

**Glenn Livingston, Ph.D.  
And Heather B  
Diabetes**

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**Dr. Glenn:** Hey, this is the very good Dr. Glenn Livingston with Never Binge Again and I'm here with a kind-hearted woman named Heather, who's agreed to let me record her session so that you can share in her experience, strength, hope, trials, tribulations, observations, wisdom, and all of that. Heather, how are you today?

**Heather:** I'm great. Thank you.

**Dr. Glenn:** Great. That's what my niece always says. She says she's great. That's really funny. Okay, catch me up a little bit. Tell me about your experience with Never Binge Again. What's working? What's not working? How long you've been trying? Tell me.



**Heather:** I've read the book twice and I've been using it for approximately four months, so I'm new to it. I've been listening to the podcast. I've made my rules.

**Dr. Glenn:** How's it going?

**Heather:** I have a hard time sometimes. Like, I know what I need to do, but keeping my pig caged and keeping to my rules is difficult for me.

**Dr. Glenn:** Okay. Let's see if we can fix that. Tell me about the rules that you're trying to follow.

**Heather:** Never eat from the fridge, never eat secretly, never eat peanut butter from the jar, always drink 64 ounces of liquid each day and I'm following a program for eating. So trying to stick to that eating program.

**Dr. Glenn:** What's the program?

**Heather:** It's called Inspire.

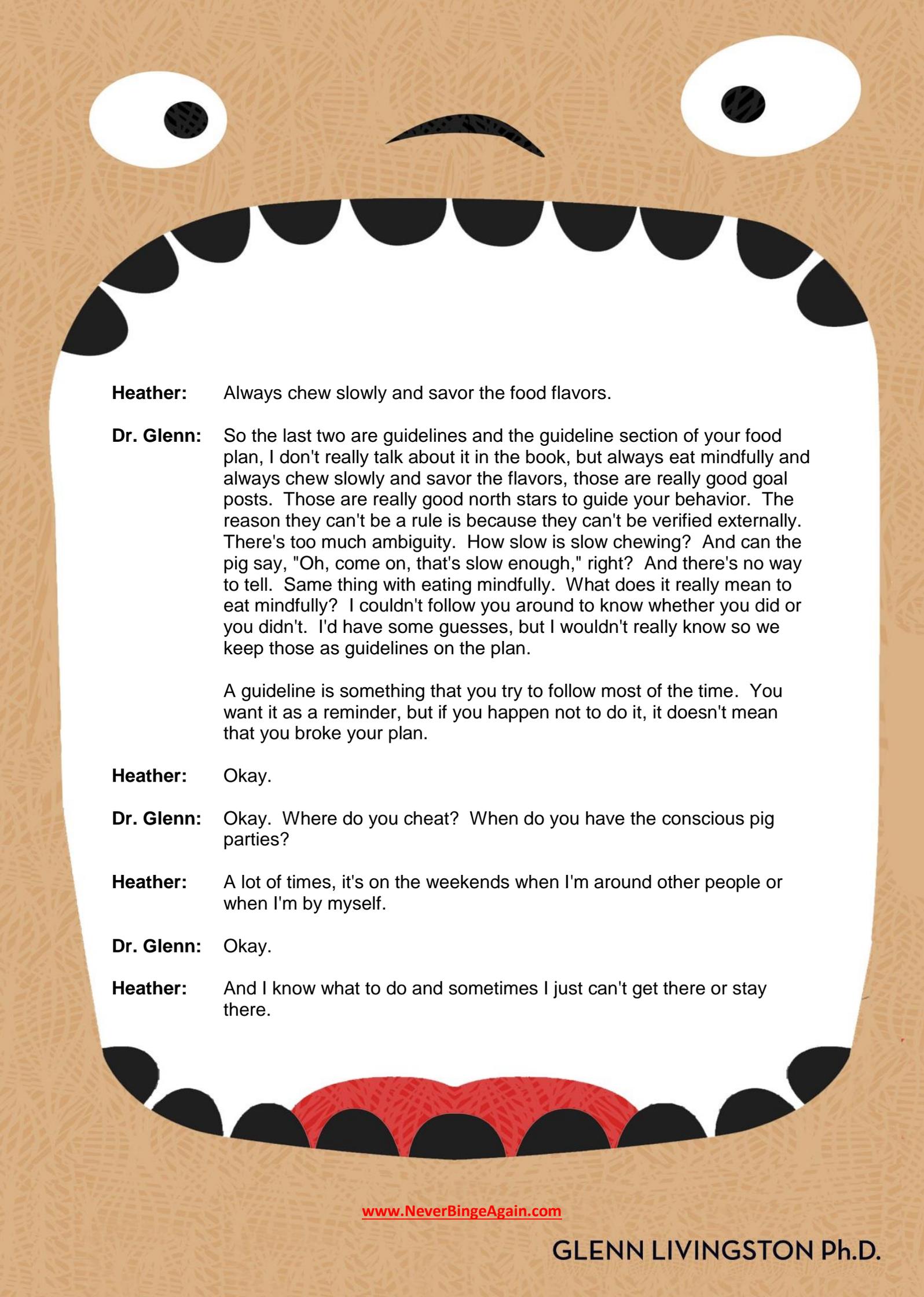
**Dr. Glenn:** Tell me just a little about it.

**Heather:** It's four to five of their products daily plus a high protein, low carb veggie dinner.

**Dr. Glenn:** So it's a low carb diet?

**Heather:** Yes. Always eat mindfully.

**Dr. Glenn:** That's a guideline. It's a good guideline. That's a guideline. Okay.



**Heather:** Always chew slowly and savor the food flavors.

**Dr. Glenn:** So the last two are guidelines and the guideline section of your food plan, I don't really talk about it in the book, but always eat mindfully and always chew slowly and savor the flavors, those are really good goal posts. Those are really good north stars to guide your behavior. The reason they can't be a rule is because they can't be verified externally. There's too much ambiguity. How slow is slow chewing? And can the pig say, "Oh, come on, that's slow enough," right? And there's no way to tell. Same thing with eating mindfully. What does it really mean to eat mindfully? I couldn't follow you around to know whether you did or you didn't. I'd have some guesses, but I wouldn't really know so we keep those as guidelines on the plan.

A guideline is something that you try to follow most of the time. You want it as a reminder, but if you happen not to do it, it doesn't mean that you broke your plan.

**Heather:** Okay.

**Dr. Glenn:** Okay. Where do you cheat? When do you have the conscious pig parties?

**Heather:** A lot of times, it's on the weekends when I'm around other people or when I'm by myself.

**Dr. Glenn:** Okay.

**Heather:** And I know what to do and sometimes I just can't get there or stay there.



**Dr. Glenn:** What do you cheat with?

**Heather:** A lot of times it's peanut butter or cookies.

**Dr. Glenn:** And about what percentage with which ones?

**Heather:** The percentage of each.

**Dr. Glenn:** Is it mostly peanut butter or mostly cookies or about 50-50?

**Heather:** 50-50.

**Dr. Glenn:** And the kind of cookies you're cheating with are what?

**Heather:** Any kind. Peanut butter cookies, Oreo cookies.

**Dr. Glenn:** High carb cookies.

**Heather:** Yes.

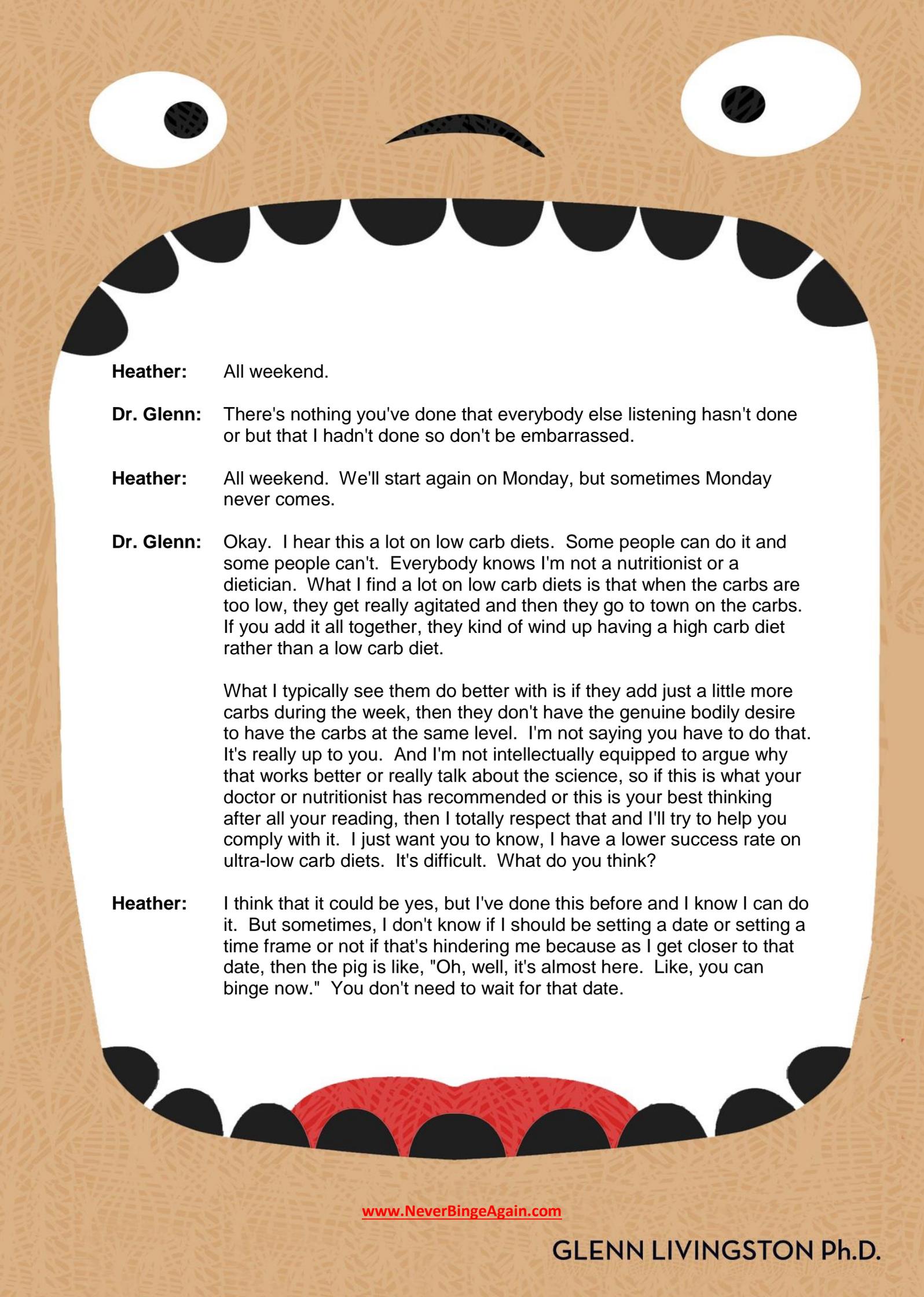
**Dr. Glenn:** How often does that happen?

**Heather:** The binge?

**Dr. Glenn:** Yeah.

**Heather:** About every weekend.

**Dr. Glenn:** Once a weekend or all weekend long?



**Heather:** All weekend.

**Dr. Glenn:** There's nothing you've done that everybody else listening hasn't done or but that I hadn't done so don't be embarrassed.

**Heather:** All weekend. We'll start again on Monday, but sometimes Monday never comes.

**Dr. Glenn:** Okay. I hear this a lot on low carb diets. Some people can do it and some people can't. Everybody knows I'm not a nutritionist or a dietician. What I find a lot on low carb diets is that when the carbs are too low, they get really agitated and then they go to town on the carbs. If you add it all together, they kind of wind up having a high carb diet rather than a low carb diet.

What I typically see them do better with is if they add just a little more carbs during the week, then they don't have the genuine bodily desire to have the carbs at the same level. I'm not saying you have to do that. It's really up to you. And I'm not intellectually equipped to argue why that works better or really talk about the science, so if this is what your doctor or nutritionist has recommended or this is your best thinking after all your reading, then I totally respect that and I'll try to help you comply with it. I just want you to know, I have a lower success rate on ultra-low carb diets. It's difficult. What do you think?

**Heather:** I think that it could be yes, but I've done this before and I know I can do it. But sometimes, I don't know if I should be setting a date or setting a time frame or not if that's hindering me because as I get closer to that date, then the pig is like, "Oh, well, it's almost here. Like, you can binge now." You don't need to wait for that date.



**Dr. Glenn:** Got it. How long have you done it for before?

**Heather:** I've stayed on this Inspire program for three weeks straight perfectly and I did a modified program almost 16 months ago.

**Dr. Glenn:** Okay. And how long did you do that for?

**Heather:** Probably two months, but it wasn't perfect.

**Dr. Glenn:** And then what happens after you're off the program?

**Heather:** I just eat like regular people regular food. And I know that I can't eat like regular people, and then I gain weight.

**Dr. Glenn:** When you say you eat like regular people, regular food, I don't really know what that means. Like the standard American diet or what does that mean?

**Heather:** Yeah, standard American diet. Not health conscious.

**Dr. Glenn:** So you have the memory of doing this for a few weeks and you lost some weight and you felt better and then you went back to the standard American diet. So what would you do differently this time? If you can't go back to that, then what's the plan after you get off the Inspire program?

**Heather:** I would like to be able to continue with the high protein, low carb veggie meal and eating healthy foods appropriately. Right now, the pig is, "What do we eat next and when do we eat next?"

**Dr. Glenn:** So does the Inspire plan have a maintenance program?



**Heather:** Yes. High protein, low carb veggies dinner, yes.

**Dr. Glenn:** Okay. So you'd like to do the Inspire induction program and then you'd like to do the Inspire maintenance program?

**Heather:** Yes.

**Dr. Glenn:** Okay. Well, why don't we try to increase your motivation and see what the pig is saying and then we'll figure that out. If you want to do the induction phase and that's a specific period of time, then I don't know how to do that without setting a time limit in the beginning. You're right the pig is going to get noisier when it gets closer, we'll just have to deal with that. Is that okay?

**Heather:** Yes.

**Dr. Glenn:** So you'd like to do it for 21 days and then just go to the regular Inspire maintenance program?

**Heather:** I would like to do it until I lost 50 pounds. The minimum to start with, like a small-term goal, 20 pounds.

**Dr. Glenn:** So how long would you have to do it? For 90 days?

**Heather:** Possibly. Yeah.

**Dr. Glenn:** If you did the induction program for 21 days and then you do the regular program, the maintenance program for the rest of the 90 days, you'd probably lose about 15, 20 pounds, right?



**Heather:** Possibly. Yes.

**Dr. Glenn:** So is that a good short-term goal?

**Heather:** 21 days?

**Dr. Glenn:** 21 days and then to live out the balance of the 90 days on the regular maintenance program.

**Heather:** I think so.

**Dr. Glenn:** Is there anything here that you're objecting to? I don't want to put words in your mouth.

**Heather:** No. Like, I don't know how many days, but I think to start as a goal, I think that that is a good goal.

**Dr. Glenn:** Okay. Let's imagine that it's 90 days from now. Maybe that's how we do it a little better so that you'll have more momentum before the pig starts squealing as much as it does. Of course, we don't have to listen to the pig squeal, but we'll keep it a little more quiet. What if you could do 90 days? I know that your pig says you can't, but what if you woke up 90 days from now and you did this perfectly?

**Heather:** I would feel great.

**Dr. Glenn:** Tell me more about that though. What would feel great? What would be different?

**Heather:** I would've lost weight, I would've made my goal, felt better about my accomplishment, felt better about myself, felt better about eating



healthy, my clothes would fit better. Right now, everyone is proud of my accomplishments, but then these type of things come up and I feel like a failure inside.

**Dr. Glenn:** So you'd feel like the success?

**Heather:** Yeah, I would feel like a success towards everyone.

**Dr. Glenn:** How much weight do you think you'd lose in 90 days?

**Heather:** I've had sleeve surgery, so probably 40 pounds.

**Dr. Glenn:** Lose 40 pounds in 90 days.

**Heather:** Possibly.

**Dr. Glenn:** I want to tell you, Heather, that I often find that if people are losing more than two pounds a week, that they bounce back. It stimulates a desire to binge. So I feel a little scared of that. I'm not going to stop you, but I feel just a little worried.

**Heather:** What would be more reasonable, 30?

**Dr. Glenn:** The low carb diet, sometimes you take off a bunch in the beginning. Like at the most, eight pounds a month, at the most.

**Heather:** Okay.

**Dr. Glenn:** I'm going to write down 25, okay?

**Heather:** Okay. Yeah, I'm okay with that.



**Dr. Glenn:** Okay, good. So you'd lose 25 pounds. So what would that mean? If you're 25 pounds down, why is that good? Why is that important? I know you're going to feel better about yourself and your clothes are going to fit better, but what else is going to be different 'cause you're 25 pounds thinner?

**Heather:** My clothes would fit better. I would feel good about myself inside that I actually stuck to the program that I chose to do and I could feel proud of myself and not feel like a failure when other people are already so proud of me and I feel like a failure.

**Dr. Glenn:** Okay. Because of that, how would you behave differently?

**Heather:** I think I would carry myself differently, like more proud self. I wouldn't be secretly eating and hiding and cheating, and that would make me feel good.

**Dr. Glenn:** Would you have any more energy? Would there be anything that doesn't hurt as much?

**Heather:** Yes. I think I would have more energy, maybe my back or my feet wouldn't hurt as much.

**Dr. Glenn:** Do you have kids?

**Heather:** I have one. She'll be 21.

**Dr. Glenn:** And sometimes people talk about being able to spend more time with their kids or being a better role model or something, is that important at all or that's not really part of it 'cause she's older?



**Heather:** I think she's older now. I've done the best that I can with her and she's her own adult now.

**Dr. Glenn:** Okay. You said your clothes would fit better, are there a couple of particular things you'd like to be able to wear?

**Heather:** Yes. I have some goal clothes and they're tight right now.

**Dr. Glenn:** Pick one that's going to be the first thing that you wear when your scale is 25 pounds down, which one would that be?

**Heather:** I have some pink jeans and a matching top.

**Dr. Glenn:** And a matching top, okay. And are the jeans old and faded? Are they kind of new and you bought them as goal clothes or?

**Heather:** Yes. They're brand new.

**Dr. Glenn:** Okay. And you can't wait to get at them.

**Heather:** I can't.

**Dr. Glenn:** If you could walk around with your head held high and carry your posture in a very proud way, how would that impact your life? Why would that make things better? It might sound obvious, but the pig tries to keep things vague about the future that's waiting for us because it doesn't want us to feel that motivation.



**Heather:** I personally would feel a hundred percent better. I think just being successful, being able to fit into those clothes that I've been trying to fit into for quite some time now.

**Dr. Glenn:** Would you do anything differently with your friends or family or coworkers because you were feeling so much better?

**Heather:** I probably would go out more.

**Dr. Glenn:** Where would you go?

**Dr. Glenn:** Well, I don't really know because everything revolves around food, I feel, but maybe to an amusement park or the beach.

**Dr. Glenn:** Oh, okay. With friends or by yourself?

**Heather:** With friends.

**Dr. Glenn:** Is there anything else that would be different or better? The more specific picture you can paint, the more motivating it's going to be for you.

**Heather:** I really can't think of anything.

**Dr. Glenn:** The problem is that a peanut butter cookie is very specific. And when the pig says you're going to be deprived of this peanut butter cookie, we want to be able to say, well, yeah. But if I do eat it, I'm going to be deprived of feeling better about myself and this very specific life that I'm striving towards like the pink jeans with the beautiful top that's matching that you bought as goal clothes. That's why I'm trying to get to the



specifics 'cause I want you to be able to overpower the pig when it presents you with specific cravings.

**Heather:** I would have more stamina to be able to exercise more, walk further. I would be able to get in and out of my fiancé's boat better.

**Dr. Glenn:** Do you like going on the boat with your fiancé?

**Heather:** Yeah, we go fishing.

**Dr. Glenn:** And if you had more stamina to walk further, what would that do for you?

**Heather:** I would feel better. I will be able to do more things easily.

**Dr. Glenn:** What kind of things?

**Heather:** Just like walking. Be able to walk easier.

**Dr. Glenn:** Okay. I know your pig is getting very annoyed with me. Let's talk to your pig. You know what, I want to ask you one more question. What happens if you don't do this? What happens if you keep eating the peanut butter cookies or the oatmeal cookies and you keep going back to the regular standard American diet? What happens if you just live like this in not just in 90 days, but in a year or five years, what would happen?

**Heather:** I would gain all my weight back. All these positive feelings would now be negative feelings, I wouldn't be proud of myself or my accomplishments, my clothes wouldn't fit.



**Dr. Glenn:** Do you have any physical or medical problems because of this?

**Heather:** I do. I had diabetes. My diabetes would come back.

**Dr. Glenn:** Did anybody in your family suffer with diabetes?

**Heather:** Yes. Almost everyone.

**Dr. Glenn:** Do you remember what happened to them?

**Heather:** I do.

**Dr. Glenn:** Here too, your pig would prefer you didn't say the specifics because it doesn't want you to remember. It wants to block it out. It doesn't want you to have that motivation.

**Heather:** My cousin passed away. Yeah. My brother had his toe amputated and -- not my family, but a couple people I knew had their leg amputated and they passed away.

**Dr. Glenn:** Oh, wow. Okay. So that is pretty serious. But your diabetes reversed when you lost some weight?

**Heather:** Yes.

**Dr. Glenn:** Okay. So when the pig says that you could have a peanut butter cookie, you could say, "Or I could have my leg."

**Heather:** Okay.



**Dr. Glenn:** Let's talk to your pig. Why did your pig say that you can't, shouldn't or won't do this?

**Heather:** My pig says, "Well, you're not as bad as you used to be. It's good enough that your diabetes is resolved now. Everyone else is eating pig slop. Tastes good and easier to eat. It makes me feel good in the moment. You've already lost over a hundred pounds and that's a good enough accomplishment. You're too tired to exercise or exercise tomorrow or you don't even like to exercise. One bite won't hurt. We'll get back on track tomorrow. What do we eat next and when do we eat next? And you're wasting money on those Inspire products because you can't stick to it, so let's just eat now and we'll start again tomorrow."

I've been getting better with -- I was in the generation of clean your plate, and I've been getting better with that. My fiancé helped me with that tremendously. It's okay to throw food away. It's okay not to finish it.

**Dr. Glenn:** I was in that generation too. I understand.

**Heather:** Yes.

**Dr. Glenn:** Okay. Your pig is saying anything else?

**Heather:** No. I think that's pretty much what my pig says.

**Dr. Glenn:** Let's go through these one by one. And I want to suggest that even though there might be a half-truth in each one, that there's a logical fallacy in each one also, the pig is lying. And I want you to help me find the lies, okay?



**Heather:** Okay.

**Dr. Glenn:** So when the pig says, "Look, you're not as fat as you used to be and your diabetes is already resolved so go ahead and binge." What's wrong with that? Where is the lie in that?

**Heather:** It's not true. The diabetes will come back, the weight will come back and I haven't accomplished my goal.

**Dr. Glenn:** When the pig says, "Everyone else is eating slop, therefore, you should too."

**Heather:** I'm not like everyone else. I'm addicted to pig slop.

**Dr. Glenn:** Can I help you out a little bit with this one?

**Heather:** Yes.

**Dr. Glenn:** If you care about these other people that you're with, then many of them are probably going down the same road that you were. A very high percentage of people get diabetes and cardiovascular events and heart attacks and strokes and cancer. A lot of it is diet reversible or at least diet preventable. And so if you care about them, then somebody has to go first and show them that it's possible to change. Someone has to be a leader. Does that make sense? Does that motivate you at all?

**Heather:** Yes, it does to be a good example. Be a leader.

**Dr. Glenn:** When the pig says that it's so tasty and convenient so you should always eat slop, where is the lie in that?



**Heather:** Healthy food can be tasty and convenient too. It just takes a little preparation. Pig slop is full of additives that are unhealthy.

**Dr. Glenn:** You've already lost a hundred pounds so you might as well keep eating slop, where is the lie in that?

**Heather:** I still have further to go as far as weight loss to get to my goal.

**Dr. Glenn:** The pig says that you hate to exercise so you should just sit on the couch and eat slop, what's wrong with that?

**Heather:** It's totally not true. Exercise is healthy for your body and it will help to get to your goal and increase your stamina and be able to do things.

**Dr. Glenn:** Adults do things that they hate sometimes anyway, right?

**Heather:** Right.

**Dr. Glenn:** I hate to floss. I don't know how anybody likes to floss. I hate to floss, but I like my teeth.

**Heather:** Mm-hmm.

**Dr. Glenn:** The pig says that one bite won't hurt.

**Heather:** It does though because it can cause the binge to occur and one bite often leads to more bites.

**Dr. Glenn:** When the pig says, "You can just start tomorrow," what's wrong with that?



**Heather:** Because tomorrow may never come. We're never promised tomorrow and now is as good as time as any.

**Dr. Glenn:** As a matter of fact, it's the only time. When tomorrow comes, it's going to be now again.

**Heather:** Mm-hmm.

**Dr. Glenn:** And you know that if you indulge today, every time you have that peanut butter cookie, you're digging the groove even deeper in your brain?

**Heather:** Yes.

**Dr. Glenn:** You're strengthening the addiction when you do that.

**Heather:** Yes.

**Dr. Glenn:** When the pig says, "Life is about what we're going to eat, when we're going to have it, where we're going to have it and only slop is worthwhile," where is the lie in that?

**Heather:** I struggle with that one. I don't really know.

**Dr. Glenn:** Okay. So look, there's nothing wrong with enjoying food. If you find a lot of joy from food, then what will happen when you make some of these firm boundaries is your survival drive will adjust over time and you'll get joy out of the other things that you can eat. And you'll discover things that we don't even know what they are yet that you can eat that are very joyful, and it's okay that you think about what to eat



and when to eat it and where to eat it as long as it's not slop. Does that make sense?

**Heather:** Yes.

**Dr. Glenn:** You don't have to believe me now, Heather. You just have to do this long enough for your physiology to adjust.

**Heather:** Yes.

**Dr. Glenn:** When the pig says, "You're just wasting money on these Inspire products 'cause you're not doing it anyway so you might as well binge," where is the lie in that?

**Heather:** It's not wasteful if I can stick to it. And bingeing is not what I'm trying to do. And if I could just not keep feeding the pig, then I would be able to stick to those products and lose my weight.

**Dr. Glenn:** Yeah. What the pig is saying here is that you haven't done it so you can't do it so you should quit. The actual fact when you look at people who succeed is that they can't do it until they can do it and they don't quit, they stay in the game until they win the game. And that's my favorite thing that I ever said is that the name of the game is staying in the game until you win the game.

**Heather:** That's good.

**Dr. Glenn:** How confident are you feeling that you're going to be able to follow this Inspire plan for 90 days with all of the supplementary rules that you laid out?



**Heather:** I feel a lot better now.

**Dr. Glenn:** Do you?

**Heather:** Yeah, I do.

**Dr. Glenn:** And if you could place that under the scale of one to a hundred with a hundred being that it's absolutely impossible that you're going to binge between now and the next 90 days and one being that you're going to get off the phone and go to town with those peanut butter cookies, how confident are you feeling?

**Heather:** I feel 80 percent.

**Dr. Glenn:** Uh-huh. So tell me more about the 20 percent then. Where is that coming from?

**Heather:** The pig.

**Dr. Glenn:** But what is it saying?

**Heather:** The negative. You can't do this. You've tried it before. What makes this any different now?

**Dr. Glenn:** Why does it have to be different? Why can't you just keep getting up until you do it?

**Heather:** I think because -- well, I know I can do it, but it's the pig saying, "Why is today different? Why is today the day that you're not going to binge anymore?"



**Dr. Glenn:** 'Cause I said so.

**Heather:** Okay.

**Dr. Glenn:** I don't know if you've heard my standard analogies. Sometimes I hesitate to repeat them, but I will. If you're in a highway for a thousand miles and you haven't taken an exit, well, you can still take the next one. Why? Because that's your exit. You've been driving for a thousand miles and you finally got to your exit. If you're a little baby and you're learning how to walk and you fall down and you fall down and fall down, well, why is today the day you're going to stop falling down? Well, because I'm old enough and wise enough and experienced enough to know that this doesn't work and I think I'm going to stand up and stay up. If you're in diapers, why is today the day you're going to stop pooping in your pants? It's because you tried the other way and it doesn't really work, it makes it hard to participate in society and it's not how you want to live out the balance of your life and you had the fortitude and wherewithal to keep going until you get out of the diapers.

At any stage of life, you could say that. There's always some major threshold that people cross, which takes them into the unknown and is a frightening thing in many levels. And there's a piece of them that says it will be much easier and in many ways, more gratifying to stay behind, yet they call it a fixation in psychology. We could just live like this forever, but then there's that part of the mind that matures and learns and does what we evolve to be able to do, which is to grow and make our lives better, and so you do. You get up and you stand up and you walk away.



I owe Jack Trimpey a debt of thanks for this analogy, but it's like you're drowning in six inches of mud and it's very uncomfortable and it's in your lungs and you could die. You really could. A lot of the things that we slowly kill ourselves with food with a very real, but that doesn't change the fact that if you get up and you cough out the mud and you take a shower, you could go on and have a normal life. You don't have to keep flowing around in the mud just because you did every day before.

**Heather:** Okay.

**Dr. Glenn:** Does that help you at all? Are you being nice?

**Heather:** It does. It really does.

**Dr. Glenn:** Okay.

**Heather:** It makes sense.

**Dr. Glenn:** Okay. Well, how confident do you feel now that you're going to make 90 days on this Inspire program with all the supplemental rules you made?

**Heather:** I do feel a lot better now. I do feel like I could do this now. A hundred, percent I understand. I understand now.

**Dr. Glenn:** Yeah. Your pig is going to say all sorts of things to try to make you feel more insecure and uncertain and you just need to remember that's your pig. I'm a hundred percent confident, but my pig has other ideas.

**Heather:** Yes.



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

**Heather:** I do not.

**Dr. Glenn:** Will you follow up with me in a month or so and let me know how you did?

**Heather:** I will. Yes. Thank you.

**Dr. Glenn:** Thank you, dear. Good luck with it. I think you'll do great.

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