

**Subtle Food Plan Tweaks
That Make All the Difference**
Glenn Livingston, Ph.D. and Manuealla

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Dr. Glenn: Hey, it's the very good Dr. Glenn Livingston, and I'm here with Manuealla, who's a kindhearted woman that graciously agreed to let me record the call so we could share it with you all and you could benefit from her insight, observations and struggles. Manuealla, how are you today?

Manuealla: I am doing fine. Thank you. How are you?

Dr. Glenn: Well, I'm excited to do one of these recordings and demonstration sessions because I think people always get a lot out of it. So talk to me. Tell me where you are with Never Binge Again and how can I help?

Manuealla: I struggled with food, food thoughts for a while. And at some point in maybe two months ago, I shared that struggle with a friend who I knew

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GLENN LIVINGSTON Ph.D.



from like, rationality meet ups and also doing Quantified Self and self-improvement and he mentioned, yeah, that he had problems with food, but he thinks that fairly quickly, using your method. And so he recommended that I read your book, and so I did.

And I actually listened to the audio and then I have the hardcover so I could take notes and stuff. So I think I read it three times now. And I've been through most of the podcast recordings too. I binged on that. I made my first kind of raw food plan and that worked really well for two weeks, and then I kind of wanted to change it, but was a little undefined about it, and so I got off the plan and then that got me into a series of really bad binges and kind of off the plan for about two months or so, so kind of a limbo state. And now, I'm back on track, but I have still some open points.

I've also written down for myself the imagine the future with the plan and without the plan. I have listed squeals and seen answers to those. I've made an idea plan of maybe what I want to do 'cause I have some questions. Can I share some insights that I have that I thought were interesting along the way?

Dr. Glenn: You absolutely can. Could I ask you one question first?

Manuealla: Yeah, sure.

Dr. Glenn: How did you get back on track?

Manuealla: Well, I've been sick for over a month, and then being sick, I got out of my routine, so that's also why I was off. And then I think I just re-listened to podcasts when I started feeling a little better again to get



back into my daily routines, and that included re-signing my food plan contract, and that seemed to work.

Dr. Glenn: Well, so, is there any way that I need to help you, or did you want to mostly just share the insights and talk about them and ask a couple of questions?

Manuealla: I would like to have help with creating a new version of the food plan, and I would maybe like you to hold my hand a bit with some of the squeals, 'cause some of them, I feel I'm not sure I'm super, hundred percent confident about.

Dr. Glenn: Okay. So let's start with the food plan. Let's take a look. So I'm looking here, I never eat before 6:00 a.m. or after 8:00 p.m.

Manuealla: So this is the new version that I kind of made up today. So the first one is I only want to eat between 6:00 a.m. and 8:00 p.m. And then I want to have three hours between meals. And then there's a long exception list. I allow for snack. I allow for tasting the meals that I prepare. I allow for one to two Brazil nuts a day, and I allow for -- if someone is like, "Hey, you got to eat that cake," or, "Hey, you got to eat -- I made this amazing vegan something," I have this social like, ah, I can't say no thing, that I would have a bite and then they would be happy and I would be happy thing, so tasting one bite of something is fine too.

Dr. Glenn: Okay.

Manuealla: And so then I wanted to define that a little more closely, what a meal is. And for me, a meal is something that I arrange. The amount of food I'm going to eat for a meal is in front of me before I start eating, so I won't have seconds.



Dr. Glenn: And here, it says never more than 600 calories per meal?

Manuealla: There is a big, big squeal in my head about that one, so I would like to talk about that one 'cause that's new. I felt that sometimes, when I was hungry, the meals were bigger. I used to say maybe one bowl of fruit, but then I like to eat big salads and I don't have a problem with eating bigger salads, so I thought maybe a calorie thing would be good to put in there so I wouldn't make big other than salad meals.

My squeal is, well, if I have three meals with 600 calories and I'm very active that day, is that going to be enough or am I going to be hungry and then make it less likely for me to succeed?

Dr. Glenn: What I found in those situations where people are counting calories per meal is that if they have more than a certain level of activity, like let's say you exercise 45 minutes most days, there's one day that you exercise for two hours, we'll say something like, well, plus an extra 400 calories a day for every hour over their average, something like that.

Manuealla: Okay. I really don't like counting calories. I like to find a way, honestly, to do it without counting calories, kind of just rule of thumb thing of not overeating.

Dr. Glenn: So the way that it was before, was a meal, they arrange in front of me before we start eating. And your fear is that that meal is going to get too big.

Manuealla: Right. But that in and of itself might be a squeal.

Dr. Glenn: Have you been eating meals that are too big?



Manuealla: Maybe. I mean, the thing is, for example, yesterday, I ate a really big salad and I felt full before it was finished, but it wasn't that much in terms of calories. So I'm not sure. 'cause my stomach felt full, but it wasn't so much in terms of calories.

Dr. Glenn: Well, did you have trouble digesting it?

Manuealla: No. I mean, not more than usual.

Dr. Glenn: How did you feel like, an hour later?

Manuealla: Fine. So maybe I should just try without it for a while.

Dr. Glenn: I don't really see the problem unless your pig is lying to us. Is your pig hiding something from us?

Manuealla: Here's my insight. One of my insights was by definition, bingeing means every single bite off the plan, right? So by definition, anything inside the plan is not a binge-ish. So that insight was, I often found myself debating, is that amount of food too much, or was that a binge now? And now I'm like, oh, just relax when you have that meal 'cause it's not a binge.

Dr. Glenn: Yeah. That's the point of it. Some people critique that criteria. The reason for it is so that the bull's-eye is really, really clear and people know when they're inside versus outside the bull's-eye. And some people say, well, if you take one bite accidentally outside the bull's-eye, then you're going to go on an all-out binge. But that's a squeal. If you miss the bull's-eye, you just aim for the bull's-eye again.



Manuealla: Right. So maybe I'll just not do the calorie thing and see how I do with it for a bit, I think.

Dr. Glenn: Okay. That rule is going to be, a meal is a food that's arranged in front of me before I start eating, period. A snack consists of unlimited sweet veggies, you got a whole list of things, or a piece of fruit that I was offered by someone else.

Manuealla: Can I tell a little story?

Dr. Glenn: Sure.

Manuealla: So the other day, I was visiting family. And it was in between meals. And by definition, I had a binge because dad offered me half a mango. I'm really fine with eating half a mango, but it wasn't on my plan at the time, so it was a binge. I'm trying to incorporate fruit as a snack, but not like making a meal out of fruit in between.

Dr. Glenn: Oh, that makes sense. Sure. It's the same thing, if you make a mistake, then you just get right back on. And some people will say, well, I had that half a mango, so therefore, all the other rules are off base because now I'm bingeing, but all that really happened was you had a half a mango.

Manuealla: Exactly. And since I wasn't bingeing after that, I thought, oh, I could just, now in retrospect, put that in my plan so in the future I can do that; right?

Dr. Glenn: Yeah.

Manuealla: Okay.



Dr. Glenn: So you've got a list of all the vegetables that you can have an unlimited amount, that's good, or a piece of fruit. Any bite, taste, sip or swallow between meals or a drink or unsweetened or fruit tea, if I go grocery shopping, what I purchase are freshly frozen produce, tofu -- you have a list of allowable things to grocery shop for on your own?

Manuealla: Yeah. So I found that if I don't buy any foods like that or pasta and I don't have it in the house, usually I'm fine. And if I'm eating with someone else or someone makes me a sandwich and I eat that and I'm fine too, usually. I don't shop for myself, so that seems to work fine.

Dr. Glenn: Okay. I never watch videos while I'm eating. That's good.

Manuealla: Yeah. The pig squeals loudly 'cause I haven't been able in the past to make that work. I'm daring to put it in the plan.

Dr. Glenn: Okay. Well, we'll get to the squeals in a little bit.

Manuealla: Okay.

Dr. Glenn: By the way, the way to phrase these, you always want to use the words "will, never and again," even for a conditional rule, like, I will never eat pretzels outside of a Major League Baseball park again, so that's a very conditional rule. But it locks it down from the pig's perspective. We present the plan as if it's set in stone to the pig, the same way we tell a two-year-old they can't cross the street by themselves ever, ever, ever even though we're going to teach them eventually. We have to present it to the pig as if it's set in stone.



Manuealla: So why do you choose the future tense and not the present tense as it's often done with affirmations and stuff?

Dr. Glenn: Because I want the pig to know that this covers from now to eternity. Now, when the pig challenges that, we can use the present to reaffirm it. The pig says for example, well, you've always forgotten the past and therefore, you're going to forget in the future and I'll get you when you forget. Well, the pig is actually attacking you in the present. It's trying to make you feel like your rule is ridiculous and you should binge now. So you bring it back to the present to defend against that and you say, I never binge now, therefore I will never binge again because it's always now and it will always be now. But everything about Never Binge Again is asserting permanence. That's why.

Manuealla: Okay. Thank you.

Dr. Glenn: These are good questions. I never unintentionally break the above rule.

Manuealla: So there is another recent binge that I had. I went to work, did yoga at work, was really tired, had sore muscles, but I had a jog planned and it was kind of late. But I went out there, I did the jog and I was happy I did it. And then I prepared a really nice salad and I felt happy about that. And someone called and then I looked at the time and it was like, 10 minutes to 8:00 or five minutes to 8:00. I haven't eaten and it's time to stop eating, so I didn't know what to do. I felt frustrated not eating at all. I didn't want to just like, gobble down for five minutes and feel bad about eating so fast, so I decided to just eat it slowly and I was done by 10 past 8:00, because it wasn't intentionally going after 8:00, so I want it to find a way to say, okay, if I do it unintentionally, then it's okay. And



I don't have to rush the food that I am unintentionally late for. Does that make sense?

Dr. Glenn: Yeah. I'm just wondering if that's the best way to do it because it's a little ambiguous. It does make sense. I'm wondering if I might not be better to say I never eat before 6:00 a.m. or after 8:00 p.m. unless it's literally impossible to have my last meal before then, or something like that.

Manuealla: Yeah. How would someone outside or 10 people watching me know that that's literally impossible?

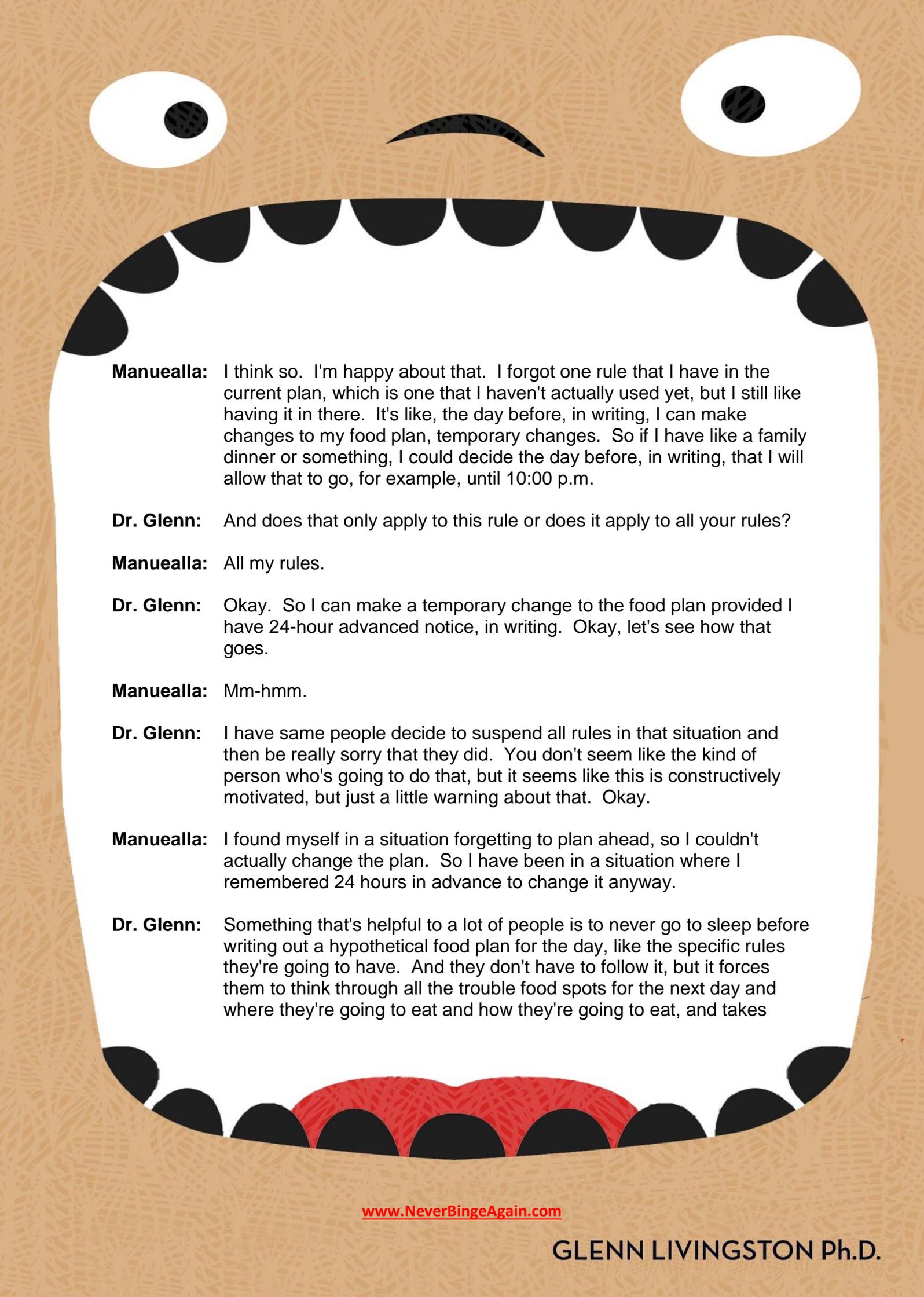
Dr. Glenn: You are one tough cookie. You've read the book a couple of times. That's a good question. Well, they wouldn't know whether you unintentionally broke the rules either. So what you want to do is allow for an exception. Could you allow it to go up to 10 o'clock one day per calendar week? Would you feel compelled to do it that day, or would that just give you an option? 'cause these exceptions shouldn't happen more than once a week; right?

Manuealla: That's true. How about half an hour overtime once a week?

Dr. Glenn: Okay. So I will never eat before 6:00 a.m. or 8:00 p.m. again with the exception of a half hour grace period no more than once per calendar week.

Manuealla: Mm-hmm. Grace period, that's nice.

Dr. Glenn: Does that pass my 10 people rule?



Manuealla: I think so. I'm happy about that. I forgot one rule that I have in the current plan, which is one that I haven't actually used yet, but I still like having it in there. It's like, the day before, in writing, I can make changes to my food plan, temporary changes. So if I have like a family dinner or something, I could decide the day before, in writing, that I will allow that to go, for example, until 10:00 p.m.

Dr. Glenn: And does that only apply to this rule or does it apply to all your rules?

Manuealla: All my rules.

Dr. Glenn: Okay. So I can make a temporary change to the food plan provided I have 24-hour advanced notice, in writing. Okay, let's see how that goes.

Manuealla: Mm-hmm.

Dr. Glenn: I have some people decide to suspend all rules in that situation and then be really sorry that they did. You don't seem like the kind of person who's going to do that, but it seems like this is constructively motivated, but just a little warning about that. Okay.

Manuealla: I found myself in a situation forgetting to plan ahead, so I couldn't actually change the plan. So I have been in a situation where I remembered 24 hours in advance to change it anyway.

Dr. Glenn: Something that's helpful to a lot of people is to never go to sleep before writing out a hypothetical food plan for the day, like the specific rules they're going to have. And they don't have to follow it, but it forces them to think through all the trouble food spots for the next day and where they're going to eat and how they're going to eat, and takes



away the decision-making necessity which wears down your freewill in the heat of the moment. I don't see any other issues with your plan.

Manuealla: That's good.

Dr. Glenn: Tell me about the why. Why do you want to do this and what happens if you don't?

Manuealla: Okay. I've had digestive issues, very fluctuating great, and with that, fluctuating exercise habits and moods, I guess. And just my brain is just food focused all the time, which I don't like. I wasted many hours thinking about food or eating. And I think I have some goals that I want to reach, and that's been standing in my way.

Dr. Glenn: When you're looking at the way, you want to describe it in the positive rather than the absence of a negative.

Manuealla: Right. So that I imagine the future thing?

Dr. Glenn: Yeah.

Manuealla: I want to be bold and aim for something awesome. Like, I want to see myself have my ideal weight and be fit. I would like to be in a fit range of body fat percentage and weight, so below 63 kilograms for me. And sometimes, when I reach like, 66 kilograms or something, I know I'm kind of fine with the way I look, so I don't have to go any further, and then I start bingeing and I started bingeing and gaining five kilograms again. So this time, I will surpass that hump and stabilize at a fit weight, a healthy fit weight, I think. That's what I will do. And I want to have only one set of clothes in my closet, and not clothes for different



body sizes. I want to feel good in those clothes, and there are certain items that I want to fit into again.

I also want to feel good about myself without clothes or with less clothes on. I feel like I'm going to be a mountain runner. Sometimes I run up mountains. I love to be outside in nature. And to be able to join trail running clubs, I need to be able to run a 30-minute 5K, which I am far away from. I think that's something I want to reach, and just feeling good and having my mind free from other things.

Oh, a big one is also, I want to be a good role model for ethical eating and veganism. And I feel like if I'm struggling and I'm not glowing, then I can't be that good role model for that either. Also, I'm doing a big trip this summer. I'll be in Norway where I lived for five years and I'll be in the U.S. traveling and visiting lots of old friends and loves and fruitarians that I met a few years ago. And so, I want to look good when I meet them. It's kind of a shallow thing to say, but --

Dr. Glenn: No, I understand that. I'm a fruitarian also and so I know that. I know that desire, yeah.

Manuealla: Also, I've had trouble with reflux because of overeating, I think, also. And that affected my teeth, and I think that would be better too. I would be able to live longer, maybe.

Dr. Glenn: Almost definitely if you eat better. Okay. What happens if you don't do this?

Manuealla: Now, I'm kind of fluctuating between like 5 to 10 kilograms up and down, and I feel bad when I'm on the higher end. I will be still food obsessed, and as time goes on, I won't be able to lose the weight



anymore if I get older, I think, so I will gain weight more. I will feel more sad, I will shy away from activities that thin people do. I shy away from some sports because of it, climbing or contact and pro acroyoga, I don't do because I feel so conscious about my weight, or shying away from intimacy because of my body.

I don't want to wear certain vegan or raw running shirts because I don't look the part. I'm not a good advertisement for the message I have on my T-shirts, and I want to wear them 'cause they're cool shirts. Reflux would still be an issue, tooth pain. Digestive trouble has made my body older and feeling bloated a lot of the time. It's a big one.

Dr. Glenn: So can we talk to your pig a little bit?

Manuealla: Yeah.

Dr. Glenn: Why does your pig say that you're going to binge?

Manuealla: Scared of being -- super scared of feeling hungry. This notion of it's so hard losing weight or being thin means -- it's like holding your breath forever and being alert. I know it's silly. You always have to be alert and you just want to relax for a moment, and if you binge, you don't have to be something. A big one is the social one. if I'm with people, you can't just not do what other people do or maybe disappoint people if you don't eat their food that they made for you.

Leftovers is a big one, food waste, can't go to waste. Need to find ways to eat it so let's not waste it. Sometimes it feels like a self-punishment to have an excuse for not performing, like, oh, I'm sorry, I can't do X that I planned because I'm just this miserable being that needs to binge.



Dr. Glenn: So you'll give up the excuse for not performing?

Manuealla: Right. I can never do something more than a couple months. I just can't. I've never done it. Will never work forever. I need something to relax. Also the, oh, I'm fine, like the way I am; don't need to be a perfectionist, just give yourself some slack. I can't be sane when I'm so exhausted, just can't stick to anything when I'm so tired.

I think also, change your food plan might be a squeal because it's a way to introduce insecurity, like, "You got to change your plan. It's not perfect. Think about changing your plan." And then at the same time, "Stick to this plan 'cause it has this loophole. You don't want that to be closed." So I think those two are battling sometimes, those two squeals, like, "Change your plan. Stick to your plan." I think that's it for now.

Dr. Glenn: I'm writing them all down.

Manuealla: It's not a big deal.

Dr. Glenn: A little won't hurt.

Manuealla: Yeah, that's it.

Dr. Glenn: Okay. So would you mind jumping back into your higher self and looking for the lies in each of these squeals.

Manuealla: Mm-hmm. I don't know. I wouldn't mind.



Dr. Glenn: So you're super scared of feeling hungry, you're going to be too hungry, you're going to have to binge. Where is the lie in that?

Manuealla: Well, I am not starving, so feeling uncomfortable for a little bit. Like, it's three freaking hours. You can't be hungry for three hours. Really?

Dr. Glenn: So if you're not satisfied with your meal, there's another one coming in a few hours?

Manuealla: Yeah. And if I lose weight, then I'm not starving. It's nothing -- I'm not going to die if I'm hungry.

Dr. Glenn: Right. Even though the pig says you will. The pig says that it's too hard to stay thin. It's like holding your breath forever, you're going to have to binge.

Manuealla: Yeah. Well, I think it's the realization that if there is something really hard that's not serving me, then I can change it if I do it in advance. So it can't be too hard by definition, kind of. Or it could only be for a few days.

Dr. Glenn: Only for a few days at maximum, you can change it if you had to.

Manuealla: Right. And actually making something really defined makes it easier because it takes some of the in the moment debating away. It's actually making it easier.

Dr. Glenn: Exactly. So you're committed to developing a plan that's reasonable, you're not starving yourself, but it makes it easier to not have to decide in the moment, and you're not going to die if it's a little hard.



Manuealla: Sorry.

Dr. Glenn: The pig says that it's socially weird and you need to be willing to tastings for people or you're part of their tribe and you'll be too isolated, you'll be a pariah if you go through with this. Where's the lie in that?

Manuealla: Something that really helped me with this one was my brother. He was visiting from the U.S. for Christmas. And Christmas is like the big food fest, right? And he was on a strict -- I don't know, a no carb caveman something. And people would offer all sorts of food and he would just say, "No, thank you." They would still offer and say, "But why can't you just have this?" And they wanted to go into a discussion. He would just say again, "No, thank you." And that word, I was so amazed that in my mind, I would like to have some arguments and say this and this, I do this because -- and he just said, "No, thank you," and it worked. So I guess now, I feel confident that that's possible.

Dr. Glenn: Can I just check something with you? Nobody called the police?

Manuealla: No.

Dr. Glenn: Okay. Nobody punched him in the face?

Manuealla: No.

Dr. Glenn: Okay. I'm just checking.

Manuealla: Nobody even thought worst of him because of it.

Dr. Glenn: Did anybody think better of him?



Manuealla: They thought it was odd, but neither better nor worse. So it was just like, oh, okay, that's what he's done.

Dr. Glenn: That's fair. What about when the pig says you can't waste food; leftovers have to be eaten. Where is the lie in that?

Manuealla: Well, I'm not wasting. I mean, how bad is it to eat then be scared of gaining weight and then sometimes even purging because of it? I mean, is that really better than putting it in the bin?

Dr. Glenn: Yeah. If pig slop is poison to you, then it doesn't belong in your body.

Manuealla: Yeah. It's sometimes really hard because my flat mates orders vegan, organic, local, community supported agriculture vegetables and then doesn't eat any of it. And it's like, way too much for a whole family and then it's here. And then I feel sad about that and then I eat it. But it still takes up, right? It's still bad. It's still outside of my plan even if it's the best kind of food.

Dr. Glenn: Yeah. One of the important things is -- and obviously, there's no nutritionist or dietician or doctor that's going to say you shouldn't have sustainable, organic, local vegetables if you want some extra vegetables. No one is going to say that. As a matter of fact, they'd encourage you to have them. But the point in Never Binge Again is that when it's not on your food plan, that it's slop. So you get around this by defining everything that's healthy as what's inside the bull's-eye, that's on your plan, and that it's unhealthy if it's outside of the plan, even if everybody else would say that it's healthy, it's unhealthy if it's outside of the plan. And if you find yourself in a situation where there's a lot of extra vegetables around and you think it would be healthy to eat them, then change your plan. Change your plan to make that healthy,



but it's you who decides whether it's healthy or not, not what the rest of society would say.

Manuealla: Right. The problem really is both the food waste and the people pleasing problem. Like, someone could be mad at me for saying no to that nice thing.

Dr. Glenn: Somebody that you care about?

Manuealla: Yeah.

Dr. Glenn: In people that you care about, don't you think that someone has to go first to lead the way to eating healthier? Aren't these people you care about, aren't they harming themselves by eating some of the things that you're considering stop? Or is it all organic vegetables that's off your plan?

Manuealla: That's just one example of -- or my dad buying extra food when I visit. And then he's excited about all this stuff he bought for me and then I say no. Making my dad sad, I'm worried about making my loved ones sad, I think.

Dr. Glenn: Another way to look at it is to find an alternative love gift that you can accept because what they're trying to do is welcome you back to the tribe in some loving way. Food is a very traditional way of doing that. But if you can present them with something they can do for you that you could accept, like, "Oh my god, do you have any mint tea? I'm just too full right now. My stomach is a little upset. Do you have any mint tea? That would be really helpful." "I've got a little bit of a headache. Do you have any ibuprofen?" Or anything you can ask them for where they can feel like they can give you a gift and you're going to welcome



it. It doesn't really have to be the food. We're used to it being the food. Our pigs really want the food, so it's hard for us to turn down. But once you realize what's actually going on and you give them the opportunity to welcome you in another way, it's fairly easy to diffuse.

Manuealla: Right. Yeah, it's true.

Dr. Glenn: The pig says you're going to give up your excuse for not performing so you have to keep bingeing, otherwise you're going to have too much pressure to perform. Where is the lie in that?

Manuealla: Well, I can just learn how to rest without having to go into burnout. Food doesn't need to be my scapegoat. It's not making anything better. It's just making it worse. I don't know if that's strong enough though. Like, sometimes I want to be the hypochondriac with the binge eating disorder 'cause then I have something to say, "Oh, I'm sorry, I didn't live up to my own high expectations because I have this problem."

Dr. Glenn: Do you want that or does your pig want that?

Manuealla: The pig.

Dr. Glenn: Well, what do you want?

Manuealla: Just sometimes admit it, just take charge and say, "Hey, I didn't make it. Sorry."

Dr. Glenn: You don't have to perform every time, right?

Manuealla: Yeah.



Dr. Glenn: Like a Major League Baseball player that bats 250. They're going to stay in the Major Leagues, right? One out of four times they get on base, they're going to stay in the Major Leagues.

Manuealla: Yeah. That makes sense. I don't like to lie ever, at least not purposefully. But am I not lying to myself instead of saying, "Hey, I messed up," I'm saying, "Hey, I have a disease," but I don't really have a disease.

Dr. Glenn: What disease do you have?

Manuealla: If I say to myself, "Oh, I couldn't do this because of my binge eating disorder," then I'm kind of lying to myself, am I not?

Dr. Glenn: I think so.

Manuealla: Wouldn't it be more honest to say, "Hey, I just screwed this task up." It wasn't the binge eating disorder, you just didn't make it.

Dr. Glenn: It would be a lot more empowering because then you could look at what you did wrong and know how to fix it.

Manuealla: Right.

Dr. Glenn: Rather than telling people you're disordered and diseased and you're not capable. I think so. I think you're giving yourself good feedback about that.

Manuealla: Okay. Honest, yeah, I'll put that in.



Dr. Glenn: When the pig says you can't do anything more than a couple of months, you're going to screw up after a couple of months.

Manuealla: Well, anything that I'm not happy with, I can change with a few days of planning. It's just that I'm putting my system too in place instead of the immediate impulse reaction. So if I felt like after three months, this is not working, then I could change it, just not in the moment. So now that I have these tools, I don't see a reason why I should fall back in the same trap again. I didn't have these tools before, not as clearly written out. So I think now that's a different situation.

Dr. Glenn: That's true. And also, maturity makes for more ability also. There are a lot of things that people grow out of overtime; certain types of food parties they want to have and overtime it's just not what they choose to do anymore.

Manuealla: And I think one thing you said in one of the interviews you had or talks with some colleague, I don't know, people who try to stop smoking, the chances of them succeeding -- how is that -- increases with every time they fail?

Dr. Glenn: Yes. Every attempt raises your chance of succeeding. Kind of common sense, but yeah.

Manuealla: Yeah, but that really helped me to hear that, yeah.

Dr. Glenn: That's true. Yeah, that's researched. When the pig says you need something to relax and relax with pig slop?

Manuealla: Well, if I think any further than maybe an hour, I know that I will feel really horrible anytime after that.



Dr. Glenn: It doesn't really help you relax.

Manuealla: It's a very short-lived relaxation.

Dr. Glenn: Yeah. When the pig says you don't need to be a perfectionist, come on, just binge already, where is the lie in that?

Manuealla: I'm not fine ever with bingeing. I'm not fine with not fitting into my favorite clothes. I'm not fine being confined in my mind. That's never fine. It's fine to not be in that cage anymore.

Dr. Glenn: There you go. Yeah, and there are some things that we have to be perfectionistic about, right? We don't allow ourselves to have even one bite of cyanide. We don't need good-tasting doodie, right? We don't. With perfection, I will never eat good-tasting doodie again. I'm kind of exaggerating for a fact, but you know what I mean.

Manuealla: Yeah. With veganism, that was never a problem for me because just animals stopped being food. It's an animal. It's a being. It's just not food. It's just not a thing that I put in my body, so I now define that anything that's not on the plan, it's just not food.

Dr. Glenn: When the pig says you won't be able to stick to anything if you get too tired, where is the lie in that?

Manuealla: Go to bed.

Dr. Glenn: Just go to bed, yeah. You're allowed to rest. There's some concerns about the allowability of changing your food plan presents too many options and will let the pig out. Is that true?



Manuealla: Well, I feel better now with this updated version that you helped me create today because I think it has less loopholes and less question marks than the one that I've been using until today. So now I feel more confident about that struggle of oh, should I update the plan again or not? I feel like that's going to be less now. I do wonder though, I think in some of the interview, you said you added a rule with them about not changing the plan for 30 days or something. Do you think that's sensible to calm that down? To say, "Hey, just try this for 30 days and only then change it if you must."

Dr. Glenn: There's usually people who need to give up sugar and flour or alcohol. And you're a little early in your comeback from the trouble period. And it seems like it's been working for you. Like, most of these people will tell me to just keep bingeing and bingeing and bingeing and I'll say, "Well, would you do a 30-day experiment without sugar, flour or alcohol?" And anybody listening, if you keep falling down and you're not getting it, just try 30 days without sugar, flour and alcohol. If that's the only rule you have, you'll just be amazed, like, absolutely amazed what happens.

But Manuealla, you're doing really well. We fine tuned things a little bit. It seems like a little bit of a safety valve to be able to change the plan for a day ahead of time, temporarily change it for a day. What would you think about not being able to do that more than once a week?

Manuealla: Mm-hmm.

Dr. Glenn: A little bit of a limitation on that. So I can temporarily change the food plan for 24 hours, but only for 24 hours and never more than once per calendar week.



Manuealla: Yeah.

Dr. Glenn: How confident are you that you are never going to binge again?

Manuealla: A hundred percent.

Dr. Glenn: Are you? Do you mean it?

Manuealla: Yeah. Since I realized that never bingeing again just means never giving into the urge of moment, I am confident that I can do that. I think to anything that comes up, I can just say, "Okay, if that's a sensible thing, let's talk about it tomorrow."

Dr. Glenn: Mm-hmm. There you go. That's great. Do you have any questions or concerns?

Manuealla: No, I think it was really good to talk to you and to talk it through, to just get it out of my mind and talk about it. I think that really helped me. And also just setting up this interview helped me to organize it and put it down in writing. I noticed that when I changed the food plan, I need to do it in one go. Like if I think about changing and I already write down some changes one day and then I get confused which version is now, one that is valid.

Dr. Glenn: There are two pieces of that. One is that your pig is just trying to create a chaos or a lawless state; no law really exists.

Manuealla: That's the state that has troubled me in the past. So I want to find a way to never get into that lawless state anymore.



Dr. Glenn: One thing it sort of recognized that the previous plan prevails until the new plan is in place, right?

Manuealla: Yes, that has not been enough in the past sometimes.

Dr. Glenn: One go is better. The other kind of subtle point is you want to make a copy of the old plan. You don't want to just tweak the current plan because you might not be able to get back to the old copy. I usually keep a separate folder. I call it my control folder, and I save a copy of the best plan to that point before I make changes.

Manuealla: Okay.

Dr. Glenn: Do it all in one go. Make sure you have 90 minutes, two hours to figure it all out.

Manuealla: Yeah. No, I think if I don't get into that limbo state of giving the pig the uncertainty is maybe the only time where I feel I'm certain.

Dr. Glenn: Manuealla, would you consider doing a follow-up in two weeks?

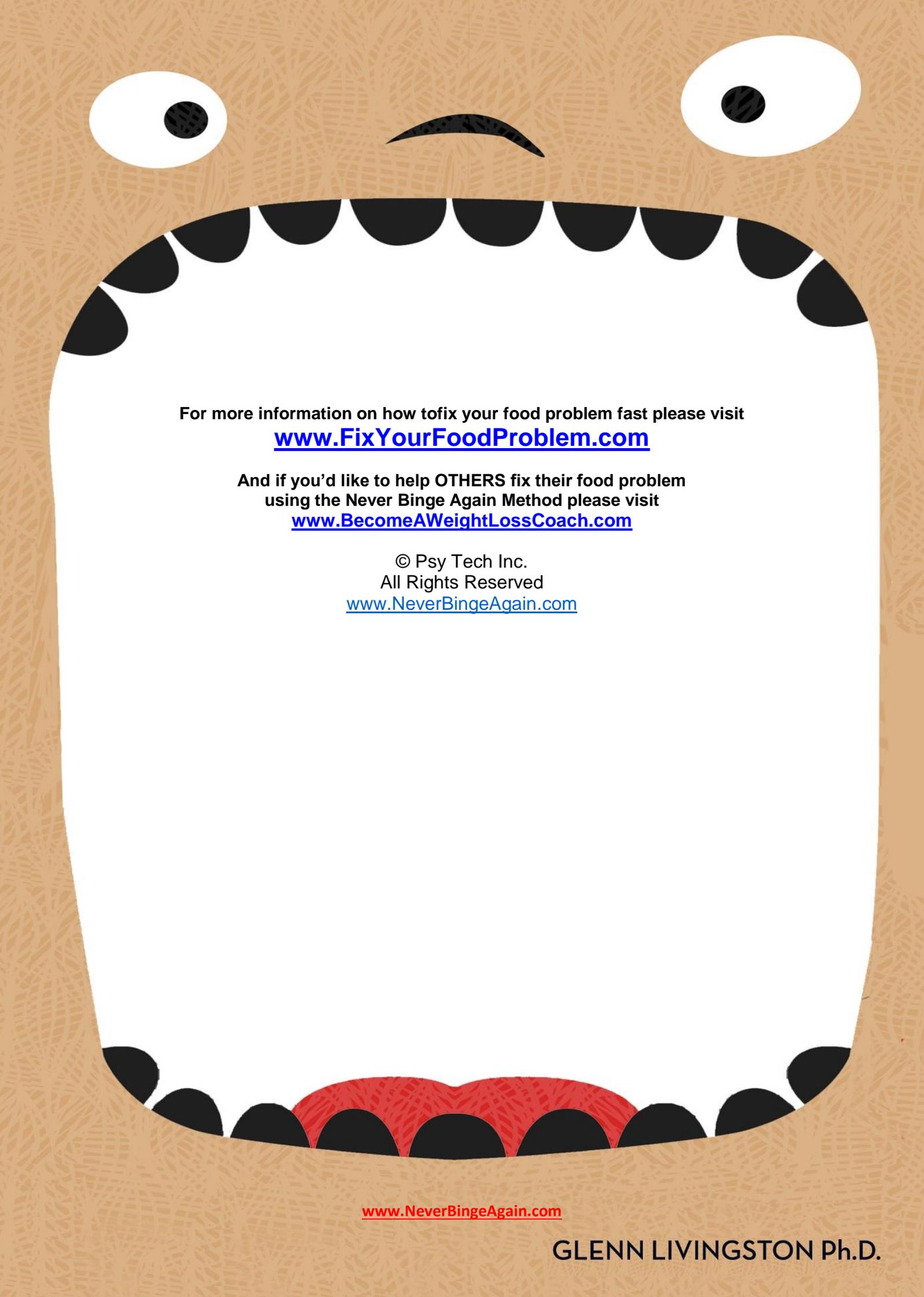
Manuealla: I would love to.

Dr. Glenn: Okay. I think you did great. I think you'll do great with it and I look forward to talking to you then.

Manuealla: Thank you so much. Have a good day.

Dr. Glenn: Okay dear. Knock them dead. Bye.

Manuealla: Bye.



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