

## Glenn Livingston, Ph.D. and Mary The Hell with Sugar, Flour, and Food Deliveries

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**Dr. Glenn:** Hey, it's the very good Dr. Glenn Livingston with NeverBingeAgain.com, and I'm here with Mary who's a kind woman that agreed to let me coach her and record it so you can all benefit from her insights and observations and struggles. And Mary, how are you today?

**Mary:** I'm fine, thank you.

**Dr. Glenn:** So why don't you catch me up? We talked a little bit, but catch me up where you are with Never Binge Again and what are you struggling with with your eating, what's going well, what's not going so well and how can I help.

**Mary:** Okay. My biggest struggle is on the weekends, I'm good when I'm at work, or usually my job keeps me very busy, so I'm lucky if I get two meals in. So it's the weekends when I have downtime. That's my biggest problem, it's the downtime, not being as busy and it's kind of like giving myself a treat, or actually, honestly, numbing myself out with food is what I do on the weekend.

I've been practicing Never Binge Again stuff and my number one never rule is no deliveries, no fast foods. That's my biggest trigger for me. So I always make sure that I have food available to eat healthy food,



not crap food. That's pretty much my biggest struggle. And I've gone through the nevers and I'm almost through the alwavs. Like I said, I'm good unless it's a weekend. The weekends are what bother me the most.

**Dr. Glenn:** So when you say that you have trouble on the weekend and you're numbing yourself out with food, does that mean you're getting deliveries and fast food on the weekend?

**Mary:** That's what I was doing. So I've gone two weekends without bingeing and I'm happy about that and thrilled about that 'cause I can't even break a weekend, but yes, that's what I would do, I just have pizza delivered or what have you.

**Dr. Glenn:** I think that you started the Never Binge Again intensive, you started doing our program?

**Mary:** Yes.

**Dr. Glenn:** Okay. What was it about the intensive that you implemented that made it possible to do the weekend?

**Mary:** One thing that was really sticking with me this weekend, especially because food is my food, these foods are so addictive. I think I'm numbing myself out when actually I do want to get high from it. And so that gave me some extra little bit of strength against the pig to say, no, I can't have that, I won't have that, you're not getting it. This is poison and I will not put that in my body. I've gone through different recoveries; alcohol and drugs a long time ago. And so I've managed to put quite a few years into both. So I know how to fight that particular



part. And calling it an addiction, calling it for what it is gave me a little bit extra boost.

**Dr. Glenn:** Got it. So up until that point, your inner pig was telling you that you needed comfort food, you needed to numb yourself out. You've got too much downtime, there's not enough to do. And then when we talked in the intensive about the idea that, well, it's true that food does kind of anesthetize the emotions because when you're overeating, your nervous system doesn't have the same ability to conduct the emotions. What's also true and more important is that the things that we choose to binge on don't only have a numbing effect, they have a drug-like effect because of the concentrated source of fat or sugar or salt or oil or starch.

**Mary:** I will do both.

**Dr. Glenn:** Yeah. It gives you a buzz, it give you a high; a short lasting high, like a drug.

**Mary:** Exactly.

**Dr. Glenn:** And you don't want to be a drug addict and you know how to deal with an addiction. Okay.

**Mary:** It's kind of funny I never saw it as such. And the last time I binged, that's when it was -- it was my first real acknowledgment of wow, my heart is racing and I got this euphoric feeling, I mean, all this stuff, and I mean, it is an addiction. It never made sense to me before 'cause you have to eat everyday taking that crap food, the pig slop is really truly a trigger.



**Dr. Glenn:** Say a little bit more about what made you recognize that it was an addiction? Your heart was racing, what else? What made you recognize it was an addiction?

**Mary:** Up until -- mind you, I've binged over 30 years, so I remember very well my last time that -- last time I was partying, so to speak, and so as I'm ordering food, I'm anxious, my heart rate is going up. But even before that, all week long, my pig is just nagging at me and talking to me, "Oh yeah, get some. It's okay. You worked really hard this week. It's been a really hard week. You can do this. This is good for you. You need it," just like that old garbage I had before. And then the food gets here and I have heart palpitations. It was euphoric when I've been into that first piece of pizza. I was like, "What?" And it was a chemical reaction, not just a mental reaction. It was a total chemical reaction in my body.

**Dr. Glenn:** Yeah.

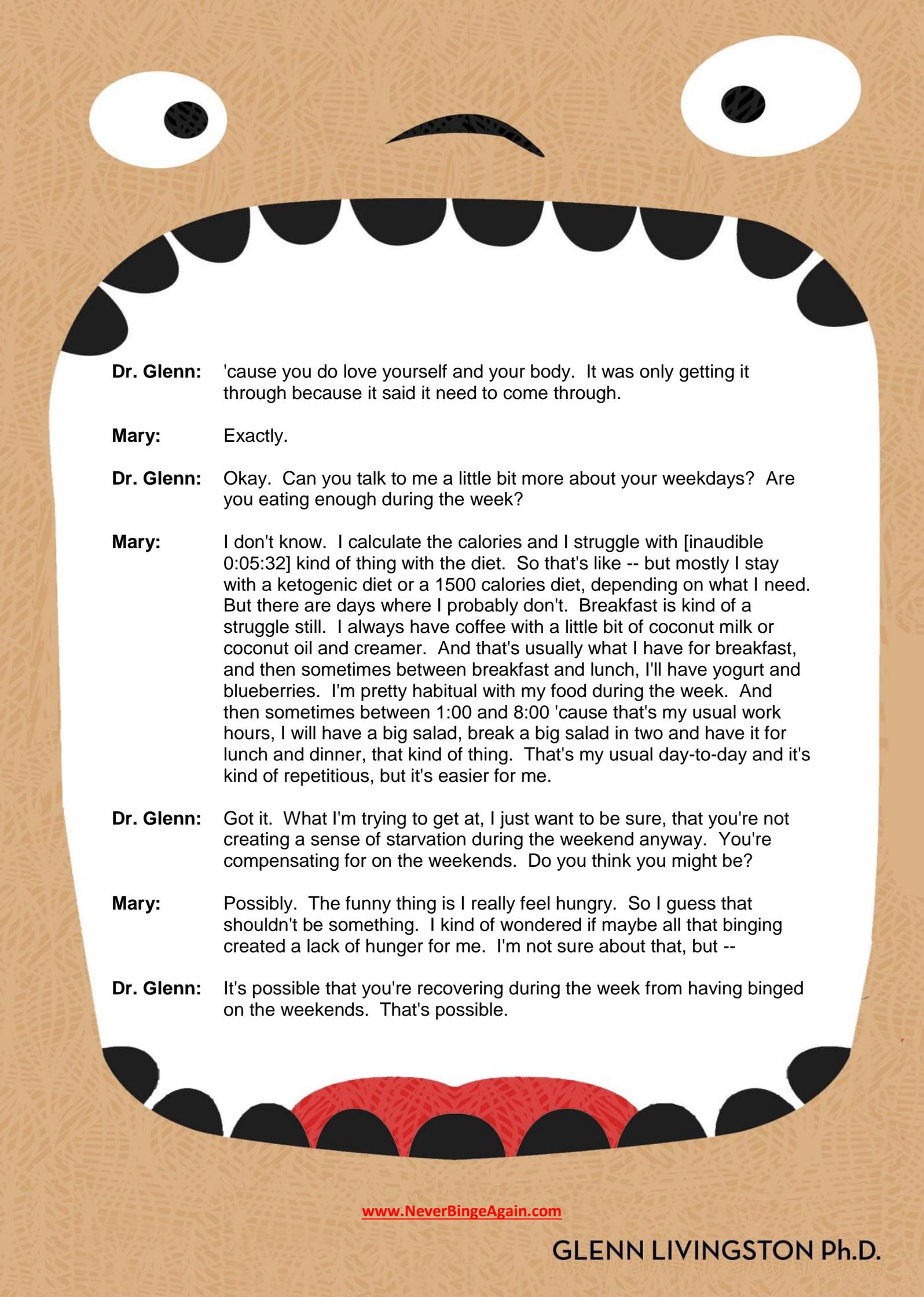
**Mary:** And that's when I made that connection of the addiction, it was like, "Oh my gosh, this is like getting high," exactly, what have you.

**Dr. Glenn:** And then when you did understand it, it empowered you because?

**Mary:** I don't want to be addicted to food like this, or I don't want this poison in my body. It causes that kind of reaction. To me, it's never been good and it can't be good now.

**Dr. Glenn:** Got it. Okay. So we exposed the pig for what it was doing, it's getting poison into your body, and you don't want poison in your body.

**Mary:** I don't.



**Dr. Glenn:** 'cause you do love yourself and your body. It was only getting it through because it said it need to come through.

**Mary:** Exactly.

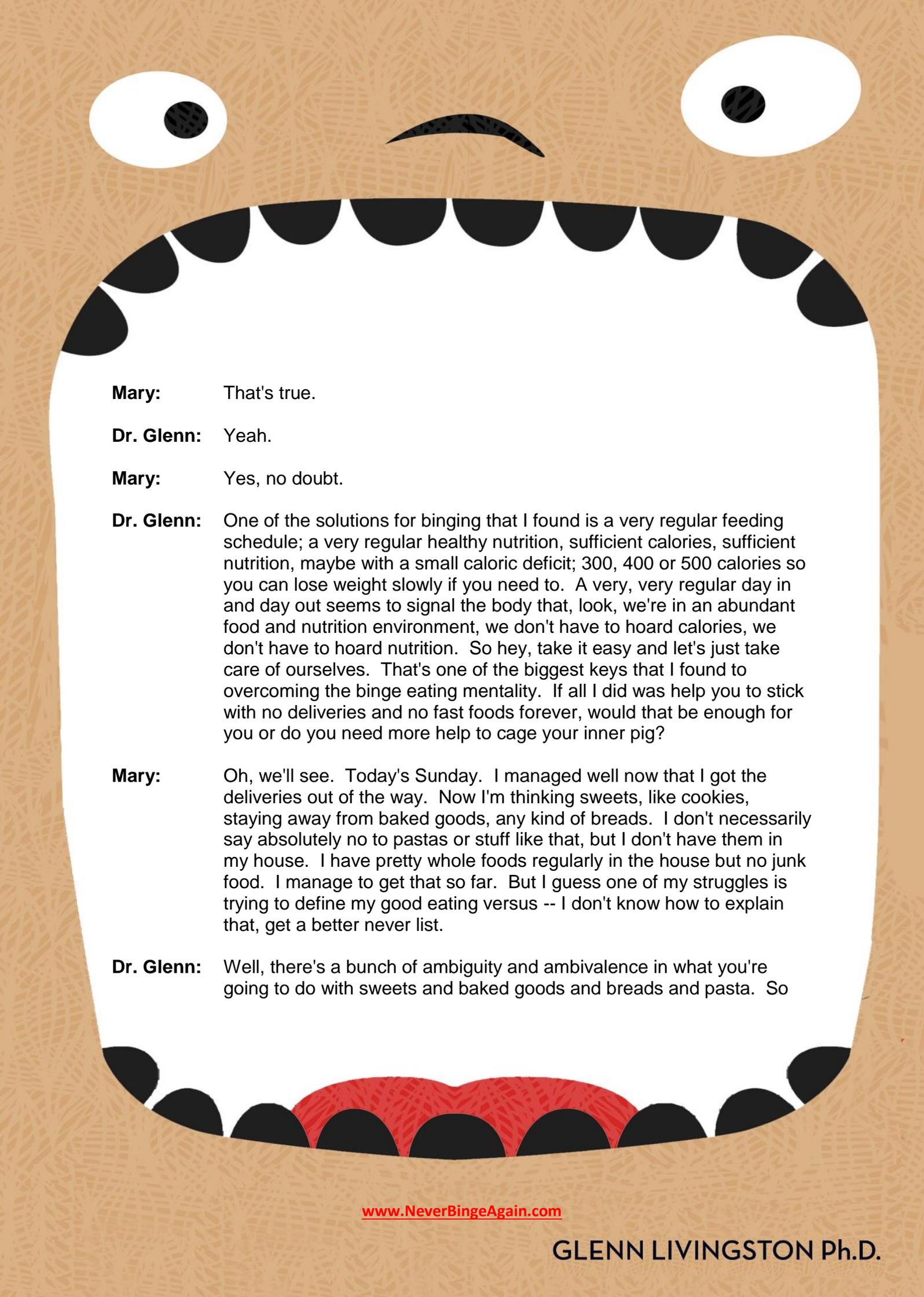
**Dr. Glenn:** Okay. Can you talk to me a little bit more about your weekdays? Are you eating enough during the week?

**Mary:** I don't know. I calculate the calories and I struggle with [inaudible 0:05:32] kind of thing with the diet. So that's like -- but mostly I stay with a ketogenic diet or a 1500 calories diet, depending on what I need. But there are days where I probably don't. Breakfast is kind of a struggle still. I always have coffee with a little bit of coconut milk or coconut oil and creamer. And that's usually what I have for breakfast, and then sometimes between breakfast and lunch, I'll have yogurt and blueberries. I'm pretty habitual with my food during the week. And then sometimes between 1:00 and 8:00 'cause that's my usual work hours, I will have a big salad, break a big salad in two and have it for lunch and dinner, that kind of thing. That's my usual day-to-day and it's kind of repetitious, but it's easier for me.

**Dr. Glenn:** Got it. What I'm trying to get at, I just want to be sure, that you're not creating a sense of starvation during the weekend anyway. You're compensating for on the weekends. Do you think you might be?

**Mary:** Possibly. The funny thing is I really feel hungry. So I guess that shouldn't be something. I kind of wondered if maybe all that binging created a lack of hunger for me. I'm not sure about that, but --

**Dr. Glenn:** It's possible that you're recovering during the week from having binged on the weekends. That's possible.



**Mary:** That's true.

**Dr. Glenn:** Yeah.

**Mary:** Yes, no doubt.

**Dr. Glenn:** One of the solutions for bingeing that I found is a very regular feeding schedule; a very regular healthy nutrition, sufficient calories, sufficient nutrition, maybe with a small caloric deficit; 300, 400 or 500 calories so you can lose weight slowly if you need to. A very, very regular day in and day out seems to signal the body that, look, we're in an abundant food and nutrition environment, we don't have to hoard calories, we don't have to hoard nutrition. So hey, take it easy and let's just take care of ourselves. That's one of the biggest keys that I found to overcoming the binge eating mentality. If all I did was help you to stick with no deliveries and no fast foods forever, would that be enough for you or do you need more help to cage your inner pig?

**Mary:** Oh, we'll see. Today's Sunday. I managed well now that I got the deliveries out of the way. Now I'm thinking sweets, like cookies, staying away from baked goods, any kind of breads. I don't necessarily say absolutely no to pastas or stuff like that, but I don't have them in my house. I have pretty whole foods regularly in the house but no junk food. I manage to get that so far. But I guess one of my struggles is trying to define my good eating versus -- I don't know how to explain that, get a better never list.

**Dr. Glenn:** Well, there's a bunch of ambiguity and ambivalence in what you're going to do with sweets and baked goods and breads and pasta. So



let's take it one at a time. What are the sweet tastes that you want to allow on your diet and how often do you want to allow them?

**Mary:** I guess I finally got into a point where I don't want any sweet taste unless it's fruit and maybe a little bit of Splenda on my yogurt, or whatever.

**Dr. Glenn:** So I'm just going to give you some language, tell me if you like it. I'm writing it down as we talk. The only sweet taste I will ever eat and/or drink again are whole fruit, berries and Splenda?

**Mary:** Mm-hmm.

**Dr. Glenn:** Anything else?

**Mary:** I put -- it's called a Keto Bomb. It's like a creamer and I don't know how to explain it, but it has healthy fats and no sugar. So I put that in my tea at night. It's kind of the night treat.

**Dr. Glenn:** What's that called?

**Mary:** It's called a Keto Bomb.

**Dr. Glenn:** Keto bomb, okay. So whole fruits, berries, Splenda and Keto Bombs are the only sweet tastes you'll ever allow on your diet again.

**Mary:** Yes, that works.

**Dr. Glenn:** Let's talk about flour; baked goods, breads and pastas, what role do you want them to play in your life?



**Mary:** Ultimately, on a general basis, none with contingencies with family.

**Dr. Glenn:** Okay. So I will never eat flour again except -- let's define it more specifically. So what type of family situation?

**Mary:** For example, if I'm invited over to my sister's house for dinner and I'm not in charge of the menu, and she's serving pasta for dinner; spaghetti or something or what have you. What I usually do is I'll enjoy the meal because she's a beautiful cook. And then I will fill up on salad that she makes; lettuce, whatnots, green salad. And then I have a small portion of the pasta just to control that, just so that I don't get too big of a sugar hit or glycemic hit, and that's how I manage it. But that's the rule I would like to have there. As I mentioned during this weekend with you, my sister likes to bring it up and make a big deal of it. And I am the only overweight person in our family. I have three very tiny sisters -- and she's not being mean or anything like that, she just wants to celebrate that I'm actually on a diet or something, I might actually lose the weight that -- but it embarrasses me. So I don't want to pay too much attention because I know my reaction or the pig's reaction to it is to go off and binge afterwards.

**Dr. Glenn:** Got it. So what if we say, I'll never eat flour again unless I'm at a close relative's house when I can have one small portion. Can you define a small portion for me?

**Mary:** I would say like a tennis ball size.

**Dr. Glenn:** Okay. That's a really good tool. I never heard that before. One tennis ball sized portion, yeah. See, if it was me, it would be a bowling ball size portion.



**Mary:** And in the past, it has.

**Dr. Glenn:** Yeah, it's so good. So, I'll never eat flour again unless I'm eating at a close relative's house when I might have one tennis ball sized portion.

**Mary:** That works for me.

**Dr. Glenn:** Any other exceptions?

**Mary:** I would do dinner with friends. I'm trying to think if I can manage that because then I have control. So I think I'd be okay with that. I can control what is being served to me.

**Dr. Glenn:** What if you're on vacation?

**Mary:** It's a tough one. Yeah, good question. The same thing as going out, although I do have a celebratory kind of big who likes to, "Woohoo, it's a party." Since I don't drink, I have more control with going in and out. I have used food as my entertainment as well. So I think I'm going to have to put that pig in the cage and keep it there 'cause I don't want to lose control. I don't want it to have control over me.

**Dr. Glenn:** So no exceptions for vacations. What about Christmas or Thanksgiving or New Year's?

**Mary:** No, same thing. It's just another day. I know that in my tasks, it will be hard, all those goodies. But I work in a salon and there's always food hanging around. I managed that, so --

**Dr. Glenn:** That will be hard for your pig and fun for you.



**Mary:** Exactly. Focus on something else instead of all the junk. I wish it is true what it's about.

**Dr. Glenn:** What if you're on death row awaiting execution and then there's a nuclear bomb coming towards us and there's a great big pizza delivery service and they offered to get you some?

**Mary:** Oh wow, that's a big one. No, I have to stay away from it. I won't ever win if I don't get rid of this for good. So no, that's got to be a never. It has to stay.

**Dr. Glenn:** So the only time you'll ever have flour again is at a close relative's house when you can have one tennis ball sized portion; otherwise, you'll never eat flour again.

**Mary:** Yup, I can do that. I will do that.

**Dr. Glenn:** Remember, we kind of change these plans later if we want to. With a lot of forethought and consideration, we just present it to the pig as if it's forever set in stone. The same way that we talk to a two-year-old and tell her that they can never cross the street without holding her hand, even though we know that later on we might change that.

**Mary:** True. Yeah, for now.

**Dr. Glenn:** These are two pretty powerful rules. So if you never get deliveries on the weekend and the only sweet taste you'll ever eat again are whole fruit, berries, Splenda and Keto Bomb, and you'll never have flour again unless you're eating in a close relative's house, then you allow yourself one tennis ball sized portion. Is there any other thing that your pig could do? I know it has all kinds of things to say to get you to break



these rules, but if you follow these rules 100 percent, any other way that you could get yourself in trouble with food?

**Mary:** No. No, actually, I've got a pretty quiet life.

**Dr. Glenn:** So Mary, it's basically flour, sugar and deliveries for you; that's your problem, flour, sugar and deliveries.

**Mary:** I think so. Yes, it is. I think that limits me to my biggest pig noise.

**Dr. Glenn:** We can get you a T-shirt that says "The Hell with Flour, Sugar and Deliveries."

**Mary:** Yes. I don't need you no more. Go away.

**Dr. Glenn:** Maybe I'll get you that T-shirt. Okay.

**Mary:** I've managed to get most sugars on my diet a lot of things. I like healthy food. I wished my pig liked it more. But in my life, I don't hate cooking, so it's salad and simple things like that and apples and whatnot. I've managed to get a lot of crap out of my life like chips and all that stuff. This has been my biggest one.

**Dr. Glenn:** One thing semantically, your pig will only ever want slop and you will only ever want healthy food, by definition. You're defining healthy food as what's on your side of the line and unhealthy food on its side of the line. By definition, the pig wants slop and you want human food.

**Mary:** Yes.



**Dr. Glenn:** Okay. Well, let's say that you manage your flour, sugar and deliveries in exactly the way that we talked about for a whole year, a hundred percent perfect a whole year. Tell me about your life in one year.

**Mary:** I know I would lose weight. If I lost weight, I'd feel more confident in going out and doing things with people. I've been carrying on around 60 pounds that I'm embarrassed about. I think I'd be more active, more social, get into more sports. I live in a beautiful part of the country, be more outdoorsy.

**Dr. Glenn:** What part of the country do you live in?

**Mary:** Right of Lake Superior.

**Dr. Glenn:** That is a beautiful area. I know what you mean. Okay. So you'd be more active in sports and you'd get outside more?

**Mary:** I would. And I think I would find more confidence in myself. I would be more confident. So as far as confidence goes, I would find more ease at my job because I work around a bunch of very tiny people who are very big in working out and all that, little metabolism, start burning off all their food. I'm the opposite.

**Dr. Glenn:** A bunch of skinny --, right?

**Mary:** Exactly.

**Dr. Glenn:** They've got their nerve.

**Mary:** I hate them. I hate them.



**Dr. Glenn:** You'd feel more confident, you'd feel more ease in your job.

**Mary:** My feet wouldn't hurt so much.

**Dr. Glenn:** Oh, okay. You said you'd go out and do things with people. What kind of things and what kind of people?

**Mary:** Very good question. Hiking, biking, go to the lake. Right now, I don't like to be uncovered on any point. I mean, if I go outside, it's usually three quarters sleeves. I'm embarrassed of my body and I think that once I were to lose the weight, I would feel more comfortable. So go outside and be active in all the things that are available around here; kayaking, hiking, biking, cross-country skiing. I'm kind of shy, believe it or not, even though I work behind the styling chair eight hours a day and I can converse with people all day, but out of work, I'm kind of shy. So I'd like to think that it would be easier without this one more hurdle to get over, to go out and meet people.

One of the things that I'd like to do is get a group of women walking wherever, have a big bunch of women who can go out and it doesn't matter how healthy they are, they just go out and walk the area, hike or what have you. But I'd like to get that started here in the community. So that's one thing. Mostly women, I'm not really interested in meeting men right now, but that's part of the weight issue too in past history, but I want to say that part of it as well, I don't have a dating life and right now don't want one.

**Dr. Glenn:** Maybe down the road.

**Mary:** Maybe down the road.



**Dr. Glenn:** Maybe. Nothing says you have to; right?

**Mary:** No. No rules there.

**Dr. Glenn:** What impact would it have if you had more ease in your job? Would it have any financial impact in you, or it's just a matter of being more comfortable there?

**Mary:** The pig is always there, but at least shut him up sometimes 'cause he's got a lot of little tricks up its sleeve where he talks to me. I think that I would find comfort and ease not only in my body. My feet won't hurt so much, that kind of thing. I wouldn't feel so self-conscious, which will free me up to do a more artistic job. Being a hairstylist, I have to be able to flex quite a bit with each client that comes in and sit down. So I think I would be a better hairstylist and make more money doing that. And with the confidence that would come, I would feel more emboldened to ask people to refer me and those kinds of things and building my business.

**Dr. Glenn:** How much more do you think you would make; conservatively, realistically?

**Mary:** Realistically?

**Dr. Glenn:** Mm-hmm.

**Mary:** Anywhere from 500 to 1,000 if I could fill my chair up the rest of the way.

**Dr. Glenn:** Per week, per month?



**Mary:** Per month.

**Dr. Glenn:** So conservatively, let's say it's 6 grand a year every year.

**Mary:** Plus tips.

**Dr. Glenn:** Plus tips, okay.

**Mary:** So let's go 1500 a month.

**Dr. Glenn:** 1500 a month, so that's 18 grand a year.

**Mary:** Wow, that would be amazing. That's definitely worth getting that pig in that cage.

**Dr. Glenn:** Is that realistic? Are we exaggerating?

**Mary:** No, not really. No, that's what my low self-confidence, doesn't make me stand out. It makes me want to hide.

**Dr. Glenn:** So you could make 18 grand more a year. Over the next 10 years, that's like a college education, \$180,000; right?

**Mary:** Yes.

**Dr. Glenn:** That's a real number.

**Mary:** Yes, that is a real number.

**Dr. Glenn:** Okay. What about your clothes, what about any differences with relatives or friends?



**Mary:** Clothes, gosh, I would love to wear tank tops, be comfortable; tank tops and I would like to be able to wear anything that's sleeveless or a nice pair of jeans. That would be more comfortable. Get rid of all the baggy crap I wear -- hide in. That would be nice. As far as friends go, I would like to think I'd be more comfortable making friends. Like I said, I'm a little shy so I think I would feel more confident again and be more outgoing, make some friends, go do things.

**Dr. Glenn:** Is there a particular outfit in your closet that you'd love to wear that you can't wear now?

**Mary:** Yes, I have a black dress. It's just black dress that's pretty snug that I wore 10 years ago.

**Dr. Glenn:** Okay, a black sleeveless dress. Okay, got you.

**Mary:** Mm-hmm.

**Dr. Glenn:** Anything else that I missed?

**Mary:** Nope. Nothing I can think of.

**Dr. Glenn:** Now, I know this is an uncomfortable question, but what happens if you don't follow these rules? What happens if you keep eating sweets and baked goods and pasta and flour and order deliveries on the weekends? What happens in a year if you keep doing that?

**Mary:** I'd gain more weight. I'd go further down that rabbit hole of being alone and lonely and getting sick. I don't want to be that person who eats herself into an early grave or even have diabetes or heart problems.



Right now, I'm healthy, but the weight can't be healthy with me. It would end up doing a lot of damage to my body, I think, and my heart -- not my heart as a beating muscle, but my heart as a person, my soul.

**Dr. Glenn:** Yeah.

**Mary:** And I don't think I would like my life much at all. And I know for a fact that I've gained weight. One of your podcasts was talking about you weigh yourself every day. So I decided to do that. And after one week, I think I put on 14 pounds. And it took me three weeks to get rid of it. Here, I was telling myself, "Oh, it's no big deal. It's no big deal. It will go away. You just don't eat for a couple of days," that kind of thing. It's like, no, that's a big deal.

**Dr. Glenn:** The body gets worst at managing it as time goes by too.

**Mary:** Exactly.

**Dr. Glenn:** What would happen to you financially if you just kept doing what you were doing?

**Mary:** Financially, I would at least be out \$400. I've calculated the amount of money I spend for a binge every weekend, about 400 bucks.

**Dr. Glenn:** Wow!

**Mary:** Yeah. So that's almost \$5,000 one year.

**Dr. Glenn:** 5,000 a year every year. So you'll be spending 5,000 a year every year on binge food. Is that realistic compared to what you would replace it



with for healthy food? So do we need to cut that down a little bit to account for healthy food?

**Mary:** No, that's the excess.

**Dr. Glenn:** That's just extra food? Okay.

**Mary:** That's the binge food.

**Dr. Glenn:** So over the next 10 years, let's say we compared 10 years of doing this versus 10 years of not doing it, 10 years of just letting things go the way they are, you're going to lose 50 grand in binge food. 10 years in doing these new rules, you're going to make 180 grand in your business. It's almost a quarter million dollar difference.

**Mary:** Wow! Okay. I never thought about it that way. Holy smokes, that's a lot of money.

**Dr. Glenn:** Am I being crazy?

**Mary:** No, no. I just never thought extending it up past the month and maybe years, but wow, that pig just got slammed in the corner.

**Dr. Glenn:** Yes. Let's give the pig a chance now. Let's give it a fighting chance. What are all the reasons that it thinks that you can't, shouldn't or won't do this? I'll write them down as you go along.

**Mary:** I've never one, you always given if I nag you just probably hard enough. You don't have enough words to fight me. You have to have it, it will make you feel better. You'll stand out, everybody will be looking at you because you're not eating what they're eating, which is



stupid. I want to say my biggest, strongest pig thought is, "You've never won the weight game." I've been chasing weight around since I'm 10, and I'm 52 now.

**Dr. Glenn:** You've never won the weight game so you never will.

**Mary:** Nope.

**Dr. Glenn:** Anything else?

**Mary:** I fairly believe that in order for me to really lose weight, I have to exercise as well and I'm having a bit of a problem getting motivated for that. That's a big pig squeal in itself. "You'll never lose the weight 'cause you're not exercising, so you might as well not try."

**Dr. Glenn:** We have a program coming out probably next week, by the way, about exercise.

**Mary:** Really? Excellent. Wonderful.

**Dr. Glenn:** We got Josh LaJaunie who was on The Today Show and lost like 230 pounds to talk about the change in his identity and how he kind of worked it out against his inner sloth. It's really exciting. We're really excited about it.

**Mary:** Oh. Can I ask what it's called?

**Dr. Glenn:** It's called "Get Moving."

**Mary:** Love it.



**Dr. Glenn:** He's a very inspiring guy.

**Mary:** Cool! I look forward to it and I will definitely read it.

**Dr. Glenn:** It's a set of videos. We interviewed him for four webinars and we kind of put it together. Anything else your pig says, why you can't, shouldn't or won't follow these rules?

**Mary:** No, I think that's it, for now anyway.

**Dr. Glenn:** What I want to do now then is I have to jump back up into your higher self and I want you to find the lies in these squeals. So in every one of these squeals, there's some lie because a pig squeal is always a lie because we do have the ability to control ourselves. The lizard brain is just an organ in the body the same way the testicles or the ovaries are an organ, and we need to control it in the same way that we control them. They generate a very strong urge, but we can't just walk around kissing attractive people or grabbing them or anything like that 'cause we live in a civilized society and everybody knows how to do that. You'd get in a lot of trouble if you don't.

**Mary:** Right.

**Dr. Glenn:** So there's always a lie in any statement that says, "You really must do this," or you don't have the ability because you do have the ability. The human brain physiologically really lives on top of the lizard brain, evolved later on, or if you believe in God, that it was put there later on, put there to be superior to the lizard brain. So it's always a lie. So where is the lie when the pig says, "You never lost weight so you never will," where is the lie in that?



**Mary:** Because I haven't won that particular race doesn't mean I can't. Honestly, I don't know where the lie is on that one. Just because I haven't doesn't mean I can't. There's the lie. I can't find it.

**Dr. Glenn:** You did. That's one of the lies there. The other lie is that there's practically no worthwhile accomplishment that doesn't take repeated effort and a multitude of failures to achieve; right?

**Mary:** Sure, yes.

**Dr. Glenn:** The ability to keep getting up and trying is a sign of strength, not weakness. And the pig is saying, "While you haven't figured this out yet, you keep getting up and trying so you're really too weak," but observing that you keep getting up is a strength in and of itself. So the pig is actually pointing out your strength when it's saying that you're weak, it's being pretty pathetic.

**Mary:** I like that. I want that T-shirt.

**Dr. Glenn:** I got to visit the T-shirt store after this. The other lie is that if you're on a boat on a lake and you've got a long wake behind you, let's say for a couple of miles in one direction, does that have any bearing whatsoever in your ability to turn the wheel?

**Mary:** None. None whatsoever.

**Dr. Glenn:** You can turn the wheel anytime you want to; right?

**Mary:** Right. That makes sense.



**Dr. Glenn:** I have fought my weight for 30 years before I figured it out. I've met a lot of people who fought for decades before they figured it out. You know what, sometimes, you just need the missing piece. And it's a tragedy that it wasn't given to us earlier, we wasted a lot of years because of it, but that doesn't change the fact that one missing piece can make all the difference.

**Mary:** That's the pig. It makes so much sense to me completely.

**Dr. Glenn:** So when the pig says that, "You don't have enough words to fight me," where is the lie in that?

**Mary:** Oh, that's a future one. That's one of a fear based one. So I do have enough words. All I have to do is fight you each time and I'll find the words. It doesn't mean you get to win.

**Dr. Glenn:** Mary, you don't need any words to fight the pig. You know what your rules are. Your rules are no deliveries, no fast foods. You only ever eat sweet taste from whole fruit, berries, Splenda and Keto Bombs and you don't eat flour unless you're at a relative's house when you can have a tennis ball sized portion. Those are your rules. If you know your rules and the pig says, "Do something else," you go, "Duh, you're squealing for slop and I don't eat pig slop and I don't let farm animals tell me what to do." Those are the only words that you need. You don't need words to fight the pig. It's trying to tell you you're not smart enough, not powerful enough, blah, blah, blah. Stupid pig.

**Mary:** Oh, yes. Stupid pig. I hate him. It's funny, my pig is a him instead of a her.



**Dr. Glenn:** I recommend that you call your pig an "it" so you don't give it the dignity of a human pronoun.

**Mary:** Even better. It's an it. I like that.

**Dr. Glenn:** It's an organ in your body, like a kind of blob of protoplasm at the bottom of your brain. People don't give their ovaries names or their testicles names.

**Mary:** No.

**Dr. Glenn:** When the pig says, "You needed to feel better," where is the lie in that?

**Mary:** It doesn't make me feel better. It makes me feel worse, and I don't need it. I can find other ways to make myself feel good.

**Dr. Glenn:** There you go. "You'll lose all your friends, you'll stand out as a social weirdo."

**Mary:** Yeah. Well, I already do 'cause I live in a small town that drinks and I don't drink. So yeah, no one's going to care. No one cares if I don't drink, so they're not going to care that I'm not eating the old chunk of bread or cake or what have you.

**Dr. Glenn:** What the pig is really saying is that it is going to really miss pigging out with other people's pigs. It's going to really miss it. But your friends, the part of them that you care about, that cares about you, they don't care.

**Mary:** No. And that's a good point.



**Dr. Glenn:** And Mary, to the extent that these people that you care about them, do you know how rampant diabetes and cardiovascular disease and cancer and other diet-reversible conditions are, more than half the people in America are going to get it. In a diet-reversible way, they don't have to get it. And the reason that's important in this situation is that if you care about them, somebody's got to go first, somebody's got to be a leader, somebody's got to show them that heating healthy is possible. Be an example. They'll get curious.

**Mary:** Yes. I like that idea, being an example rather than part of the blending in part. I like that a lot.

**Dr. Glenn:** When the pig says, "You've never won the weight game so you never can, you never will," where is the lie in that?

**Mary:** Just because I haven't doesn't mean I can't; telling me that I can't because I haven't. As long as I keep on fighting for the bull's-eye, I will get there.

**Dr. Glenn:** Yeah. You'd get up and keep aiming at the bull's-eye and you collect evidence of success instead of collecting evidence of failure, so you become a more and more successful person. Fall down six times, get up seven.

**Mary:** Right. And actually, this weekend was proof positive that I can do the getting back up and managing it, not gaining 14 pounds over the weekend or whatever. It's a lie. I see it. I can lose the weight. I will lose the weight.



**Dr. Glenn:** What about when the pig says, "You have to get yourself to exercise to lose weight and you'll never be able to do that, so you'll never lose weight so don't bother." Where is the lie in that?

**Mary:** I can get myself to exercise and I will lose weight because I'm not binging. I'm not binging every weekend. I will become lighter and will be more interested in exercising, more motivated to exercise.

**Dr. Glenn:** How confident are you that you're never going to get deliveries or fast food again, that the only sweet taste you'll ever eat again are whole fruit, berries, Splenda and Keto Bomb; that you'll never eat flour again except for a tennis ball sized portion when you're at a relative's house.

**Mary:** I'm 90 percent confident of it because I managed to get through this weekend, so I can do it again,.

**Dr. Glenn:** Where does the other 10 percent come from?

**Mary:** Actually, when I'm trying to think about the percentage, I think about, "What about Christmas? What about birthdays?" Those kinds of things, that's what's putting the doubts in my mind is special occasions.

**Dr. Glenn:** Do you want to make an exception for that or not? Because when we were defining the rules, you said you didn't want those exceptions.

**Mary:** No, I would like to try not to have these things 'cause it's just yucky food. It's not good for me. That's my 10 percent, but nope, I'm going to go for it. I know that one is never enough and too much at the same time. And so the farther I can get away from that addiction, the better off I'll be. I physically feel the withdrawal. So to put that food back into my system for a holiday or a birthday party, it's not worth it. It's just not



worth it anymore. I'd rather have a bowl of fresh strawberries and yogurt. To me, that's more delicious than a cake you can serve me.

**Dr. Glenn:** How confident are you that you're never going to do these things again?

**Mary:** I am very. I'm a hundred percent -- or at least 95, 99.

**Dr. Glenn:** 99 percent; 95? Which one?

**Mary:** Let's go with 99. It's hard to say it because I haven't, but I can see that picture very clearly in my mind and it feels really good.

**Dr. Glenn:** Where is the 1 percent coming from?

**Mary:** The fact that I have failed so many times.

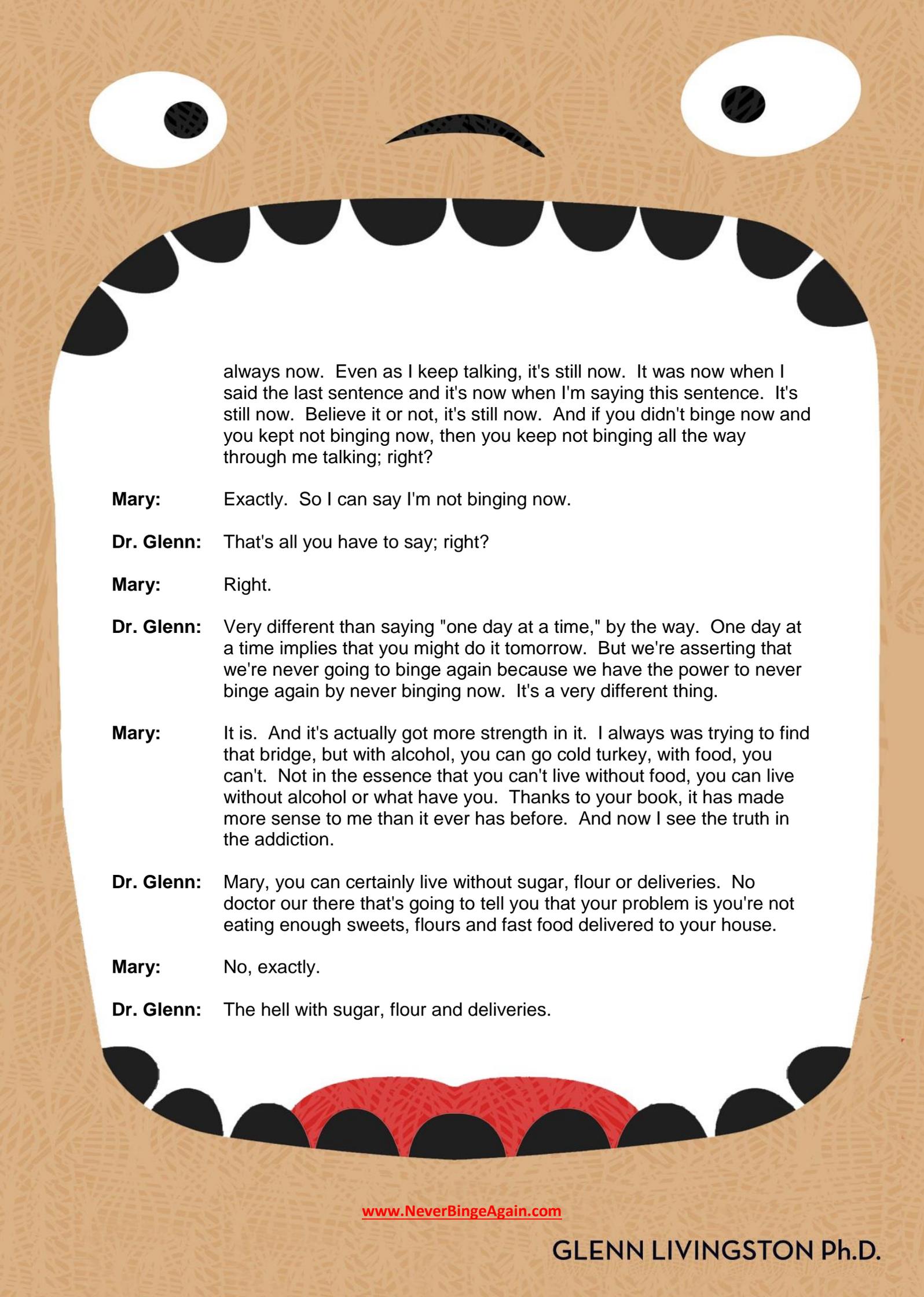
**Dr. Glenn:** Where is the lie in the idea that you failed so many times before and so you're going to fail again?

**Mary:** I don't know. Just because I failed in the past doesn't mean I have to fail in the future.

**Dr. Glenn:** Yeah. The ability to keep getting back up is actually a strength.

**Mary:** It is, right. And I do fight.

**Dr. Glenn:** It's also a time machine squeal where the pig is talking about what's going to happen in the future because of what happened in the past. But you don't have to worry about that. All you have to worry about is now. If you never binge now, you'll never binge again because it's



always now. Even as I keep talking, it's still now. It was now when I said the last sentence and it's now when I'm saying this sentence. It's still now. Believe it or not, it's still now. And if you didn't binge now and you kept not binging now, then you keep not binging all the way through me talking; right?

**Mary:** Exactly. So I can say I'm not binging now.

**Dr. Glenn:** That's all you have to say; right?

**Mary:** Right.

**Dr. Glenn:** Very different than saying "one day at a time," by the way. One day at a time implies that you might do it tomorrow. But we're asserting that we're never going to binge again because we have the power to never binge again by never binging now. It's a very different thing.

**Mary:** It is. And it's actually got more strength in it. I always was trying to find that bridge, but with alcohol, you can go cold turkey, with food, you can't. Not in the essence that you can't live without food, you can live without alcohol or what have you. Thanks to your book, it has made more sense to me than it ever has before. And now I see the truth in the addiction.

**Dr. Glenn:** Mary, you can certainly live without sugar, flour or deliveries. No doctor out there that's going to tell you that your problem is you're not eating enough sweets, flours and fast food delivered to your house.

**Mary:** No, exactly.

**Dr. Glenn:** The hell with sugar, flour and deliveries.



**Mary:** The hell with them. I don't need them and I don't want them. That's just my pig talking.

**Dr. Glenn:** Mary, do you have any questions or concerns?

**Mary:** The only thing I kind of been tripping a little bit was with my concerns is I feel like my never is not long enough; my never list is not big enough, but yet, it does cover everything that I run up against.

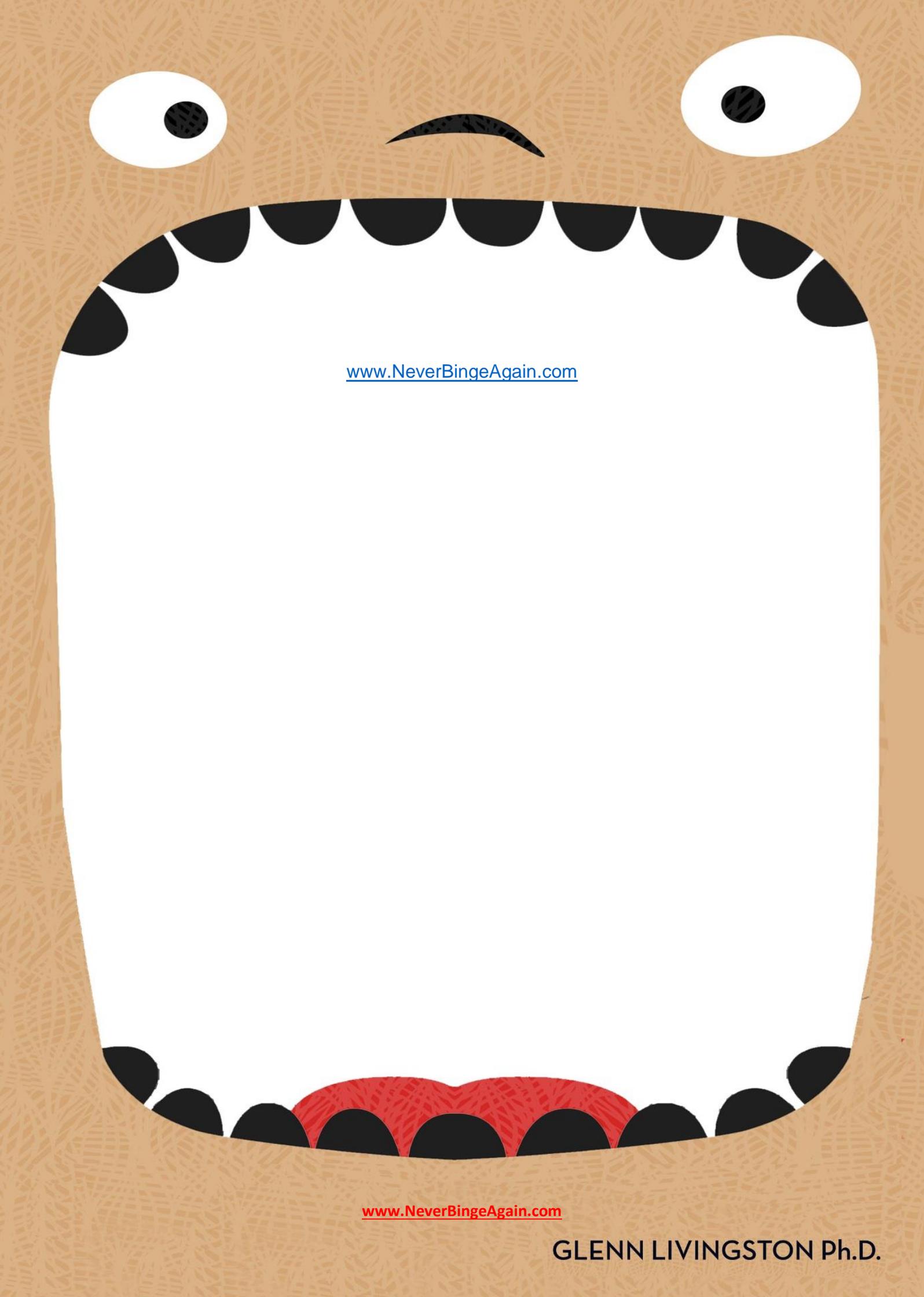
**Dr. Glenn:** Yeah. A lot of people's never lists are too long because they are trying to manage very small pieces of a big category. A lot of people will write 43 nevers to cover every possible condition where they might be able to have sugar, instead of just saying, "I'll never eat sugar again," 'cause they just can't bear to say that. You're going right for the jugular. You're saying, the hell with sugar, flour and deliveries. You have a minor exception for flour. I think I've got four things on my never list now. I forgot 'cause I never eat them, so I don't really have to think about it. I've got like, five rules altogether in my whole plan. Simple is better. Simple is better. It's okay if you need to make it longer to start with. It evolves overtime, but simple is better.

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