

**Glenn Livingston, Ph.D.  
And Liv  
Dinner and Done**

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**Dr. Glenn:** Hey, it's the very good Dr. Glenn Livingston with Never Binge Again, and I'm here with one of my favorite people, Liv. How are you, Liv?

**Liv:** I'm good. Thank you.

**Dr. Glenn:** Good. And as we all know, Liv was struggling with her nemesis, coffee, last time we spoke, and we had a really good session and I just wanted to follow up and see what happened.

**Liv:** Yeah. I did basically everything that we had decided, where I was going to systematically cut back, but I am still having caffeine. And at the moment, it's not causing me too many issues. I wanted to go low and slow because I was traveling, basically and I was going through some other issues, which I might bring up with you if you have a moment. The coffee is gone, it's just the caffeine, but I'm going to have



a plan. And I don't feel bad or I don't feel guilty. It's all working out perfectly.

**Dr. Glenn:** If you want to say those things in the positive, what do you feel?

**Liv:** I feel in control and I feel that it's a very factual objective plan that I have. For me, the pig slop is the ambiguity and loves the guilt and the shame and none of that is there. So I've basically made a longer-term plan to get off caffeine.

**Dr. Glenn:** Good. And you feel confident and proud and eager to go forward.

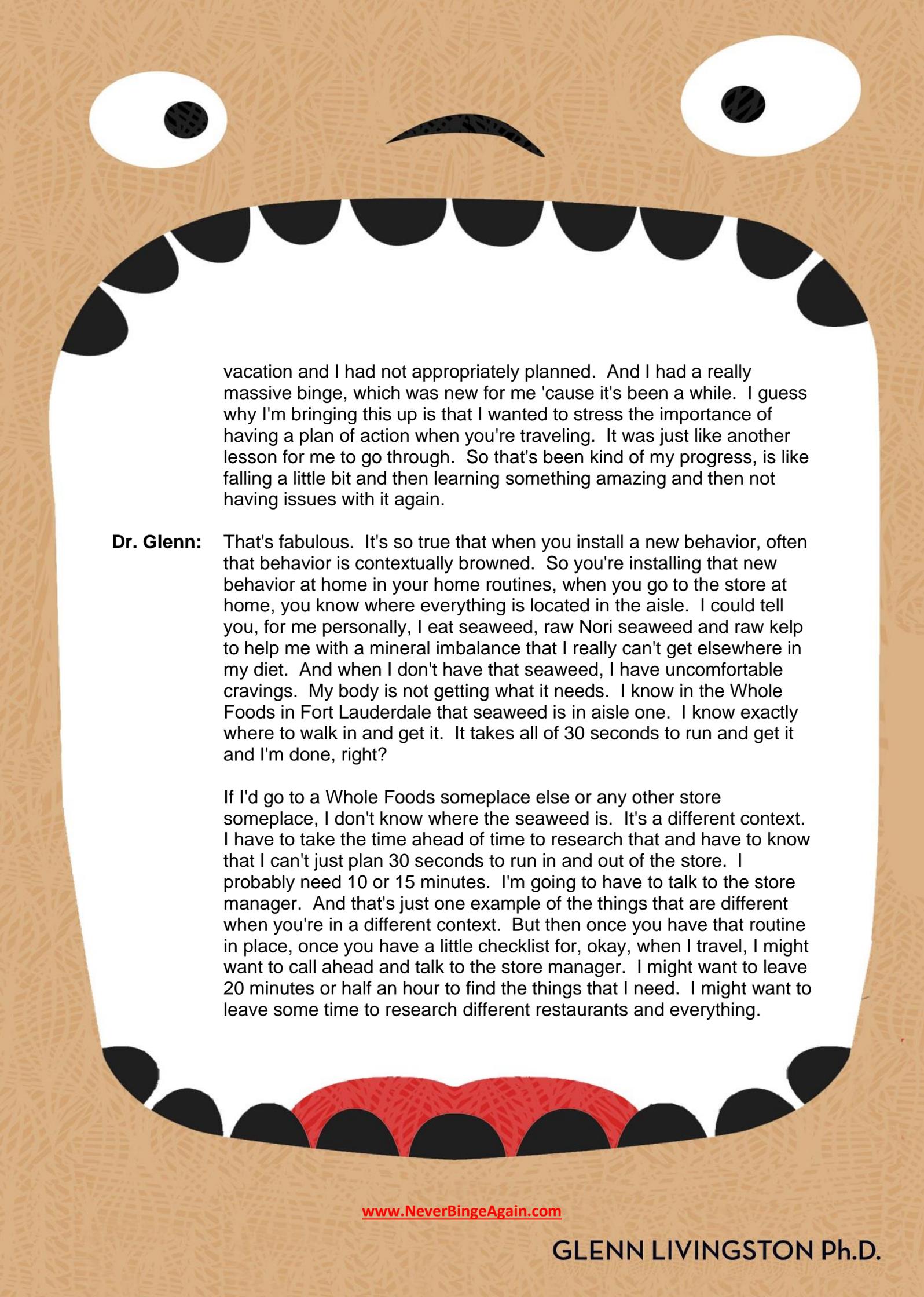
**Liv:** I do. I had to be honest with myself that just quitting would just cause me to have too much sadness and it would just be too hard. Yeah.

**Dr. Glenn:** It's okay. You know yourself, you know your lifestyle, you know your body.

**Liv:** Right. My life is way too busy right now to be like in bed with a coffee hangover or a caffeine hangover.

**Dr. Glenn:** And, Liv, all anybody has to do from the outside is look at your progress over the last year and a half or so. Or you're adding things, maybe stumbling a little bit. Adding more things, stumbling a little bit, but I think you're light years from where you were two years ago, aren't you?

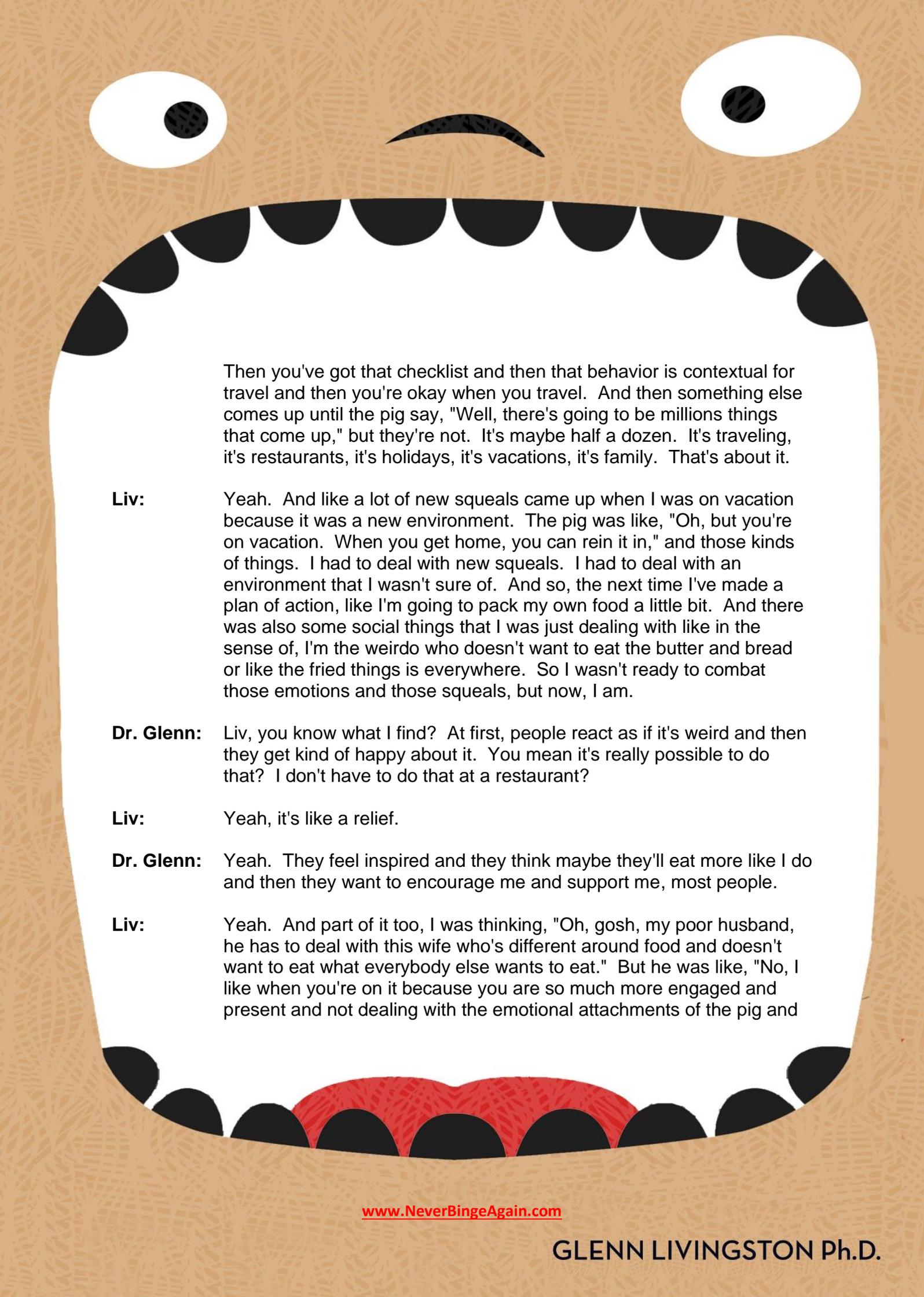
**Liv:** Yes. Absolutely, like 110 percent. So I actually wanted to bring this up because when I was traveling this last week and on vacation, and I've only traveled twice doing the Never Binge Again mythology and one of them was moving across the country. This time I was going on



vacation and I had not appropriately planned. And I had a really massive binge, which was new for me 'cause it's been a while. I guess why I'm bringing this up is that I wanted to stress the importance of having a plan of action when you're traveling. It was just like another lesson for me to go through. So that's been kind of my progress, is like falling a little bit and then learning something amazing and then not having issues with it again.

**Dr. Glenn:** That's fabulous. It's so true that when you install a new behavior, often that behavior is contextually browned. So you're installing that new behavior at home in your home routines, when you go to the store at home, you know where everything is located in the aisle. I could tell you, for me personally, I eat seaweed, raw Nori seaweed and raw kelp to help me with a mineral imbalance that I really can't get elsewhere in my diet. And when I don't have that seaweed, I have uncomfortable cravings. My body is not getting what it needs. I know in the Whole Foods in Fort Lauderdale that seaweed is in aisle one. I know exactly where to walk in and get it. It takes all of 30 seconds to run and get it and I'm done, right?

If I'd go to a Whole Foods someplace else or any other store someplace, I don't know where the seaweed is. It's a different context. I have to take the time ahead of time to research that and have to know that I can't just plan 30 seconds to run in and out of the store. I probably need 10 or 15 minutes. I'm going to have to talk to the store manager. And that's just one example of the things that are different when you're in a different context. But then once you have that routine in place, once you have a little checklist for, okay, when I travel, I might want to call ahead and talk to the store manager. I might want to leave 20 minutes or half an hour to find the things that I need. I might want to leave some time to research different restaurants and everything.



Then you've got that checklist and then that behavior is contextual for travel and then you're okay when you travel. And then something else comes up until the pig say, "Well, there's going to be millions things that come up," but they're not. It's maybe half a dozen. It's traveling, it's restaurants, it's holidays, it's vacations, it's family. That's about it.

**Liv:** Yeah. And like a lot of new squeals came up when I was on vacation because it was a new environment. The pig was like, "Oh, but you're on vacation. When you get home, you can rein it in," and those kinds of things. I had to deal with new squeals. I had to deal with an environment that I wasn't sure of. And so, the next time I've made a plan of action, like I'm going to pack my own food a little bit. And there was also some social things that I was just dealing with like in the sense of, I'm the weirdo who doesn't want to eat the butter and bread or like the fried things is everywhere. So I wasn't ready to combat those emotions and those squeals, but now, I am.

**Dr. Glenn:** Liv, you know what I find? At first, people react as if it's weird and then they get kind of happy about it. You mean it's really possible to do that? I don't have to do that at a restaurant?

**Liv:** Yeah, it's like a relief.

**Dr. Glenn:** Yeah. They feel inspired and they think maybe they'll eat more like I do and then they want to encourage me and support me, most people.

**Liv:** Yeah. And part of it too, I was thinking, "Oh, gosh, my poor husband, he has to deal with this wife who's different around food and doesn't want to eat what everybody else wants to eat." But he was like, "No, I like when you're on it because you are so much more engaged and present and not dealing with the emotional attachments of the pig and



the binge and all that kind of stuff." It's good to see his perspective as well of my plan. And when I'm on it, how much better it makes everything else.

**Dr. Glenn:** Oh, he's really lucky that you're on it.

**Liv:** Yeah. Yeah.

**Dr. Glenn:** I think he really is. It's the pig squealing that says, "Your poor husband, you're going to make him suffer." He's really lucky. You're pretty younger and you're like in the 20 still.

**Liv:** No, God. No, I'm like 35, but thanks.

**Dr. Glenn:** Oh, you're an old lady. You're going to die soon. Well, as you start to enter your second half of life, you don't really have the option to abuse your body the way you do in the first half of your life. I imagine, eventually, your husband will see the transformation in you since like you're starting to and know that it's possible and maybe you'll save him. Maybe he'll really be able to be alive and more present for himself.

**Liv:** Yeah, definitely that's the hope and I think it's getting there. So I just want to say, overall, even when I have stumbled, I have learned amazing things and how my plan and the whole Never Binge Again methodology is bringing positivity into my life in so many ways. So I'm super positive. Thank you.

**Dr. Glenn:** Well, thanks for cheerleading the cause, man.

**Liv:** I'm over here in the corner cheerleading.



**Dr. Glenn:** How can I help?

**Liv:** Well, I think I'm good. Honestly, I just wanted to kind of check in with you and just let you know. Is there anything that I can explain to you that would help anybody?

**Dr. Glenn:** Let's see. You could talk to me a little bit more about any experience you've had with nighttime binges. We're working on that pretty hard right now or about what it's like trying to feed your kids healthy and teach them to eat healthy.

**Liv:** Okay. Those are two great ones. So the nighttime one, I definitely have struggled with. Like sometimes I have to teach yoga at night. I have a motto and it's, "Dinner and done," and that's what I always say. That's my rule basically, dinner and done. It's very, very important because often when I eat after dinner, it's always out of exhaustion or emotional comfort, right? So I can know rationally that anytime I'm reaching for something after dinner, that is the reason. And if I feel a growl in my stomach, if it's not so bad, I tend to just go to bed because I know that there's a much bigger propensity for me to binge if I try to feed myself. And I won't starve. I'm in a country that has food all over the place. I am not starving, so I can wake up the next morning and eat a bigger breakfast because I will be in more control.

**Dr. Glenn:** And you don't wake up as a big pile of bones?

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**Liv:** No. Never have. And I mean, my weight is good and I have energy. So going to bed hungry is honestly not the worst thing in the world unless you can't sleep. But even then, if I couldn't sleep, I'd wake up and make myself some tea with a little almond milk just for something



or have some carrots or something like that. Once I'm asleep, I don't wake up in hunger.

**Dr. Glenn:** That's fabulous. So you say dinner and done, and it sounds like that's a really powerful mantra for you. What else do you do to signal that dinner is done?

**Liv:** A thing that I signal is I close the kitchen. Basically, I clean up the kitchen and then I don't go back in there. Like, there's no need, unless I'm making tea, which is kind of on the opposite end anyways. So tea is a signal for being done and I just make like a really nice chamomile. And if I feel like I want a little treat, I'll put a little almond milk in it or something.

**Dr. Glenn:** Sounds so indulgent.

**Liv:** I know, but it kind of is. It's funny the simple things that are not like indulgent become indulgent because they feel so good. They're your thing.

**Dr. Glenn:** When you're abstinent, when you're on your food planning you're abstaining from all of the pig slop, you have so much more presence of mind and your taste buds are awake and your olfactory senses are awake and the calming impact of chamomile tea is so much more sensate, so much more of an experience, I know exactly what you mean.

**Liv:** Yeah. And I don't even like the word "abstinent" because I feel like it's just a negative word in the sense that, like it feels kind of negative. It's true, but I just find that I get excited about being on my plan. And that's the shift, is that if we're not excited to be on our plan and to choose



what we're eating, then I don't think it's possible to stick with it long term. The pig is going to wear you down. You're going to get worn down. So be excited to be dinner and done because you'll sleep, you'll wake up feeling awesome. That's how I see it.

**Dr. Glenn:** So you close the kitchen, you make yourself some tea. How do you close the kitchen? Is there a rope you put up or something?

**Liv:** No. I wish I could, but the children will just crawl under it. I just turn the lights off and I clean up the dishes 'cause I don't want to do any more dishes. I hate dishes. So that's it. And then I just stay out of it. And like, if other people want their food, they can go get it, but I don't do anything past dinner.

**Dr. Glenn:** Got it. Do you brush your teeth? Do you use mouthwash or something or?

**Liv:** I don't, but I've heard that that can work for people. It doesn't do much for me.

**Dr. Glenn:** My master coach is, she goes all done and she'd clap her hands three times like. Like she's washing her hands of it.

**Liv:** I totally get that. It's a ritual. I think rituals are super important in the sense that they create like a foundation of the way we act. So every night before I go to bed, this is a little OCD, but it works for me is that I'll go to the garage and I'll send an energetic boundary of we're safe tonight. Nobody's coming in, like, we're safe. And for me, it just kind of makes me feel like, "Okay, now the day is done, we can close off. Our family can sleep. We're going to make it through the night."



**Dr. Glenn:** Liv, that's fabulous. That's a really wonderful thing to do. And little children, they respond to that. I remember little kids that would have nightmares, I would give them a dream catcher and I tell them they'd have to shake it three times before they go to bed. That would keep the nightmares away. Really what was keeping the nightmare away was when she shook it three times, she remembered her connection to me and she felt safe with me. The ritual was -- they call it a transitional object, like a teddy bear or something like that with a kid. But those things can persist into adulthood. And if we can figure out how to do that for ourselves, then all the better.

**Liv:** Yeah, I absolutely agree. I think the rituals create that foundation or that teddy bear. Like, I have a hot water bottle that is my teddy bear. That's another thing I do too is I grab a hot water bottle and I put it on my tummy and I drink my tea and it's just like, this is heaven.

**Dr. Glenn:** I want to do that now. What kind of a hot water bottle?

**Liv:** It has like a nice velvet outside. So don't just get like hot water bottle. You got to get one in style. Like you got to get it like awesome upgrade.

**Dr. Glenn:** Something that you really love. Something that you look forward to seeing and you have really good feelings about.

**Liv:** Yeah, for sure.

**Dr. Glenn:** What I used to do, I actually realize I let this slip, they have these lavender eye pillows. You put them in the microwave before bed and then you lay it on your eyes that the smell of lavender would come out and it would relax the muscles in my eyes and I just couldn't stay



awake when I had that thing, and I'm going to go get one of those today, actually.

**Liv:** I actually have one. You can order it Amazon. It's wonderful. I have the same thing and I put it over my eyes before I go to bed and it's glorious. I think what we're both speaking of is making rituals or making things that are better than the nighttime eating that ground you in the present moment.

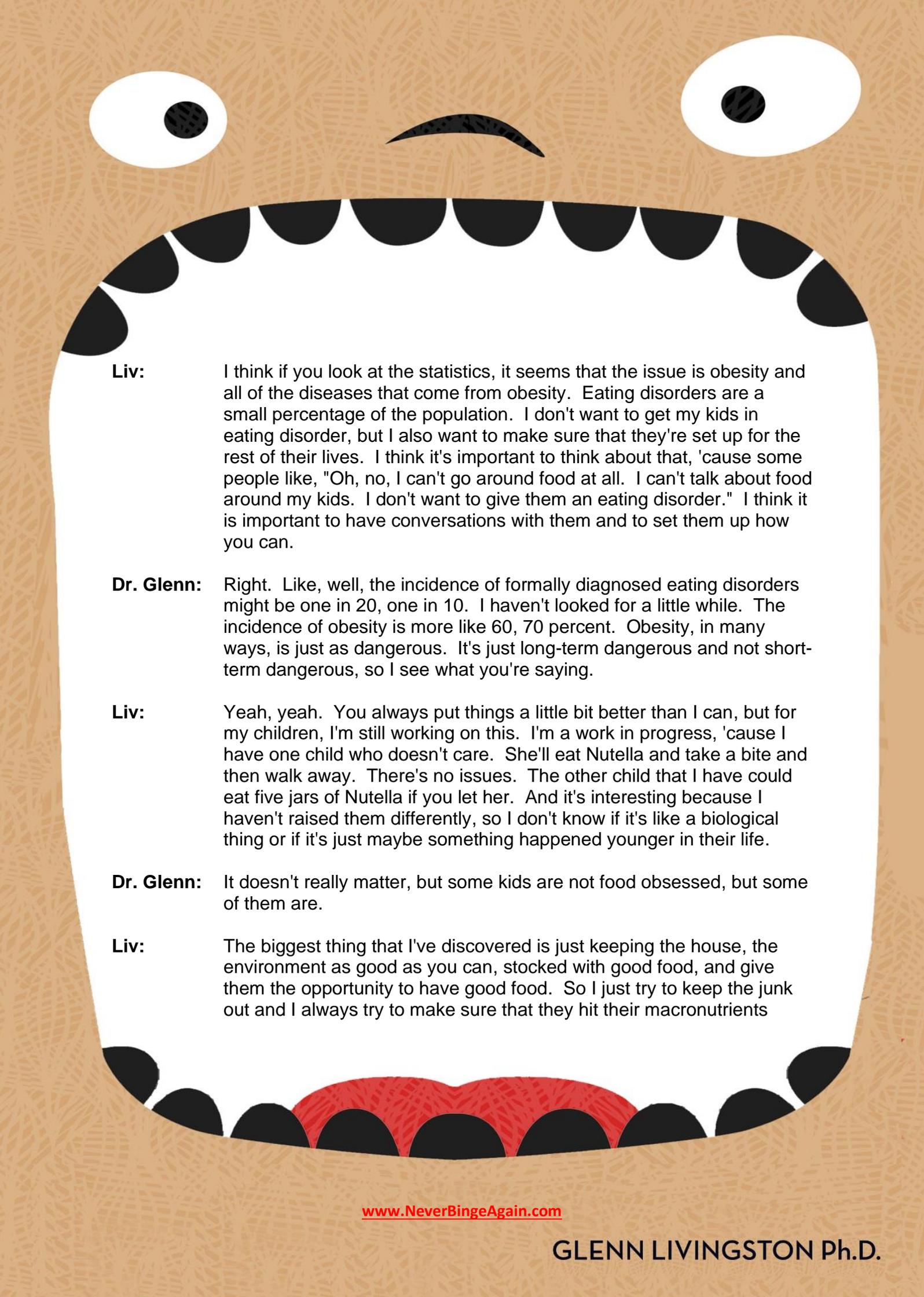
**Dr. Glenn:** Yeah. Yeah, exactly. Okay. Is there anything else about stopping after dinner and staying through the night that you think would be helpful?

**Liv:** No. I think that once you can get that rule, everything else is a lot easier 'cause you know that you're just a little bit more vulnerable at night. And so once you establish that, everything else can fall into place very easily.

**Dr. Glenn:** I love it. Well, tell me about your kids. What's it been like to try to teach your kids to eat healthy?

**Liv:** This is literally something I still struggle with. It's very hard because you and I know that the food environment is awful. It's a little bit better in Europe, but it's still pretty bad. There's sugar everywhere and pastries and these kinds of things, and I can only control the house. And I also don't want to make them have many major issues around food. However, I do believe that what we're struggling with is obesity and not necessarily craziness around food.

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



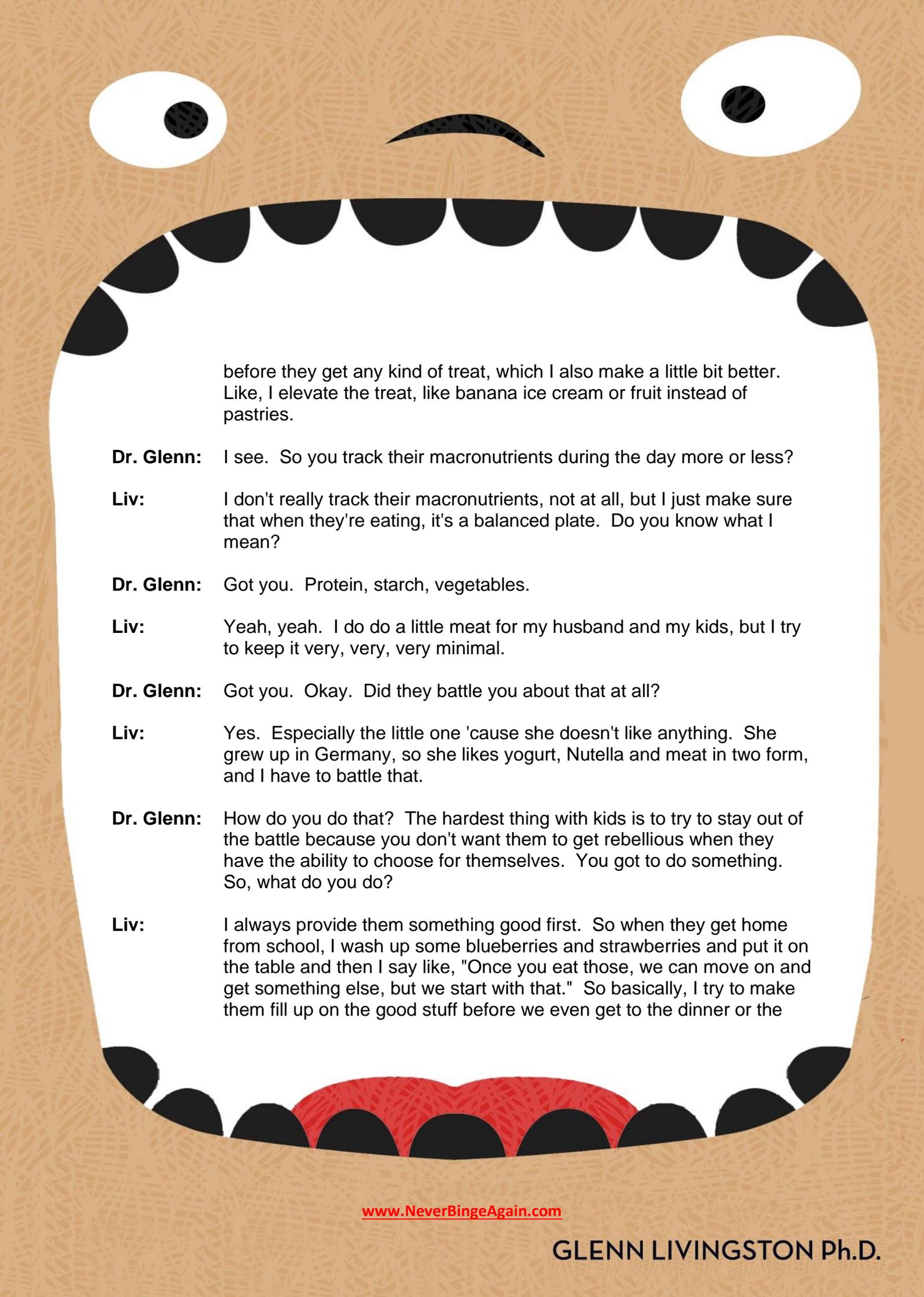
**Liv:** I think if you look at the statistics, it seems that the issue is obesity and all of the diseases that come from obesity. Eating disorders are a small percentage of the population. I don't want to get my kids in eating disorder, but I also want to make sure that they're set up for the rest of their lives. I think it's important to think about that, 'cause some people like, "Oh, no, I can't go around food at all. I can't talk about food around my kids. I don't want to give them an eating disorder." I think it is important to have conversations with them and to set them up how you can.

**Dr. Glenn:** Right. Like, well, the incidence of formally diagnosed eating disorders might be one in 20, one in 10. I haven't looked for a little while. The incidence of obesity is more like 60, 70 percent. Obesity, in many ways, is just as dangerous. It's just long-term dangerous and not short-term dangerous, so I see what you're saying.

**Liv:** Yeah, yeah. You always put things a little bit better than I can, but for my children, I'm still working on this. I'm a work in progress, 'cause I have one child who doesn't care. She'll eat Nutella and take a bite and then walk away. There's no issues. The other child that I have could eat five jars of Nutella if you let her. And it's interesting because I haven't raised them differently, so I don't know if it's like a biological thing or if it's just maybe something happened younger in their life.

**Dr. Glenn:** It doesn't really matter, but some kids are not food obsessed, but some of them are.

**Liv:** The biggest thing that I've discovered is just keeping the house, the environment as good as you can, stocked with good food, and give them the opportunity to have good food. So I just try to keep the junk out and I always try to make sure that they hit their macronutrients



before they get any kind of treat, which I also make a little bit better. Like, I elevate the treat, like banana ice cream or fruit instead of pastries.

**Dr. Glenn:** I see. So you track their macronutrients during the day more or less?

**Liv:** I don't really track their macronutrients, not at all, but I just make sure that when they're eating, it's a balanced plate. Do you know what I mean?

**Dr. Glenn:** Got you. Protein, starch, vegetables.

**Liv:** Yeah, yeah. I do do a little meat for my husband and my kids, but I try to keep it very, very, very minimal.

**Dr. Glenn:** Got you. Okay. Did they battle you about that at all?

**Liv:** Yes. Especially the little one 'cause she doesn't like anything. She grew up in Germany, so she likes yogurt, Nutella and meat in two form, and I have to battle that.

**Dr. Glenn:** How do you do that? The hardest thing with kids is to try to stay out of the battle because you don't want them to get rebellious when they have the ability to choose for themselves. You got to do something. So, what do you do?

**Liv:** I always provide them something good first. So when they get home from school, I wash up some blueberries and strawberries and put it on the table and then I say like, "Once you eat those, we can move on and get something else, but we start with that." So basically, I try to make them fill up on the good stuff before we even get to the dinner or the



main meal. I'm not perfect. I still need to learn, so I'm excited to hear more podcasts from you about this as well because it's a battle for sure. Like you said, "Once you engage in the battle, it's over. You've already lost."

**Dr. Glenn:** What I've found is that parents that are doing it successfully -- and there's really no such thing as success. Every parent struggles with it one way or another because like children don't have the maturity to make the kinds of food decisions that we do and look at the struggles we have. But the parents that are doing really well, they find ways to make a game out of it. They think about the child's aspirational models. Is there a sports figure that they really like? Maybe there's a singer. Maybe there's a cartoon character on TV. What do you think they eat? Or how do you think they feel after you eat that? Or do they have to take a nap and ask all kinds of kind of fun questions about that and get the kid to think about who they want to be like and make it fun.

I did an interview. I have to publish this actually. They're associated with the Ninja Warrior show.

**Liv:** My kids love that.

**Dr. Glenn:** Yeah. So it's like Ninja warriors for kids and they're trying to get the kids to eat healthy and exercise by aspiring with them. I got to pull down that interview. It was a really good interview.

**Liv:** I cannot wait to hear that. Yeah, we are like big Ninja Warrior fans over here. Jessica, she's awesome. So we want to be Jessica when we grow up.



**Dr. Glenn:** I hope I can find that. I had it recorded in a funny platform. I'll call them again and do it again if I have to.

**Liv:** You will have to, yes. But I wanted to tell you one more other thing too. This is kind of annoying, right? I have my kids make dinner with me and have them have more authority over the choice. Like, "Oh, hey, we want to have like pizza tonight or whatever," we all make it together. So when we make it together -- homemade pizza, I can make 10 times healthier, right? When we make it together, they will eat the whole thing 'cause they have like some sort of dominion over it, and I think that's important too to empower them.

**Dr. Glenn:** I just published my autobiography yesterday, Me, My Pig and I. Yeah, I like the title. One of the things I became acutely aware of in writing it was just how awful my food environment was growing up. My parents bought me a case of Coca-Cola every week. There were six pop tarts on the table every morning when I got up and they're all for me. I don't think I saw a vegetable until I was 21 years old. I don't know what they were thinking. I love them to death, but I don't know what they were thinking. I don't know how you could feed a kid like that. Even in 1969, we knew that you're supposed to have some vegetables. So I can tell you that the opposite doesn't work. Keeping a really horrible food environment around for your kid, it doesn't necessarily work.

**Liv:** Like you said, they just aren't at that place in their lives where they can make rational decisions. They're more like a pleasure-based kind of decision. And the Nutella tastes good, so I'm going for that. But if you take the Nutella out for like a few weeks and you just give them blueberries, their palate changes and all they want is fresh fruit.



**Dr. Glenn:** Yeah. When I talked to Doug Graham, who advises people largely to eat a diet filled with fruit and leafy greens. He said, "You have to go through a period with kids where you say, if you're hungry, there's fruit. That's all there is. There's fruit." And eventually, kids get used to it.

**Liv:** They won't starve or die either. They'll be fine.

**Dr. Glenn:** For it is a snack, that's it. You will find your kids' bones in your kids' bedrooms either when you do that.

**Liv:** No, no, no. I mean, there's a little bit of a fear culture around that where you're like, "Oh, God, you're not feeding your kids dinner? Oh, my God." You know? But I have some German friends and they send their kids to bed without dinner all the time and they think nothing of it. And I'm not saying that's a good practice or anything, but what I am saying is that a couple meals here and there, they won't starve if they're not going to eat what you provide them.

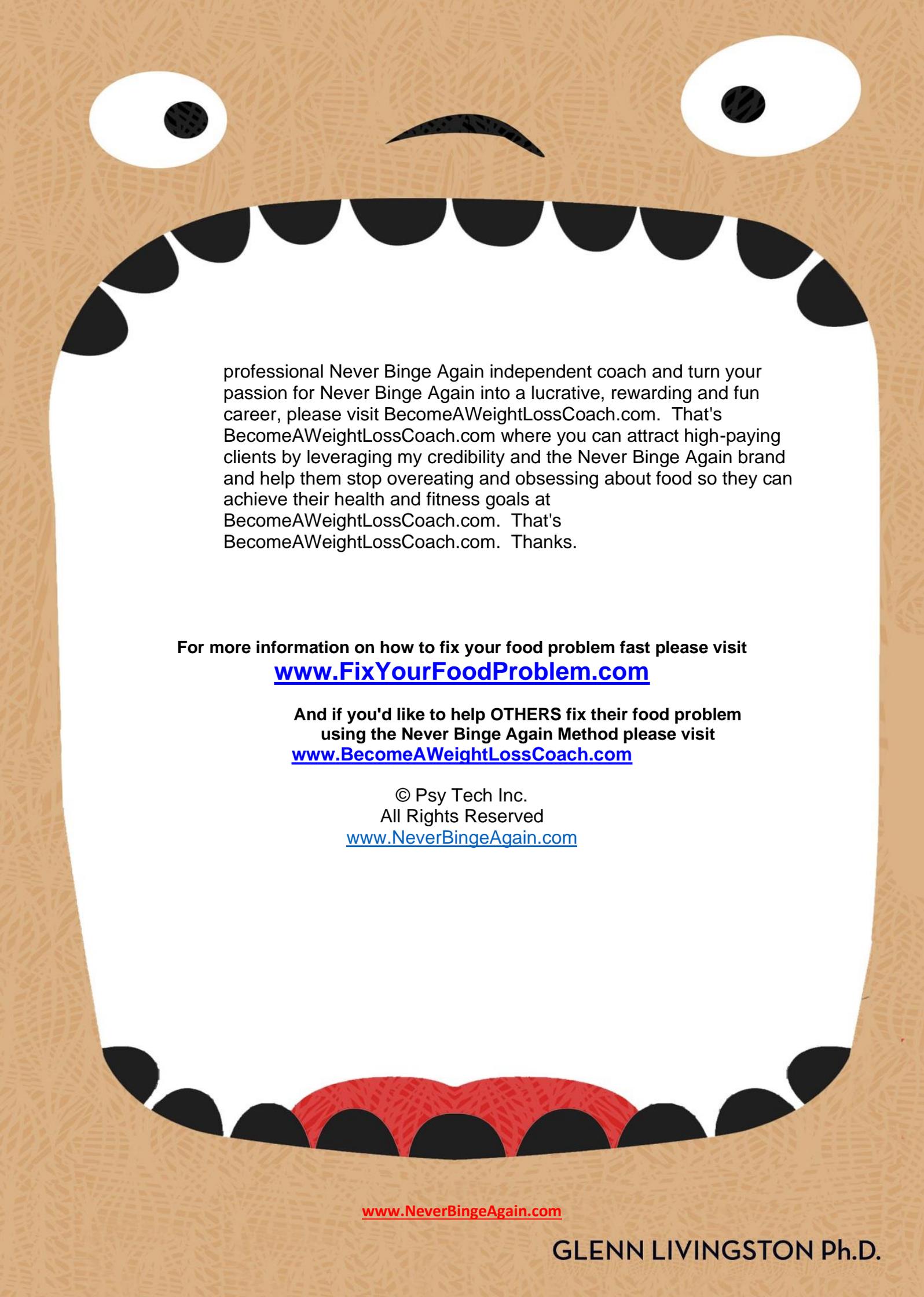
**Dr. Glenn:** Liv, is there anything else that I could help you with? Anything else you wanted to talk about or mention?

**Liz:** No. No, no, no. I think this has been awesome. I really appreciate it like just the back and forth, and thank you.

**Dr. Glenn:** Well, thank you. It's very valuable. Bye-bye.

**Liv:** Bye-bye.

**Dr. Glenn:** Thanks for your time and attention. If you need personal coaching to fix your food problem fast, please visit [FixYourFoodProblem.com](http://FixYourFoodProblem.com). [FixYourFoodProblem.com](http://FixYourFoodProblem.com). If you'd like to become a certified



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