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Dr. Glenn: Hey this is Glenn Livingston with Never Binge Again and I'm here with Kate who is a very kind woman who has graciously consented to let us record her session so that you can all benefit from it as well. Kate, how are you today?

Kate: I'm doing well, thank you.

Dr. Glenn: I was looking forward to speaking with you.

Kate: Thank you. I was looking forward to this too, I'm hopeful.

Dr. Glenn: Tell me why.

Kate: Reading Never Binge Again was helpful to me because it wasn't the same old, same old of don't eat this and don't eat that until you've done this or eat this at this time and just trying to remember all the rules all day long and then messing one up and then saying, "Oh well, forget it, I messed it up."

Dr. Glenn: That's our Inner Pig's favorite thing to say, right?

Kate: Yup.

Dr. Glenn: Make a whole set of ultra-complex rules that someone else created for us so that it can inevitably mess one up and say, "Okay now, we're free to do whatever we want."

Kate: Right, the rest of the day because we'll start over again tomorrow.



Dr. Glenn: Right. You read the book and you must have had some thoughts about how you would like to change your life with it. Do you have any specific ideas about what foods or trigger behaviors that are giving you trouble, have you experimented with the book at all, did you write a food plan, have you written one rule? Where do you stand with everything?

Kate: I know what foods trigger me as far as to just keep eating. There's two. One is processed sugar and probably at this point any kind of sugar including honey and dates and all that. And also gluten bothers me. I don't have celiac disease or anything like that but it just bothers me, but when I eat bread, I just want to eat it all, so there's no moderation.

Dr. Glenn: Got you.

Kate: Yeah. Candy I can take it or leave it but if I have like cake or cupcake, something that's like wheat and sugar together, it's like jackpot.

Dr. Glenn: Like anything sweet besides whole fruit, is that what you're saying?

Kate: Yes.

Dr. Glenn: And with regards to gluten, are you talking specifically about gluten or are you talking about flour as a whole?

Kate: Well gluten I think not so much all grains but wheat and things with gluten on them just make me feel bad, physically bad, specifically bread, let me give you an example. So I went to Panera the other night to meet a friend and ordered the tomato soup with no croutons because I was going to do gluten-free, it's not sugar-free but I was



going to do gluten-free. So I had it all planned ahead of time. They bring it out and I had forgotten to pick the apple instead of the baguette. They come with a French baguette. And I was sitting there looking at it and I thought, well I'll just take that home to one of my kids. I just won't eat that. Well I should have thrown it away right then.

So I'm sitting there meeting with my friend and we're talking and I'm thinking about this French baguette in the bag that I'm going to take home for one of my kids, and I get in the car and I eat the French baguette on the way home because nobody is going to know because my friend is now gone and my kids don't even know about it. So, you see what I mean?

Dr. Glenn: I do see what you mean.

Kate: And then I just felt terrible. I was like, "Well how did I do that? That was so stupid. I should have thrown it away."

Dr. Glenn: Your Pig had a whole bunch of reasons for you to do that. If it had been a gluten-free baguette, would you have felt as bad about that?

Kate: No. It was like I was breaking two rules. I was breaking my not eating gluten rule because it makes me feel bad and why do I keep doing something that I know makes my joints hurt and all that. And the carb rule, because I have a carb rule too.

Dr. Glenn: What's the carb rule?

Kate: Just no carbs, like I've done paleo and there's no grains in that at all. I have all kinds of rules.



Dr. Glenn: Well I'm a little confused what the rules are.

Kate: You want to know what the rules are?

Dr. Glenn: Yeah.

Kate: Okay. So it depends on the week, but recently the rules have been to be paleo but then inevitably I end up I don't even know what paleo is anymore because there's five different versions of it.

Dr. Glenn: Mostly fruit, vegetables and animal foods, right?

Kate: Right, but no dairy. I decided I couldn't do the no dairy. I don't eat a lot of dairy but it was just really limiting the food choices too much. So my own personal paleo spin was no grains, so no rice or quinoa or anything, bread.

Dr. Glenn: So no grains whatsoever.

Kate: No grains, yeah, that's not working for me really because I like rice. And then I say, well, this doesn't have gluten so it doesn't make me feel bad so then I should just eat the rice.

Dr. Glenn: There's two ways to go about this. It sounds like you're suffering a little bit from the better deal theory, so when the Pig says there's always this other better diet on the other side of the street and it keeps on moving you around from diet to diet so that you don't really commit to anything. It sounds like you're suffering from that a little bit and we could exhaust, we go through what you really think the ideal rule should be. But what usually comes before that, Kate, is really learning how to hear the Pig and learning how to cage it around one rule. For example maybe that



rule would be gluten. It sounds like you're pretty confident you don't want to have any gluten.

So one way we could go would be to really just get gluten out of your life and help you to hear all of your Pig Squeals about gluten and live with that for a couple of weeks and that wouldn't fix all the other problems, there would be other things that your Pig would get you to eat for a couple of weeks but you would start to get a lot more confidence about the process of creating crystal clear clarity and recognizing and purging the Pig's thoughts from your head.

Kate: Yes. I have thought that if I could be successful in one area, then I can move on to the next thing which would probably be processed sugar. But I need to hit one of them first because I tried to do them all at once and then it only lasted for three days. I have the three-day diet, I've had a million three-day diets.

Dr. Glenn: You and me both, kiddo. And so is the one thing gluten? Would that be the thing?

Kate: Yeah I think it is because that's the thing that not only makes me binge but also makes me feel physically unwell.

Dr. Glenn: Between the opioid substances and the wheat and there are different types of reactions to gluten and the one that causes celiac is not the only one. It depends on which antibodies actually attack it and so it's entirely possible even though you don't have celiac disease that you are having a reaction.



Kate: Yes. I noticed the difference. There have been times when I've not eaten it for a few days and then I'll have it and I just feel awful, but I still keep doing it.

Dr. Glenn: What would you like your rule to be about gluten?

Kate: I think just to completely abstain, to not ever have it again. It's not worth it.

Dr. Glenn: Is it as simple as I will never eat gluten again?

Kate: Well it sounds that way, doesn't it? I think I'm having trouble trusting myself to listen to me and not the Pig.

Dr. Glenn: Perfect. It's exactly how you're supposed to feel. It's almost like there's two of you inside, right?

Kate: Right.

Dr. Glenn: There's you who says I will never eat gluten again and then there's the Pig inside that says, "You can't do that. You've never been trustworthy in the past."

Kate: Yes, that's exactly what the Pig says.

Dr. Glenn: Yeah I mean you've never been able to do this so why do you think you can do it now? You might as well just give up and have it whenever you feel like it.

Kate: Mm-hmm, or hide it from people, like as if anybody else even cares whether I eat gluten or not. So it's kind of the thing was just because I



told somebody I was gluten free so I don't want to eat gluten in front of them but then I'll eat it in the car. Why do I even think I'm tricking myself?

Dr. Glenn: What you're describing there is that your Pig has convinced you that your promise is for other people, not for yourself.

Kate: Yeah.

Dr. Glenn: Tell me why you never want to have gluten again?

Kate: Because it makes me feel bad. It makes my body hurt and I don't have any energy.

Dr. Glenn: Could you be more specific? How does your body hurt?

Kate: Muscles and joints ache within a few hours of eating it and I usually get a headache and I get sluggish and tired, sleepy, and that's probably more the carb factor but either way, I just don't feel well.

Dr. Glenn: Almost like it takes away your life.

Kate: Yes.

Dr. Glenn: It takes away your energy. If you never eat gluten again, what do you think your life is going to be like in a year?

Kate: Wow, if I never eat gluten again I think I'll look better, I'll feel better.

Dr. Glenn: Be specific.



Kate: Well, I can see myself being more active with my kids. They're 13 to 21 so they like to bike and run and I never do those things with them, and I always feel tired so I don't want to go. But I could see myself being more active and spending time with them doing biking and probably still not going to run, not on my knees but feeling comfortable going out places, because if I abstain from gluten, even though there's a lot of gluten-free junk food right now, I feel like I would lose weight just doing that and I think I would feel more comfortable on my own skin, more confident interacting, dating, whatever.

Dr. Glenn: You get to be more present with your kids, you might go biking with them, is there anything else you might do with your kids?

Kate: We'd like to hike and I just cannot hike as much as they can. I gained a lot of weight on a certain medication, about 50 pounds in the last few years. I've just said, "Well, I can't hike that far. You guys go on." I'm always saying, "Well, when I lose weight," that's my favorite thing, "When I lose weight I'll be able to X." And it's usually hike further, we'll go camping again, things like that, things I'm not doing anymore.

Dr. Glenn: So you could resume making memories with the kids, making active outdoor fun memories with the kids?

Kate: Mm-hmm, instead of Netflix, yes.

Dr. Glenn: Is that important to you?

Kate: Yes.

Dr. Glenn: You said that you'd be more comfortable going out places, what did you mean by that?



Kate: I don't feel comfortable in my skin. I'm probably a good 50 pounds overweight, over a healthy weight and I'm very self-conscious. I can hide it usually at work, I could put on a confident face but I don't go out socially much because I just feel uncomfortable.

Dr. Glenn: You're not really dating because you're uncomfortable about the way that you look?

Kate: Correct.

Dr. Glenn: So you must be lonely because of that too.

Kate: Yes.

Dr. Glenn: If you didn't have gluten for a year, you can envision a lot of this lifting.

Kate: Yes.

Dr. Glenn: Anything else that would happen a year from now if you'd never have gluten again?

Kate: No, I might have enough energy to pursue the master's degree that I'm trying to finish that I'm too tired to finish. I'd love to be able to finish that but it requires online class from about 10:00 to midnight just because of my schedule and I just keep not doing it.

Dr. Glenn: What are you getting your degree in?

Kate: I am actually getting my degree in special education.



Dr. Glenn: Oh wonderful, what a wonderful field.

Kate: I work in special education now but I'd like to finish my degree, I'm about halfway because I've just been too tired.

Dr. Glenn: Do you get an automatic pay bump when that happens?

Kate: I do, yes.

Dr. Glenn: How much?

Kate: Probably about \$10,000.

Dr. Glenn: Wow!

Kate: Yeah.

Dr. Glenn: You can get 10 grand for not having gluten again.

Kate: That's a great way to look at it, yes. No gluten, I'm writing this down, equals \$10,000. I like that.

Dr. Glenn: Am I exaggerating?

Kate: No, a year, that will be great.

Dr. Glenn: \$10,000 a year for the rest of your life just for giving up gluten.

Kate: Yes and if I moved to a different state it would probably be more than that.



Dr. Glenn: Kate, what else would happen if you didn't have gluten for a year?

Kate: You know what? Actually I just thought of this, I think my moods would be more stable. I mean they're not horrible now but I'm on medication and I think I would be able to take rest. I don't think I'd be able to stop taking medication but I could probably bump it down because I'd be outside more, exercising more, just got a healthier lifestyle. And I'd love to stop taking some of that medication.

Dr. Glenn: I think some of the foods you're talking about they affect your hormone balance also, don't they?

Kate: Yes, and that all affects the mood and weight and everything else.

Dr. Glenn: So you could get 10 grand a year, more stable moods, you could start dating again, you could be more comfortable going places, you can make active outdoor memories with your kids, you can get rid of the muscle and joint pains and sluggishness and sleepiness, get more energy, what else? Anything else?

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

Dr. Glenn: So let's give your Pig a chance, okay?

Kate: Okay.

Dr. Glenn: Okay, I'd like to hear all of the reasons that your Pig says you should have gluten again.

Kate: Because it's everywhere, you can't avoid it, it's not realistic. Do you think when people bring food to work you'll forget? I hear that a lot in



my head. An example, last night my son was eating a little personal sized pizza and I was cleaning up the kitchen and I ate the last little piece on his plate which was probably the size of an Oreo cookie, not a huge piece of pizza but as soon as I ate it, I thought, ah, that was gluten, I just messed up. That was my Pig saying, "Well you've messed up, so what, you just said it's unavoidable," that unless you have celiac disease and it will actually almost kill you that it's stupid to even try and eat gluten-free. It's not necessary. That's the big one, it's not necessary, it's just a fad.

Even though I know from personal experience that it makes me feel bad, I always hear, it's just a fad, it's not real, it's just the newest thing.

Dr. Glenn: So just a fad and you don't have celiac. Let your Pig keep going. What other reasons does it have?

Kate: I can't stick to anything.

Dr. Glenn: Too weak?

Kate: Too weak, yup. Well, it won't last, it's just a new thing you're trying.

Dr. Glenn: What else? I'm writing this all down furiously.

Kate: I really don't know. That's all I can think of.

Dr. Glenn: You sure?

Kate: Yeah, well that's the big stuff.



Dr. Glenn: I mean this is your Pig's chance, you want to give it a chance, you want to be fair, right?

Kate: Well, sometimes it's, do you really want to lose weight? Because it's kind of the ultimate excuse for everything that I use. So do I really want to lose weight or do I just want to say I'm trying to lose weight.

Dr. Glenn: That you're going to lose your excuses if you lose weight?

Kate: Yeah, probably. When I was thinner and recently divorced there was a lot of attention. I did receive some male attention that kind of was scary. So I don't get that as much anymore. It's kind of a little bit of a security blanket.

Dr. Glenn: Your Pig says that you need the extra weight to drive the men away.

Kate: Yeah basically. And then I just had a stalker that likes overweight women, so that's awesome. True story, yeah. But now I really need to lose weight.

Dr. Glenn: That's funny. I've had patients who were stalkers. They were some of the nicest people I ever met.

Kate: It was kind of scary actually but yeah, true story though, his thing was overweight women. I was like, "Oh wow, okay."

Dr. Glenn: Well that actually works on your favor for this purpose, right?

Kate: It does, because my security blanket doesn't work.

Dr. Glenn: Okay, is there anything else your Pig can come up with?



Kate: Not that I can think of.

Dr. Glenn: Okay, let's go through them one by one.

Kate: Okay.

Dr. Glenn: Your Pig says that you're really doing this for other people, not for yourself, therefore it's okay to have it in secret.

Kate: Right.

Dr. Glenn: How are we going to recognize that as Pig Squeal and what's the real truth about that?

Kate: I feel like the moment the Pig starts saying, "You can have, you really can have," it's kind of my time to say, "No, I said I'm not going to," and take action.

Dr. Glenn: What kind of action?

Kate: Throwing something away, moving away from it.

Dr. Glenn: So what you're saying is it doesn't matter what reason the Pig has. All of these rationalizations, they all start with you can have it because, and whatever comes after because is going to be Pig Squeal so you don't even have to listen to it.

Kate: Right.



Dr. Glenn: That's a very solid understanding of how this all works. You don't have to have the answer to any of these, all you have to do is ignore them. Nevertheless, it's still helpful to go through the most common things that your Pig says and figure out what the rational answer is, so that it's a little less tempting and it's a lot easier to recognize.

Kate: Okay.

Dr. Glenn: I want to help you go through this a little bit. So when your Pig says that you can have it and hide it, because you're not doing this for yourself, you're doing it for other people, the answer to that is you're doing it for yourself, right?

Kate: Yes.

Dr. Glenn: You just told me you're going to get \$10,000 a year and have more stable moods and your body is not going to hurt so much and you're going to be more comfortable going out and you might start dating again and you're going to make these active memories with your children, going biking and camping and hiking and you're going to have more energy and all these reasons, those are all for you, right?

Kate: Yes, yes.

Dr. Glenn: So when your Pig says you're not doing this for yourself, that's pretty idiotic, right?

Kate: Right, that's crazy. I am doing it for myself.

Dr. Glenn: The Pig says it's everywhere and you can't possibly avoid it, what's the answer to that?



Kate: It is everywhere and I can avoid it if I plan ahead, which then the Pig is going to say, "Well you don't always plan ahead," which is true and I can just make different choices or walk away.

Dr. Glenn: Give me a situation where the Pig says you won't be able to avoid it.

Kate: Staff meeting, we have birthday parties once a month at staff meeting and there's always a plethora of really yummy cakes because we have a baker. One of the teachers is a fantastic baker. We're all sitting in staff meeting and the only options are cake and water or tea or coffee. Well, everyone else is having some and it's right there and it's a celebration and I have to sit down and look at it for an hour, so yeah. And you might as well because it's just this one time and it's just for her birthday, for his birthday.

Dr. Glenn: Do you know when these celebrations are about to happen or do they surprise you?

Kate: Most of the time I know, sometimes they're a surprise, but most of the time I do.

Dr. Glenn: One of the tricks for that, because the combination of social pressure, calories and hunger can stimulate the lizard brain to want you to be less discriminating, you don't have to listen to it even in the worst situation. You can just say none of this matters but one really helpful thing would be if you had something with you and you ate it before these events or if you found out there was going to be an event all of a sudden, some people might carry a couple of bananas with them or other people might carry a piece of chicken or something like that so that you go in to those meetings without the hunger.



Kate: Okay.

Dr. Glenn: That's just one option.

Kate: I think that's a good idea. And the Pig says to me when you say that, "Well yeah that's a great idea and you thought of that before but you always forget."

Dr. Glenn: The Pig wants you to make a plan to forget. The Pig's whole idea is that we're going to forget so that we can binge. That's not really what a vow is about, a vow is a plan to remember. If you get married, you are vowing to be faithful to that person and you're making a plan to remember that vow indefinitely. It's not really acceptable to say, well, I'm afraid I'm going to forget. I'm afraid I might forget just really means that I really, really want to forget.

Kate: Okay.

Dr. Glenn: When you hear the Pig saying you're going to forget like you always do, what you say to yourself as, oh, the Pig really, really wants to forget so that it can binge. I never do and I'll never eat gluten again.

Kate: I love that. I'm writing this down.

Dr. Glenn: When you hear a lot of these Squeals, sometimes it's enough to just reiterate that it's coming from the Pig and just change the language and talk about the Pig's motivation. I'll tell you another trick, as people as learning this -- and tell your Pig to cover its ears for a second.

Kate: Okay.



Dr. Glenn: As people are learning this, they do indeed forget sometimes. It does happen once in a while and what I found to be helpful in these situations is for them to say, "I will never consciously and purposely eat gluten again." Now the Pig gets really excited about that, that's why I wanted the Pig to cover its ears because the Pig will then say, "Oh goodie, you're going to forget some time, you can do it unconsciously but none of that nonsense. We just know what that motivation is and we just went over that before."

Kate: Okay, I understand.

Dr. Glenn: Okay. If you listen on the website, in the reader bonuses there is a binge recovery and a binge anxiety MP3 and dealing with binge anxiety has very much to do with isolating the Pig's thoughts versus your own, and realizing that you're not your Pig.

Kate: Right.

Dr. Glenn: It's translating the, "I'm afraid I might," into, "The Pig really, really wants to." So I'd recommend you listen to that a couple times, okay. And you can carry that with you. That's what it was meant for. Okay, then your Pig said it was not realistic. What does it mean by that?

Kate: Just the work where you have not done it, not realistic to think it's going to happen this time. And again going back to can't trust myself, or the Pig is telling me that I can't trust myself because I'm going to change my mind or be weak or make that choices or basically just kind of beating me up.



Dr. Glenn: Let me ask you a question, is it a mark of strength or weakness that you keep getting up and trying?

Kate: I'm sure the answer is strength, right?

Dr. Glenn: The answer is strength.

Kate: Oh good, good.

Dr. Glenn: But your Pig has something else to say about it?

Kate: Yeah, like I mean you can't do anything, yeah. Sometimes I feel like if I could get through one full week, it would be good after that.

Dr. Glenn: Yeah. That's enough time to get it all out of your body.

Kate: And one thing I didn't mention is I share an office, because I'm an administrator. So I share an office with another administrator and she has some of the same struggles that I do. When I'm being "good," she will bring in something bad, because everything is classified good or bad and offer it to me knowing that I am trying not to eat that, so that's a little frustrating.

Dr. Glenn: Well, when she sees you making progress, it makes her feel tense inside. It brings up the tension between her Pig and she hasn't really made a decision to let go of it, and so she'd feel more comfortable if you did eat the Pig slop. She should feel a lot more comfortable like that.

Kate: That makes sense, yes.



Dr. Glenn: You just told me before you're not doing it for other people, you're doing it for yourself, right?

Kate: Right.

Dr. Glenn: You just tell her it's really sweet of her to offer you something and no thanks. You tell yourself you don't eat that because it's Pig slop and you don't eat Pig slop.

Kate: Right. All right, I'll do it.

Dr. Glenn: What is the answer to the idea that it's just a fad?

Kate: The answer would be that regardless of whether it's a fad [inaudible 00:20:50] or among friends right now, it doesn't matter one way or the other whether it's a fad or not. I know that gluten makes me feel physically bad, so it doesn't matter what anyone else thinks.

Dr. Glenn: Well it wouldn't even matter if Harvard University came out with a 10 million person study that they've been doing for the last 50 years that prove definitively that gluten was no big deal, you still know that it's bad for you, right?

Kate: Correct, yes. And it goes back to what you were saying earlier about I'm doing it for me and not for what other people think.

Dr. Glenn: What about the idea that you don't want to lose weight because you're going to lose your excuses?

Kate: Yeah that's a little deeper but I think actually now that I have just recently in the last few months had this experience with this situation at



work, it's actually made me realize that at least the weight excuse is really not valid.

Dr. Glenn: What other excuses are you going to lose?

Kate: I think sometimes the idea of wanting to make all of these great memories with my kids. I love the idea that the reality, getting the reality to fit into the schedule when all of the things that have to be done to provide for and run a household of five, it maybe sometimes easier just to say, "You know, I really need to lose weight and I'm tired," and because of that I can't manage to get all that together for this weekend.

Dr. Glenn: Is there another way that you could say no?

Kate: Yeah, I should just say no, I don't want to, in a nice way.

Dr. Glenn: You can't work it out this weekend?

Kate: Yeah, I just can't make it happen.

Dr. Glenn: Do you have the right to say that?

Kate: I'm learning that I do, yes, slowly learning that I do. For a long time I was in a situation where I didn't have the choices, so it is kind of new to me to be able to say, "No, I don't want to do that," and it's okay, or, "It's not going to work this weekend," and it's okay.

Dr. Glenn: Would it be good for you to give up the excuse so you had to force yourself to learn that?



Kate: I think so, and I actually wonder if losing weight and feeling better I wouldn't necessarily feel the need for that excuse. The reality is life is busy and there's going to be weekends we can't do it, but I think I would be more willing to make it happen if I had more energy, and I don't think I would feel the need for an excuse. Does that make sense?

Dr. Glenn: I agree with you Kate, yes it does make sense.

Kate: Okay, good. Oh yeah, I was talking in a circle.

Dr. Glenn: Everything you're saying makes sense. The things your Pig says are kind of ridiculous but what you say make a lot of sense.

Kate: Oh good.

Dr. Glenn: Well let me ask you a question, how confident are you that you'll never eat gluten again?

Kate: I am not as confident as I would like to be. Okay, so I'm having the moment where I just realized that the Pig is telling me that I shouldn't make a vow because I couldn't keep it. So I, Kate, am a hundred percent confident that I'm never going to eat gluten again. I don't care what the Pig says.

Dr. Glenn: There you go, because you are not your Pig.

Kate: That's right, I am not my Pig. I have to admit when I first read the first few pages of the book I thought, "This is crazy." But there was something about it that was intriguing and that I sort of gotten comfortable with the idea of, hey, there really is an Inner Pig and it



really does have a voice and it really does tell you a bunch of junk that I don't need to listen to. So over the last couple of weeks, I've been trying on that idea more and more and it's really so valid.

Dr. Glenn: Yeah. It is kind of a crazy idea but it works.

Kate: It does. That's the thing. I think I was waiting to talk to you. I was so afraid I was going to "do something wrong." Again, another rule, another something, so this conversation is helping me really kind of define what the Pig is and what the Pig is saying, because when I was reading the book and listening to a couple of other folks online, I kept thinking, oh but... or the Pig kept saying to me, "Oh yes, but you're not going to do it right, or there's some information you still don't have that you need to do this right and so you shouldn't start now because you haven't talked to Glenn yet and he has the magic wand."

Dr. Glenn: That's right. Your Pig will say the same thing between now and the next session too.

Kate: I'm sure. I just wrote that down, no magic wand.

Dr. Glenn: Kate, you're doing fabulous.

Kate: Well, thank you.

Dr. Glenn: It is kind of a crazy idea, but it takes hold and it gets stronger and stronger and it protects you from not only these things that you hear the Pig is saying now but what the Pig might say in the future and it will definitely come up with new things in the future.



Kate: Yes. I'm good when I write something down. There's something about writing it down that helps me.

Dr. Glenn: What you might want to do, and you don't have to do this, that your rule is going to hold no matter what, but what you might want to do is do a little journaling every morning and just challenge your Pig to convince you to eat gluten. Go ahead, give me your best Squeal today.

Kate: Nice, I like that idea, it's proactive. I've had it, I'm going to beat you anyway, like I'm going to beat the Pig.

Dr. Glenn: Yeah. It doesn't even have to be a fight, you just ignore it. What you do there is you force the Pig to reveal its hand, and then as soon as it tries to use the same thing later on, you're going to know it was the Pig and so it's easy to ignore.

Kate: Right. Overtime it's become easier and easier.

Dr. Glenn: Yeah. You stop craving things that you know you can't have.

Kate: Mm-hmm, like I don't crave dirt, even though it's plentiful outside of my door.

Dr. Glenn: Yeah. The neurological apparatus is wired for success and when it finds that it doesn't get success with a particular strategy, it stops running that algorithm. If you deprive your Pig of gluten, you're really depriving your midbrain of gluten, and all the wiring that says, "Let's go get gluten," it starts to attenuate and diminish and you reestablish your survival drive in another direction. And so you'll have fruit or vegetables or chicken or whatever it is that you really want to it. the more that you can get the junk out, the more that survival drive leans



towards something that's healthier. As you rid your diet of things, it's important to ask yourself, well what was the legitimate need underneath that.

So if you're having a bagel or a baguette, you needed some carbohydrates perhaps or maybe you needed some greens for some energy or maybe you needed some fruit for some energy, there was an authentic need underneath it. Just like when a smoker grabs a cigarette, what they really need is a deep breath of oxygen, but the survival drive has been hijacked by industry to the distractive substance. They didn't have any baguettes on the savannah.

Kate: No.

Dr. Glenn: Does that make sense or did I lose you?

Kate: No, it completely makes sense. If you go back to a more primitive time, you didn't have the ability to use anything to make anything with wheat other than to watch it grow. So yes, that makes perfect sense.

Dr. Glenn: And we were all obsessed with food back then because we had to be, that was our job. We had to be obsessed with this until we get enough of it. And so what the food industry has done is it's taken in that natural instinct for food obsession and it's perverted it for its own profit.

Kate: Right.

Dr. Glenn: I think you did fabulously.

Kate: Thank you.



Dr. Glenn: I think you caged your Pig.

Kate: Okay, awesome.

Dr. Glenn: What I'd like you to do is to live with this for a week or so and then send me a note when you're ready to have another session.

Kate: Okay, that sounds great. Well, thank you so much for your time.

Dr. Glenn: You're very welcome, thank you for being vulnerable and sharing this with everybody, I know that it can be uncomfortable. I want you to enjoy making your Pig suffer.

Kate: Okay. I will do it. I will make the Pig suffer.

Dr. Glenn: Do you have any questions or any remaining insecurity?

Kate: I don't. I feel really good about it.

Dr. Glenn: Okay dear, I hope you have a really good week and I'll talk to you soon.

Kate: Thank you. Take care.

Dr. Glenn: Bye-bye.

Kate: Bye-bye.

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