

Glenn Livingston, Ph.D. and Lisa Woodrum Demo

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Dr. Glenn: Hey, this is the very good Dr. Glenn Livingston with Never Binge Again and I am here with Lisa Woodrum, one of my favorite coaches. How are you, Lisa?

Lisa: I'm good. Thank you, Glenn.

Dr. Glenn: Good. Well, today, I wanted to give you a little bit of a sense of Lisa's background and some of the issues that she deals with most frequently and some of the unique perspective that she has on Never Binge Again coaching and anything else that Lisa really wants to talk about. So we've done this before, so maybe just a brief overview of your background and history with Never Binge Again, a little bit of your personal weight loss story, what you do professionally and then what you're doing now.

Lisa: Sure, Glenn. In my 40s, I've had three kids and I had been up and down and kind of just let myself go. I was about 250 pounds. And one day, I just decided that I wasn't going to live that way again and I didn't -- in some respects, I didn't. And I stopped eating a certain way and I started eating a new way and I started to lose weight. And there were a lot of learning experiences on the way and I had to change things



and do things differently as I got to new low weights, but I did lose weight.

I'd say about three quarters of the way, I was introduced to the book, *Never Binge Again*, and I loved it and I agreed with so much of what it said and I loved the idea of the pig. And I actually never thought of it that way. There were a lot of ideas that I kind of had been doing all on my own and I'm like, "Oh yeah, this is agreeing with what I've been doing." And then other ideas like I never really had addressed the pig and I liked the idea of the pig because it really defines my self-destructive side. I mean, I call it self-destructive. I know it's a natural instinct going awry, our lizard brain. But I really liked that idea, I loved the book, I thought it was entertaining and a great way to live and I practice it now. It's helped me a lot with not bingeing.

Originally, when I was losing the weight, I would lose weight, lose weight, lose weight, but I was really still struggling with bingeing even though I was losing weight and I would have days that I just let go and not care and let go of my rules. And now, I've kind of learned to structure my eating so that I don't binge, but I can allow myself to eat the way that I want without getting too hungry and feeling the need to binge any more.

Dr. Glenn: You feel satiated and like you've got enough freedom, but one bite of a cupcake doesn't turn into 15.

Lisa: No, it definitely doesn't.

Dr. Glenn: Are you about at the weight that you want to be or do you still want to go a little further?



Lisa: I'm not really sure. I'm a fitness person so I'm really looking at trying to figure out where my weight should be so I fluctuate a little bit right now. But my food plan is structured so that I'm not really going to lose weight really quickly or gain weight really quickly. So I've been maintaining right about where I am for a while.

Dr. Glenn: It's sort of like within about five, ten percent of where you want to be.

Lisa: Yeah. Yeah.

Dr. Glenn: Okay. Well, which leads me to the thing that I know you wanted to talk about, which was how people manage the scale when they get obsessed with it, kind of a more constructive way to work with it. Tell me a little bit about that in your experience with your clients.

Lisa: Okay. So I get two responses from the clients with the scale -- well, a couple things. There is one thing that's going on obsessive weighing, like weighing first thing in the morning, eating breakfast, then weighing again, then going to the bathroom and then weighing yourself again. And I mean, I think that's just silly because it's not real weight.

When we think about being overweight and wanting to lose weight, we aren't thinking about just having less food in our stomach. We're not trying to lose weight in our digestive system. We're trying to lose excess fat and change our body composition. So it's silly to think about the scale and the minutia like that and just think that's even anything meaningful, but we still do it and I do understand it because sometimes it's motivating to get on the scale to see you've lost weight. But I had to set some rules with some of my clients about weighing yourself once a day, and you weigh it, that's your number, you live with it and move on.



Dr. Glenn: My uncle used to cut his hair if the number wasn't low enough.

Lisa: Yeah. So that's kind of silly. There's two things that the pig can say when you get on the scale and read what it says. So the first thing is you didn't lose weight or you didn't lose as much as you wanted and the pig will say, "It's not working or you're not losing weight fast enough." And that's silly because there's two ways to look at it. If you've just weighed yourself and it's been less than two weeks and you didn't lose weight, then it's not really enough time to make a decision and come to that conclusion. And if you have been following your plan and you're not losing weight, you might want to adjust your plan. But if you haven't been following your plan and you're not losing weight, then you need to stay on your plan.

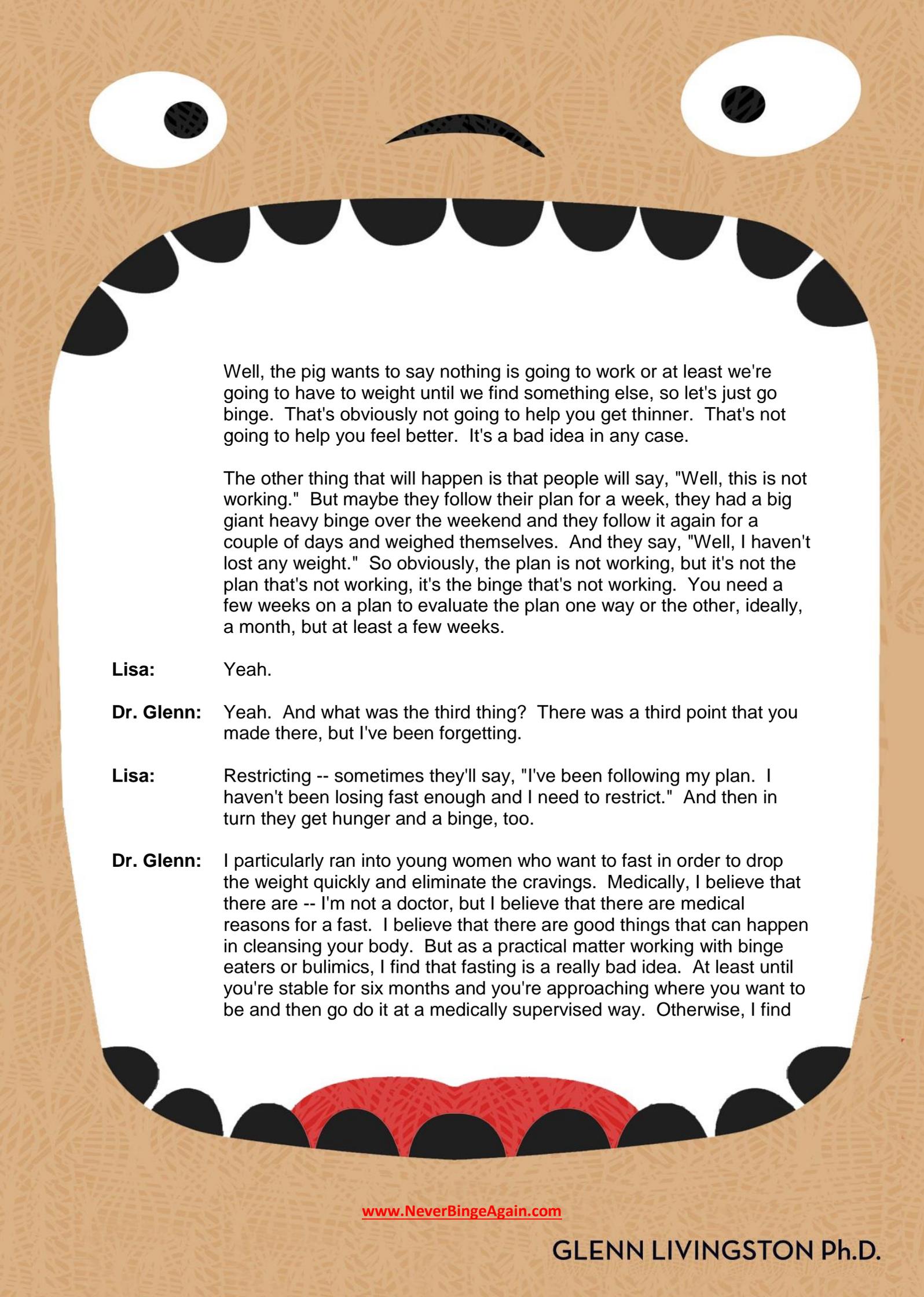
Dr. Glenn: I hear this a lot also. See, there's a second part of the squeal, which says this is not working or it's not fast enough and therefore we should just binge because obviously, that's going to work.

Lisa: Exactly.

Dr. Glenn: But that's the best way to lose weight.

Lisa: Right. It's a common complaint that I get. It's not working. It's like, "Well, what do you want to do about it?" And a lot of times people want to restrict more and that I don't recommend. If you haven't been following your plan, following your plan will help.

Dr. Glenn: Let's just drill down on this a little bit because you're saying a lot of important things and I see the same problem over and over again. Okay. So the phenomenon is I haven't lost weight, I haven't lost enough, maybe I've gained weight. And how do you interpret that?



Well, the pig wants to say nothing is going to work or at least we're going to have to weight until we find something else, so let's just go binge. That's obviously not going to help you get thinner. That's not going to help you feel better. It's a bad idea in any case.

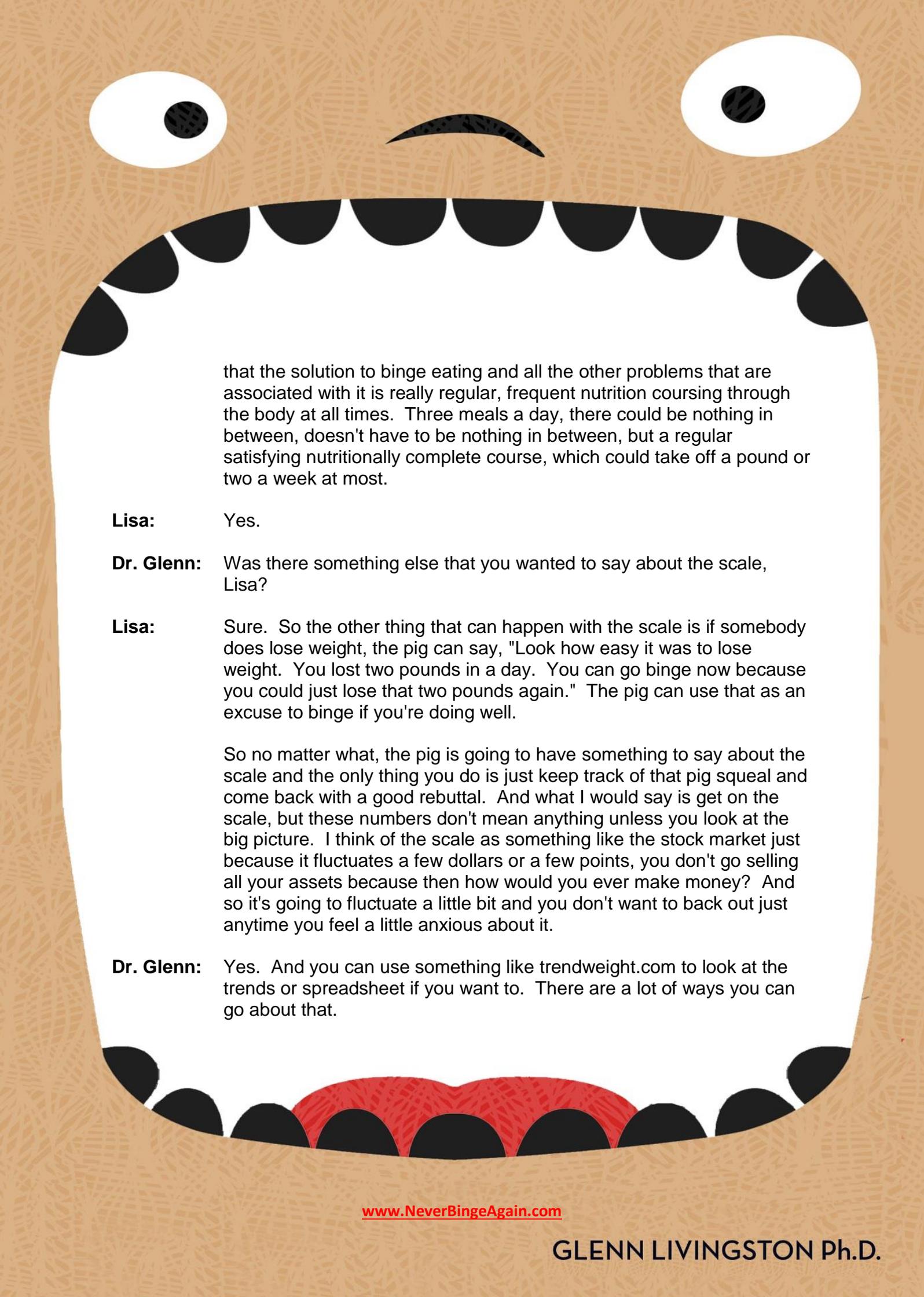
The other thing that will happen is that people will say, "Well, this is not working." But maybe they follow their plan for a week, they had a big giant heavy binge over the weekend and they follow it again for a couple of days and weighed themselves. And they say, "Well, I haven't lost any weight." So obviously, the plan is not working, but it's not the plan that's not working, it's the binge that's not working. You need a few weeks on a plan to evaluate the plan one way or the other, ideally, a month, but at least a few weeks.

Lisa: Yeah.

Dr. Glenn: Yeah. And what was the third thing? There was a third point that you made there, but I've been forgetting.

Lisa: Restricting -- sometimes they'll say, "I've been following my plan. I haven't been losing fast enough and I need to restrict." And then in turn they get hunger and a binge, too.

Dr. Glenn: I particularly ran into young women who want to fast in order to drop the weight quickly and eliminate the cravings. Medically, I believe that there are -- I'm not a doctor, but I believe that there are medical reasons for a fast. I believe that there are good things that can happen in cleansing your body. But as a practical matter working with binge eaters or bulimics, I find that fasting is a really bad idea. At least until you're stable for six months and you're approaching where you want to be and then go do it at a medically supervised way. Otherwise, I find



that the solution to binge eating and all the other problems that are associated with it is really regular, frequent nutrition coursing through the body at all times. Three meals a day, there could be nothing in between, doesn't have to be nothing in between, but a regular satisfying nutritionally complete course, which could take off a pound or two a week at most.

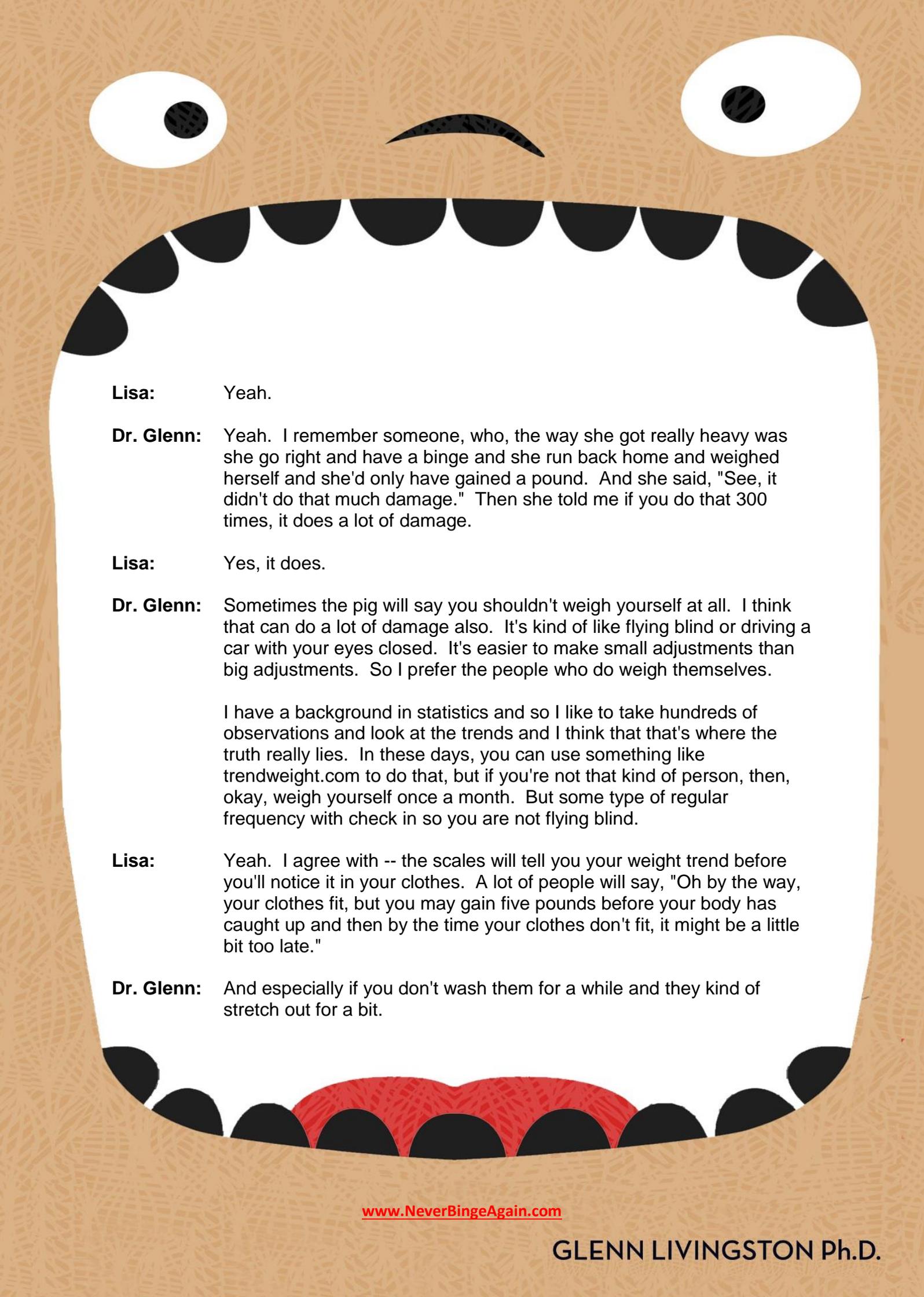
Lisa: Yes.

Dr. Glenn: Was there something else that you wanted to say about the scale, Lisa?

Lisa: Sure. So the other thing that can happen with the scale is if somebody does lose weight, the pig can say, "Look how easy it was to lose weight. You lost two pounds in a day. You can go binge now because you could just lose that two pounds again." The pig can use that as an excuse to binge if you're doing well.

So no matter what, the pig is going to have something to say about the scale and the only thing you do is just keep track of that pig squeal and come back with a good rebuttal. And what I would say is get on the scale, but these numbers don't mean anything unless you look at the big picture. I think of the scale as something like the stock market just because it fluctuates a few dollars or a few points, you don't go selling all your assets because then how would you ever make money? And so it's going to fluctuate a little bit and you don't want to back out just anytime you feel a little anxious about it.

Dr. Glenn: Yes. And you can use something like trendweight.com to look at the trends or spreadsheet if you want to. There are a lot of ways you can go about that.



Lisa: Yeah.

Dr. Glenn: Yeah. I remember someone, who, the way she got really heavy was she go right and have a binge and she run back home and weighed herself and she'd only have gained a pound. And she said, "See, it didn't do that much damage." Then she told me if you do that 300 times, it does a lot of damage.

Lisa: Yes, it does.

Dr. Glenn: Sometimes the pig will say you shouldn't weigh yourself at all. I think that can do a lot of damage also. It's kind of like flying blind or driving a car with your eyes closed. It's easier to make small adjustments than big adjustments. So I prefer the people who do weigh themselves.

I have a background in statistics and so I like to take hundreds of observations and look at the trends and I think that that's where the truth really lies. In these days, you can use something like trendweight.com to do that, but if you're not that kind of person, then, okay, weigh yourself once a month. But some type of regular frequency with check in so you are not flying blind.

Lisa: Yeah. I agree with -- the scales will tell you your weight trend before you'll notice it in your clothes. A lot of people will say, "Oh by the way, your clothes fit, but you may gain five pounds before your body has caught up and then by the time your clothes don't fit, it might be a little bit too late."

Dr. Glenn: And especially if you don't wash them for a while and they kind of stretch out for a bit.



Lisa: Yes. Or if you don't buy new clothes, you have like the same pair of jeans that you've kind of stretched and they've grown with you, or if you're wearing yoga pants all the time.

Dr. Glenn: Or if you're wearing yoga pants all the time. I have to be careful about that kind of thing because I use to wear a suit all the time, and ever since I've been doing most of my work online, I'm mostly working like shorts and a T-shirt because I run over to the studio or run over to the CrossFit. I'll get dressed to go out to dinner or something like that. But otherwise, I don't really have that feedback from my clothes, so I really have to rely on the scale.

Lisa: Yes. Yes. Yeah. I think that was a big thing when I was heavy. It was really easy to just let myself go because I wouldn't buy anything that was fitted because I kind of knew that I was just gaining and gaining and gaining. I remember like, it was so depressing like nothing fit. I didn't have any clothes. I had to go to work in professional outfit and nothing fit and I was like going to work in sweatpants because nothing fit. It was pretty embarrassing.

Dr. Glenn: Yeah, and you start to feel worse about yourself when you do that. Is there anything else you'd like to say about the scale or any other insights you've have about clients, maybe not having to do with the scale, but she want to underscore for people?

Lisa: I guess what I would say is the scale is going to give us some insight, but I think it's more important to measure how close you're adhering to your plan, whether your plan is measuring your food or making sure that you're adhering to it, that's really what you to want to keep track of



and not think of the scale as an indicator of your success, but whether you followed your plan.

Dr. Glenn: You know, that's a brilliant way to say it and I don't know that I've heard anybody put it like that before. Because really, it's the inability to follow a plan that got you fat in the first place, right?

Lisa: Mm-hmm.

Dr. Glenn: That's what caused all the trouble. If you have the ability to follow a plan, even if it's not the perfect plan, even if that plan is not taking the weight off yet, then you know you will be able to adjust the plan and work out those numbers because it's just a math problem. It's really largely just a math problem. A little more exercise, a little less industrial food, you can figure that out. But if you can't stay in the plan, then you're going to run around in this emotionally confused state all the time and your pig is going to fool you and say, "It is the plan. It's not the fact that we're bingeing," and you're going to feel powerless and confused and upset.

Lisa: Yeah. And it's not even just the weight or the way that your body looks. It's sometimes just the crazy circus in your head about the pig squeal and fighting it and going back and forth and the drama and just being free of that is just a great thing.

Dr. Glenn: Fabulous. So anything that I should have ask you that I didn't, Lisa?

Lisa: Not that I can think of.

Dr. Glenn: What's your favorite experience working with a client? What's your favorite moment when you're working with a client?



Lisa: Oh, I've had a lot of good moments with clients. I guess it's just nice to see that they, in the beginning, some of the ones that were struggling come to be able to follow their plan when originally they thought they couldn't because their pig was telling them that they couldn't. I think that's a great experience.

Dr. Glenn: Some people will come in and say, "You know what, I'm a really tough case. I know you've had a lot of success. I know this is a really cool method. I get it, but it's not going to work with me. I'm a really, really tough case. It's impossible." And that's just one more squeal. That's all it is.

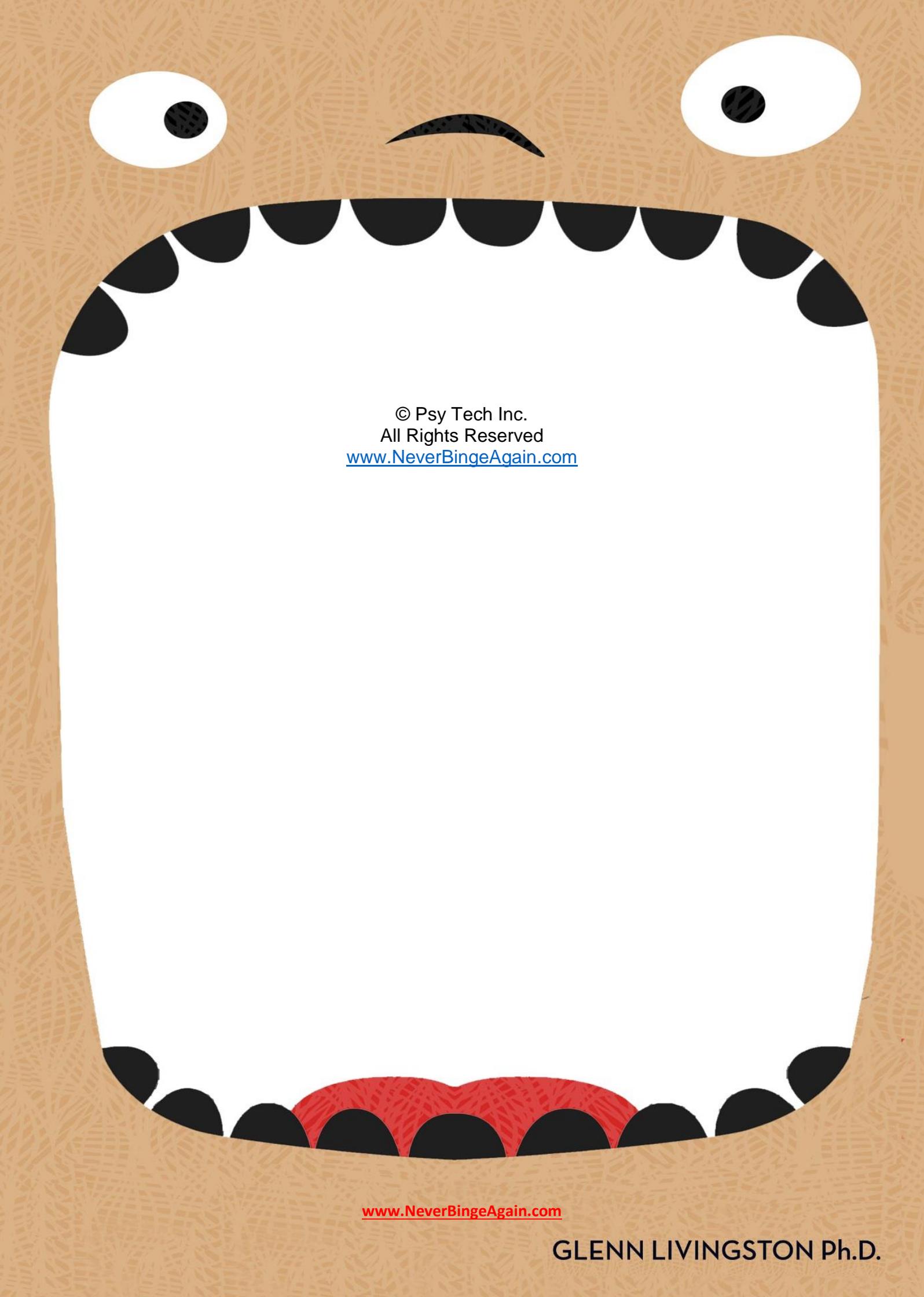
Lisa: Mm-hmm. Yeah.

Dr. Glenn: Okay. Well, Lisa, you are definitely one of my favorite coaches and if you're all listening to this, then Lisa is one of several people that works with me at Never Binge Again to administer the follow-up coaching for the Online Intensive, and you can also hire her privately if you need to, there'll be details on the website.

Lisa, thank you so much for taking your time and energy. And I'll put some pictures up to go along with this and people will see who you are and what you do.

Lisa: Thank you, Glenn. It's my pleasure.

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