for the whole film. And she expects a hot meal every evening regardless of what she's eaten that day. And I suppose I kind of feel like a lot of this I don't actually do myself. So I'm not really sure where some of it has come from.

And my two-year-old just eats really what I'd expect a two-year-old to eat. She does like sweets, but she's very much focused on proper homemade food, so I get a bit confused about the six-year-old.

Dr. Glenn: Are you married?

Dawn: Yes, I am. Yeah.



Dr. Glenn: And what does your husband think?

Dawn: He thinks that we are probably too soft on her, or me in particular because we've been given various advice from people where you put a meal on the table and if she won't eat that, then don't give her anything else. I find that impossible to implement. I think the other thing I should mention about that is I feel that she is a very sensitive child and she gets very emotional about things, particularly discipline. Almost too emotional about it that I feel like we've got to be quite careful when we try discipline with her, whereas the two-year-old is very different. The naughty step works for the two-year-old without a problem, but for the six-year-old, if she thinks that she's been naughty, she gets very over emotional.

Dr. Glenn: Gets out of sorts and she can't regulate herself.

Dawn: Yeah, absolutely. And it can take hours to get her back to normal. I am a little bit cautious with that that I don't want to upset her too much, but I really don't feel like we could play the hard line with food. I don't think we could attempt that kind of, right, "If you're not going to eat that, you're not having anything" approach.

Dr. Glenn: Gotcha. Okay. Just want to ask a couple more practical questions and then we'll get into how you might engage her. Have you tried things like making smoothies with a lot of fruit and putting some greens in her? Just in terms of her nutrition and getting enough vegetables into her. I'm not a nutritionist, but the biggest deal is the leafy green vegetables for human nutrition and you can hide those in a sweet smoothie. Dr. Fuhrman has this recipe. You might look it up on his website. He calls it a chocolate milkshake substitute. It's got a whole bunch of spinach and bananas and I think one or two dates and you



can load up like a half a pound spinach in there and the kids don't seem to be noticing that it's there. And he put some non-alkalized cocoa on top of that. Is that something you think she would eat?

Dawn: In the past, I've tried like a child's meal replacement shake. There's one you can get from the pharmacy and she showed some interest in that for a couple of days and then she seemed to go off it.

Dr. Glenn: I'm thinking less of a industrial product and more of a whole foods kind of thing you make up in the blender yourself.

Dawn: Yeah. I wonder if it was the whole foods and it tasted better than this manufactured shake, then she'd certainly entertain it. She actually does seem to want to be healthy. She almost seems to be upset with herself.

Dr. Glenn: Well, tell me more about that. What makes you say that?

Dawn: Because she mentions it quite a lot. She realizes that she doesn't eat healthy food and she feels like she should be healthier. I think particularly because I've taken such an interest in my own health the last 12 months that she feels like she should be healthier.

Dr. Glenn: And more specifically, does she say it in those vague terms or does she want to be thinner? Does she want to be more energetic? Is she having skin problems?

Dawn: She has mentioned being overweight. And the fact that she can't maybe run as fast as the other kids at school and she does look in the mirror and say, "Why am I fat?" And she is only six, which is heartbreaking, really. So she does seem to want to do something.



And I know yesterday, I made her some broccoli and I put a bit of grated cheese on there just so that it wouldn't taste just the broccoli and she did force herself to eat it even though she didn't like it. So she does try. I think she just really doesn't seem to like vegetables. And then obviously, in addition to that, even if I could get the vegetables in her, the fact that she's overeating all this other food is --

Dr. Glenn: Same problem that we adults have, right?

Dawn: Yeah, absolutely. Yeah.

Dr. Glenn: We have more motivation 'cause we suffered longer, but it sounds like she's got some motivation. And what else does she talk about? What does she like to do? When is she happy?

Dawn: She's happy when she's putting on shows. She loves doing shows.

Dr. Glenn: What kind of shows?

Dawn: Pretending that she's acting at a show or dancing and singing. She is a very show person. I recently had her in a drama group for her age, but unfortunately, because it was quite a distance from where we live, there were none of her friends there and she found that too hard. She didn't really have friends there. And there's nobody in our local village that does drama, so I've had to stop her going there because she was getting upset about it. So she's very friend-motivated. She loves having her friends around.

Dr. Glenn: And when she says she wants to run faster or be thinner, does she go, "like this other girl"? Is there a particular person she has that she connects to?



Dawn: No, she doesn't really. I don't feel like she particularly connects to one person. She's one of these people that likes a lot of friends at school, but doesn't get really close to any particular one. I certainly think that out of the group of people, of girls, that she does play with, she's definitely the most overweight.

Dr. Glenn: What about her aspirational models? Are there people she likes to watch on TV? Maybe there's a dancer or an actor or someone that she really likes to watch?

Dawn: Yeah. She does like to watch a lot of American shows with the kind of typical teenage shows really.

Dr. Glenn: Can you tell me one in particular that she loves?

Dawn: Sam & Cat.

Dr. Glenn: Sam & Cat?

Dawn: Sam & Cat, yeah.

Dr. Glenn: Sam & Cat. You could tell --

Dawn: Yeah, it was Sam & Cat.

Dr. Glenn: Sam & Cat. Okay. Sam & Cat. And is that a cartoon show?

Dawn: No, it's a real action show.

Dr. Glenn: I don't have a TV.



Dawn: Well, Cat is played by someone called Ariana Grande. I think it's Grande or Ariana Grand, who's also a musician. So she's quite impressed by her.

Dr. Glenn: And does she know her real name or she calls her Cat?

Dawn: She calls her both. She knows who she is, yeah.

Dr. Glenn: Okay. I think you're very sensitive to your daughter. I think that you're onto something about the idea that the discipline is not really working and it just engages her in a battle that it might even make it worse?

Dawn: Yes. Yeah.

Dr. Glenn: I think you're onto something about that. When you've had to influence her in other ways in her life, maybe you had to get her to go to school or be willing to, I don't know, do her homework or some way that you had to influence her, how did you do that? Absent of discipline, how did you do that?

Dawn: I suppose I'd talk to her one-on-one almost like a grownup really and try and see the benefits of it really; get your homework done and that means you can get clever and learn more and I try and do things that way really. Not always successful, I must admit.

Dr. Glenn: Do you ever engage in shows with her?

Dawn: Yeah. Well, I'm in drama myself so she comes to see my shows and we go to see shows quite a lot together.



Dr. Glenn: What about the idea of making up a show? Like, why Cat doesn't like broccoli and how she ate in anyway? I can eat anything I want to, but I'm going to have broccoli anyway. I sing like a wounded moose in heat on a bad day, but do you know what I mean? So if that's what she likes, we want to engage her like that. And be careful not to have her feel like you're telling her exactly what to do, but Cat wants to run with her friends, she stays thin by eating blah, blah, blah.

Dawn: Yeah.

Dr. Glenn: Make it a lot of fun. Engage the constructive part of her mind, the place that she doesn't rebel, and just start to gently redirect it towards healthier things.

Dawn: Yeah. I quite like that idea. I think she'd love coming up with a musical about healthy eating or she'd probably love to do that.

Dr. Glenn: Yeah. And then you can introduce an enemy. You can introduce the idea of the pig, for example. You don't have to call it a pig. You say, oh, my God, there is food monster. He's got pizza, he's got chips, he's got blah -- and you can dramatize it and make it fun. And this is how we beat him. What do you think of that?

Dawn: Yeah. I think that's a good idea because also, I have been concentrating on trying to get to eat the vegetables and fruit. And I haven't really spoken to her about how detrimental the other foods are that she's eating. I suppose 'cause I don't want to upset her, but I kind of like the idea that if we kind of made up a bit of a musical about it, it's almost like a light-hearted way of saying these things can be damaging.



Dr. Glenn: Make it into a game. Make it fun.

Dawn: Mm-hmm.

Dr. Glenn: When she does get all bent out of shape, if you accidentally step into the battle with her, how do you get her out of it?

Dawn: To be honest, I've never managed to successfully get her out of it myself. It's always been I've had to step away from the situation and then let it fizzle out.

Dr. Glenn: Okay. Well, that's how you do it. You let it run its course. Okay. So in a part of it's going to be the moment that you're aware that you're in a battle with her to step away and let it run its course, and then you can ask yourself, well, how could I have accomplished this as a game instead? How could I have made a show about this and made it more fun? I know it's a lot more complicated than it sounds. I've got the benefit of being an outsider who's not managing the tantrums and -- I know all that, but still, looking at what you've described for me, you've explained what works with her and what doesn't and I'd like to see you experiment with that a little bit and let me know how it goes.

Dawn: Mm-hmm. Okay.

Dr. Glenn: Is there anything else that you, in particular, wanted to say about her or ask me about her?

Dawn: I think the only other thing really is this habit thing where it's not necessarily the food she's eating, but the fact that she feels like if she's watching a movie, she has to eat for the entire length of the movie even if we've literally just had a meal out. If we come home and say



there's an hour before bedtime, she expects dinner. And I think it's just really how to kind of break those habits without being very kind of forceful about it. "No, you can't have anything," or -- do you see what I mean?

Dr. Glenn: Can you do that slowly? Can you make her smaller meal? Can you start to very gradually introduce more vegetables into it? Can you once in a while distract her for an extra 15 minutes before you give her the meal?

Dawn: Yeah. I suppose like say the movie, I could try and put her off, so if she's finished whatever she was eating or a snack, I could say, "Well, no, let's wait for 15 minutes and then you can have something else." That's one of the things that she does I think that I know as an adult. And after listening to all your podcasts, when you eat, your body wants to eat more, and as a child, she doesn't get that.

Dr. Glenn: And she's constantly exposed to junk. Chips and crackers and your 5,000 messages on the television every year about how she'd eat this yummy thing and that yummy thing, and she's constantly exposed to it and the food has a life of its own. It's really horrendous what's going on in the food industry, so it's really good that you're focusing on this now. I would use systematic desensitization, which is a fancy way of saying, I would gradually make changes so they're barely perceptible to her. And if you combine that with distraction and more shows, more drama, more emphasis on the benefits, and in the shows, the hero always wins. No matter what happens, the hero always wins and eventually she gets to be the hero.

Dawn: Mm-hmm. Okay. Yeah. And I think maybe if I explain to her how some of these foods are actually making her hungrier.



Dr. Glenn: Yeah. You can try to explain that to her. When she's in a very good mood and thinking really clearly and isn't all upset about the food, I would kind of try to insert it into the shows rather than try to have a direct conversation about her because she might perceive you as telling her not to have it and then you get into a battle.

Dawn: Yeah. Like the body, the pizza monster or whoever he is, is going to make you feel hungry and he's going to put you off having broccoli and things like that.

Dr. Glenn: Yeah.

Dawn: Okay. I'm trying to approach it that way 'cause I sometimes feel like if I could reset her switch so that she's not actually ever eaten crisps or chocolate or sweets before, then it would be an easy job.

Dr. Glenn: Well, yeah. I mean, if they didn't have all these bags and boxes and containers, we'd all be in better shape, but I wouldn't have a job then.

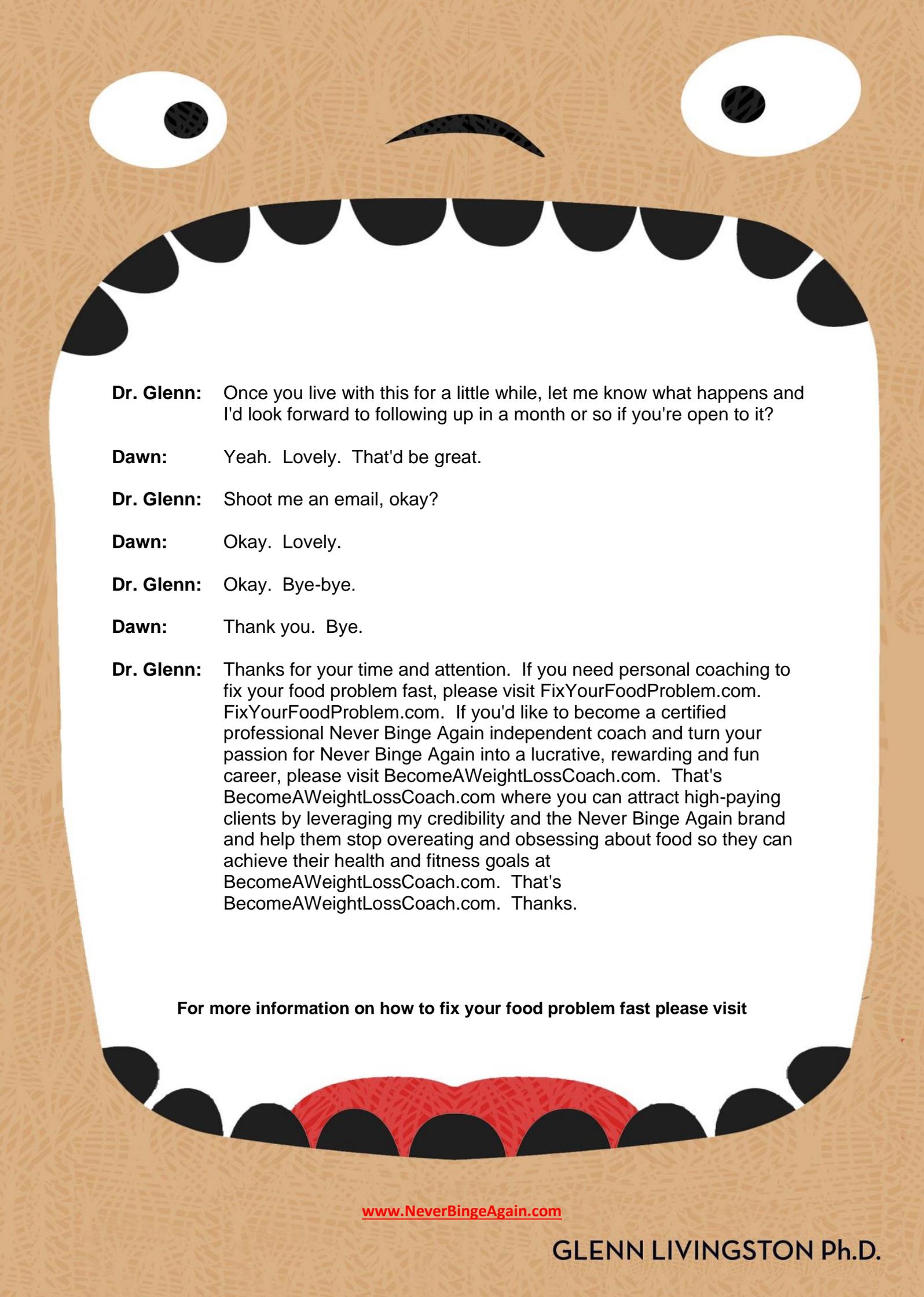
Dawn: Yeah. Yeah. True.

Dr. Glenn: If all there were is fruits and vegetables or maybe some animals that you caught, it would be --

Dawn: It would be lovely and easy.

Dr. Glenn: That's not the world we live in. When you and I are writing the world, that's the way it will be.

Dawn: Yeah. Yes, definitely.



Dr. Glenn: Once you live with this for a little while, let me know what happens and I'd look forward to following up in a month or so if you're open to it?

Dawn: Yeah. Lovely. That'd be great.

Dr. Glenn: Shoot me an email, okay?

Dawn: Okay. Lovely.

Dr. Glenn: Okay. Bye-bye.

Dawn: Thank you. Bye.

Dr. Glenn: Thanks for your time and attention. If you need personal coaching to fix your food problem fast, please visit FixYourFoodProblem.com. 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. That's 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. That's BecomeAWeightLossCoach.com. Thanks.

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