

**Glenn Livingston, Ph.D.
And Libby
Recovering From Bulimia**

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Dr. Glenn: Hey, it's the very good Glenn Livingston with NeverBingeAgain.com and I am here with one of our first followers. Her name is Libby. How are you, Libby?

Libby: I'm not too bad. Thanks, Glenn.

Dr. Glenn: Me too. I've been looking forward to talking to Libby because Libby struggles with bulimia and we have a lot of people who come to us struggling with bulimia and wanting to use Never Binge Again for that. And I always make a fairly strong disclaimer before we talk about any of this. One is that I had exercise bulimia. I was never able to throw up. So I do have some experience with the psychology of it, but it was nowhere near in depth as I had with binge eating. And I hadn't worked with a lot of people with bulimia -- and I'd like to call them people with bulimia as opposed to bulimics, by the way. I hadn't worked with a lot

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GLENN LIVINGSTON Ph.D.

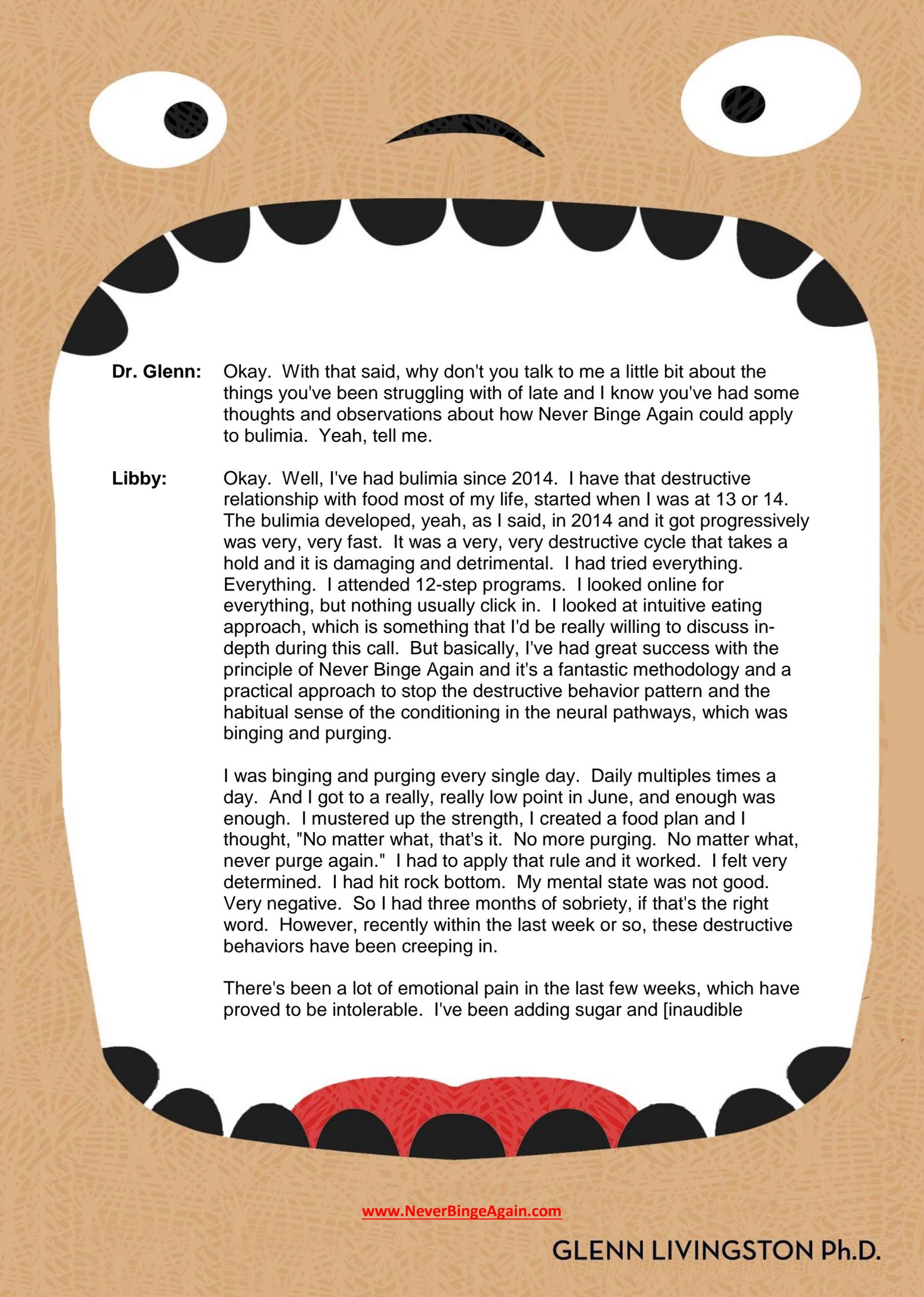


of people with bulimia in my personal practice and so I really did not write Never Binge Again for that purpose.

Furthermore, a lot of the opinions and directions that I give people through Never Binge Again and a lot of what seems to be working for the people who do decide to try it anyway when they have bulimia, a lot of it is against the standards of care for my practice. It's against the common consensus in my practice. I don't believe it's against the evidence. I've actually reviewed this with Dr. Higgins of Villanova University who's been amassing all of the eating disorders evidence and is on a project to propagate that information to all the professionals out there. But nevertheless, it is against the common consensus in my practice. And because bulimia can be very dangerous, if you want to do this, it really does have to be with the permission of your doctor.

I know we can't take people into the program without the permission of their doctor. And Libby and I have had some struggles with that 'cause we really wanted to take her and that we couldn't. And I just want you all to know that, so we're going to talk about some things. Maybe these options will help you. Technically, you're supposed to talk about them with your doctor and decide if there's something you want to implement or not. So with that, -- and I don't want to hurt anybody. So it's a bit of an experiment for me. I really don't want to hurt anybody, but with that, I don't want to withhold the information because it does seem to be helping some people and now you all know the context in which you can use that. Does that sound fair, Libby? What do you think about that?

Libby: Yep. I think that's really fair. Yup, definitely, Glenn.

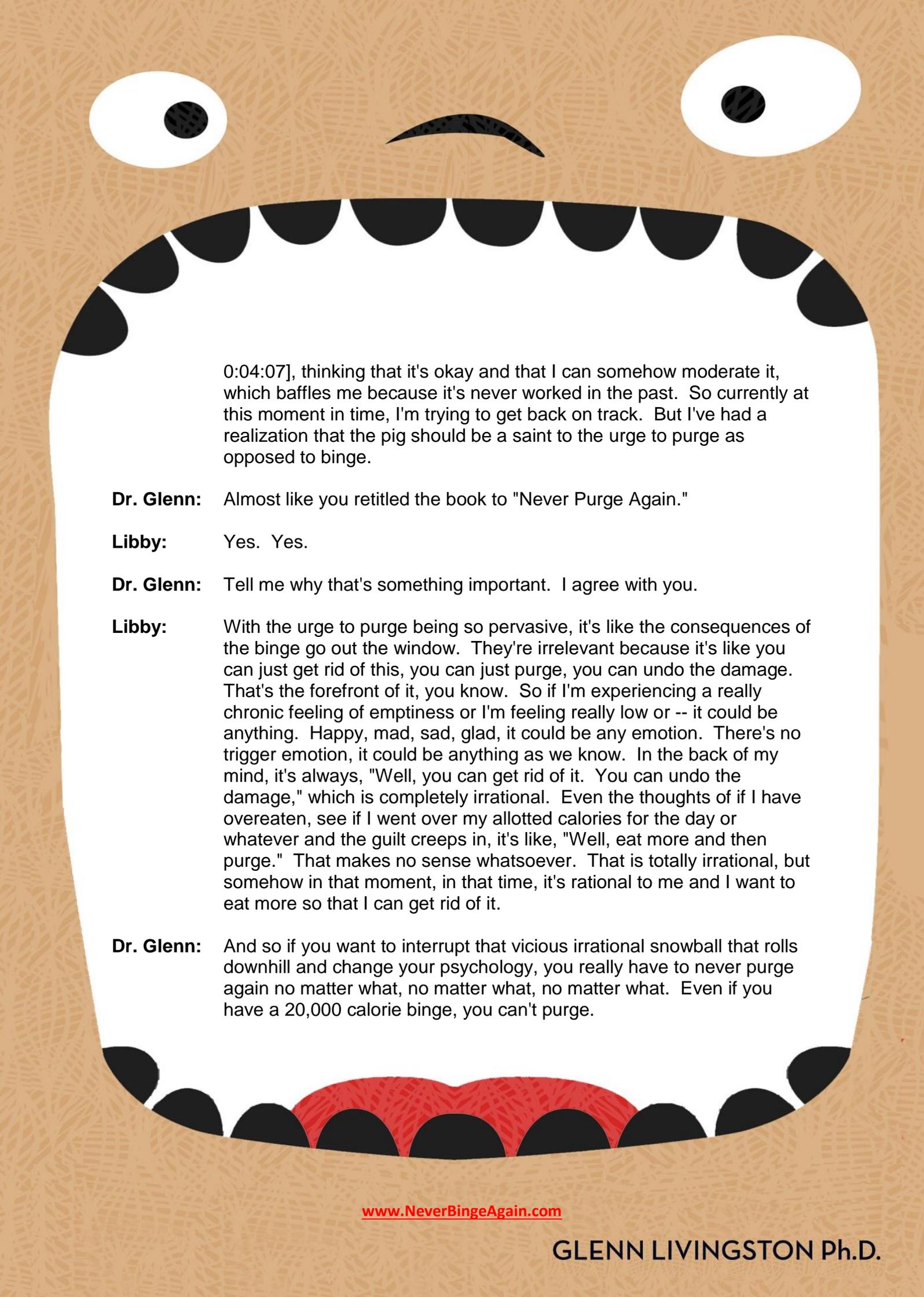


Dr. Glenn: Okay. With that said, why don't you talk to me a little bit about the things you've been struggling with of late and I know you've had some thoughts and observations about how Never Binge Again could apply to bulimia. Yeah, tell me.

Libby: Okay. Well, I've had bulimia since 2014. I have that destructive relationship with food most of my life, started when I was at 13 or 14. The bulimia developed, yeah, as I said, in 2014 and it got progressively very, very fast. It was a very, very destructive cycle that takes a hold and it is damaging and detrimental. I had tried everything. Everything. I attended 12-step programs. I looked online for everything, but nothing usually click in. I looked at intuitive eating approach, which is something that I'd be really willing to discuss in-depth during this call. But basically, I've had great success with the principle of Never Binge Again and it's a fantastic methodology and a practical approach to stop the destructive behavior pattern and the habitual sense of the conditioning in the neural pathways, which was bingeing and purging.

I was bingeing and purging every single day. Daily multiples times a day. And I got to a really, really low point in June, and enough was enough. I mustered up the strength, I created a food plan and I thought, "No matter what, that's it. No more purging. No matter what, never purge again." I had to apply that rule and it worked. I felt very determined. I had hit rock bottom. My mental state was not good. Very negative. So I had three months of sobriety, if that's the right word. However, recently within the last week or so, these destructive behaviors have been creeping in.

There's been a lot of emotional pain in the last few weeks, which have proved to be intolerable. I've been adding sugar and [inaudible]



0:04:07], thinking that it's okay and that I can somehow moderate it, which baffles me because it's never worked in the past. So currently at this moment in time, I'm trying to get back on track. But I've had a realization that the pig should be a saint to the urge to purge as opposed to binge.

Dr. Glenn: Almost like you retitled the book to "Never Purge Again."

Libby: Yes. Yes.

Dr. Glenn: Tell me why that's something important. I agree with you.

Libby: With the urge to purge being so pervasive, it's like the consequences of the binge go out the window. They're irrelevant because it's like you can just get rid of this, you can just purge, you can undo the damage. That's the forefront of it, you know. So if I'm experiencing a really chronic feeling of emptiness or I'm feeling really low or -- it could be anything. Happy, mad, sad, glad, it could be any emotion. There's no trigger emotion, it could be anything as we know. In the back of my mind, it's always, "Well, you can get rid of it. You can undo the damage," which is completely irrational. Even the thoughts of if I have overeaten, see if I went over my allotted calories for the day or whatever and the guilt creeps in, it's like, "Well, eat more and then purge." That makes no sense whatsoever. That is totally irrational, but somehow in that moment, in that time, it's rational to me and I want to eat more so that I can get rid of it.

Dr. Glenn: And so if you want to interrupt that vicious irrational snowball that rolls downhill and change your psychology, you really have to never purge again no matter what, no matter what, no matter what. Even if you have a 20,000 calorie binge, you can't purge.



Libby: Glenn, that would be really difficult. I think you'd literally have to [inaudible 00:05:49] 'cause that is the fear that that would be a fear that would be agitated from bingeing, but it's getting that thought overhead that you can just purge. And, you know, I said here -- and honestly, I was speaking to somebody about this the other day; I said, "If you go back in time, I wish I was one of those people that tried to purge," but were unsuccessful or they couldn't do it. I've had many, many, many people see that they were a failed bulimic and it makes me angry, Glenn. It makes me angry because I wouldn't wish it. My worst enemy, it's horrendous and it can take over your life if it's not arrested, if the thought is not arrested. It's like an inner demon that's worse than the pig.

Dr. Glenn: So Libby, let's say you had a 20,000 calorie binge and I'm not in favor of that. I'm in favor of never purging and never bingeing. I'm in favor of making a really simple food plan and sticking to it regularly, reliably having very steady, reliable even nutrition every day no matter what, no matter what, no matter what. That's what I'm in favor of. But let's say that you did have a 20,000-calorie binge and you didn't purge, what's the fear?

Libby: Weight gain. Guilt as well. See, the purging seems to get rid of the guilt. It's like a ha-ha, you know, you will not beat me. I will not gain weight. I can do this and I can get rid of it. And there's been studies showing there is something that happens in the brain with endorphins. But to go back to your question what would be the fear there? The fear would be guilt and weight gain and shame. Yup.

Dr. Glenn: What would happen if you had a 20,000-calorie binge and you felt horrendously guilty for a little while? What would happen?



Libby: Oh, I would probably cry. It would be excruciatingly painful to tolerate knowing that I could opt to purge.

Dr. Glenn: But what if you didn't purge and you felt guilty and you cried, then what would happen?

Libby: That's a good question because it's never happened. But I've thought about it. I have thought about it in the past. I don't know what would happen. I would gain weight. I do believe that I would gain weight.

Dr. Glenn: So if you felt guilty and ashamed and you cried and you felt horrible and you gained 20,000 calories, could be about four or five pounds, and you did that, then what would happen?

Libby: I just have to deal with the consequences really.

Dr. Glenn: And what would happen if you dealt with the consequences?

Libby: I feel like you know the answer, but I really don't know the answer. I don't know the answer to this question.

Dr. Glenn: Libby, it seems like what would happen is that you would experience the consequences and then you'd be less likely to binge again.

Libby: Okay. Yup.

Dr. Glenn: Am I wrong?



Libby: No, you're not wrong. I can't see that for sure because I've never experienced that before, but that seems very logical and that seems most likely would happen.

Dr. Glenn: That's the thing is that the purging protects people from the natural consequences of the binge.

Libby: Do you know, Glenn, even at that, yes, you're right, it does, but I'm the heaviest I've ever been in years. And it does damage to your metabolism and your body stores a lot of the food when you start to implement a regular eating pattern because the body is just [inaudible 00:08:48]. It's in fight or flight constantly. It doesn't know when it's going to get fed when you're bingeing and purging really erratically, so that could be seen as pig squeal that you're going to get rid of the calories and you're going to prevent weight gain.

Dr. Glenn: Is it more damaging to the body to have to process all that food or to deal with the consequences of the purging?

Libby: That's a good question. I think they're both equally. I mean, if you had 20,000 calories of refined sugar, I would be scared of the consequences.

Dr. Glenn: Maybe we should ask a doctor that. And we should ask which one is worse.

Libby: Yeah, that would be interesting.

Dr. Glenn: I personally believe from what I've seen that it's better to let the pig slop process through your body, deal with the consequences. I think you



need to intervene to deal with the guilt and shame because I think that the guilt and shame is also binge motivated.

Libby: Do you know what scares me, Glenn? You just hit something there. Do you know what scares me? I think the fear would be that if I did binge and I didn't purge, yeah, I would feel awful, but I will do it again. You know what I mean? So I would be stowed in the behavior but I wouldn't be purging, that could be a healthy fear.

Dr. Glenn: If you binge and you didn't purge, then you would binge again?

Libby: Mm-hmm. Then it could be another behavior cycle, another pattern, which I do not want to do.

Dr. Glenn: And that you'd become a big, fat person.

Libby: Exactly. Yep. 600 pounds, that's the fear.

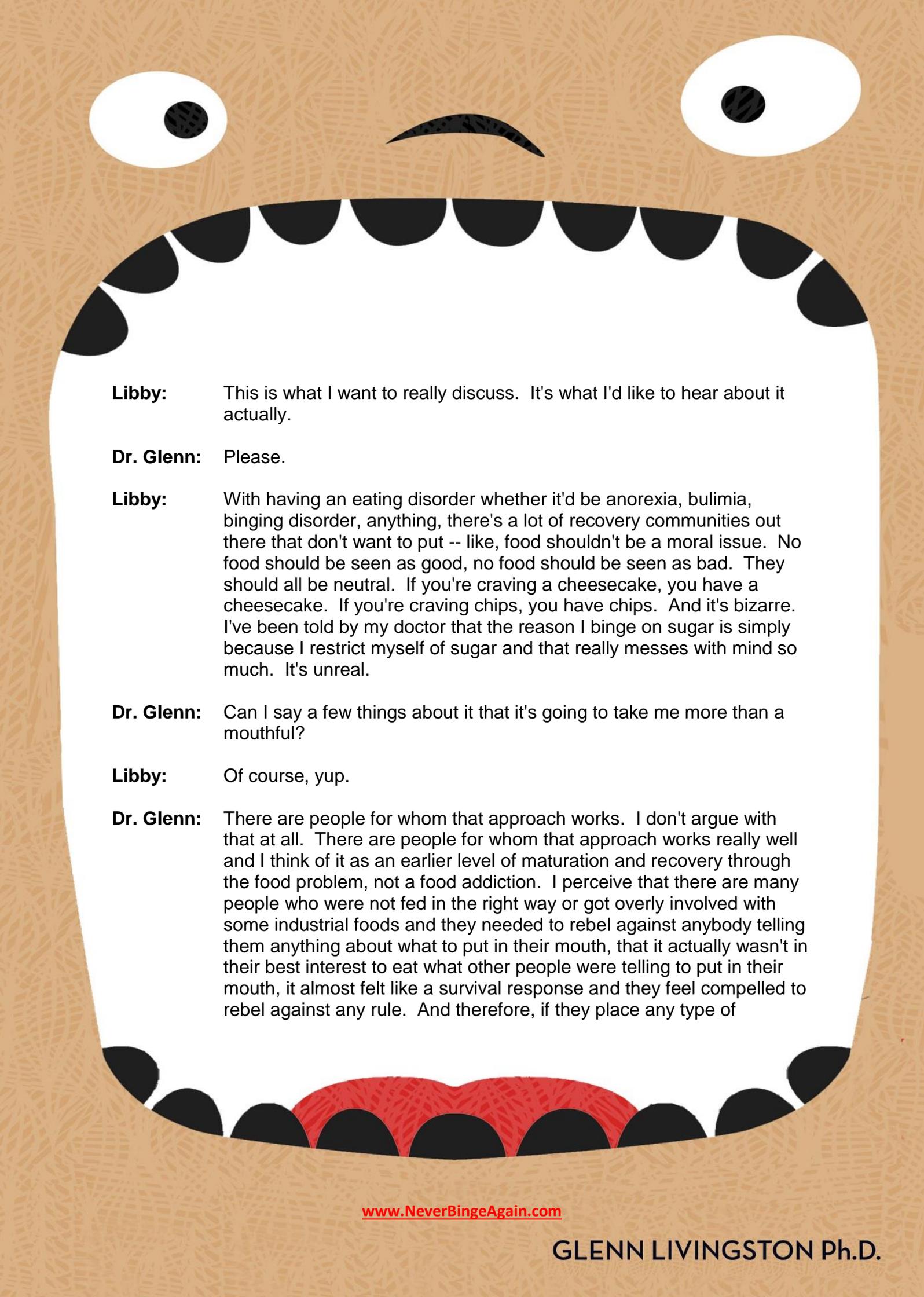
Dr. Glenn: Do you think you could get to 600 pounds?

Libby: Sometimes, Glenn, I feel so out of control with food that, yeah, I could. If I don't have any control over my foods, I could be 600 pounds for sure.

Dr. Glenn: Well, I understand that experience. There was a time when I felt like I could've been up to 600 pounds.

Libby: I mean, it's right at the moment, you know. Especially in America, there are really obese people.

Dr. Glenn: If you didn't have sugar and flour, could you get to 600 pounds?



Libby: This is what I want to really discuss. It's what I'd like to hear about it actually.

Dr. Glenn: Please.

Libby: With having an eating disorder whether it'd be anorexia, bulimia, bingeing disorder, anything, there's a lot of recovery communities out there that don't want to put -- like, food shouldn't be a moral issue. No food should be seen as good, no food should be seen as bad. They should all be neutral. If you're craving a cheesecake, you have a cheesecake. If you're craving chips, you have chips. And it's bizarre. I've been told by my doctor that the reason I binge on sugar is simply because I restrict myself of sugar and that really messes with mind so much. It's unreal.

Dr. Glenn: Can I say a few things about it that it's going to take me more than a mouthful?

Libby: Of course, yup.

Dr. Glenn: There are people for whom that approach works. I don't argue with that at all. There are people for whom that approach works really well and I think of it as an earlier level of maturation and recovery through the food problem, not a food addiction. I perceive that there are many people who were not fed in the right way or got overly involved with some industrial foods and they needed to rebel against anybody telling them anything about what to put in their mouth, that it actually wasn't in their best interest to eat what other people were telling to put in their mouth, it almost felt like a survival response and they feel compelled to rebel against any rule. And therefore, if they place any type of

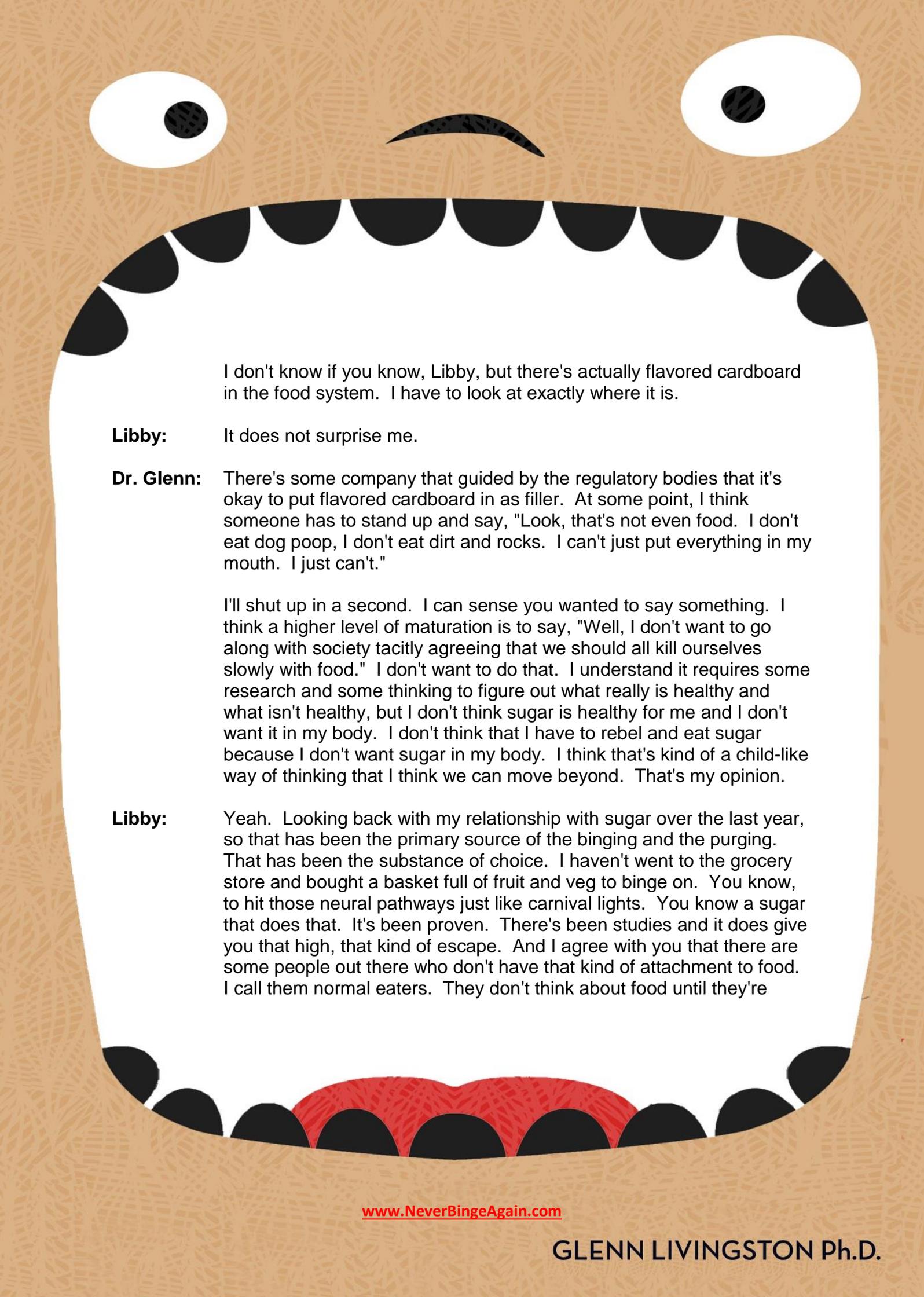


restriction on themselves whatsoever, or anybody else places a restriction and then sooner or later, they want to do the opposite. I do think that that's there. I also think that there are certain types of restrictions that create an authentic biological need in the body for carbohydrates, for example. I find that a lot of people that go to zero carbs, eventually they have a very strong craving for carbohydrates and it's very difficult for them to maintain zero carbs. Not everybody, some people can do zero carbs almost indefinitely. But most people that I work with who are trying to do zero carbs, they tend to bounce back with an extremely strong carbohydrate craving, and I think that's an authentic biological need. I don't think that's a psychological problem.

Okay. That said, I also think that in a natural environment where foods had not been made into drugs, that it would be easy to trust ourselves intuitively. Sugar, some people are fine with that, but I believe it's a drug.

Libby: Yup, a hundred percent, Glenn. Sugar is a drug to me. I've never ever had hotdogs in my life. Not fan of alcohol. Sugar is the main altering substance for me, hands down. Hands down.

Dr. Glenn: And I think it's a mature thing to be able to look at the food supply and say, "Well, that's not really food. It's not a matter of healthy or unhealthy, that's not really food." You know, refined white sugar, there is no nutrition in it. All the food substance of value has been removed from it. There's no guar or pectin or enzymes that help us assimilate the sugar in a way that doesn't interfere with our glycemic regulation system or insulin regulation system. It's not really food.



I don't know if you know, Libby, but there's actually flavored cardboard in the food system. I have to look at exactly where it is.

Libby: It does not surprise me.

Dr. Glenn: There's some company that guided by the regulatory bodies that it's okay to put flavored cardboard in as filler. At some point, I think someone has to stand up and say, "Look, that's not even food. I don't eat dog poop, I don't eat dirt and rocks. I can't just put everything in my mouth. I just can't."

I'll shut up in a second. I can sense you wanted to say something. I think a higher level of maturation is to say, "Well, I don't want to go along with society tacitly agreeing that we should all kill ourselves slowly with food." I don't want to do that. I understand it requires some research and some thinking to figure out what really is healthy and what isn't healthy, but I don't think sugar is healthy for me and I don't want it in my body. I don't think that I have to rebel and eat sugar because I don't want sugar in my body. I think that's kind of a child-like way of thinking that I think we can move beyond. That's my opinion.

Libby: Yeah. Looking back with my relationship with sugar over the last year, so that has been the primary source of the bingeing and the purging. That has been the substance of choice. I haven't went to the grocery store and bought a basket full of fruit and veg to binge on. You know, to hit those neural pathways just like carnival lights. You know a sugar that does that. It's been proven. There's been studies and it does give you that high, that kind of escape. And I agree with you that there are some people out there who don't have that kind of attachment to food. I call them normal eaters. They don't think about food until they're



hungry. They have this natural instinct to stop when they're full. I don't personally believe that I have that.

Dr. Glenn: Your meter is broken. Your meter is definitely broken. Yeah, I understand that.

Libby: Can it be fixed though, Glenn? That's the question, can it be fixed?

Dr. Glenn: My experience has been that if you're willing to go through a period of managing your food with your intellect where you don't insist on just naturally eating what you're craving, if you recognize that the craving meter is broken, the hunger meter is broken, the full meter is broken and use your intellect to really decide when and how and what you want to put in your mouth and you follow that for a year or two, then I find that your body does re-adjust.

So for example, I know that if I start to crave salty things, that my body really needs more greens and minerals. And overtime, I've really taught myself to crave a big salad with a lot of leafy greens and celery in it, those cravings will go away.

Libby: See, a binge for me, Glenn, never comes from hunger. It never comes from hunger. It always comes from an emotional void or a deep sadness or feeling happy. You know, it never really comes from a place of, "Oh, I'm really hungry."

Dr. Glenn: You're distracting yourself with food, is that the idea?

Libby: Hundred percent.



Dr. Glenn: You're also getting high with it, right? Since you agree that sugar is a drug, you're not just attracting yourself, you're also getting high with it.

Libby: Yes. Would you have any advice for how to not, I don't know, like, I know in the past people said, "Watch Netflix. Make a cup of herbal tea. Have a half bath," which is okay, but it is a hard one.

Dr. Glenn: Yeah. You're under the influence of a community that believes that you're powerless over those thoughts and feelings and that you have to make yourself feel better that you can't tolerate the emotional discomfort. Part of it is building a tolerance for the emotional discomfort. It's okay to be miserable sometimes. Life isn't a pain-free experience. It's okay. That doesn't mean you have to have a miserable life, but if something bad happens, it's okay to be miserable. You're reminded about something or just a few weeks is going to be the anniversary of my mother's death, first year, and I know I'm going to have a really unhappy day. I know it's going to be a really, really hard day for me.

Libby: I can relate to that, Glenn. I lost my mom eight years ago. So yeah, I know how hard it is.

Dr. Glenn: It's kind of why I said it. I know and I'm really sorry about that.

Libby: But you're right. You're a hundred percent right. Life isn't easy and we do get through in curved balls and bereavements. And I think it's just tolerating the painful emotions and discomfort. And knowing that it may feel like a kidney stone, but it will pass, which at the time, you don't think it will. You don't think it will. Well, it does in the past. Anyway, it's past.



Dr. Glenn: And, Libby, you know, we all have each other on this journey. You can reach out to other people who feel the similar pain. My sister and I, we're in constant contact about when we miss our mom. It doesn't make the pain go away, but it's just comforting to have company along the way.

Libby: Mm-hmm. Yeah.

Dr. Glenn: And the other thing that I like to think about is that my mom was so proud that I figured out something that could help her with her eating disorder. My mom had binged on chocolate. She binges at everything. She was just beginning to get Never Binge Again before she died. But just before she died, she let me coached her for one session before Halloween and she didn't binge on chocolate for Halloween and she said, "It's the first time in my life after 77 years that I haven't binged on all the chocolate on Halloween."

Libby: Wow, that's amazing. That's such a gift.

Dr. Glenn: Well, it is. And so, when I feel really, really sad that I'm going to miss my mom on Halloween or I'm going to miss my mom -- November 17th is the day that she died, I remember how proud she was and how much she would want me to move forward in my life. She doesn't want me to be a binge eater. She did feel guilty about the way that she fed me when I was a kid. So you can think about how you could honor your mom at those times. I can give you some other more practical strange tips.

One thing you can understand about a binge is that it comes from the activation of the fight or flight response. The fight part of that is a very aggressive part of the fight. It's actually a preparation to kill the enemy



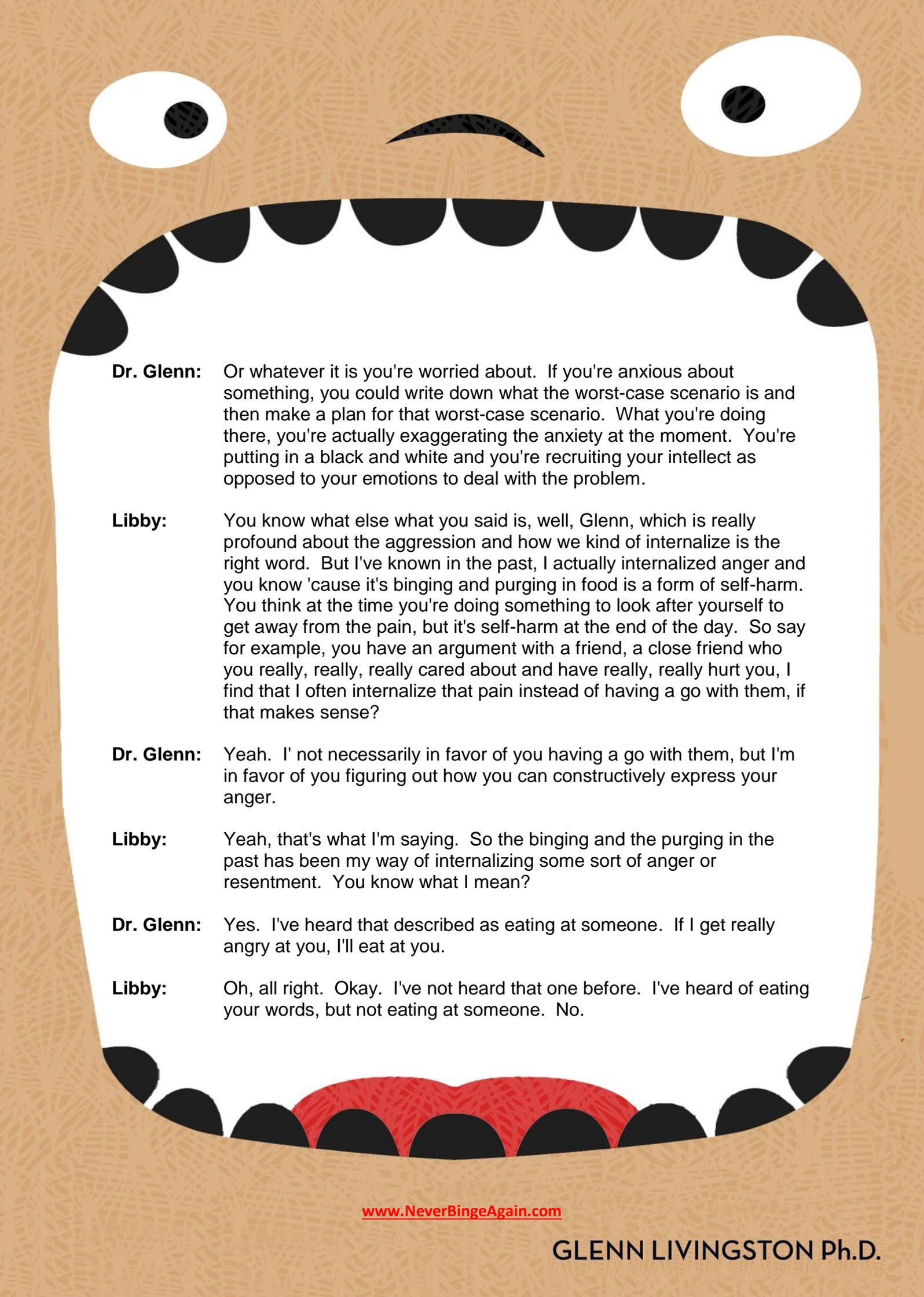
if necessary. That's where the fight part of the fight or flight response comes from. One thing you can do when you're feeling the urge to binge even if you're feeling sad or lonely, you can still try to drain some aggression from your body. And psychologically, the way you could do that, this is a really odd technique, I'm probably going to take a lot of slack for this, but I'm not telling you to act on these thoughts, I'm telling you to write them down.

If you have a journal and you write down all the people that you'd like to get even with in the world, people that have done bad things; maybe the people have done bad things to the world, people have done bad things to you, everybody that you might like to get revenge with at some point and you write down how you might like to get revenge with them. You're not going to do, but you just going to write it down. You keep a little revenge journal and get some of the aggression out of your system then. Libby, nice people like you and I, we tend to absorb a lot of aggression and get very, very sad. Not everybody is like that. A lot of people, when aggression comes out, then they throw aggression back harder. So nice people like us, we need some ways to at least in fantasy get some of that aggression out. And believe it or not, that can help you. That can help you through an emotionally difficult time.

You could also journal about how you could honor the person that you're missing, that you're feeling sad about. You could journal about what the worst-case scenario would be. I did that with you in a way today. Do you see I'm saying?

Libby:

Yup. What kind of worst-case scenario would be of engaging in the behavior without trying to undo the damage?



Dr. Glenn: Or whatever it is you're worried about. If you're anxious about something, you could write down what the worst-case scenario is and then make a plan for that worst-case scenario. What you're doing there, you're actually exaggerating the anxiety at the moment. You're putting in a black and white and you're recruiting your intellect as opposed to your emotions to deal with the problem.

Libby: You know what else what you said is, well, Glenn, which is really profound about the aggression and how we kind of internalize is the right word. But I've known in the past, I actually internalized anger and you know 'cause it's bingeing and purging in food is a form of self-harm. You think at the time you're doing something to look after yourself to get away from the pain, but it's self-harm at the end of the day. So say for example, you have an argument with a friend, a close friend who you really, really, really cared about and have really, really hurt you, I find that I often internalize that pain instead of having a go with them, if that makes sense?

Dr. Glenn: Yeah. I'm not necessarily in favor of you having a go with them, but I'm in favor of you figuring out how you can constructively express your anger.

Libby: Yeah, that's what I'm saying. So the bingeing and the purging in the past has been my way of internalizing some sort of anger or resentment. You know what I mean?

Dr. Glenn: Yes. I've heard that described as eating at someone. If I get really angry at you, I'll eat at you.

Libby: Oh, all right. Okay. I've not heard that one before. I've heard of eating your words, but not eating at someone. No.



Dr. Glenn: What do you need in order to restore your confidence that you're never going to purge again?

Libby: Never purge again and I need to a hundred percent, 110 percent confidence to never purge again no matter what, no matter what, no matter what.

Dr. Glenn: Why does your pig say that you have to purge again? That you're going to purge again?

Libby: Because it is stored in the brain and I know it's always there, and it's like the monkey on your back. That's what I can explain that is it's the monkey on your back. And I love monkeys, but it's like the monkey on your back, that voice.

Dr. Glenn: It's always there. Why else are you going to purge again according to your pig?

Libby: 'Cause I might eat too much, I might feel guilt, I might lose control. That's what's coming at me right now when I'm thinking. Brainstorming even.

Dr. Glenn: So you'd have to get rid of the guilt after a binge, you might lose control. And why else?

Libby: Because I've always done it. Not always done it, but it's stored in that brain of mine up there, you know. It's the pathway that when activated, I feel like I need an electrician to rewire the brain because it's just like a spark plug and it's reignited those neural pathways. Wire together fire together. I guess it's like a smoker lighting up a cigarette on a night out



and then I had one too many drinks,] I'll just have a puff and then the next day, they want to have a cigarette, you know. That's all it takes. One puff is what it takes. One purge is what it takes to go back down that slippery slope and I really don't want to go back there. I really don't.

Dr. Glenn: So help me find the lies in all these things that your pig is saying, okay?

Libby: Mm-hmm, yup.

Dr. Glenn: The pig says that it's always there. That pathway is always there in the back of your mind. It's like a monkey on your back, you can't get rid of it. Sooner or later you're going to use it. Where is the lie in that?

Libby: I don't like this word, but the longer you abstain or refrain from the behavior, the stronger new pathways develop. That makes sense?

Dr. Glenn: Yes.

Libby: So yeah. Basically, extinguishing the fire. It's getting a fire extinguisher, the longer you refrain from doing the behavior, it gets easier because I've known that from experience, Glenn. I've managed it before, I can do it again.

Dr. Glenn: Your brain is active and learning. And it's active and adaptive also, so it's going to follow you. If you say I'm going to train you to stop purging and you have this surge, and when I disconnect those two wires and I'm going to connect it here instead, to something healthy instead, your brain will learn.

Libby: Yup, it will.



Dr. Glenn: What about when the pig says you have to get rid of the guilt after binging by purging, you absolutely have to do that. Where is the lie in that?

Libby: Well, you don't have to. You can sit with the consequences and deal with the discomfort because it would be more uncomfortable in the long run if you go back there in that black hole of despair and feel hopeless.

Dr. Glenn: A lot more comfortable. What if the pig says that you might lose control?

Libby: Well, I'll just need to reinforce more rules a little bit stronger with regards to eat. Be more intellectual like you said, you know.

Dr. Glenn: What are your rules, Libby? What are you trying to follow?

Libby: My rules are no sugar. No refined sugar whatsoever. Eat when hungry because I find it hard to -- like a designated meal plan of three meals, three snacks, three meals a day at certain times. Just eat a healthy balanced diet, no sugar and just be careful with fruit. Stick to whole fruit and berries. I have to eliminate some of the fruits because always eating them, like eat pink lady apples in the winter because they were so sweet, so yeah.

I know my main aim is to never purge again and no refined sugar that's why I'd like to keep the rules as simple as because I'm one that, A, overcomplicates things. That's why I believe I was never good at math. And B, I remember my primary school teacher, preschool in the States, they said to my mom, "If Libby concentrated as much time and effort on herself," I think that was what everyone else was doing, "she'd gotten a



lot better." I was always looking at other people what were they doing. What would I do? I mean, I was never really concentrated on me. I was always distracted by what other people were doing.

Dr. Glenn: I 100 percent believe that if you never purge again and you eat no refined sugar again, I think you'll be fine. And then as a guideline, just eat when you're hungry. You can't use your only eat when you're hungry rule because it's an internal subjective thing, but you can make it a guideline.

Libby: I don't know what you mean. What do you mean by that, Glenn?

Dr. Glenn: In order for something to be a Never Binge Again rule, it's got to have a very bright clear line that separates healthy behaviors from unhealthy behavior. And you can't make a bright clear line about eating when you're hungry 'cause it's very subjective and internal. If I asked 10 people to follow you around and tell me did you eat when you were hungry or not, they wouldn't know. And your pig can always say, "Oh, baby, we're hungry. Come on, let's go." Or it can say, "We're not full yet, let's keep eating." So, it's not possible to use Never Binge Again to only eat when you're hungry, that doesn't mean it's a bad idea. Only eating when you're hungry is a good idea, but it's a guideline.

Libby: Yep. Within reason, yeah, totally. Totally. And the stop when full is just as like eat when hungry, stop when full is a very, very hard one because it's a grey area and it's subjective stop when you're full.

Dr. Glenn: What I tell people to do is they could have rules that define what a meal is, like every one hour from the first calorie to the last and maybe there needs to be at least three hours from the last calorie of the previous meal from the first calorie of the next one. If they really want



something that's very objective to control when and how much they eat, most people are content to just make it a guideline.

Libby: Yep, that makes sense.

Dr. Glenn: When you pig says that you might lose control, where is the lie in that?

Libby: Well, I might lose control. I might eat too much. It's what I do after. It's always a choice. You continue eating or you stop because we're not powerless, Glenn. We're not powerless over food. We have complete power.

Dr. Glenn: Which I believe.

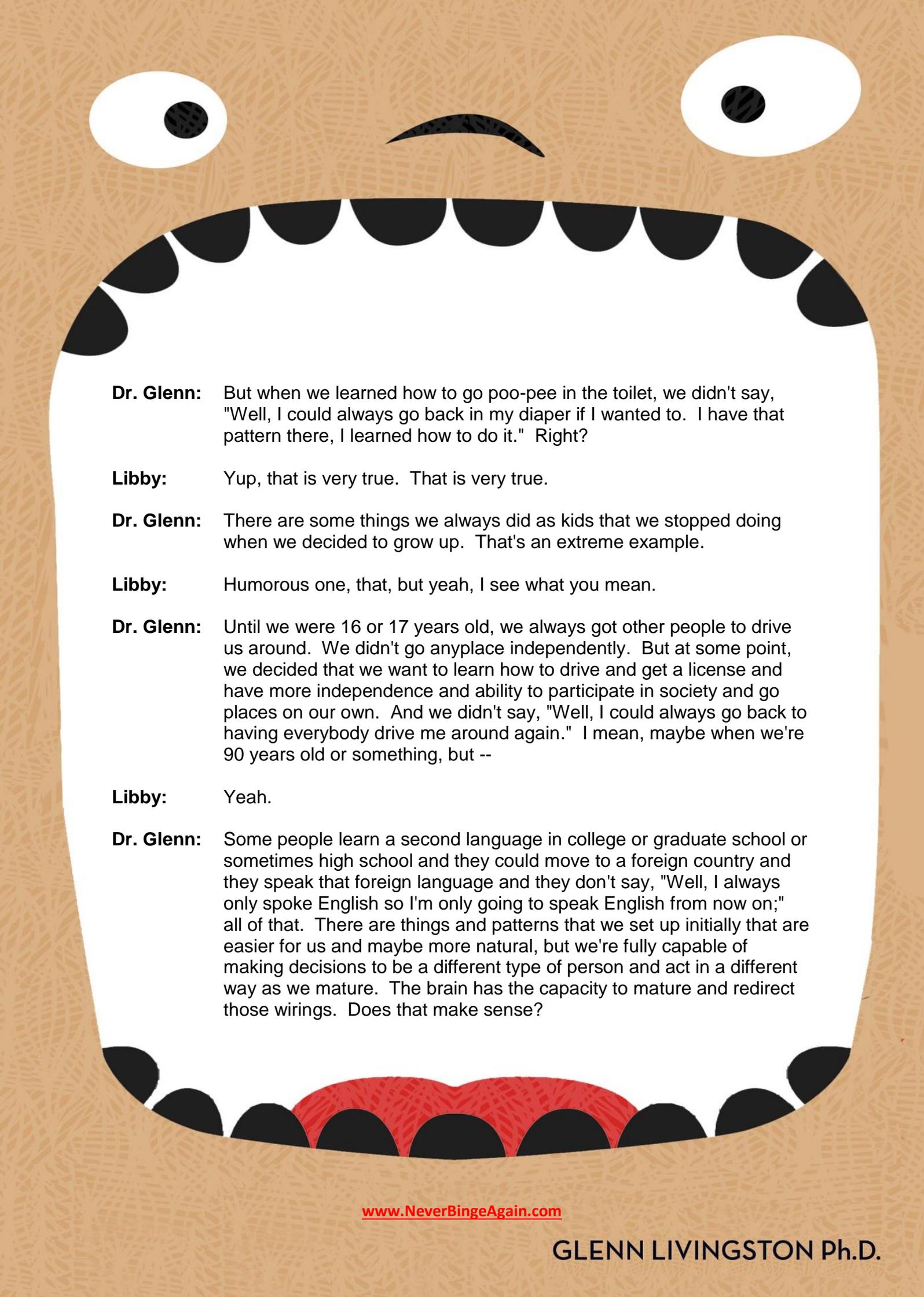
Libby: Yep, I believe it too. Deal with the consequences or stop. Stop in your tracks. Be more mindful when I'm eating.

Dr. Glenn: What about when the pig says that you always have so you always will?

Libby: Well, this is a hard one because, yes, it is always an option as everything in life. You know, we have the power for the choice. We choose to do it. And unfortunately, Glenn, that thought will always be in my head. I do believe that thought will always be in my head that I can try and purge, so I need to -- not quite sure what I can do to write that off. If I could erase it from my brain, I would. I can.

Dr. Glenn: For several years most of our lives or at least a year most of our lives, we went poo-pee in a diaper instead of the toilet. Right?

Libby: Right. That's very true, yeah.



Dr. Glenn: But when we learned how to go poo-pee in the toilet, we didn't say, "Well, I could always go back in my diaper if I wanted to. I have that pattern there, I learned how to do it." Right?

Libby: Yup, that is very true. That is very true.

Dr. Glenn: There are some things we always did as kids that we stopped doing when we decided to grow up. That's an extreme example.

Libby: Humorous one, that, but yeah, I see what you mean.

Dr. Glenn: Until we were 16 or 17 years old, we always got other people to drive us around. We didn't go anywhere independently. But at some point, we decided that we want to learn how to drive and get a license and have more independence and ability to participate in society and go places on our own. And we didn't say, "Well, I could always go back to having everybody drive me around again." I mean, maybe when we're 90 years old or something, but --

Libby: Yeah.

Dr. Glenn: Some people learn a second language in college or graduate school or sometimes high school and they could move to a foreign country and they speak that foreign language and they don't say, "Well, I always only spoke English so I'm only going to speak English from now on;" all of that. There are things and patterns that we set up initially that are easier for us and maybe more natural, but we're fully capable of making decisions to be a different type of person and act in a different way as we mature. The brain has the capacity to mature and redirect those wirings. Does that make sense?



Libby: It does make sense a hundred percent. In reflection, I could say, "Okay, that was a period of my time where I -- with that behavior pattern, not a destructive behavior pattern. That was a time and I don't do that anymore. I've moved on." You know?

Dr. Glenn: Yeah. What about when the pig says one purge is all it takes? Just like one puff of the cigarette is all it takes and you can't avoid having one purge, so therefore, you're going to purge again?

Libby: That was kind of my understanding of, but that is true because the pig would say that, "Well, you purged last night so you know it's going to be harder today because you reignited that pathway, so yup, I'm going to make it harder for you today." So I can just say, "Well, no. Actually, it can stop here." But moving forward, but not looking back. I'm not going back that way. Just learn from the mistakes. Never feel you're older, just keep going.

Dr. Glenn: There you go. How confident are you feeling, Libby?

Libby: Actually, I'm really confident. I have the power and I know that sounds quite egocentric like I have the power, but it's true. There's nobody driving me to the supermarket to buy all this binge food, it's me. And I have the choice and I have the power. I have the power to do it and I have the power to stop doing it, so it's do or die. Okay, that's extreme, Glenn, but it's true. It's do or die.

Dr. Glenn: Well, the behavior is killing you slowly, definitely. I think you've had enough.

Libby: Take off the ride.



Dr. Glenn: Why and you prove you can off the ride. You're off the ride for a couple of months.

Libby: That's it.

Dr. Glenn: It's not a fun ride. It's not worth it.

Libby: It's actually not. It's been great talking to you, Glenn. It's been absolutely amazing. I wish we could talk for longer, but I know time is limited.

Dr. Glenn: Do you have any questions?

Libby: Well, yes. Probably have to deal with the guilt and shame after overeating.

Dr. Glenn: Well, if there's anything that you need to do to figure out what has to change in your food plan or change in how you're taking care of yourself, then take the time to write that out. You need to go through that action. Once that's taken care of, you could let it go. It's indulgent to allow the guilt to take hold after that. It's not in your best interest and it's not in anybody around you best interest either.

Libby: Because we both know that the guilt, the shame, and the remorse acts as a catalyst to the pig. It's almost like feeding the pig. It's like giving it pig slop.

Dr. Glenn: Yeah, it's a mild perversion. It's a form of sadomasochism and I don't want you to do that.



Libby: No, definitely not. Okay, thank you. Thanks for your time, Glenn. It's been a pleasure.

Dr. Glenn: Thank you for your time. I have every confidence in you. I know you can do this.

Libby: Thank you, Glenn.

Dr. Glenn: Thanks for your time and attention. If you need personal coaching to fix your food problem fast, please visit FixYourFoodProblem.com. FixYourFoodProblem.com. If you'd like to become a certified professional Never Binge Again independent coach and turn your passion for Never Binge Again into a lucrative, rewarding and fun career, please visit BecomeAWeightLossCoach.com. That's BecomeAWeightLossCoach.com where you can attract high-paying clients by leveraging my credibility and the Never Binge Again brand and help them stop overeating and obsessing about food so they can achieve their health and fitness goals at BecomeAWeightLossCoach.com. That's BecomeAWeightLossCoach.com. Thanks.

For more information on how to fix your food problem fast please visit

www.FixYourFoodProblem.com

And if you'd like to help OTHERS fix their food problem using the Never Binge Again Method please visit

www.BecomeAWeightLossCoach.com

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