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Dr. Glenn: Okay. Well, Victoria asked if she could be the person that we demonstrate with today. So what we're going to do is spend maybe 40, 45 minutes with Victoria going through an in-depth Never Binge Again coaching session, and then everybody else can ask questions, make comments, observations later on and we'll do our best to address them too. And then I think that Harriet wanted some help as well so we'll try to help Harriet afterwards.

Okay so Victoria, I understand you read the book.

Victoria: Yes, sure.

Dr. Glenn: Yeah. Tell me what impact it had on you.

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GLENN LIVINGSTON Ph.D.



Victoria: Well, it actually had a very profound impact on me because I've been studying this topic of food cravings and what to do with them for quite a long time but I actually never had it from that perspective. So when I heard of the book *Never Binge Again*, it was actually from Howie Jacobson, the *Plant Yourself* podcast and I got it and I started reading it straight away because I like the approach so much and I think it made things so much clear in my head because we all know that there's this kind of another part of us that's not very good but it helped me a lot through your book to put a name in it and call it a pig and actually separate it from myself because before I was thinking, well, there's two parts inside of me that's kind of both me and I need to live in peace with both of them but it actually helped me a lot to call that a pig and separate it from myself. So that was a big profound shift in my thinking.

Dr. Glenn: It's kind of a paradigm shift. That's the way that we thought in psychology that we had to accept all of ourselves. We thought about that for a long time. I was obese for a lot of years because of that thinking, so I'm glad that that impacted you, really glad. So what have you done with it since then?

Victoria: Well since I'm a blogger myself and I teach other women how to lose weight and this craving thing comes up very frequently so I've been just talking to my one-on-one clients and sharing the story and sharing this point of view and sharing the book with them. I've also been doing some short videos trying to explain how differently we could think about this inner part of us.

So when I was talking through this, deeper in myself that this is how it works and I try to tame my own pig because I also have problems. How ridiculous it is, isn't it that a weight loss coach kind of girl who also



has her own struggles, so it was very funny because I have a few food problems and I'm going to share one of them today and hopefully you'll help me.

Dr. Glenn: Victoria, my experience is that most weight loss coaches have food issues, including myself, including myself that's why I wrote the book.

Victoria: That's very funny, isn't it? It's kind of we came about to conquer our own problems first and then we share it with other people.

Dr. Glenn: Yeah. So where can I help you the most?

Victoria: I've been having issues with my pig for about the past year. It wasn't very severe but it gave me some troubles. I am on a whole food plant-based diet for over four years right now so I've been not eating anymore products and right now, past four years, okay I've been a good girl, I'm in the perfect weight, well maybe I can just go off a little bit off of my plan. I always have problems with cheese, cow's cheese, cow milk cheese, and then I thought, well, every once in a while it's not so bad, I'm like 99 percent whole food plant-based so one time will not hurt. And of course obviously that was my pig's voice and so I tried it once and then more frequently and then even more frequently and then somewhere I struggled really badly because I was going everyday in a coffee shop and having a sandwich with cheese.

That's what drives me nuts. I was like oh my God, why am I doing that? I don't want to do that, it's not right for me as a weight loss coach because that's what I teach to my clients, not to eat any more products and I go myself and I eat them and I don't understand why, what's happening, so I was struggling a lot. But after reading the book, it's actually helped me to reduce these incidents of having cheese



sandwich, so it's getting better after reading the book, definitely, but still sometimes it happens.

Dr. Glenn: What would you like to do with cheese?

Victoria: Just quit it completely, once and for all.

Dr. Glenn: You'd like to never have cheese again between now and the day that you die?

Victoria: I would like to never have cheese again between now and the day I die, that's right.

Dr. Glenn: Did your pig get your tongue? Was that scary to say?

Victoria: It started going through my head like, well, what kind of cheese because there's so many kinds of cheese, is it hard cheese, Swiss cheese, sliced cheese, is it cheese on a bread, is it brie, is it a spread kind of cheese? What kind of cheese?

Dr. Glenn: Well do you, Victoria, want to allow any of those kinds of cheeses?

Victoria: The hardest one is the sliced one that goes inside of the white bread and makes a sandwich. It needs a combination of the cheese and the bread that's such irresistible because the others I don't really have much struggles. I live right now in Portugal and my husband's family on Christmas will always have cheese at the end, it's a tradition. I would take that piece of cheese and eat one and that's okay, it doesn't bother me. But when it's inside of the sandwich, that's when the biggest problem happens, so I guess it's the sliced one inside of the



bread that's tempting and be problematic. So that's one I would like to quit for sure, once and for all until the end of my life.

Dr. Glenn: So you'd like to never have sliced cheese and a sandwich again between now and the day that you die?

Victoria: That's right.

Dr. Glenn: Now what about all the other cheese?

Victoria: All the other cheese still is bad of course because I know how harmful it is for my health but I mean if I have it once a year on Christmas day then probably it's not going to be too difficult because I don't want to restrict myself completely and still want to have some fun, right?

Dr. Glenn: Okay. So if you never had sliced cheese in a sandwich again, is there any way that your pig could have used that?

Victoria: Yes, and there are a few ways. First of all it's when I travel. If I go somewhere and I'm not at home and I don't have prepared meals with me and I get hungry, then it's very difficult to find a good whole food plant-based foods here in Portugal because everything comes topped either with bacon or with cheese. It's almost like in the U.S. except that in the U.S., vegetarian is getting more and more popular and there's more options, here it's not so much. So if I travel and I'm on the road and I don't have any food with me, then my pig would definitely tell me, "Oh come on, it's just one time. Come on, it's okay. It's exception. You're travelling, that's fine. It's going to be okay. Nobody is going to die," and stuff like that.

Dr. Glenn: How often do you travel?



Victoria: Not often, maybe once a month, maybe once in two months.

Dr. Glenn: Do you want to allow cheese when you travel?

Victoria: No.

Dr. Glenn: You don't?

Victoria: I don't, because if I look well enough I could find something without cheese and I'm not going to die if I'm not going to eat a sandwich for sure. I can always go to the supermarket and buy a banana or a bag of trail mix and eat it, so I'm definitely not going to die if I don't eat cheese.

Dr. Glenn: Okay, so that's just some pig squeal that you're struggling with when it says that you're going to have to eat cheese when you travel.

Victoria: Yeah.

Dr. Glenn: Okay so if you never have sliced cheese in a sandwich again, how else can you get in trouble with cheese? By the way is it sliced cheese or sliced cheese in a sandwich or is it sliced cheese all by itself? Would you get in trouble with plain sliced cheese?

Victoria: Well I never eat plain sliced cheese by itself. It's either in white bread or in a croissant, kind of like sandwich type thing and if I buy it, that's like 99.9 percent of times outside, so I never buy white bread to bring home and I never buy cheese, so at home I don't get in trouble. If I go to visit somebody, that's not a typical thing to serve. So if I'm at



somebody's place it's not a problem either. It's mostly when I go to a café or a restaurant or something like that, yeah.

Dr. Glenn: Okay. Well that's nice because that's very easy to isolate.

Victoria: Yeah.

Dr. Glenn: So how else could you get in trouble, if you never had sliced cheese in a sandwich again, how else could you be in trouble with cheese?

Victoria: I don't seem to find other ways because yeah that's very isolated events that happen, almost it's like the same scenario.

Dr. Glenn: So let's imagine that you don't have sliced cheese in a sandwich for the next year, what will I see that's different in your life next year as opposed to this year? How will things change?

Victoria: I don't think it will change anything in my physique because I'm in a good shape right now and I do sports and stuff. What I would change definitely is my conscious. I will be more free and I will not feel so guilty for teaching other people not to do it and do it myself. So definitely it's more like a cognitive part of me, just the thinking and feeling relieved inside of myself.

Dr. Glenn: Because you feel like you'll have more integrity, that you're walking the walk in addition to talking the talk, right?

Victoria: Exactly.

Dr. Glenn: Okay.



Victoria: Because right now I feel like a fraud.

Dr. Glenn: And what is the impact of feeling more integrity and less guilt, more freedom, what did that do for your life overall?

Victoria: I will be just maybe more effective as a coach for sure. I would be able to help more people without hesitating and without feeling guilty inside so that I can't be accountable for that person because I do it myself kind of thing so it definitely would impact my one-on-one client's work for sure and my blogging because I will be more open and probably I would share with my audience this struggle that I'm having right now, because I know this cheese is one of those foods that actually create a chemical dependence in the brain, right? They are such a dopamine-provoking food so it's actually a nice lesson to share but right now I'm too ashamed to share it with my audience. When I overcome this problem, I definitely would be more outgoing about it and saying that yeah, you can get in trouble if you don't watch what you do.

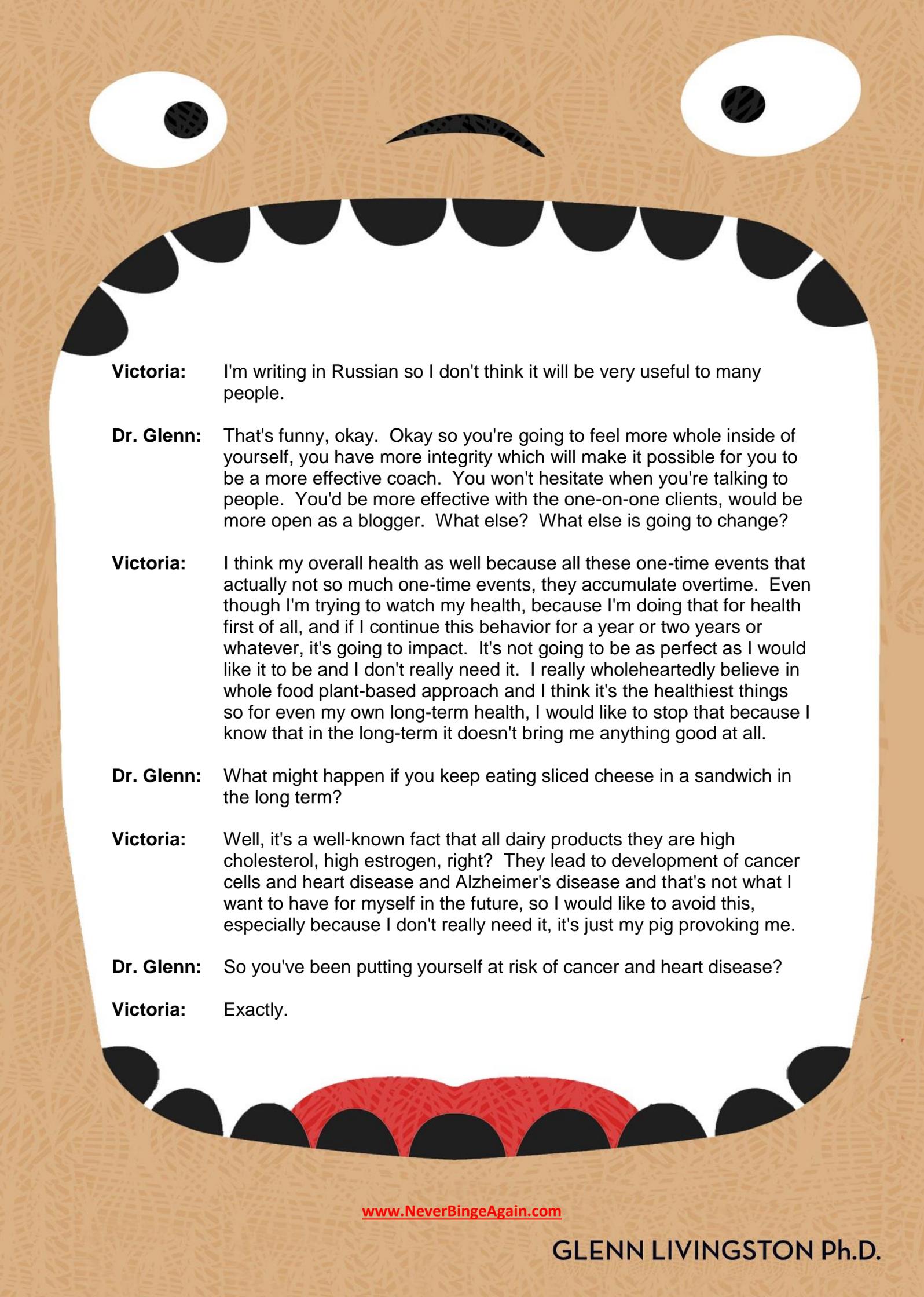
Dr. Glenn: So you would be more successful as a weight loss coach, you would be more effective with the people that you're helping.

Victoria: I believe so, yes.

Dr. Glenn: Yeah. Where is your blog by the way?

Victoria: What?

Dr. Glenn: Where is your blog? Would you like people to know what your blog is or would you prefer to keep that private?



Victoria: I'm writing in Russian so I don't think it will be very useful to many people.

Dr. Glenn: That's funny, okay. Okay so you're going to feel more whole inside of yourself, you have more integrity which will make it possible for you to be a more effective coach. You won't hesitate when you're talking to people. You'd be more effective with the one-on-one clients, would be more open as a blogger. What else? What else is going to change?

Victoria: I think my overall health as well because all these one-time events that actually not so much one-time events, they accumulate overtime. Even though I'm trying to watch my health, because I'm doing that for health first of all, and if I continue this behavior for a year or two years or whatever, it's going to impact. It's not going to be as perfect as I would like it to be and I don't really need it. I really wholeheartedly believe in whole food plant-based approach and I think it's the healthiest things so for even my own long-term health, I would like to stop that because I know that in the long-term it doesn't bring me anything good at all.

Dr. Glenn: What might happen if you keep eating sliced cheese in a sandwich in the long term?

Victoria: Well, it's a well-known fact that all dairy products they are high cholesterol, high estrogen, right? They lead to development of cancer cells and heart disease and Alzheimer's disease and that's not what I want to have for myself in the future, so I would like to avoid this, especially because I don't really need it, it's just my pig provoking me.

Dr. Glenn: So you've been putting yourself at risk of cancer and heart disease?

Victoria: Exactly.



Dr. Glenn: Okay. Is there any other reason that you'd like to stop having cheese in a sandwich, anything else that that's going to do for you?

Victoria: There's nothing else I can think of right now.

Dr. Glenn: If we give your pig a chance here, what are other reasons that your pig says you should keep that cheese in the sandwich?

Victoria: Oh because it's tasty, that's for one, right? And it's a good and handy option, so anytime I'm out and I get hungry it's very easy to get that option. I just walk in any coffee shop and here in Portugal coffee shops are like everywhere. So you just walk in and you say to the person where you want and it brings you into second so it's very convenient. There's no need to look for any other harder kind of options so it's always there, it's always available, it's tasty and the pig says that once in a while is not going to hurt.

Dr. Glenn: So it's convenient and tasty?

Victoria: Exactly. That's mostly it.

Dr. Glenn: Your pig would be willing to risk heart disease and cancer and make you feel guilty and make you less effective as a coach and insert this pause and hesitation with your clients and keep you closed out as a blogger and put your long-term health at risk because it's tasty and convenient.

Victoria: That sounds kind of ridiculous but yeah that's pretty much what my pig is trying to do.



Dr. Glenn: We're exposing it for what it is.

Victoria: That's right.

Dr. Glenn: Pigs are kind of sociopathic. It's the lizard brain, it doesn't know anything about your higher aspirations and goals. It's just a survival drive gone wrong, so we're exposing it for what it is. Let me ask you a question, are there other things to find to fill yourself up better tasting and convenient or almost as tasty and convenient?

Victoria: There's so much delicious foods out there that I truly enjoy eating, my beans and my whole grains and my salads and my vegetables and fruit. There's so much more delicious and healthy foods out there that I really love eating and love cooking, so cheese is not something I would die for or give up my future for, so it's definitely just the pig and its temporary weakness.

Dr. Glenn: Victoria, are you ever going to have sliced cheese in a sandwich again?

Victoria: No.

Dr. Glenn: Are you sure?

Victoria: If the pig squeals, I just cage it, that's it, pretty easy, because I know its voice.

Dr. Glenn: Well so how confident are you that you are never going to have sliced cheese in a sandwich again between now and the day that you die?

Victoria: 99.9 percent.



Dr. Glenn: 99.9 percent?

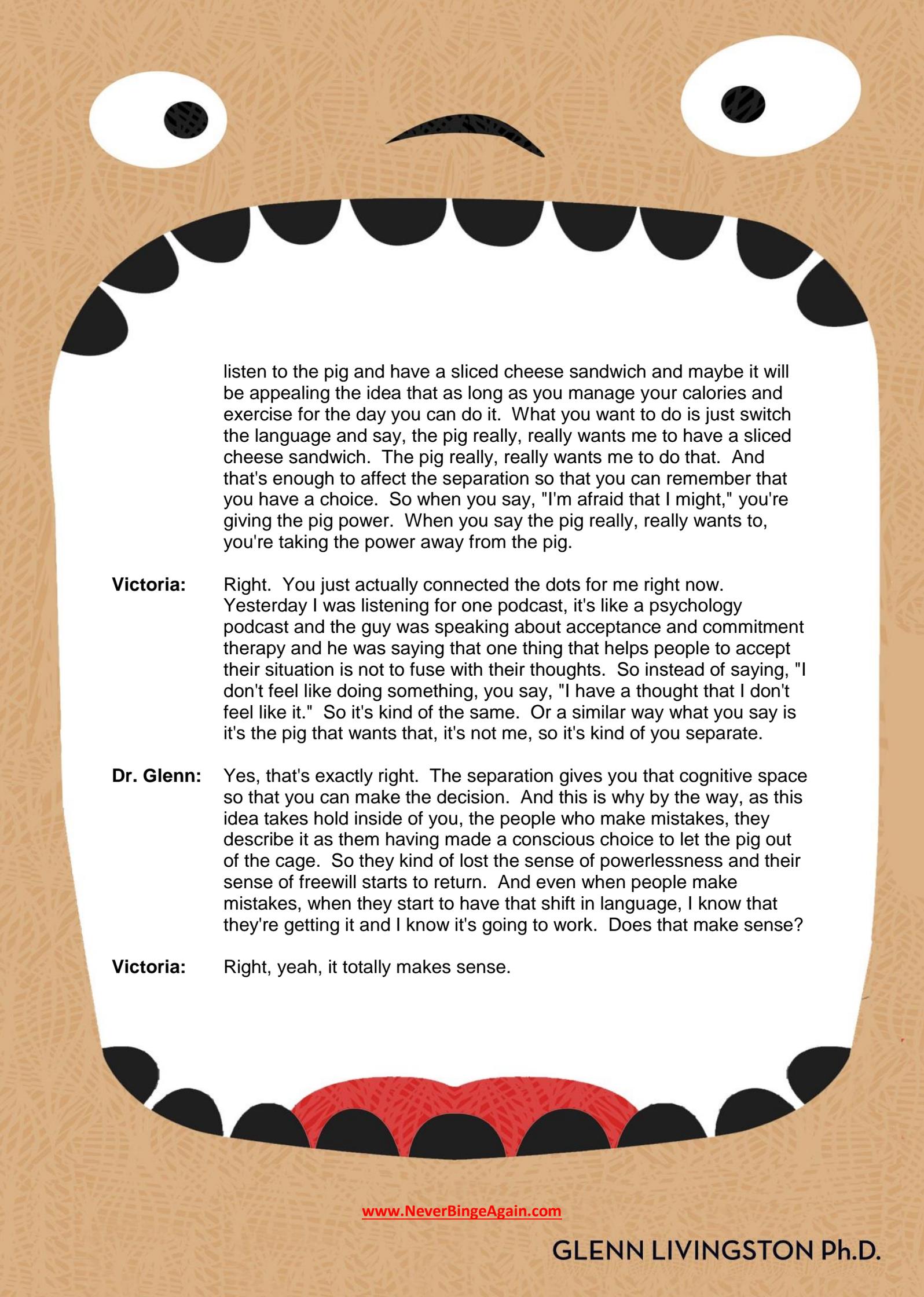
Victoria: Yes.

Dr. Glenn: And where is that 0.1 percent coming from?

Victoria: It's the sneaky pig that sometimes will -- if I allow it, I mean, if I allow it, it can get me. Like the other day I woke up in the morning -- it was just last week, I woke up in the morning and somehow I decided to not have my breakfast. Usually I would eat like nice, hearty oatmeal with lots of fruit and nuts and that day I decided and said, no, I don't want that. I'm just going to go get dressed and I'm going to go to a coffee shop and I'm going to get a coffee with a cheese sandwich and I'm just not going to eat anything else that day, that's okay. It's going to give my guilty pleasure and I'm going to pay for it for the rest of the day for not eating anything. And then I'm going to go for a workout and actually that's what I did and I almost lost all my chances on workout because it was so hard after not eating anything.

But you see, sometimes this pig just convinces me that it's okay one time. So I'm afraid of those moments that it might happen. But I know the drill. I know that I have to believe in myself and I'm just going to go for it and if it goes south, it's okay, I'm going to recover, I'm just going to jump back on my track and say I will never have this thing again and then just really not going to have it.

Dr. Glenn: There's always a lurking presence of the pig because we can't get rid of it entirely. It's always lurking there so it always wants to throw up that doubt. The trick is to really assign it to the pig. So when you say that you're afraid that you might binge, you're afraid that you might



listen to the pig and have a sliced cheese sandwich and maybe it will be appealing the idea that as long as you manage your calories and exercise for the day you can do it. What you want to do is just switch the language and say, the pig really, really wants me to have a sliced cheese sandwich. The pig really, really wants me to do that. And that's enough to affect the separation so that you can remember that you have a choice. So when you say, "I'm afraid that I might," you're giving the pig power. When you say the pig really, really wants to, you're taking the power away from the pig.

Victoria: Right. You just actually connected the dots for me right now. Yesterday I was listening for one podcast, it's like a psychology podcast and the guy was speaking about acceptance and commitment therapy and he was saying that one thing that helps people to accept their situation is not to fuse with their thoughts. So instead of saying, "I don't feel like doing something, you say, "I have a thought that I don't feel like it." So it's kind of the same. Or a similar way what you say is it's the pig that wants that, it's not me, so it's kind of you separate.

Dr. Glenn: Yes, that's exactly right. The separation gives you that cognitive space so that you can make the decision. And this is why by the way, as this idea takes hold inside of you, the people who make mistakes, they describe it as them having made a conscious choice to let the pig out of the cage. So they kind of lost the sense of powerlessness and their sense of freewill starts to return. And even when people make mistakes, when they start to have that shift in language, I know that they're getting it and I know it's going to work. Does that make sense?

Victoria: Right, yeah, it totally makes sense.



Dr. Glenn: Well so how confident are you that you're never going to have a single sliced cheese sandwich between now and the day that you die?

Victoria: 100 percent. If I hear the voice in my head, I know it's pig squeal. I just caged the pig and that's it.

Dr. Glenn: Okay. You have any questions or lingering insecurities?

Victoria: No, not that I can think of. I think it helps a lot. The last thing that you said, just voice it, say that's the pig's voice and the pig really wants to have the sandwich, but I'm not going to let it.

Dr. Glenn: I made a recording in the free reader bonuses, you can get them on neverbingeagain.com. I made a recording called the binge anxiety killer and that's the essence of the recording, it's to recognize that the anxiety is really excitement and a wish. It's the pig's excitement and the pig's wish because you feel nervous about bingeing, the pig is very excited about the possibility of bingeing, and if you listen to that recording, it can really drive home the point. I made it so people could carry it around and remember at the moment of impulse, just remember to listen to that recording when you're struggling. That should make all the difference in the world.

Victoria: Right. I even have it on my phone, believe it or not.

Dr. Glenn: Oh good.

Victoria: I can listen to it anytime. I chose not to. That's really bad.

Dr. Glenn: Your pig convinced you not to.



Victoria: Right.

Dr. Glenn: You listened to your pig when it told you not to. But you're not going to do that anymore.

Victoria: No.

Dr. Glenn: You see what we just did, right?

Victoria: Yeah.

Dr. Glenn: Victoria, you did great, you did fabulous.

Victoria: Thank you.

Dr. Glenn: Does anybody have any questions for Victoria? Thoughts or observations that make you think of how you struggle with your own pig or some progress that you have made. Sometimes it can be helpful since we do have these groups, it can be helpful for Victoria to hear your reactions and how you process that internally, it might give her a different perspective from a distance.

Harriet: I think we all have the same sort of thoughts.

Dr. Glenn: You have similar thoughts to what Victoria went through?

Harriet: Yeah. I think it's near at what -- what I at least, I had the same sort of thoughts. I can't explain.

Dr. Glenn: Okay. Sure, we all do. That's the idea. Okay. Could you raise your hand if there's something in particular you want to talk about tonight



with the remaining time? Because I know that Harriet has something. Who else has something just so I can get a sense of the time? Karen does. And then Barbara or Cindy, do you have anything to talk about?

Cindy: I think I'm good, thank you.

Dr. Glenn: Okay.

Barbara: I'm okay, I just wanted to say that I've been doing well so the program is working.

Dr. Glenn: I'm really happy to hear that. How long have you been doing it now?

Barbara: Since January, since about the New Year. I struggled at first but then as I modified the food plan, it just started, got rid of that last trigger and it's been working for about a month.

Dr. Glenn: Okay that's not uncommon. And what happens in the beginning is a lot of times our pigs say, "This is never going to click. There are just so many things that I can beat you on that I'm always going to find something, there's always going to be another loophole." But the truth is it's kind of like a big cleaning job. Remember like cleaning out your basement or something like that and it seems like it's going to take forever. But sooner or later if you just get all the major stuff out of there, before you know it you're looking at the empty room, a clean room. That's how it works. That's how it works, you're just going to be persistent.

Okay so let's talk to Harriet a little bit, and then Barbara thank you for sharing that. Let's talk to Harriet a little bit and then let's talk to Karen. So Harriet, what are we going to do with your pig?



Harriet: I don't know. I don't know because it keeps coming back and it comes back worse and worse every time. I don't know if it's the hormones, what's going on but I had it so bad before. I have this completely -- had a week of binging but really uncontrollably with rice cakes and hummus.

Dr. Glenn: Sorry someone had a little noise in the background.

Harriet: Yeah I don't know what's going on, I can't control it.

Dr. Glenn: Well, if you say that, that's going to be true. If you say you can't control, that's going to be true.

Harriet: No, no, I want to control it and I made a really nice food plan, I put it up and everything, I'm just waiting for the right moment to start it and it seems like as if everyday I say, okay, today is the first day of -- and in the evening when the evening comes -- and I have this really bad -- I go and buy rice cakes and hummus and then it's not enough with one sort of hummus, I go to different supermarkets for different sorts of hummus and different sorts of rice cakes because it's the last time. Then it comes back again in the evening. I've never had this before.

Dr. Glenn: Have you talked to your doctor about it?

Harriet: No.

Dr. Glenn: I want you to talk to your doctor because it really might be something physiological.



Harriet: Yeah but I decided to stop the treatment because I really feel like -- yeah. But it's not me. Also my body, I'm all the time swollen because of the medication.

Dr. Glenn: Yeah it sounds physiological to me Harriet what you're describing. We can go over your food plan again. Do you think that there's a hole in your food plan that your pig is saying something in particular about --

Harriet: I think maybe I've been too strict in a way. I don't know if that's possible because I wanted to cut out all fats and I think I probably need some. And maybe that's what's not working also for me, that is sort of too hard that I would like to allow one spoon of tahini per day so I can have like a sort of dressing that I really like with my cucumbers. And I think I'm trying to cut that out even if it's also a fat. I think it's not going to make me eat nuts like I used to but it will give me a little bit of the fats that I need to.

Dr. Glenn: Well it's certainly possible to make things too strict and there's certainly evidence that the binge response has to do with caloric restriction or any type of significant nutrient which [Overlapping Conversation 00:31:52] if you really need it.

Harriet: Yeah I'm not kind of really restricting. I eat enough calories, that's for sure.

Dr. Glenn: You'd like to allow a spoonful of tahini?

Harriet: Yes. I would like a spoonful of tahini everyday so I can make this wonderful tahini orange sauce that I really enjoy with cucumbers and I don't know if it was trying to cut that away that made everything go, other factors, a lot of emotional issues these last weeks. Yeah, so I



was really looking forward to this session because my food plan is ready. I'm ready and I would really like to get out of this.

Dr. Glenn: When was the last time that you made a mistake?

Harriet: Today.

Dr. Glenn: What time?

Harriet: At 9 o'clock because that was the last time, because I knew there was going to be a decision to make.

Dr. Glenn: Your pig said you should have one last hurrah, that's what your pig is saying.

Harriet: Yeah. It probably heard about this already.

Dr. Glenn: Is it possible that could be your last hurrah?

Harriet: Yes it is my last one. It was.

Dr. Glenn: Is there any grey area in your food plan where you were confused and mistook the pig squeals for your own thoughts?

Harriet: It wasn't really a lot about thinking, I was just going there and buying it and eating it without -- and maybe that's the problem, I didn't think about, is this the pig, I just thought, this I have to do and then I did it.

Dr. Glenn: Harriet, when you took the first bite, did you know it was pig slop?

Harriet: Yes.



Dr. Glenn: Okay. So there's not necessarily anything about your food plan?

Harriet: No. Maybe I just felt weak and --

Dr. Glenn: What do you want to do about it?

Harriet: I want to be free of this problem.

Dr. Glenn: And what would that look like?

Harriet: Well, from today and until the day that I die, I will never, ever eat rice cakes and hummus again, all the other things on my list, on my food plan.

Dr. Glenn: Why can't you do that?

Harriet: I think I've been in a situation that I've never been in before and I didn't know how to handle it, otherwise the things that I used to handle things with when I was -- well, how I was raised really.

Dr. Glenn: Did something change dramatically in your life where you're talking about --

Harriet: Yeah. I knew that I cannot have children so after three months of trying with assisted it's a sort of -- well, it's something you have to deal with. My way of dealing with it was through rice cakes and hummus, how ridiculous as that sounds but yeah.

Dr. Glenn: Harriet, I'm very sorry. I'm very sorry to hear that.



Harriet: I have other dreams, so I will move on to those ones.

Dr. Glenn: I don't have children either.

Harriet: I have a daughter, she's 16 and she also just moved away from home this month, so that's also something.

Dr. Glenn: But where did she move?

Harriet: She moved to another house let's say. We have two houses and I was probably too scary to be around with.

Dr. Glenn: Yeah.

Harriet: But it's nice. We are very lucky to have this possibility. I have a very nice relationship with her.

Dr. Glenn: Well you know when we go through these deep emotional upheavals that there's certainly nothing wrong with you for feeling deeply emotional and upset with what you're going through. As a matter of fact it would be abnormal if you didn't feel like that. When we go through those emotional upheavals, it's normal for our pigs to say, "Let's deal with this the way that we used to. Let's go back to our old patterns. You really need some comfort food." We can't stand having this level of emotion. God forbid that we have these deep emotions, we kind of need to dull the nervous system and take in some stuff that's going to require a lot of energy so the nervous system doesn't have the ability to conduct the emotions.

Harriet: Yeah. And that's what Dr. Graham also says that you cannot digest and be emotional at the same time, so that's why we tend to eat those



more fatty foods when we have the emotions because then we don't feel anything.

Dr. Glenn: Yeah. Well what's really important here, Harriet is that you're making a conscious decision, right? So if you want to dull your feelings you can. If you want to let the pig out so you don't have these feelings, you can, but if you want to never binge again, you can never binge again too. And it just involves a decision that you're going to go through whatever feelings you need to go through, and there's going to be a lot of feelings. There's going to be a lot of feelings given what you're going through, it's perfectly normal. Does that make sense?

Harriet: Yes it does. I mean I think I just realized now that I should have had some help except other than rice cakes and hummus to deal with this problem.

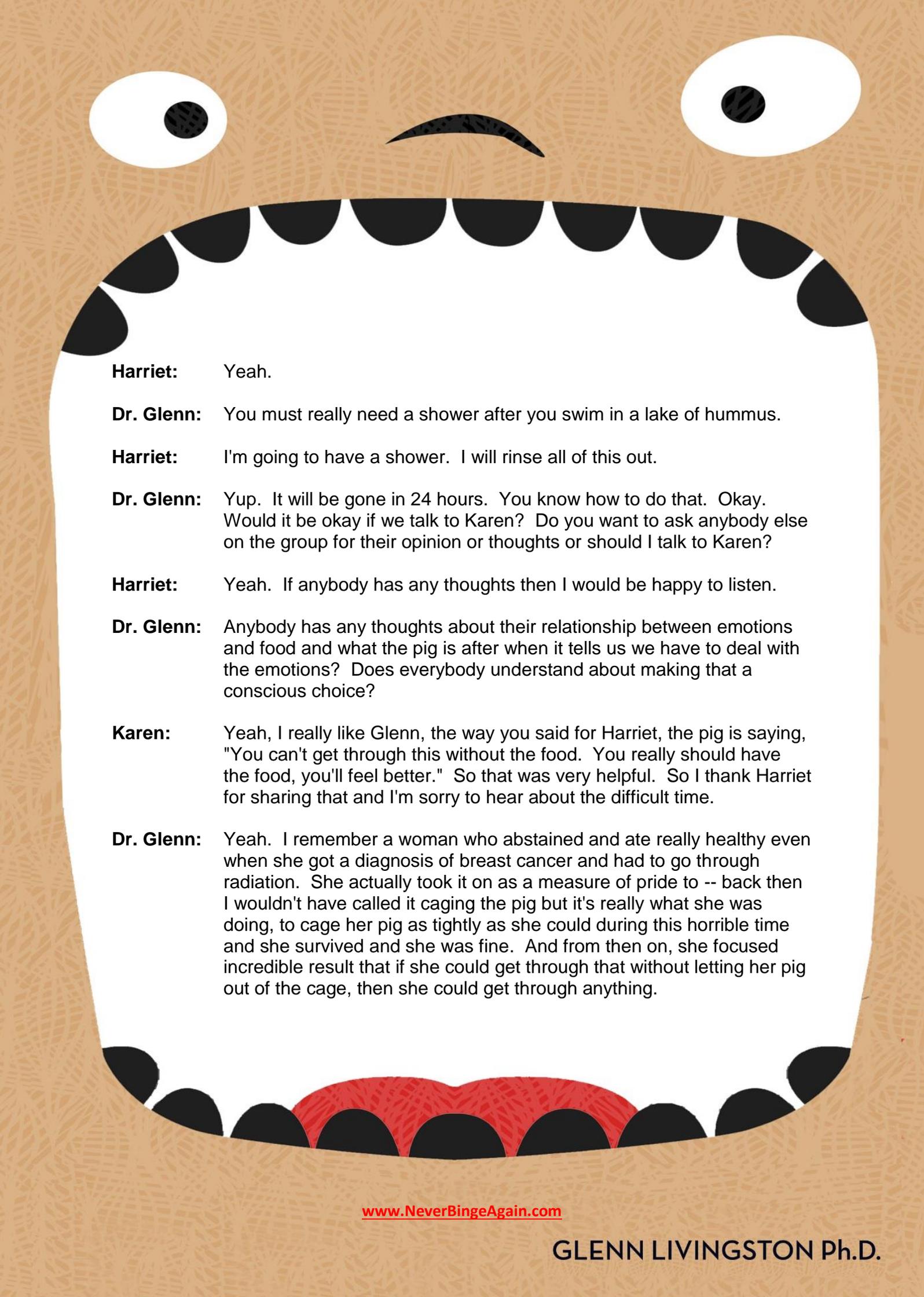
Dr. Glenn: Do you have someone to talk to?

Harriet: I would find someone. Don't worry.

Dr. Glenn: Okay. I'm not worried because you strike me as a very strong woman. But I think the strong choice here would be to find someone that you could talk it through because it is a major life change what you're talking about.

Harriet: Yeah. I just didn't realize that it affected me so much because I've been swimming in this lake of hummus.

Dr. Glenn: You didn't know how much it was affecting you because you're swimming in a lake of hummus.



Harriet: Yeah.

Dr. Glenn: You must really need a shower after you swim in a lake of hummus.

Harriet: I'm going to have a shower. I will rinse all of this out.

Dr. Glenn: Yup. It will be gone in 24 hours. You know how to do that. Okay. Would it be okay if we talk to Karen? Do you want to ask anybody else on the group for their opinion or thoughts or should I talk to Karen?

Harriet: Yeah. If anybody has any thoughts then I would be happy to listen.

Dr. Glenn: Anybody has any thoughts about their relationship between emotions and food and what the pig is after when it tells us we have to deal with the emotions? Does everybody understand about making that a conscious choice?

Karen: Yeah, I really like Glenn, the way you said for Harriet, the pig is saying, "You can't get through this without the food. You really should have the food, you'll feel better." So that was very helpful. So I thank Harriet for sharing that and I'm sorry to hear about the difficult time.

Dr. Glenn: Yeah. I remember a woman who abstained and ate really healthy even when she got a diagnosis of breast cancer and had to go through radiation. She actually took it on as a measure of pride to -- back then I wouldn't have called it caging the pig but it's really what she was doing, to cage her pig as tightly as she could during this horrible time and she survived and she was fine. And from then on, she focused incredible result that if she could get through that without letting her pig out of the cage, then she could get through anything.



And so in some ways I think we can look at these trials, the horrendous things that come upon most of us in our life at some point, we can look at an opportunity to really cage the pig and come up with a new level of strength that will carry us forward with the rest of our life, so maybe that will help.

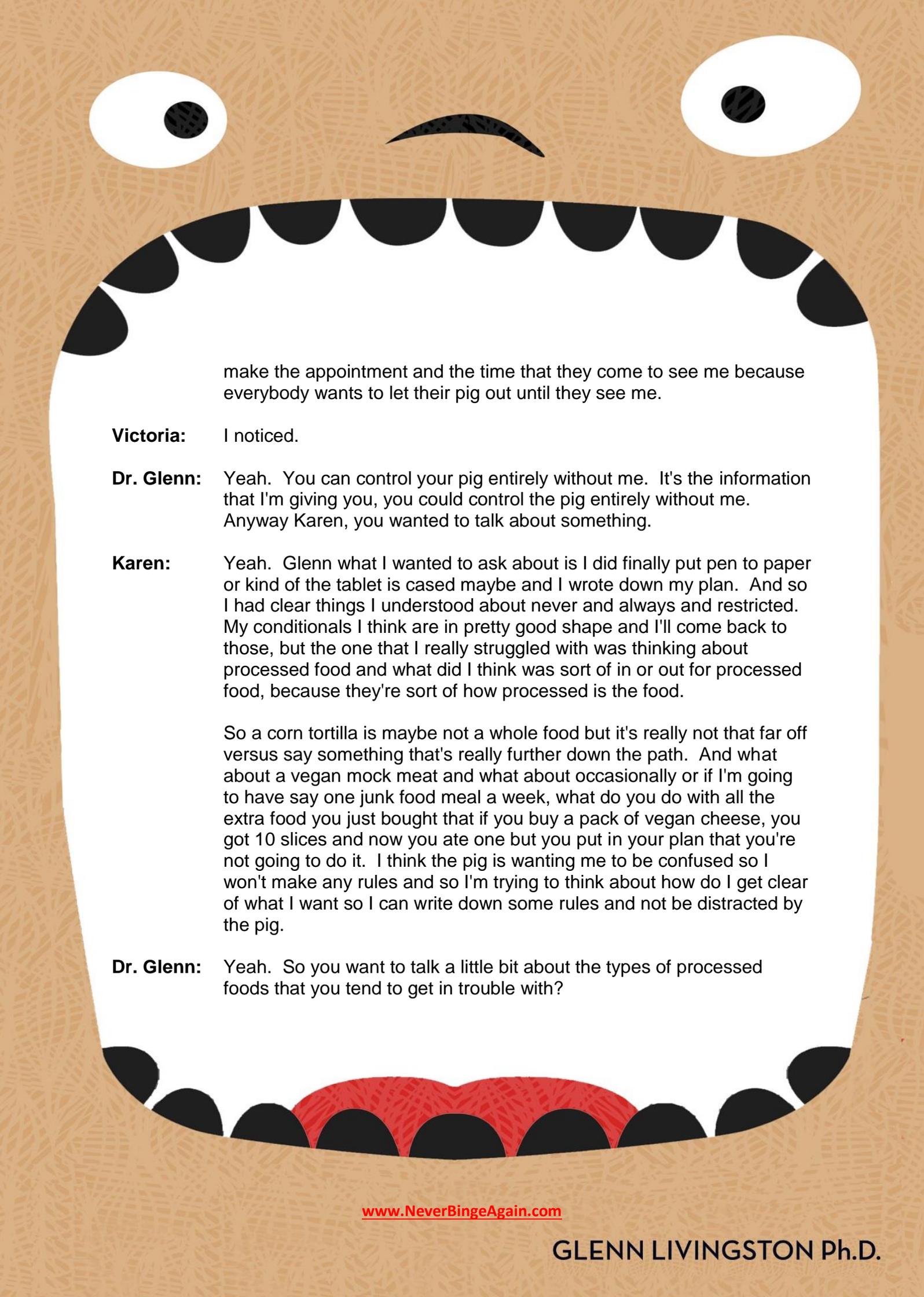
Harriet: Yeah, thank you.

Dr. Glenn: Victoria, do you want to say something?

Victoria: Yeah, I just wanted to say that I can really relate to that voice and how that says, just this one last time, just this one last time, it's okay, it's the last time and then it never is the last time because next time is going to be some other excuse for the last time. So when I wrote you an email about the problem and you told me, the postscript to me, you said that your pig is going to squeal really hard probably so just don't let it out. It's like you were reading my feature. It actually started squealing a lot yesterday and today as well and so I made it a game, I said, "No way pig, I'm not going to let you out."

And so I went on a quest of looking at other options and I actually was very successful at finding other options and I actually found some new places where I could hang out because I'm a blogger and I work in the cafes, I don't like to be at home so I go somewhere and today I found two nice places where I would have something other than a cheese sandwich. So there is never going to be a last time for my pig.

Dr. Glenn: Fabulous. I love that. Victoria, every time someone calls me to make an appointment or anybody just want to make an appointment, I have to tell them to be very careful with their pig between the time that they



make the appointment and the time that they come to see me because everybody wants to let their pig out until they see me.

Victoria: I noticed.

Dr. Glenn: Yeah. You can control your pig entirely without me. It's the information that I'm giving you, you could control the pig entirely without me. Anyway Karen, you wanted to talk about something.

Karen: Yeah. Glenn what I wanted to ask about is I did finally put pen to paper or kind of the tablet is cased maybe and I wrote down my plan. And so I had clear things I understood about never and always and restricted. My conditionals I think are in pretty good shape and I'll come back to those, but the one that I really struggled with was thinking about processed food and what did I think was sort of in or out for processed food, because they're sort of how processed is the food.

So a corn tortilla is maybe not a whole food but it's really not that far off versus say something that's really further down the path. And what about a vegan mock meat and what about occasionally or if I'm going to have say one junk food meal a week, what do you do with all the extra food you just bought that if you buy a pack of vegan cheese, you got 10 slices and now you ate one but you put in your plan that you're not going to do it. I think the pig is wanting me to be confused so I won't make any rules and so I'm trying to think about how do I get clear of what I want so I can write down some rules and not be distracted by the pig.

Dr. Glenn: Yeah. So you want to talk a little bit about the types of processed foods that you tend to get in trouble with?



Karen: Yeah, all of them. But I've already got a conditional for refined grains and sugar, and so I have a conditional on that that says limited to celebrations, other people's houses, after races, vegan events and one meal per week. So it's not very simple, it's an awful lot of conditions but I think it's pretty clear and that really knocks out the cakes, the cookies, the ice creams. I mean that's a big swath to take out in that rule so I feel pretty good about that.

The fat leaves -- well sure that that leads all the salty snacks and it leads all the vegan junk, so the mock meats, the mock cheeses, things like that that I think are okay to have an occasional treat but I don't think I should be making a study diet of day in and day out. I mean I could probably eat [inaudible 00:44:56] and chao and all that stuff, I can eat that stuff all day everyday and that's not healthy.

Dr. Glenn: So Karen it sounds to me like you might do better not to necessarily make a rule that you don't eat any processed food but to have a list of the processed foods that get you in trouble and for the ones that you want to eat conditionally, figure out what are those conditions and for the ones that you have to knock out altogether, then put them in the never. And then ones you have that, once you have that whole list, look at the food plan as a whole and see if there's any way to simplify it. But a lot of times you have to get them out on paper, get them all out before you can simplify.

Karen: Okay. That's really helpful, Glenn and I haven't really thought about it that way to sort of distinguish. There are the ones that I do go off the deep end with and there are the ones I could probably eat more moderately without needing a rule or something, a habit to find. So it sounds like if I would start with those lists and think a little bit about it, that sounds like a really good place to go.



Dr. Glenn: Yeah it sounds like your pig was trying to keep it all under one umbrella so it could hide some things. And while we do want to make things as simple as possible, we don't want to make them any simpler. So let's get them all out and then simplify it afterwards.

Karen: Okay, that sounds good.

Dr. Glenn: Do you need help to do that? You seem like you kind of understand the process and you --

Karen: Actually no, I think I actually do understand it and I think I could sit down with it and if I have some questions, I could bring those to our last call later this month.

Dr. Glenn: Of course you can, sure. Well great, I'm excited about how you're doing, all of you really even when you make mistakes. So is there anybody that would like to talk about anything else today? We still have some time if you want.

I want to tell you that I really enjoy doing this and if I had all the time in the world I would just do these for free forever. I unfortunately have a lot of responsibilities so I kind of have to keep an eye on the business goals for it. But I really feel honored that you all come and share with me and I always feel like it's amazing to me how many different squeals there are and as long as I've been at this and as old as I am, every time that I talk to someone, I learn something about some other way the pig squeals and I wrote some other tips and tricks that I -- Harriet, I started having banana celery juice which is just awesome. That's just the most awesome thing ever.



Harriet: Oh yeah, it's so great.

Dr. Glenn: Anyway, Victoria has her hand up. What did you want to say, Victoria?

Victoria: Yeah, I just wanted to make a joke and say, you know, Karen is probably living in the U.S. and it's a first world problem that you have too much vegan junk.

Karen: Yeah.

Victoria: Here in Europe, vegan lifestyle is very new and we don't have all these substitutes so I personally don't have that problem.

Karen: Thank you Victoria because when you had the whole discussion of the cheese slices, I was thinking well you could just have a piece of vegan chao on those sandwiches and put salt, but I figured you didn't have that slice of --

Victoria: Well it's possible probably to find it but it's not very good and it's all imported from God knows where so I probably wouldn't want to eat it anyway. I have another question about the food plan.

Dr. Glenn: Sure.

Harriet: I find that I have the food plan and I like to have it lying around, but I don't like to see all the list of the things that I don't want to eat, for example ketchup or barbeque sauce or sweet corn from a can. So I sort of tend to bend it around, so I don't see the part where it's written all the things that I don't want to eat, not because I want to forget them but because I don't want to see them all the time. Is that okay?



Dr. Glenn: Yeah that's okay. Your pig is telling you that if you tempt it, that you won't be able to control it. And what I want you to get to ultimately is the point where you could be sitting in front of a barrel full of rice cakes and hummus and know that no matter how much your pig is drooling, you would never take a bite.

Harriet: Yeah.

Dr. Glenn: I want you to get there eventually but if it's helping you to bridge the gap for these first couple of weeks, to not have to remind yourself about it everyday, as long as you know that you don't eat it, as long as you don't forget the rule, that's perfectly fine.

Harriet: But it's just that the rest of the plan it looks so nice and pretty with the celery and the cucumber and all this and I don't want to look at all the ugly things.

Dr. Glenn: Well yeah, you might want to go clip the memory images of celery and bananas and cucumbers and all the things that you love to eat and put them all around your house, that's a good idea.

Harriet: But I don't want to have a bottle of ketchup. On the other side it doesn't make me happy to see it there. It does make me happy to see that I don't have any more actually, they all went away, these cravings completely.

Dr. Glenn: Harriet it sounds like you know yourself really well. There was no ketchup on the savannah. It's not a natural occurrence to have to look at a bottle of ketchup. There's no nutritional need for you to stare at a bottle of ketchup, that's fine.



Harriet: I know, I know. Okay.

Dr. Glenn: Okay. Would you all like to wind down for tonight? Nobody has anything else?

Karen: Sounds good, no problem.

Harriet: Okay.

Dr. Glenn: Okay, well it was really nice to see you all. Hope you have a good couple of weeks. Remember that March 21st would be our last meeting. So maybe take a couple of notes if there are any serious questions that you have. I am also offering -- because I really don't want to leave people hanging when they make such a commitment to come here and work on these things, so I am also offering every one of you an individual session at no charge to wrap things up. You don't have to take advantage of that but that's just kind of my way of being an ethical person.

Harriet: That's really nice of you.

Karen: Oh that's above and beyond.

Dr. Glenn: Sure. You guys deserve it. Okay so I'll see you in a couple of weeks, and have a good couple of weeks and cage your pigs.

Harriet: Yes.

Dr. Glenn: Okay. Bye guys.

Harriet: Bye.



Victoria: Bye.

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fix your food problem fast please visit
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And if you'd like to help OTHERS fix their food problem
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