

**Glenn Livingston, Ph.D.  
and Karri  
Work-Stress 1**

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**Dr. Glenn:** Well, hey! It's the very good Dr. Glenn Livingston here with Never Binge Again, [neverbingeagain.com](http://neverbingeagain.com), and I'm here with Karri who's here to talk to us about a particular type of stress that she associates with triggering her overeating or binge-eating. Karri, what kind of stress is that and how are you today?

**Karri:** I'm good. The kind of stress that I deal with a lot has to do with my work. I'm a school teacher for high school math, but I also coach cheerleading at a junior college locally and I've done that for 12 years.

**Dr. Glenn:** Tell me a little bit about what the pattern typically is, so something stressful happens with your math students or -- how does this all work?

**Karri:** It looks kind of similar yet differently if you compare the teaching and the coaching. The teaching for instance last week, I recognize just pretty clearly I was going through a lesson with my students and -- my afternoons are really busy, so after lunch I have classes back-to-back and they are the classes that they're more advanced math classes. And so as I teach those classes, I feel pressure, number one, to make sure that they understand the content. And then whenever I break to let them try problems, I get really frustrated if I've done a problem that's



maybe exactly like what I'm giving them to try and they don't seem to get any of it. So all I do is stand up and perform math and they're not there to learn it, so there's a part of me that feels responsible for their learning then I get mad because I feel like they're responsible for their learning. And I feel like they're just coming at me with questions especially by the end of the day after a six-hour. Before my seventh hour, it's just like this huge need or urge to just get something to eat and crunch on it to get some sort of break before my seventh hour begins.

**Dr. Glenn:** What type of things? You said to crunch on things.

**Karri:** Like nuts. I'd try to eat pretty healthy, but sometimes I even binge on healthy stuff or eat too much of it and it'll just make me feel full or sick, but a lot of times, nuts or maybe popcorn or just something that is crunchy. I don't eat a lot of crackers or anything like that, so I guess for the most part, mixed nuts.

**Dr. Glenn:** Okay, mixed nuts, popcorn, salty, crunchy things.

**Karri:** Yeah.

**Dr. Glenn:** Okay. Have you had days which were stressful, so you did all the mental exertion and you felt like the questions were coming at you, but yet you managed to eat healthy?

**Karri:** Yes.

**Dr. Glenn:** What's different about those days?



**Karri:** I don't feel like I'm questioning my ability to teach maybe. I don't feel inadequate on those days. I feel like I've done all I could, so I'm more positive about me and what I'm doing on those days.

**Dr. Glenn:** So is it because the students are doing better and they're understanding it or is it because you've just got a better mental outlook?

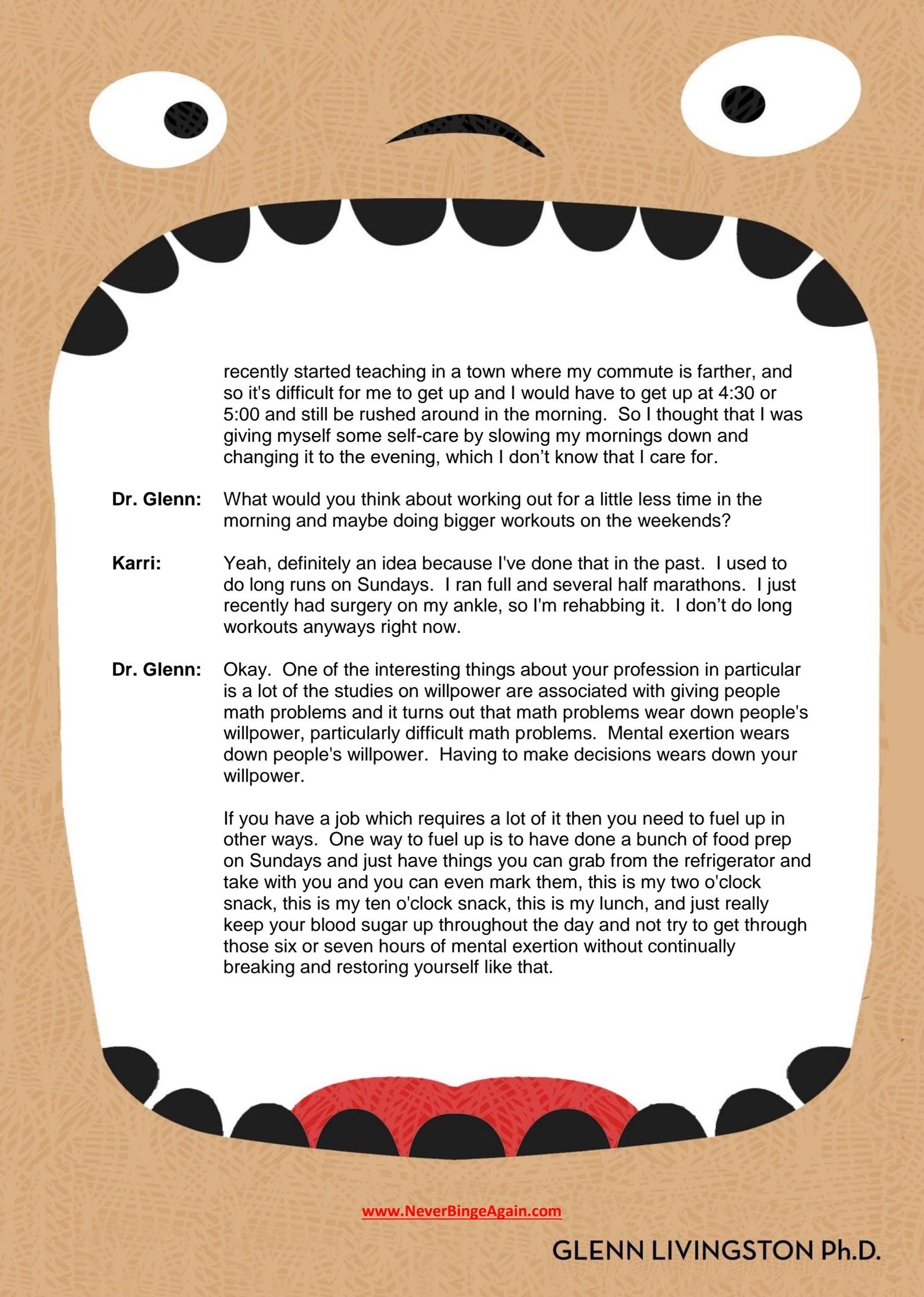
**Karri:** Maybe both. Obviously, the days that they get it, I feel great about that and I don't feel overwhelmed by them needing more from me. I feel like sometimes they're just draining me and pulling it out of me, but then also there are days where I feel even when they are asking questions, I'm excited that they're asking questions and I want to answer and clear things up for them, so I have a better mental outlook on me as a teacher to them.

**Dr. Glenn:** On the days when they are asking questions and you're excited, is there anything different about your self-care routine? Do you associate it with getting better sleep? Have you maybe done some food prep and taken lunch with you? Is there an exercise you've got or do you take a break during the day? So what do you think you associate with self-care that distinguishes those days?

**Karri:** Yeah. Recently, I've started working on the evenings, but in the mornings if I would work out, almost every time those days would be good. I would never have a bad day if I got up and did my workout.

**Dr. Glenn:** No matter how bad the kids are?

**Karri:** Yeah. I would have energy and I could just flow right through the junk I guess is what I'd call it. That right there I know works best, but I've



recently started teaching in a town where my commute is farther, and so it's difficult for me to get up and I would have to get up at 4:30 or 5:00 and still be rushed around in the morning. So I thought that I was giving myself some self-care by slowing my mornings down and changing it to the evening, which I don't know that I care for.

**Dr. Glenn:** What would you think about working out for a little less time in the morning and maybe doing bigger workouts on the weekends?

**Karri:** Yeah, definitely an idea because I've done that in the past. I used to do long runs on Sundays. I ran full and several half marathons. I just recently had surgery on my ankle, so I'm rehabbing it. I don't do long workouts anyways right now.

**Dr. Glenn:** Okay. One of the interesting things about your profession in particular is a lot of the studies on willpower are associated with giving people math problems and it turns out that math problems wear down people's willpower, particularly difficult math problems. Mental exertion wears down people's willpower. Having to make decisions wears down your willpower.

If you have a job which requires a lot of it then you need to fuel up in other ways. One way to fuel up is to have done a bunch of food prep on Sundays and just have things you can grab from the refrigerator and take with you and you can even mark them, this is my two o'clock snack, this is my ten o'clock snack, this is my lunch, and just really keep your blood sugar up throughout the day and not try to get through those six or seven hours of mental exertion without continually breaking and restoring yourself like that.



Another way is definitely exercise. The neurochemistry of exercise and the different hormones that are secreted and the bodily processes that are initiated during exercise are just phenomenal for stress. They'll definitely fuel you up. There are other things like meditation or if you can take a 20-minute break and go for a walk during the day. Some people like to journal and things like that, but it's very interesting that you're a math teacher in particular because that's exactly what the studies are done on. So what idea does this give you? How could we alter the rules that you have for yourself or put some kind of structure in place that would support you a little better?

**Karri:** If I went back to the morning workouts, I think that would definitely help. I just recently started meal prepping and I bring lunch to school because my school provides us lunch if we want it and they have a nice salad bar, but I always just get too much because I'm afraid of the afternoon where I don't have a break. And kind of like what you said, I'll feel mentally exhausted and I feel like sometimes my break is tied to food because of my time restraints at school. And so sometimes I'll just eat too much at lunch just because I think I'm preparing for the afternoon or something. If I don't eat enough then I won't make it.

**Dr. Glenn:** So what is it that you eat too much of at lunch?

**Karri:** I just make a real big salad and I usually have a good protein with it. Like I said, it's never anything bad, but once I get past that full feeling then I feel lethargic and then I just feel bad and then I end up eating bad the rest of the day.

**Dr. Glenn:** I see, so it's not necessarily the salad that you have. It's getting past full and then that triggers you to binge a bit.



**Karri:** Right, sometimes, and I think I do it -- or at least this is what I've noticed with my pattern -- I think I do it because lunch time, I'm thinking I need to make it. I need to eat enough because I won't get to eat again until 5:00 p.m. And then I overeat or whatever and then by the time I get to dinner, if I do eat, I end up maybe bingeing on something that's bad because I think I'm full already and I know that's a terrible way to think, but that's what goes through my head. I'm full already. I might as well just have chocolate or a cookie. I'm trying to stay away from sweets as much as possible, but my mindset just goes downhill fast from there.

**Dr. Glenn:** I want to hear a little bit more about your food plan in a minute, but do you ever carry a little smoothie with you throughout the day or a protein drink? Are there some meal bars that carry you through? Is there anything like that that helps you?

**Karri:** No because I guess I feel like what has done best for me in the past, a few years ago, I got down to my leanest and I felt great and back then, my mental state was if I just went from one meal to another, I felt better, and so I kind of quit doing that. Then at my school, they give us mixed nut packets or whatever and I might keep one of those in my drawer, but if I have them then I notice if I do eat a snack after sixth hour, before my seventh hour then that again makes it to where I'm not really that hungry at dinner. And then when I eat dinner, I go ahead and eat with my family and then I'm already past full because I ate when I wasn't all that hungry anyways. And then I think, well, I might as well have a dessert tonight because I'm probably going to fast in the morning to get hungry again.

**Dr. Glenn:** Knowing everything you know that we just talked about, if you were to design your ideal day, let's say you know that it's going to be a stressful



day, the kids are going to come at you with all sorts of questions, it's going to be five, six, seven hours in a row, how would you design the day from the moment you got up until you got back home and had dinner? What would be ideal?

**Karri:** I'd probably revert back to when I felt like my food plan worked and I would always have a couple of eggs in the morning before school or a smoothie.

**Dr. Glenn:** Is that before or after your workout?

**Karri:** After my workout. I'd get up in the morning and I would do my workout and then I would go home, shower, get ready for the day, and I would either make a smoothie to take with me to eat before school started, before the first hour began, or a couple of boiled eggs, just really simple, not big, but just light enough to fuel and put some protein in me. And then I would have a nice salad with a lean protein for lunch. I would only eat until I felt the hunger feeling would go away. And then because I didn't eat too much, I would be hungry two or three hours later and that would be close to the end of my day, which would be around fifth or sixth hour. I count out my almonds, 12 almonds and an apple or something like that, or maybe some popcorn, but usually something more like fruit or an apple.

And then I would go to cheer practice after school because I coach cheerleading, so I go immediately -- from my last hour, I go to the college and coach cheer for two hours every day. So once I got done with cheer then I would go home and cook dinner and then just be done with the day. Usually, my dinner would include a nice protein and veggies for the most part. I try to stay away from carbs especially back when I was doing that. I could tell immediately how it made me feel



different, how it made me feel sick, and so now I feel like I'm in a roller coaster of feeling that way because I can't ever detox from it entirely. I always think, well, I'll just have this.

**Dr. Glenn:** Got it, okay. Ideally, you'd have no flour or sugar. Is that what you were saying?

**Karri:** Yeah.

**Dr. Glenn:** First of all, I think that sounds terrific. There are a couple of places where it's a little ambiguous that I want to help you with, so I want to make sure I got everything. So you're going to work out in the morning and you're going to come back and eat breakfast, which is either a couple of boiled eggs or a smoothie to take with you for your first period or something, and that's going to hold you until lunch because you don't like to eat that much in the morning. And when you get to lunch, you're going to have a salad with lean protein and the problem you typically have there is volume and what you're doing is you're relying upon a guideline as opposed to a rule. The guideline is to stop when you start to get that full feeling and eat when you're hungry. It's not a bad guideline. There's nothing wrong with it as a true north to aim for, but it's very subjective and the pig can say, "Well, you're not full yet." The pig can keep saying you're not full.

And so what we want to do is say, well, is this eight ounces of protein and half a plate of salad or is it one plate and that's it, one plate of salad and protein and that's it? You don't go back for seconds, or is that piece of protein the size of your hand and the rest of the plate is vegetables? How would you do that? How could you make that a little more objective so that there's no ambiguity in the system?



**Karri:** I think -- and you mentioned maybe not going back for seconds. I think whenever I create my plate, I have a pretty good idea of what I would eat, so not going back for seconds would be a good start. That way, I wouldn't be saying, "Well, I need to go back for seconds so that I can make it through the afternoon" even though I'm already full.

**Dr. Glenn:** So you have one plate, whatever you can fit on the plate, one plate of protein and salad. It doesn't matter what kind of dressing. Do you overdo it with the dressing?

**Karri:** No, I don't use a lot of dressing actually.

**Dr. Glenn:** Okay, so one big plate of salad and protein, whatever you can fit on the plate and that's it for lunch. And then sometime in the mid-afternoon, you're going to have 12 almonds and an apple or some other piece of fruit for a snack.

**Karri:** Um-hmm.

**Dr. Glenn:** You mentioned maybe including popcorn, but then before, you said that you got in trouble with popcorn.

**Karri:** Yeah, that's true. Before I ever had issues with binge-eating -- I mean, this problem began a couple of years ago and that was when I was able to do that without it throwing me in a roller coaster of food, so I can't do some of the same things that I used to do because now it's almost like food is bad, but food is good. I don't know how to describe that, but some foods in my mind are bad because I know that they will throw me into a binge and sometimes food is good because it gives me relief, so I think it's good.



**Dr. Glenn:** You can decide what role you want the popcorn to play in your life, if you want to be able to have it once a week or twice a week or you want to have it every day, whatever you want. What happens is that these industrial foods -- because there was no popcorn in the savannah. It's something we invented. These industrial foods, when they get past a certain bliss point, they trigger a cycle of addiction when they have a life of their own, so people have these memories of how wonderful it was to be able to have the relief.

I remember black and white cookies. I used to have two black and white cookies a day in college and it was no problem. It was kind of like a super power. I worked out enough. And I always have that memory and my pig always says, "Oh, you used to be able to do that," but then a few years later, they just took over a life of their own and my life was different. My metabolism was different. The insulin regulation cells in your pancreas, they start to wear down and you can't do what you're used to be able to do, but people still have those memories, and only you can decide.

Only you can decide whether you're happy or managing it conditionally. The way we would do that is you'd say, "Well, three calendar days per week, I'll have one small bag of popcorn and never two consecutive days in a row" or something like that. That's just an example. You can come up with whatever management conditional you want to. What are your thoughts about that knowing that information?

**Karri:** Well, I think that makes sense because I feel like that's what I've been struggling with a lot too in just trying to get back on track and not let food continue to overtake my life because I keep looking back to when I was very healthy, when food was not a big part of my life. Obviously, I ate and I probably ate more often and more, but it didn't overtake my



mind. It didn't overtake my thoughts, so a lot of times, I'll revert back to that and think, "What can I do to get back to that?" Well, I don't think I can continue to do everything I did then, at least not right now. My activity is lower and I'm older. I'm not that much older, but I am getting older. Sometimes what worked for us then may not work for us now and I know that, but I want it to. It just doesn't always work that way. So I think probably at least for a while, I need to not do popcorn, no flour, sugars, and grains.

**Dr. Glenn:** Okay, so no flour, sugar or grains, okay. When you define sugar, by the way, I find it's helpful for people to define it inclusively rather than exclusively. So what that means is the only sweet taste I'll allow in my diet are X, Y and Z. For me, for example, the only sweet tastes in my diet are whole fruit and berries. If anything else tastes sweet then it's coming from something that's not on my plan that I would call sugar. Other people add stevia or sucralose or some people add honey, whatever you want to be able to have. Some people will say, "I can also have foods where sugar is the fifth ingredient on the label or lower." I don't know if we should go through that right now, but I think that you should more specifically define sugar when we get off the phone so that your pig can't fool you about what has sugar and what doesn't. Does that make sense?

**Karri:** Okay. Yeah, it does.

**Dr. Glenn:** Okay, so then your snacks are going to be like 12 almonds and an apple or 12 almonds and a piece of fruit or 12 of some other nuts that you count out and a piece of fruit. And then is your dinner the same as your lunch, one plate of protein and veggies?



**Karri:** Yeah, for the most part. I don't always eat as many veggies at night because I eat more at lunch. I try to eat a lighter dinner, so usually I try to focus more on the protein at night.

**Dr. Glenn:** I'm just going to go over this one more time and make sure that you're good with it. You have no flour, sugar or grains. You work out in the morning. How many days a week do you need to do that, by the way?

**Karri:** I typically like to do four days a week total, but I use two on the weekend. I do Saturday and Sunday as two of my four, so usually like Tuesday, Thursday, Saturday, Sunday.

**Dr. Glenn:** Okay, so at least four mornings a week you work out, a couple of boiled eggs or smoothie for breakfast. Maybe you have it at home. Maybe you have it in your first period. Then you have a salad with lean protein for lunch as much as you can fit on one plate, 12 almonds and an apple or 12 almonds and a piece of fruit or 12 other nuts and a piece of fruit for snack, and then protein and veggies for dinner. Does that sound sustainable to you? Is that enough food?

**Karri:** Well, I believe it is. From past experience, I guess, it seems like it is.

**Dr. Glenn:** Okay. If you were going to maintain this plan, I know that your pig will tell you that it's not possible, but if you maintain this plan let's just say for 30 days, what are you going to feel like 30 days from now? How is it going to be different?

**Karri:** I think I would feel empowered for one.

**Dr. Glenn:** What do you mean?



**Karri:** I would feel like I had control and power over food taking over my life, I guess. I would feel empowered in that I stuck to a plan and I didn't go off of it.

**Dr. Glenn:** You're a master of your own destiny with food.

**Karri:** Right. I know physically I would feel more energy and I would have less stomach issues, I'm sure, after doing that for 30 days, but mostly just the mental aspect, I think. If I could do it for 30 days, I wouldn't have that guilt that comes over me knowing that I didn't do what I know I should do for myself and feeling empowered.

**Dr. Glenn:** And as a result of being free of the guilt like you're a master of your own destiny with food and that you've got the power to choose what goes in your body, what comes from that? Why is that important?

**Karri:** Why is it important that I feel like the master of my food? Is that what you're asking?

**Dr. Glenn:** Yeah. Why is it important that you feel guilt-free and you're not obsessing about food and you feel like you're the master of your food? Why is that important?

**Karri:** Well, I want to be able to enjoy life around me and not always feel constantly like I'm getting down on myself for what went in my mouth for something that shouldn't be that big of a deal. I want to be able to live without it hanging over me all the time.

**Dr. Glenn:** Like a dark, grey cloud.



**Karri:** Yeah, and just feel good that I'm taking care of myself. My health has always been a really important part of my life and after the last couple of years, I really don't know how all of this came about and that just became a problem that just grew and grew and grew and it's like it's overtaken me. I don't want to feel like that. I want to live my life freely and not feel like I have all these restraints closing in on me.

**Dr. Glenn:** Let's imagine it actually happened. You don't have those restraints closing in on you and you don't have that dark, grey cloud and you're not spending every day feeling guilty and your health is being restored. What do you enjoy about your life? What do you use that freedom to enjoy?

**Karri:** Doing things with my son, continuing to do active things that I enjoy doing rather than feel like sometimes I sit around and mope and just choose not to be out doing things in my community. Sometimes I isolate myself a little bit more now just because I'm mad at myself. I don't want to be around anybody else, so I think I would be just out living life more, having more life experiences.

**Dr. Glenn:** Karri, that sounds great. How old is your son?

**Karri:** He's 10.

**Dr. Glenn:** And does he like to do things outside?

**Karri:** Oh yeah. He likes to go hiking. He likes to just go for walks. We have two Australian shepherds and he likes to help take them for walks. Of course, it's really cold right here in Oklahoma right now, so it's kind of difficult to want to get out and go on an outside walk with them, but he's just a normal, active boy who wants to go out and shoot or go fishing or



something. I don't want to feel like I'm trying to plan things like that around food.

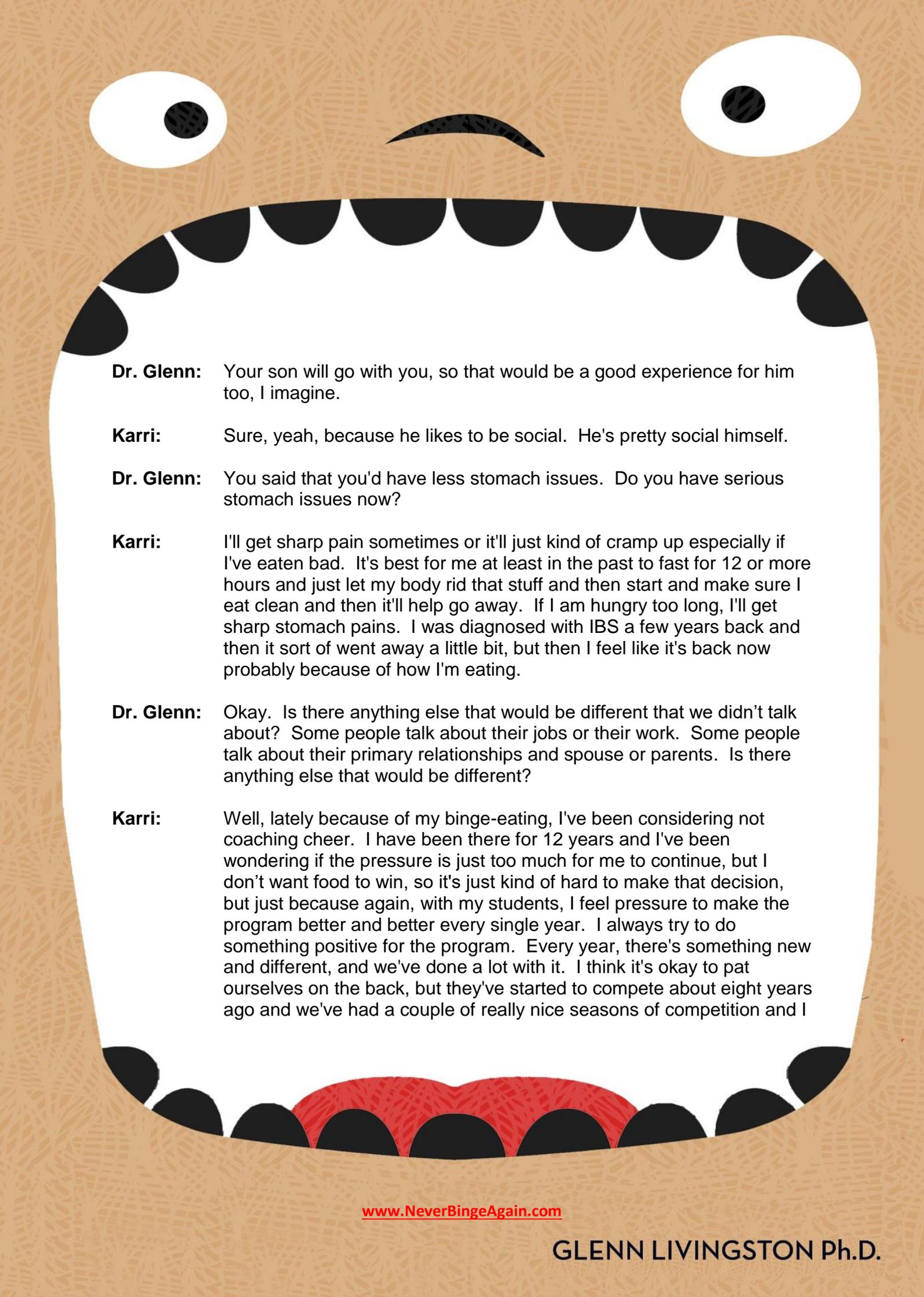
**Dr. Glenn:** And the way that you do want to feel is free to go hiking or going for walks or running with the dogs with him. That's the way you do want to feel?

**Karri:** Yes.

**Dr. Glenn:** One of the things that our pigs do is they try to paint the future in the negative, so we try to rework everything. To paint a very positive future is much more motivating. You said you'd like to spend more time with community. You'd like to get out and socialize more. Are there particular people or particular things that you want to do?

**Karri:** I don't know. From our church, I tend to not even lately want to go or there are small groups that meet and we don't go do that because I don't want that pressure of time being held over me, I guess, and again planning when I can eat next, so I don't want to think about it. So those things or events, I try to stay away from those events because I'm restrained to time.

I think I would probably just be more involved in things like that, but just maybe get out and go watch a basketball game. My son is in high school, so I might go watch a high school basketball game because our community is pretty small. Everybody knows everybody, and so just to see people that I know because what else would I be doing at home rather than sitting at home moping about how bad I feel if I'm eating bad.



**Dr. Glenn:** Your son will go with you, so that would be a good experience for him too, I imagine.

**Karri:** Sure, yeah, because he likes to be social. He's pretty social himself.

**Dr. Glenn:** You said that you'd have less stomach issues. Do you have serious stomach issues now?

**Karri:** I'll get sharp pain sometimes or it'll just kind of cramp up especially if I've eaten bad. It's best for me at least in the past to fast for 12 or more hours and just let my body rid that stuff and then start and make sure I eat clean and then it'll help go away. If I am hungry too long, I'll get sharp stomach pains. I was diagnosed with IBS a few years back and then it sort of went away a little bit, but then I feel like it's back now probably because of how I'm eating.

**Dr. Glenn:** Okay. Is there anything else that would be different that we didn't talk about? Some people talk about their jobs or their work. Some people talk about their primary relationships and spouse or parents. Is there anything else that would be different?

**Karri:** Well, lately because of my binge-eating, I've been considering not coaching cheer. I have been there for 12 years and I've been wondering if the pressure is just too much for me to continue, but I don't want food to win, so it's just kind of hard to make that decision, but just because again, with my students, I feel pressure to make the program better and better every single year. I always try to do something positive for the program. Every year, there's something new and different, and we've done a lot with it. I think it's okay to pat ourselves on the back, but they've started to compete about eight years ago and we've had a couple of really nice seasons of competition and I



really enjoy it. I have a lot of people that contact me about cheer. It's become part of my identity. Well, now I'm thinking maybe it's just too much like I have to pick. Do I teach or do I coach? I don't know. It's really affecting me.

**Dr. Glenn:** So if I were to phrase that in the positive, if you give up the binging and you follow the plan that we laid out then you could buy a few more years at least of doing both and figure out how you want to gently transition out of that, maybe a lot more years. Who knows?

**Karri:** Right. I don't know if my feeling is all because of the binging or if I am starting to become irrelevant. Binge-eating has made me feel very inadequate in a lot of areas in my life and I've never struggled with it as much.

**Dr. Glenn:** And you don't want to let the pig make that decision for you. If you've worked yourself out of a job, that's one thing, but you can't really know that if you're mixing binge-eating into the decision. What happens if you keep doing what you're doing? What happens if you don't make these changes in let's say not just in 30 days, but in a year? What happens if you keep binging in a year?

**Karri:** Well, I'm going to physically feel horrible. I think I'll continue to sink down into a poor mental state, which is not me. Generally that's just not me. I would probably walk away from cheer just to relieve some pressure, nothing good, nothing good if I continue.

**Dr. Glenn:** Okay. Let's give your pig a chance here. What are all the reasons the pig says that you shouldn't follow this plan, you won't follow this plan, or you can't follow this plan? I want to get all the reasons. I'm going to



write them all down as you give them to me and we'll come back to them afterwards.

**Karri:** I won't be free to do what I want. I will be restrained more, which restraint makes me rebel even more. I won't fit in with the people around me at events because I used to really get a lot of flack for that. I ate differently and people would be saying stuff about it.

**Dr. Glenn:** You'll be a weirdo.

**Karri:** Yeah, exactly.

**Dr. Glenn:** What else?

**Karri:** I guess the pig often tells me that everybody overeats a little bit here and there. It's just part of life and then you get over it and you move on, but I don't want to keep doing that. I don't want to be thinking about tomorrow's another day. I'm tired of tomorrow.

**Dr. Glenn:** So a little won't hurt. Everybody does it now and then and they get over it. Go ahead. What else does the pig say?

**Karri:** "You have placed rules on food before and never stuck to them, so why is this rule better than another?" My rules don't make sense maybe, so they're not good rules, "So just do what you want. Eat what you want because it doesn't matter."

**Dr. Glenn:** Let chaos reign.

**Karri:** Yes.



**Dr. Glenn:** What else?

**Karri:** I feel that covers a lot of what I hear.

**Dr. Glenn:** Let's go back through these and what I want you to do is jump back up into your higher self and I want you to dispute them for me. Show me where the lie is. Tell me what a better answer is, and if you need help, just ask for it. When the pig says that you won't be free to do what you want, what's a better answer for that?

**Karri:** Well, I'm not free anyways. I'm more caged by listening to the pig than I would be if I caged the pig.

**Dr. Glenn:** Because you're not free to go hiking, you're not free to go to the church events if you want to. You're not free to go to a basketball game. You're not free with your digestion. You're not free in all those different ways.

**Karri:** Right, so I'm already not free.

**Dr. Glenn:** Yeah, so it's a question of which freedom you're going to choose.

**Karri:** Um-hmm. That's good.

**Dr. Glenn:** When the pig says that restraints make you want to rebel, where's the lie in that? What's a better answer for that?

**Karri:** I guess I don't really know because I've always kind of been that way. If I feel restricted, I want to do the opposite I guess maybe because I think I want control. And by thinking that I'm restraining myself, I guess



I'm telling myself I have no control when actually I have more control by sticking to my food plan.

**Dr. Glenn:** It's kind of silly to rebel against your own rules especially because you can change them if you want to, right?

**Karri:** Right, that's true.

**Dr. Glenn:** So who wants to rebel, you or the pig?

**Karri:** The pig.

**Dr. Glenn:** Too bad for the pig, right?

**Karri:** Yeah because if it wasn't the pig then I wouldn't feel guilty after I rebel.

**Dr. Glenn:** When the pig says that you're not going to fit in with the people around you, you're just going to be a total social weirdo and you're going to get isolated, what's a better answer for that? Where's the lie in that?

**Karri:** Nobody really cares what goes in my mouth and I don't have to talk about it. I don't have to explain why I'm not eating something or why I'm choosing to eat something because if that's all those people are worried about then I don't need to be with those people because that would be a silly detail.

**Dr. Glenn:** Right. They're not necessarily your friends if that's all they're worried about, right?

**Karri:** Right.



**Dr. Glenn:** You might be surprised. Some of them might look up to you also.

**Karri:** Yeah.

**Dr. Glenn:** The pig says a little bit won't hurt and everybody does it. Where is the lie in that?

**Karri:** Well, it's proven to hurt. I know that if I get just a little past my comfort zone, I will sabotage myself and I have a problem with that. And it doesn't really matter what everybody else does because their health is not my health. I care about my health more than what they think or what they're doing, if they do it or not. I guess I've gotten caught up comparing myself a lot in the last couple of years.

**Dr. Glenn:** Just focus on what goes in your body. It doesn't matter how it affects other people.

**Karri:** Right.

**Dr. Glenn:** You know, Karri, I don't know if you know what the incidence of heart disease and cancer and diabetes is, but it's really through the roof. People are more likely to get it than not. Why strive for average if the average person is going to get diabetes or cancer or heart attack? Maybe it does hurt. Everybody else is doing it and it does hurt.

**Karri:** That's a good point.

**Dr. Glenn:** Well, thank you. When the pig says you've tried rules before and you haven't stuck to them, therefore you're not going to stick to them now, so where's the lie in that?



**Karri:** Well, I have been able to stick to this eating plan previously without a lot of effort, so it's just that something had shifted in my brain to make me come off of it, I guess. I don't know exactly where the lie is in that other than maybe that.

**Dr. Glenn:** You made a mistake and you found it a little difficult to get back, but it's kind of like if you make a wrong turn and you wind up in some crazy country road, you just have to stop and regroup and get directions and get back on the highway.

**Karri:** Um-hmm.

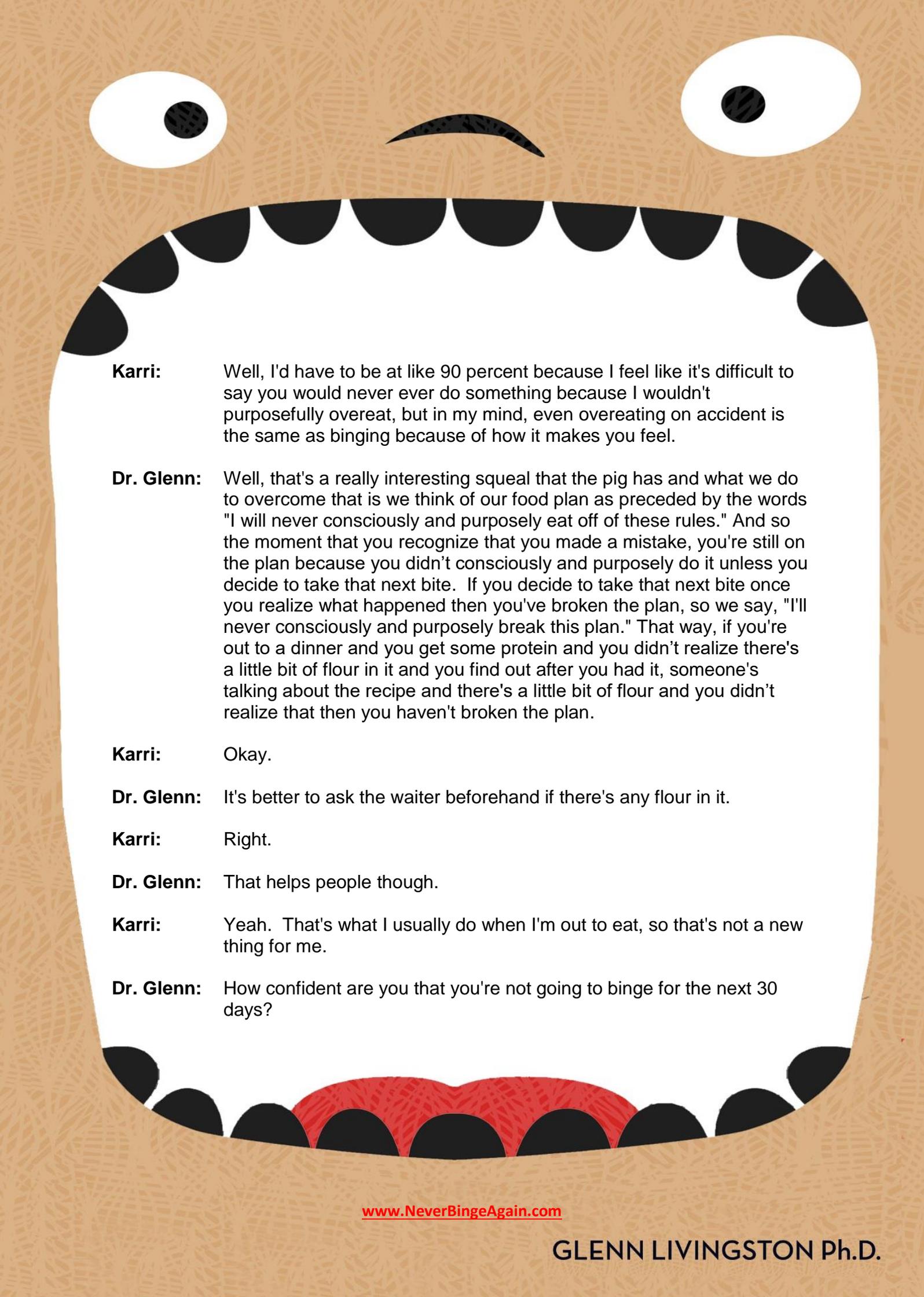
**Dr. Glenn:** You know the Wayne Dyer analogy where if a boat is traveling for 10 miles in one direction, the captain looks behind him and sees the wake goes perfectly straight for 10 miles all the way back, that doesn't have any bearing on the captain's ability to turn the wheel. It's just that's what happened in the past. Karri, how confident are you that you're going to be able to stick to this plan for 30 days?

**Karri:** I'm a lot more confident than I've been in a long time about it. I think I've come to the place where I'm tired of the tomorrow.

**Dr. Glenn:** And so if you had to rate that confidence in the scale from one to 100 where 100 is completely confident and one is not at all confident, what would you give it?

**Karri:** Gosh. I've heard podcasts of this before and I've always thought I don't know what I would say.

**Dr. Glenn:** Answer honestly.



**Karri:** Well, I'd have to be at like 90 percent because I feel like it's difficult to say you would never ever do something because I wouldn't purposefully overeat, but in my mind, even overeating on accident is the same as bingeing because of how it makes you feel.

**Dr. Glenn:** Well, that's a really interesting squeal that the pig has and what we do to overcome that is we think of our food plan as preceded by the words "I will never consciously and purposely eat off of these rules." And so the moment that you recognize that you made a mistake, you're still on the plan because you didn't consciously and purposely do it unless you decide to take that next bite. If you decide to take that next bite once you realize what happened then you've broken the plan, so we say, "I'll never consciously and purposely break this plan." That way, if you're out to a dinner and you get some protein and you didn't realize there's a little bit of flour in it and you find out after you had it, someone's talking about the recipe and there's a little bit of flour and you didn't realize that then you haven't broken the plan.

**Karri:** Okay.

**Dr. Glenn:** It's better to ask the waiter beforehand if there's any flour in it.

**Karri:** Right.

**Dr. Glenn:** That helps people though.

**Karri:** Yeah. That's what I usually do when I'm out to eat, so that's not a new thing for me.

**Dr. Glenn:** How confident are you that you're not going to binge for the next 30 days?



**Karri:** I think I could say I'm 100 percent confident that I won't binge for the next 30 days.

**Dr. Glenn:** Okay, even if your pig has other ideas or has an impulse or something like that.

**Karri:** Right, and I think what helps me think that is I want to revert, so I'm thinking about losing weight because I've gained weight since I've started bingeing. And really at this point today, now, lately, I want to stop bingeing just because I don't want to binge anymore. I got want food over me and it has nothing to do with weight. And so I think allowing myself to eat my breakfast, lunch, snack and dinner, even just in the consistency of that, just focusing on that one thing for 30 days will make a lot of difference.

**Dr. Glenn:** Yeah, and that's a very common path. People forget about the weight loss and they just want to stop bingeing, take the control back because then you can always make adjustments for weight loss later on.

**Karri:** Right.

**Dr. Glenn:** So are you really 100 percent confident that you're not going to binge for 30 days?

**Karri:** Yes.

**Dr. Glenn:** Being honest?

**Karri:** Yeah, I'm being honest. Just going back to my food plan, it's almost promising myself to let me eat, but then have a plan on it and put that



first and not focus on weight. If I take my mind off of the weight then for some reason it becomes very easy and it's almost insane how clear it makes you look at it, for me. I don't know, because you would think that you'd want to lose weight [Inaudible 00:33:05] before, but it's not.

**Dr. Glenn:** Karri, how does it feel to be 100 percent confident that you're not going to binge for the next 30 days?

**Karri:** It's freeing like a weight lifted off. Maybe I've been de-caged. I'd take the cage off of me and put it on the pig.

**Dr. Glenn:** That's exactly right. That's exactly what you did. Good for you.

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