

**Glenn Livingston, Ph.D. and Nancy
“Refuting The Pig! (*Tips and Specific
Examples*)”**

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Dr. Glenn: So this is the very good Dr. Glenn Livingston with Never Binge Again, and I am here with a kindhearted woman named Nancy who has agreed to share her coaching session with all of you so that you can benefit from her wisdom and experience and strength, as well as her trials and tribulations and stumbles. Nancy, how are you today?

Nancy: I'm fine. Thank you, Glenn.

Dr. Glenn: Tell me a little bit about you. What was your food struggle before Never Binge Again and how did you find us?

Nancy: Well, I had a lifelong problem with overeating even as a child. Probably started gaining weight around 6. I was one of the fat kids in school. By today's standards, I wasn't obese, but I was fat. Even

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GLENN LIVINGSTON Ph.D.



during the high school year, I was over my BMI. And I had tried dieting probably when I was about 12.

I would be a yo-yo dieter. So there was a point at which I did get down to about 125, and I felt very well, but of course I didn't last with that. And I've learned that I do not metabolize carbohydrates well at all. So that was my main issue. Of course, that's what I wanted to eat. I was on a diet and I lost over a hundred pounds just by dieting and exercise.

Dr. Glenn: When was that?

Nancy: About 12 years ago.

Dr. Glenn: Okay.

Nancy: And for 12 years, I maintained a normal BMI and I was happy. But then I retired and my weight was kind of creeping up a little bit. I was around 150, and I woke up and I said, "Oh no, I don't want 150 to be my new set point. So I had been getting emails from you. I cannot say that I read your book, Glenn. I bought your book, Glenn, and I kind of skimmed through it and I don't know, I don't know why I didn't keep reading it, but I got a lot of emails from you.

I read some of them and I listened to some of the interviews, and I think I just got disgusted enough that I looked up your online immersion program, and I thought at first it was a little bit crazy. So I waited and waited, and my weight wasn't coming down, so I got disgusted enough that I decided to spend the money, and that was at the end of April, and I waited for the May class to start, and I'll tell you what, it really made a difference. It really changed my thinking about my weight and about my issues with food.



Dr. Glenn: How so?

Nancy: Well, I'll tell you what, the very first class that we had, I loved when you said that it's all about how, not why. And that kind of intrigued me because I knew why. I knew why I was overweight. Well, I wasn't really overweight, I was still in my normal BMI, but I was at the high point. But I knew why I was there, because I was eating, period. And I really needed to learn the how. So I'll tell you what really helped me the most.

Dr. Glenn: Please.

Nancy: I learned to externalize that drive to overeat and binge into an entity separate from myself because for the longest time, I felt like there was something wrong with me. Why couldn't I stop eating? Why was I binging? And I knew that I could diet. I knew that I could follow a diet because I had done that and I had lost a tremendous amount of weight over and over and over and over again. But my big weight loss, I was able to maintain for 12 years. And then I started creeping after retirement. I didn't gain a whole lot of weight, but I kept thinking, "What is wrong with me? There's something wrong with me."

Well, when the first class showed us the pig, I don't call my thing a pig, mine is a honking hair monster. I call it the monster. And knowing that that thing was there and that was separate from me, that was the thing that made the difference. So then we had our homework. And at first I thought, "Homework? What kind of a program is this?" But I decided to give it my best try, and I found that your course, your program, to me, it really resembled a college course because there was homework, there were lectures, and then there were these homework tasks.



So I decided, well, if I spend this much money for this and I have to do homework and I have to take classes, I'm going to really throw myself into it because I'm serious, I really want to battle this thing. And I thought that the first two weeks of the homework task, they were very intense for me because I really sat down and thought, and I was thinking, okay, there's nothing wrong with me, so I'm going to do this homework and I'm going to really, really think about it.

And we had to kind of, like, meet our pig, like in the first two weeks, we made that one simple rule and then we met the pig. And thinking about that pig, I was so angry at that pig, and it felt good not to be angry at myself because I knew that I could do it. But I got so mad at my monster that I did everything to spike my monster. I loved saying no to my monster, and I would write my coach, Fiona, I would write her these little things, "I hate that monster," and I do little pictures like hitting the monster over the head with a hammer. Well, you have to have a little bit of remedy, right?

Dr. Glenn: Yeah, that's great.

Nancy: But I hated that pig. And then when we went to the 15 squeals, I really told that monster off. And I try to think about, well, how would that monster entice me to eat? And so I would make my squeal about that thing and then I would tell it off and I would say, "I'm stronger than you." The other thing that really helped me, and this helped me the very first week, I think after we met the monster, we had to write the big why, the original big why. And I focused on that monster. It wasn't a lot about, oh, I want to get thin, oh, I want to wear these clothes, because to me, the fight was with the monster. Everything else was



secondary. I knew everything else would happen, but my fight was with that monster, and my big why was all about that monster.

I think I wrote it a little bit differently than some people in the course did, and I ended every paragraph with something like, the more I say, the more I win, and the more I win, every time I win, I get stronger. And I don't know, my big why really resonated with me because I spent an hour writing this big why.

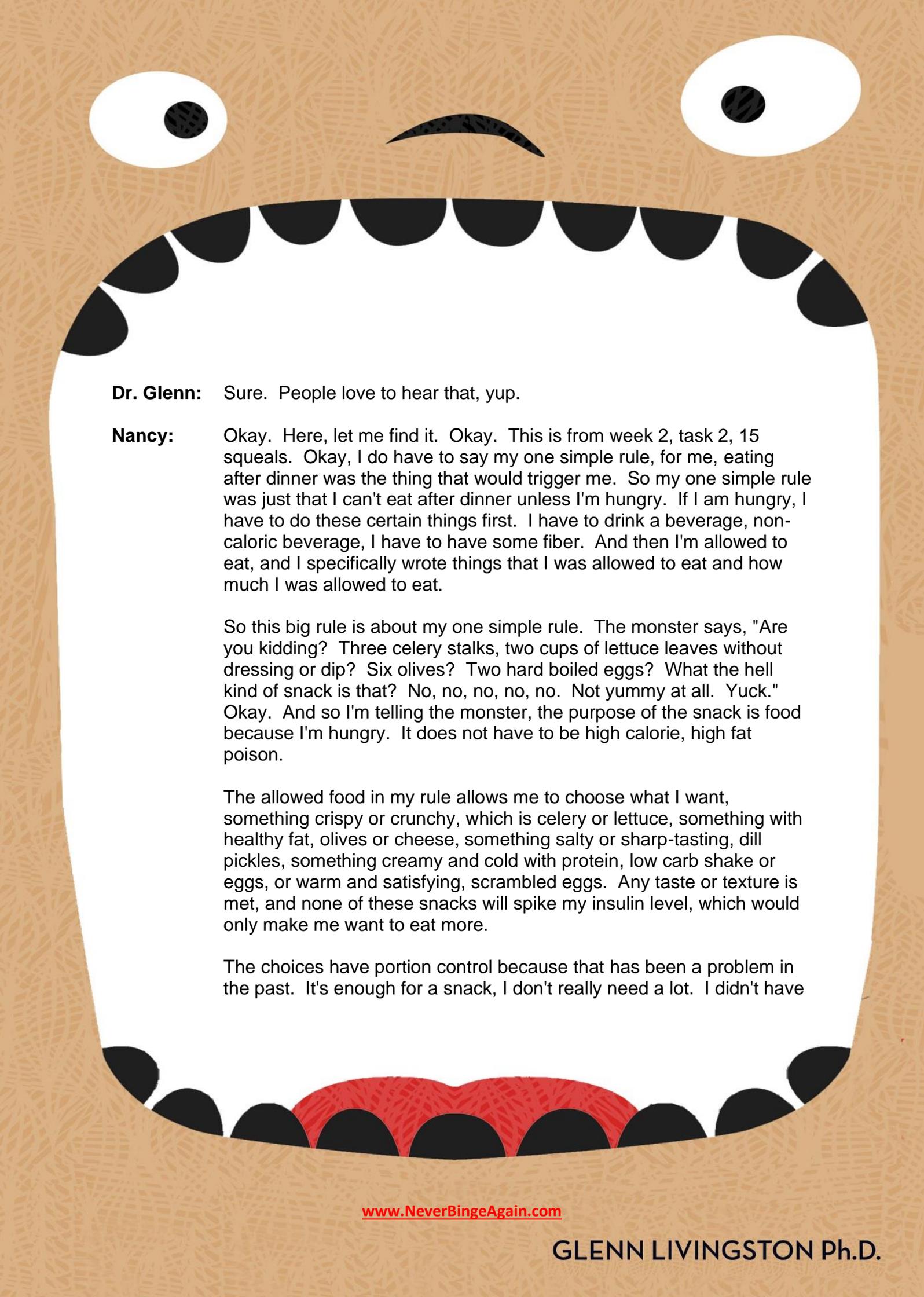
Dr. Glenn: Yeah, that's good.

Nancy: And then we had to go and change it, we had to enhance it. So that was a little bit different. But then I said, you know what, these are really powerful for me because they focused in on what I should do and how much I hate that monster that I started reading it. And then I put them altogether in a collection that I call "the works." So the works is my big why, my one simple rule, my enhanced big why, and 15 squeals.

I started repeating that every morning for probably about two weeks, and then I got to really internalize that. So I'm kind of living my big why now. I'm living my food plan. I don't even think about the monster anymore. And when I do, I just tell it off, I say, no, no.

Dr. Glenn: What I tell people is that it's about becoming a different kind of person. And there's a bunch of work you got to do upfront, but the work is really designed to accelerate your transformation into a different kind of person who can just keep the monster in a cage. Could you give me an example of how you would tell the monster off?

Nancy: Oh, wow. I guess I could read one of my squeals.



Dr. Glenn: Sure. People love to hear that, yup.

Nancy: Okay. Here, let me find it. Okay. This is from week 2, task 2, 15 squeals. Okay, I do have to say my one simple rule, for me, eating after dinner was the thing that would trigger me. So my one simple rule was just that I can't eat after dinner unless I'm hungry. If I am hungry, I have to do these certain things first. I have to drink a beverage, non-caloric beverage, I have to have some fiber. And then I'm allowed to eat, and I specifically wrote things that I was allowed to eat and how much I was allowed to eat.

So this big rule is about my one simple rule. The monster says, "Are you kidding? Three celery stalks, two cups of lettuce leaves without dressing or dip? Six olives? Two hard boiled eggs? What the hell kind of snack is that? No, no, no, no, no. Not yummy at all. Yuck." Okay. And so I'm telling the monster, the purpose of the snack is food because I'm hungry. It does not have to be high calorie, high fat poison.

The allowed food in my rule allows me to choose what I want, something crispy or crunchy, which is celery or lettuce, something with healthy fat, olives or cheese, something salty or sharp-tasting, dill pickles, something creamy and cold with protein, low carb shake or eggs, or warm and satisfying, scrambled eggs. Any taste or texture is met, and none of these snacks will spike my insulin level, which would only make me want to eat more.

The choices have portion control because that has been a problem in the past. It's enough for a snack, I don't really need a lot. I didn't have



supper, you know? Besides, I can mix or match. I just need to stay within the portion control. Easy peasy.

Dr. Glenn: See, that's brilliant. That's brilliant because you've covered every taste and texture, and you thought through where the cravings could be so you know you're not going to be feeling deprived. You're very logical. You strike me as someone who really just needed to marshal the full force of their intelligence and make the effort. Like, once we really gave you the structure and you had a coach to work with and kind of walk through the steps. This is a real forte of yours. I think you're an intelligent person who decided to put the intelligence in the right direction. That's what it sounds like to me.

Nancy: Well, Glenn, you know, I have had a lifetime of dieting.

Dr. Glenn: Yeah.

Nancy: I would lose and gain and lose and gain. I'm really good at dieting, but this, it really make me transform into something. I have a totally different way of thinking.

Dr. Glenn: Would you be willing to read a few more of the squeals? I think people will get a lot out of that if you don't mind.

Nancy: Okay.

Dr. Glenn: If you don't want to, you don't have to.

Nancy: No, that's fine.



Dr. Glenn: And then I want to know how I can help you if there's any way I can help you. It sounds like you got it covered, but if I can help you, please let me know.

Nancy: Okay. Here we go. This is a good one. Listen to me, listen to me. If you don't listen to me, I would keep whispering in your ear until you can visualize and almost taste those yummy things. Then I know you will just have to have it. Just a little taste to get it off your mind. I'll leave you alone, I promise. My reply to this monster is, poison, poison, poison. I can yell louder than you can whisper. I've heard the then part before and I even believed it, but it's always a monster lie. You know I don't do that anymore. I am not a cheater. If I eat something that spikes my insulin, I will only want more and that little taste will not satisfy. I know what begins the cycle. My big why says I am on guard. That cycle is the start of nothing good. In fact, I think I will read my big why to shut you up.

Dr. Glenn: You're great. You're just terrific.

Nancy: Well, thank you for the compliment.

Dr. Glenn: Do you want to let us know what your big why is? You want to read that?

Nancy: Oh, sure. I can read my big why. This is not the enhanced big why, this is my original big why. My big why, I comply with my food plan and aggressively refute my monster pig 100 percent at all times in order to feel mastery over my monster pig. I know that the monster wants me to take poison so it can weaken me to regain control of my mind, body, emotions and self-esteem. If I allow this, I become enslaved.



So I fight. I am no longer rebellious, whine or pout because my body does not metabolize all type of fuel efficiently. I live a life completely free of my monster hugging my thoughts. I always choose to think my own thoughts. I am never jealous or irritated by what I see others eat. I can take vicarious pleasure in watching others enjoy food. They can metabolize, but it's poison to me. When I do this, I, not the monster, win. And each time I win, I become stronger. When my body remains free of poison, it is less inflamed and has better balance. I move more gracefully, and instead of feeling tight and constricting, my clothes drapes m body more gracefully.

I fight the monster so that my concentration and memory is improved. I am aware that my monster wants to cage me. I am always cognizant that the monster tries to weaken my resolve and cloud my brain by telling me that poison is tasty. But I know that poison will work against me, make me become agitated and lose internal serenity. I stay aware of risks and yielding to the monster, loss of self-worth and increasing dissatisfaction and agitation, leading to physical and emotional fatigue, depression, thoughts of despair and loss of creativity. I know what begins the cycle that allows the monster to take over, and I am on guard.

When I refute the monster, I respect myself, become a leader and inspiration to others. I am the victor and free to become emotionally and physically daring. Each time I win, I become stronger. This is why I comply with my food plan and aggressively refute my monster pig 100 percent at all time.

Dr. Glenn: Nancy, wow. How does that feel?



Nancy: You know, I get encouraged every time I read this. And I have to tell you that I don't read it every day anymore, but I live it. It's like that's my day. And my food plan is just how I eat. I don't know, the price of the course was well worth it. I'm pretty happy right now.

Dr. Glenn: Oh, good. I'm so glad. Are you spending any less money on binge food?

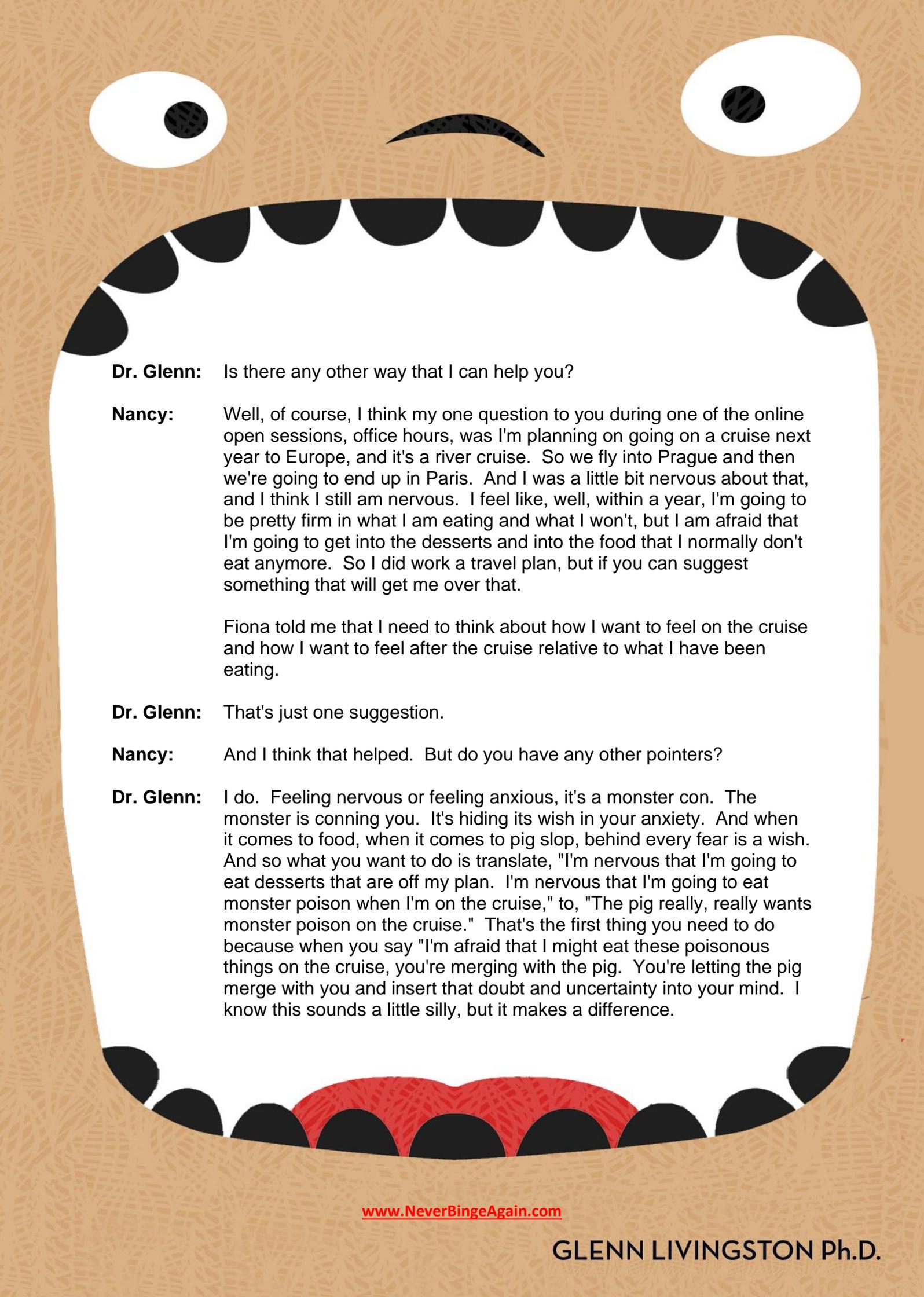
Nancy: Well, I never was really a binger on binge food. I wouldn't do a lot of chips or things like that. Now, my husband likes things like that, so I would eat some of his potato chips or whatever. I'm a big baker and I'm a pretty good cook, so I mean, I would just eat things that I made, and like that.

The thing is that, yes, I binge, but the food that I was eating, I really don't metabolize well. I really do have a problem with carbs, so I'm just watching my carbs and eating low-carb, low-fat food, which is how I lost all of the weight, to begin with. I feel better, I'm not swollen. My eyes are not droopy, my eyelids are not droopy and I just feel better. but of course, those sweet things, I have a sweet tooth, and that's why I call the food that I shouldn't be eating "poison" because it really is like a poison to my body.

By thinking of it like poison, I really am pretty firm in how I think that I should not be eating that.

Dr. Glenn: Fantastic. I always think that all pig slop is poison and we should think about it the same way that we think about cyanide or arsenic.

Nancy: Yes.



Dr. Glenn: Is there any other way that I can help you?

Nancy: Well, of course, I think my one question to you during one of the online open sessions, office hours, was I'm planning on going on a cruise next year to Europe, and it's a river cruise. So we fly into Prague and then we're going to end up in Paris. And I was a little bit nervous about that, and I think I still am nervous. I feel like, well, within a year, I'm going to be pretty firm in what I am eating and what I won't, but I am afraid that I'm going to get into the desserts and into the food that I normally don't eat anymore. So I did work a travel plan, but if you can suggest something that will get me over that.

Fiona told me that I need to think about how I want to feel on the cruise and how I want to feel after the cruise relative to what I have been eating.

Dr. Glenn: That's just one suggestion.

Nancy: And I think that helped. But do you have any other pointers?

Dr. Glenn: I do. Feeling nervous or feeling anxious, it's a monster con. The monster is conning you. It's hiding its wish in your anxiety. And when it comes to food, when it comes to pig slop, behind every fear is a wish. And so what you want to do is translate, "I'm nervous that I'm going to eat desserts that are off my plan. I'm nervous that I'm going to eat monster poison when I'm on the cruise," to, "The pig really, really wants monster poison on the cruise." That's the first thing you need to do because when you say "I'm afraid that I might eat these poisonous things on the cruise, you're merging with the pig. You're letting the pig merge with you and insert that doubt and uncertainty into your mind. I know this sounds a little silly, but it makes a difference.



Nancy: Well, no, I think that's what my big why is all about, is winning over that monster. And I know what starts the cycle. The cycle starts when I start eating sugar or high-carb food. I do have to say no to the monster.

Dr. Glenn: And how was your travel plan different than your day-to-day plan?

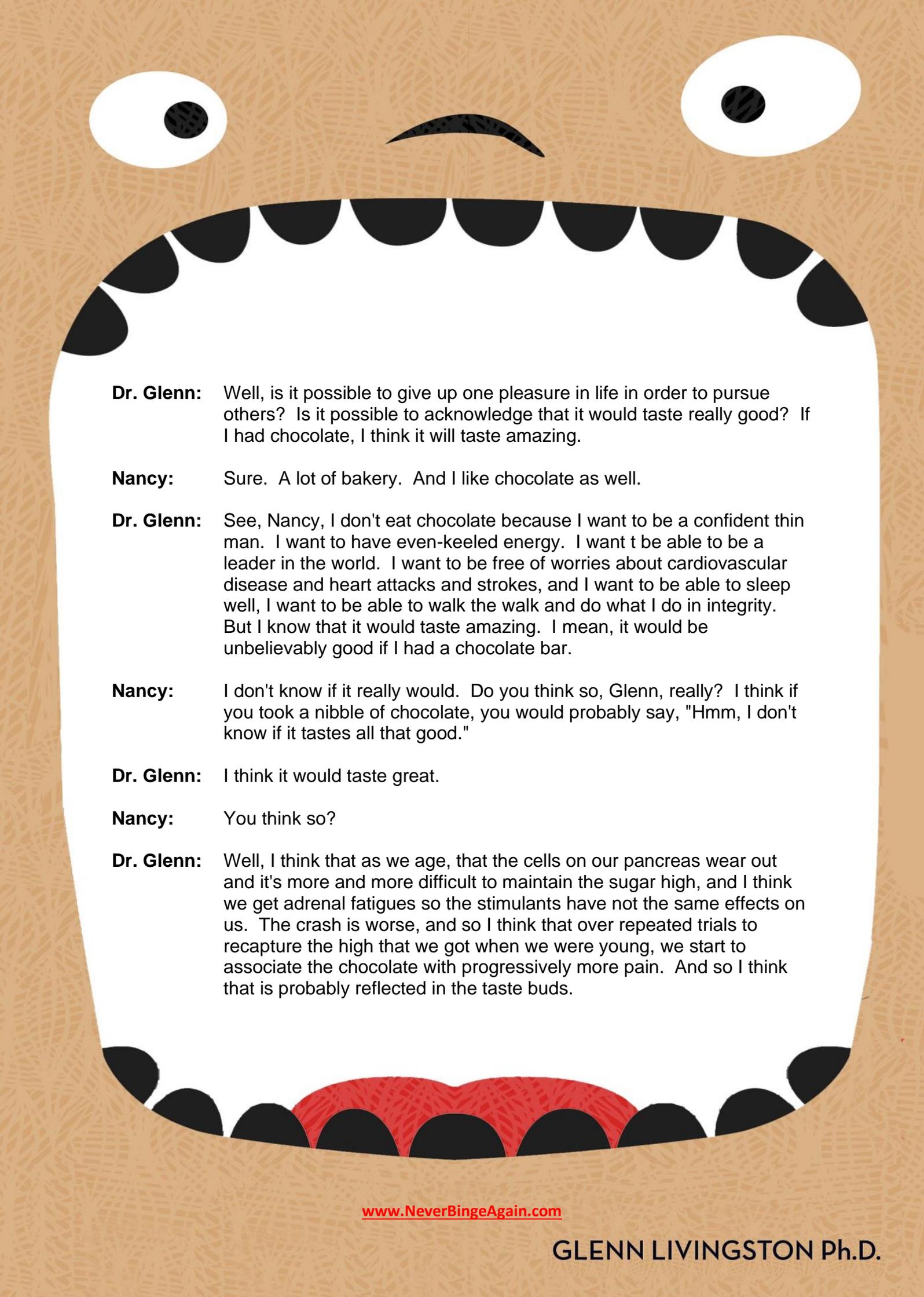
Nancy: Well, day-to-day I do the shopping, so I never was a big garbage kind of food buyer. I never spent money that way. I didn't really grow up that way. We never had a lot of snack foods. We had a lot of baker, homemade bakery. But I thought at first that I wanted to try a little bit of everything on the cruise and I thought that maybe I would allow myself a dessert once during the week, but I would cut it in half. It would be a little taste of it, but now I'm not so sure that I probably should not even have a taste of it, of any dessert.

Dr. Glenn: Happier with that stuff out of your life?

Nancy: Oh, yeah. And I still bake. I bake for my family. They just had strawberry rhubarb pie that they polished off. And I was okay with just having them eat it. I know that that wasn't for me, so I made it for them.

Dr. Glenn: So what's the problem then, Nancy?

Nancy: The problem is that I know that that poison tastes so good. I do have to tell you one thing though, I'm a firm believer in the fact that things do not taste as good as they did when I was a kid. I don't know what it is about our food now. But maybe I just have to think that it really doesn't taste that good.



Dr. Glenn: Well, is it possible to give up one pleasure in life in order to pursue others? Is it possible to acknowledge that it would taste really good? If I had chocolate, I think it will taste amazing.

Nancy: Sure. A lot of bakery. And I like chocolate as well.

Dr. Glenn: See, Nancy, I don't eat chocolate because I want to be a confident thin man. I want to have even-keeled energy. I want to be able to be a leader in the world. I want to be free of worries about cardiovascular disease and heart attacks and strokes, and I want to be able to sleep well, I want to be able to walk the walk and do what I do in integrity. But I know that it would taste amazing. I mean, it would be unbelievably good if I had a chocolate bar.

Nancy: I don't know if it really would. Do you think so, Glenn, really? I think if you took a nibble of chocolate, you would probably say, "Hmm, I don't know if it tastes all that good."

Dr. Glenn: I think it would taste great.

Nancy: You think so?

Dr. Glenn: Well, I think that as we age, that the cells on our pancreas wear out and it's more and more difficult to maintain the sugar high, and I think we get adrenal fatigues so the stimulants have not the same effects on us. The crash is worse, and so I think that over repeated trials to recapture the high that we got when we were young, we start to associate the chocolate with progressively more pain. And so I think that is probably reflected in the taste buds.



I find that it's most effective to stay out of the trap that, well, if it tastes too good, then you're going to have to binge on it. You can't give up something that would taste really good. It probably would taste good. Maybe not as orgasmically good as when I was a kid, but it would probably taste good, then I would want more. And knowing that it's got that hyper-palatable appeal reminds me why I don't want to have it. So it's because it tastes so good that I'm not going to have it. Too good is no good.

Nancy: Well, there are other things that taste good that I allow myself of my diet. Well, it's not really even a diet, it's how I eat now, but my favorite food in the world is ice cream. I could eat ice cream three times a day for every meal, but I don't eat it anymore.

Once in a while, I will mix up some frozen blueberries and some heavy whipping cream in the blender. It gets a consistency almost like ice cream, and I do allow that for myself. It has no sugar. It might be a little bit high in fat, but I allow that, and that tastes really good. So to me, it's like ice cream.

Dr. Glenn: That's wonderful. I don't mean to say that you should not enjoy your food, you should enjoy it tremendously, but you want to adjust your pleasure response to things that you know are healthy for you. Let your pleasure response adjust and don't frighten yourself that the only reason you're not having chocolate cake is because it doesn't taste good. It's kind of hard to convince yourself of that because you know that it does taste good. That's what I'm saying. Okay, it would taste good. There are other things I want more in my life. It's my perspective. You could have a different perspective if you want to.



Nancy: No. I think that I share that thought because my big why told me that I know what begins the spiral. And there are things when I get into that spiral that happen to me that I do not like. So I guess the cost outweighs the pleasurable thing, that what it would cost me outweighs that taste in my mouth.

Dr. Glenn: Yeah. There you go. That's how I think about it. Nancy, do you want to share any other squeals or anything else about your program or any thoughts for people that might be feeling like you did that it was too pricey or putting it off. Want to share anything else?

Nancy: I really don't know if I can share anything else what would be helpful for someone else. I realized that I'm probably not like a lot of people that are on the program. I wasn't in a normal BMI when I started the program.

Dr. Glenn: We get people like you.

Nancy: Since I started, I'm back down to my original weight. So I've lost almost 20 pounds.

Dr. Glenn: Wow.

Nancy: And I feel really good. I'm back to wearing the clothes I was able to wear before I retired. I'm pretty happy. And I realized a lot of people have this tremendous amount of weight to lose. And if I could encourage them in any way, I could tell them that what really made a difference was finally knowing that there was nothing wrong with me, that it was their monster. And I hated it so much because what it did to me that I got angry, and when I get angry, then that gives me the drive



to win. So that's what really did it for me. It was all about winning over the monster. I would do anything to spike that monster.

Dr. Glenn: Good for you, Nancy. You know, our monsters are pigs, they're our worst enemies. They've hurt us our whole lives. They've lied to us our whole lives, taken every opportunity to make it miserable. It's payback time now, right?

Nancy: Well, I'm paying it back because I told Fiona it's not a monster anymore, it's a kitten.

Dr. Glenn: Oh yeah?

Nancy: But I'm not taking any pity on it because it's a kitten. I know that it morphs back into that monster if I let it.

Dr. Glenn: If you feed it.

Nancy: Yes.

Dr. Glenn: Yeah. Do you have any other questions or concerns for me?

Nancy: I really don't. I think everything is very self-explanatory on the internet, and I have to tell you, Kim is the best. Who's better than Kim? She helps me with all my computer problems. She's very nice.

Dr. Glenn: Kim is amazing. She's been with me for, oh my God, I want to say 11 years now. She worked for me before I had Never Binge Again. For people who don't know, that's our chief of customer service. She's amazing.



Nancy: She is very amazing.

Dr. Glenn: Thank you.

Nancy: Thank you.

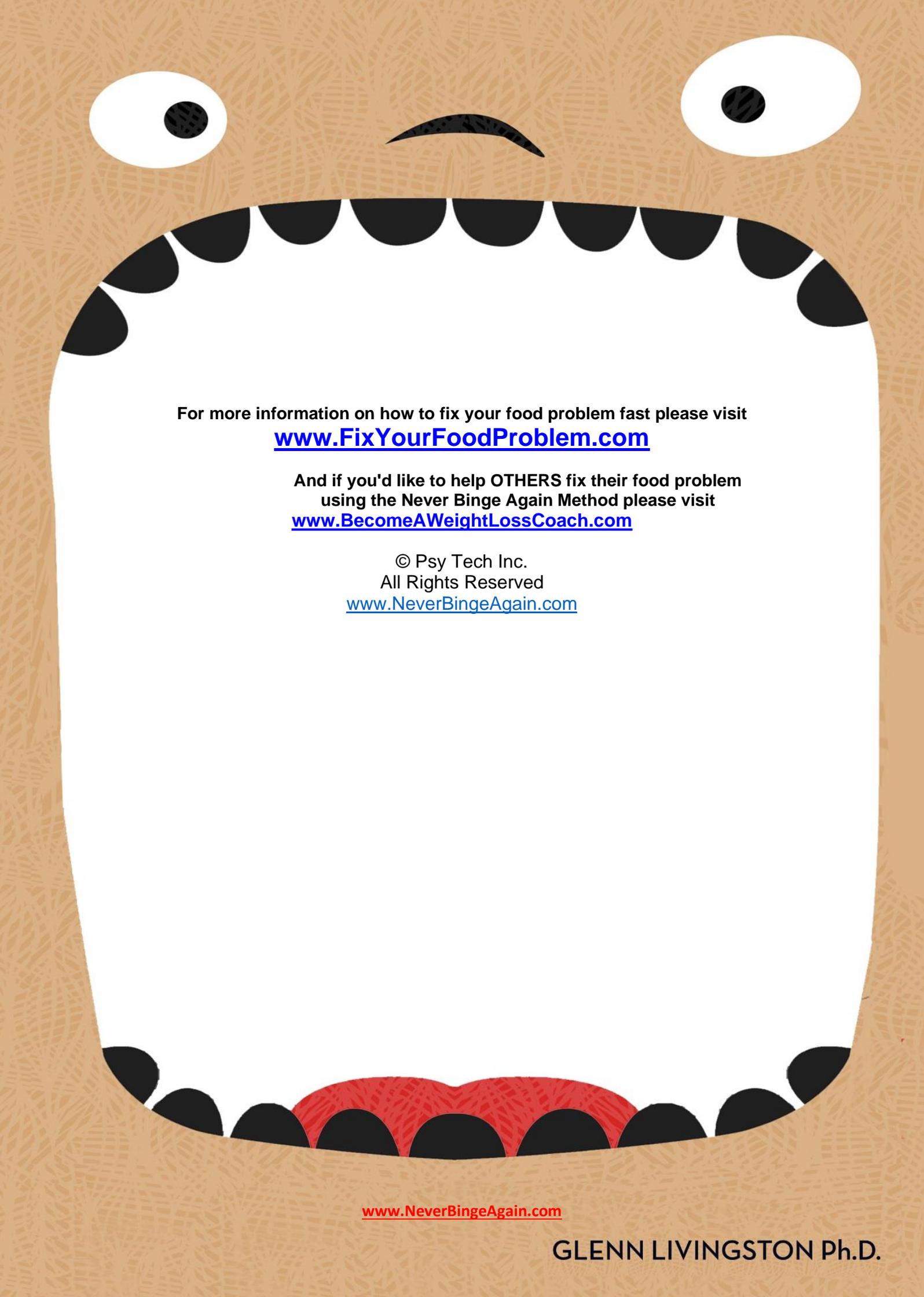
Dr. Glenn: Okay, Nancy, well, thank you for doing this. It will be out in a few weeks. Thank you so much.

Nancy: Thank you.

Dr. Glenn: Bye.

Nancy: Bye-bye.

Dr. Glenn: Thanks for your time and attention. If you like to find out more about how to fix your food problem fast using our new coaching format that includes daily email accountability, a 45-day mastery challenge and live support groups four times per week, all completely optional of course, you don't have to come four times a week, they're just there if you need it, please visit FixYourFoodProblem.com. If you'd like to walk yourself through the coaching process and do it yourself, please visit NeverBingeAgainWorkbook.com. NeverBingeAgainWorkbook.com. For live coaching, daily email accountability, four times a week group support and a 45-day mastery challenge, please visit FixYourFoodProblem.com, or to do it yourself, please visit NeverBingeAgainWorkbook.com. NeverBingeAgainWorkbook.com. Thanks.



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