

Nuts, Pausing, and Dessert Control



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Dr. Glenn: Hi, this is Glenn Livingston with Never Binge Again™ and I am here with a very nice woman named Christin who has agreed to let us record her coaching session so that everyone can benefit from it as well. Christin, how are you?

Christin: I'm great, thank you.

Dr. Glenn: Did you hear my podcast with Howie Jacobson or you read the book or both?

Christin: Yeah, I heard the podcast first on Plant Yourself and then I signed up to get the book as soon as it came out and read through it in the first couple of days I had it actually, so it was great.

Dr. Glenn: What was it that attracted you to this method?



Christin: So you talked about the very common issue of bouncing around from one food guru to another, finding somebody that really spoke to you and following everything that they suggested to a T until you didn't and then you find something else, you find a different person or whatever it is and that is exactly what I have done for a long time really. But in the plant-based world for about the last four and a half years on a very negative way but just when you talked about that it really spoke to me that I was following everybody else's plan and I have had some amazing results on those plans but it seemed to be a good time to sort of take the next step and figure out what my own plan was and that's exactly what you were talking about that made me want more.

Dr. Glenn: What you're saying is you've got a lot of knowledge and experience inside of you, things like you've been actively and aggressively trying to figure out what the best way to eat might be, you've done a lot of reading and listening and studying. You feel like you've come to a point in your life where maybe you know best and it's not necessarily all these other doctors?

Christin: Yeah, that's very fair, yeah.

Dr. Glenn: What's been the impact on you of jumping from guru to guru?

Christin: Again, nothing negative. When I first learned about a whole foods plant-based diet it was via The China Study and the Forks Over Knives diet and then changed my life in the best possible way and I've sort of started my very successful journey towards improved health. So that's only been a good thing and then along the way I followed the Forks Over Knives and Dr. Esselstyn's plan to prevent reverse heart disease, again with great results until really it was during my pregnancy, at the end of the pregnancy that I started to really abandon those rules and I



think I reached a point where I was having so much success I could control my weight even during pregnancy, control my cravings and things were great and so I started to slip back towards my old ways.

And then about a year and a half or a year after that, I realized I was sneaking food here and there, I was eating things that weren't even vegan which really went against my own ethical rules too and that's when I discovered Chef AJ's program for Ultimate Weight Loss and that was a very successful -- is a very successful and I still follow the program. But the only real issue that I have or to really answer your question is that things go great until something happens, whether it's something stressful or some change in my life or what have you and the rules go out the window and I really would like to be proactive this time around and find a way to stick to something that really works for me for the long term for good and not go looking for the next right program, if that makes sense.

Dr. Glenn: Do you have an existing set of food rules that you're really believing for yourself that's kind of an agglomeration or a condensation of what you've started and been through and the issue is that you just need to figure out how to cement those in place so that the stressful situations or circumstances or environments don't interfere with you following that or do you need some help to figure out what those rules should be?

Christin: I guess a little bit of both. I mean for the most part I started to fill out a chart that you had that I downloaded from your website to create a food plan, have no trouble doing that and as you're aware, it's the conditionals column that's always the tricky one. And I guess for the past at least six months I have maintained my weight quite easily and there's a few things in that conditionals category that again I'm pretty good with. I guess what you said, cementing those permanently so



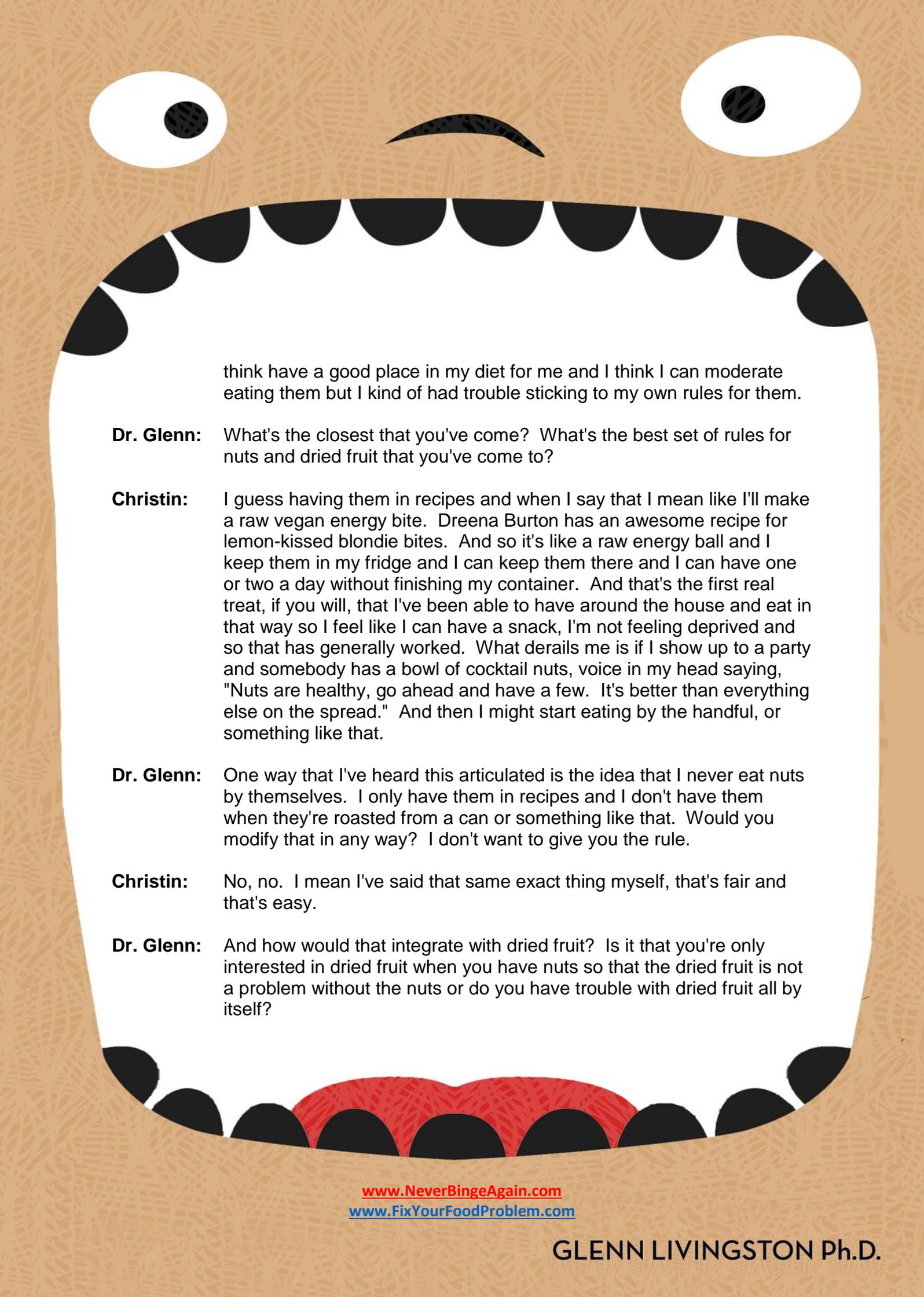
that I don't get set off by certain situations is where I need the most help right now.

Dr. Glenn: Okay. When I have the luxury of coaching people personally, I do much better with them if rather than overhauling the whole food plan or trying to cement every last rule in place, if we pick what they believe would be the most important one and we go through an exercise to help cement that in place and help them to learn to separate their constructive self from the destructive thoughts and of course we call the destructive lower self the Pig's so that it's easier to remember in a time of impulse. I help them to make that separation permanent along one specific food rule. And then they live with that for a couple of weeks and during that time they have a greater sense of mastery and power and they get how the game is played. And then once they do that, that provides the momentum to overhaul the rest of the plan. would you be willing to go down that route and just look for maybe one of those conditionals or any other specific thing in your plan that you would like to cement in place?

Christin: Sure.

Dr. Glenn: What might that be?

Christin: Nuts and dried fruit, if I can lump them together because that's usually how I eat them I think would be my thing I guess. I've tried all sorts of different rules, from I only eat them in recipes to only eat them after a certain amount of exercise, to -- gosh, I don't even know, I mean not at all, I've tried but that hasn't worked very well. So the issue is with quantity. I believe that there are lots of good health benefits to nuts and particularly dried fruit. Maybe that's a harder argument but nuts I



think have a good place in my diet for me and I think I can moderate eating them but I kind of had trouble sticking to my own rules for them.

Dr. Glenn: What's the closest that you've come? What's the best set of rules for nuts and dried fruit that you've come to?

Christin: I guess having them in recipes and when I say that I mean like I'll make a raw vegan energy bite. Dreena Burton has an awesome recipe for lemon-kissed blondie bites. And so it's like a raw energy ball and I keep them in my fridge and I can keep them there and I can have one or two a day without finishing my container. And that's the first real treat, if you will, that I've been able to have around the house and eat in that way so I feel like I can have a snack, I'm not feeling deprived and so that has generally worked. What derails me is if I show up to a party and somebody has a bowl of cocktail nuts, voice in my head saying, "Nuts are healthy, go ahead and have a few. It's better than everything else on the spread." And then I might start eating by the handful, or something like that.

Dr. Glenn: One way that I've heard this articulated is the idea that I never eat nuts by themselves. I only have them in recipes and I don't have them when they're roasted from a can or something like that. Would you modify that in any way? I don't want to give you the rule.

Christin: No, no. I mean I've said that same exact thing myself, that's fair and that's easy.

Dr. Glenn: And how would that integrate with dried fruit? Is it that you're only interested in dried fruit when you have nuts so that the dried fruit is not a problem without the nuts or do you have trouble with dried fruit all by itself?



Christin: No, dried fruit is probably not a problem without the nuts. It's probably okay to drop that for this particular example.

Dr. Glenn: Okay. So if you only ate nuts by themselves, would you have any problems with dried fruit?

Christin: I don't think so.

Dr. Glenn: Take a moment to think about it.

Christin: The dried fruit I typically don't keep around the house as much. I keep dates for the purpose of recipes, you know, when I'm baking, which I don't do very often but I don't seem to have a problem with those.

Dr. Glenn: Okay. So the way that we would articulate the rule would be that you will never have nuts by themselves again.

Christin: Mm-hmm.

Dr. Glenn: Let's just take a moment then and try to project yourself into the future one year from now and assume that we have 100 percent complied with that rule, you will never have nuts by themselves again. What would be different in your life? It's already happened no matter what your Pig says. It's already happened, you've complied for a full year. What would be different? What would I see as you went through the day that was a result of you having not had nuts by themselves?

Christin: I just have an easier time maintaining my weight without having to worry about it. I feel a greater sense of control particularly in social



situations where I might find that temptation but how I have much easier time ignoring it and walking right past a bowl of nuts sitting out.

Dr. Glenn: What would the impact of that greater sense of control be?

Christin: Probably a greater sense of confidence. There's always a mild sense of guilt that follows my situation where I have violated my rules. So after a year of being fully compliant following that rule, I'm over the moon proud of myself and happy and confident that I have sort of nixed that Pig and no longer doing what it tells me to do.

Dr. Glenn: Will that confidence impact you in your relationships or your work or your family?

Christin: Good question. At this point I don't feel like that it's negatively affecting anything but with other people I feel like it's more with myself than I feel like it would have the biggest impact.

Dr. Glenn: I see. And how much would you weigh relative to what you weigh now?

Christin: Well, I'd be able to just stay the same actually without having to worry about it.

Dr. Glenn: I see, so you wouldn't have to constantly obsess about the scale or --

Christin: Correct, right, so I've been able to maintain -- let's just say I got to my ideal weight by not eating any nuts completely and it's in this past six months that I've been maintaining my weight and I've done fine but I worry about it all the time, if that makes sense.



Dr. Glenn: Yeah.

Christin: It would just be nice not to worry about it to know that I'm able to maintain what I've done without the emotional anguish that comes with making poor decisions and then regretting them.

Dr. Glenn: Putting that energy into other things.

Christin: Mm-hmm.

Dr. Glenn: What would you put that energy into?

Christin: I like to write. I started actually writing a plant-based blog.

Dr. Glenn: I saw it. It was very good. You can say the name if you want to.

Christin: Oh thanks, it's www.BeansNotBambi.com and at some point I'd like to write a book and so I would like to have some more time and energy to focus on those endeavors rather than -- actually as I sit here right now in my office, I remember that I often have the urge to run to the kitchen and snack and come back in the office and munch on things and then I'm not hungry, it's just a habit and working to a place where I can avoid that and say only eat when I'm actually hungry and need nourishment would literally give me more time to write.

Dr. Glenn: You might get a book out soon or you might get a better book out.

Christin: Yeah, sure.

Dr. Glenn: You might develop relationships with guest bloggers and impact more people in the world and have a greater influence.



Christin: Yes.

Dr. Glenn: What else would be different if you never had nuts by themselves again?

Christin: I have a young daughter who's not quite two and I feel like following that specific rule and then branching into others overtime sets such a great example for her to avoid the sort of food as emotional eating and food as comfort habit that I grew up with, that so many people grew up with. And so I think that just makes me feel great. That's always an extra reason and motivation for me to eat healthfully and make good decisions and have control over the way that I eat because I feel like that will help set her up for a more solid future.

Dr. Glenn: You can spare her the pain that she went through.

Christin: Exactly.

Dr. Glenn: If you were to have nuts again, maybe you would accomplish some of these things but you would lose some of the energy that went towards all of these things, right?

Christin: Mm-hmm.

Dr. Glenn: So in a sense we could say that you'd be giving up that positive future that you just painted if you were to have nuts by themselves again.

Christin: Mm-hmm.



Dr. Glenn: What would you be giving up if you listen to your Pig and allowed it to convince you to keep having nuts by themselves again? If you didn't adopt this rule and your Pig were to make its best argument for why you shouldn't adopt this rule, what would it say?

Christin: It would say the voice I hear all the time is, "Just a little bit won't hurt and nuts are healthy and there's great omega-3s that come from nuts and you need those in your diet." It would say that, "You're thin enough, you don't need to be obsessing over it. We've already done the hard work to get to a good week. You should enjoy it. You should treat yourself." That's a really big one especially late at night after a hard day, especially after my daughter has gone to bed and I can sit down and start to relax. The first thing I do is go to the kitchen, I'll look for something to eat, some sort of favorite snack. And it's usually nothing terrible but nuts are often a part of eat and "I deserve it" is a voice that I hear a lot.

Dr. Glenn: So let's talk about those things. Let's start with the first one, a little bit won't hurt. Is that true?

Christin: No.

Dr. Glenn: How come?

Christin: It's true in a sense that a little bit is okay but it's not true in the sense that I can never eat just a little bit. So eating a little bit, all this leads to more and then it reaches a point where now it's not okay and it does hurt.

Dr. Glenn: The lie the Pig is telling you is that it will let you just have a little bit.



Christin: Correct.

Dr. Glenn: The Pig says that you have to have nuts by themselves because you deserve it. How can we ignore that? How can we deal with that?

Christin: Well, there's the rationalization that it's not the treat that I think it is. In other words it might taste good for a moment and it does taste good for a moment but then it's always followed by some amount of guilt or in the more extreme sense, weight gain and it sort of leads down, it might be a trigger to overeating on other foods. It's not much of a reward for myself if it brings all these negative side effects along the ride.

Dr. Glenn: True. What you really deserve is the positive future that you laid out for me before, the confidence and the authorship and the energy in modeling for your daughter or anything you want to model for your daughter. That's what you really deserve if you worked really hard.

Christin: Right. Yeah, that's great.

Dr. Glenn: What about when it says that you're thin enough? How would we ignore that?

Christin: I only got thin enough by stopping eating nuts, among some other things but that truly is one of the big sort of last changes that I made. So it's a significant impact, I am well aware that if I return to all my old eating habits, then the weight is likely to come right back. I am thin enough and that's great but in order to maintain it, I need to stick to that rule of never eating nuts by themselves.

Dr. Glenn: There you go. At this point I need to ask you a bunch of questions which are going to make your Pig very uncomfortable. And this is



where we start to effect a much greater separation between you and your Pig. So unfortunately the Pig lives inside of you and so you'll feel a little uncomfortable while I'm asking you these questions too, but I want you to tell yourself that that's the Pig's discomfort and not yours because you're going to be exhilarated by accomplishing this and building the positive future that you just laid out for me and your Pig is going to suffer and that's okay, your Pig can suffer.

So the question I have to ask you is, how confident are you that between now and the day that you die that you're never going to have nuts by themselves again?

Christin: That is a really hard question, isn't it? I feel like I'm capable of it but I feel like there's going to be situations where I am not compliant. So percentage wise, I don't even know how to put a number on that.

Dr. Glenn: Okay let me ask it a different way. If you were to rephrase what you just said in terms of what you feel and what your Pig feels, how would you separate that?

Christin: So I mean I would say I'm a hundred percent I can never eat nuts by themselves, and the Pig says that's great except when there are those certain situations maybe once a month, something happens and you will eat them by themselves in those situations.

Dr. Glenn: What are those situations?

Christin: Family party where there's a bowl of nuts on the table. That's my most common -- now I suppose it would press you to admit, I do keep nuts in the house, I've tried getting rid of them, I've thrown them out but they keep coming back in the house because of a few different reasons.



And I now keep the majority of them in a locked container in the pantry, and that only my husband knows the key to because he can snack on them at will and not have an issue with that. I literally have to ration them if I need them for a recipe. If there are nuts loose in the house then that is a situation that I have to deal with.

Dr. Glenn: So there are going to be loose nuts in the house or there's going to be nuts in a bowl at a party and your Pig says those are irresistible and you are too weak to avoid those.

Christin: Right.

Dr. Glenn: What do you think about that?

Christin: I think it's silly. I think I'm more than capable of resisting those.

Dr. Glenn: Are you going to resist it or not?

Christin: Yes.

Dr. Glenn: I remember what the last one was, you said that you needed them for the omega-3s.

Christin: Oh okay, yes.

Dr. Glenn: How are you going to get your omega-3s if you don't eat nuts by themselves?

Christin: Well, I will still have them in recipes from time to time, so I'm never completely depriving myself. I also take an omega-3 supplement almost everyday. So the reality is I don't need it much at all and I get



all sorts of omega-3s from the crazy amount of greens that I eat. So the rest of my healthy diet is sufficient in omega-3s.

Dr. Glenn: So what other reasons can your Pig give us for you ever having nuts by themselves again? You're going to see it at a party, you're going to see it in the house.

Christin: Right. So I guess another thing is that it's a good energy source. You know if I'm traveling for example, I travel a lot and maybe in a situation where I can't find anything, a little gas station, perfect example, had a truck stop and there's literally nothing healthy to eat. I see a bag of roasted nuts of some kind and have a voice that says, "That's a good energy source. That will take you over to the next healthy meal. It's not that bad. Go ahead and have some."

Dr. Glenn: Where else would you get your energy between meals when you were traveling?

Christin: I almost always bring my own food, so I probably have something in the car that I could eat, there is probably fresh fruit available and we could go someplace else and find better food.

Dr. Glenn: And what happens if you actually don't eat? What if you couldn't find anything? I think you could always find something, ways that you're describing but what if you didn't? Would you starve between meals?

Christin: No. I'd be just fine.

Dr. Glenn: Are you hypoglycemic or anything like that?

Christin: No, no, so I'd be totally fine.



Dr. Glenn: So when you're travelling, you need an energy source, you need something convenient, you've got something in the car. What other reasons can your Pig give you for having nuts by themselves again?

Christin: A stewardess on a plane hands them to me.

Dr. Glenn: And that's irresistible, right? There's no defense against that one.

Christin: You know the hardest thing about that is I'll take them. I'll say that my daughter needs them. So I'll grab them and I'll use that as a snack or entertainment for her for later and then I'll end up eating them, my daughter and my husband too. That's the only reason I keep nuts in the house. At least that's what I told myself or the Pig tells me is that I need to keep them around for other people but then of course I'm the one that's eating them.

Dr. Glenn: You can have a rant and not eat them. Are you ever going to eat those again when the stewardess hands them to you?

Christin: No.

Dr. Glenn: How confident are you?

Christin: Very.

Dr. Glenn: What percentage?

Christin: A hundred percent.



Dr. Glenn: And what else? What else does the Pig have for you as a reason that you're going to have to eat nuts by themselves again?

Christin: There's all sorts of specialty nuts that appear during the holidays, so you can eat walnuts or something like that. So I would say something like that could present itself as a rare opportunity and those are sometimes the hardest to resist because it's very easy to hear the Pig say, "This isn't a problem because you're not going to be faced with this everyday so just eat it now, it's not going to be a problem tomorrow. You've just got to taste this, it's so great." Now fortunately I've done a very good job of eliminating added sugar from my diet, so sugary candied walnut is something that I typically would no longer eat anyway but it's still something that would tempt me.

Dr. Glenn: What might be an alternative to prevent you from doing that?

Christin: I think probably reminding myself of the sugar and the issues that I've experienced with having excess sugar and just sort of spiraling into overeating if I would have some so I think the specialty ones would probably be easiest in a way for me to resist it. The hardest nuts for me to resist are the super plain raw ones that are not roasted, there's no oil, there's no sugar, there's no salt. I always hear the voice saying that that's strictly healthy, no big deal, go right ahead. So candied ones might be a temptation but the sugar part would usually preclude me from entertaining that thought anyway.

Dr. Glenn: Do you want me to help you with that one?

Christin: Sure.



Dr. Glenn: One of the things that people can say at that point is that it might be healthy, there might be nothing wrong with it, but it's a particular healthy pleasure that I've chosen to abstain from in order to accomplish other things in my life. Would that work for you?

Christin: Sure. Yeah, that makes sense.

Dr. Glenn: So Christin, are you ever going to have nuts again by themselves between now and the day that you die?

Christin: No. I'm getting more sure.

Dr. Glenn: How sure is that?

Christin: Let's say we're in the 90s.

Dr. Glenn: Okay. What we can do at this point, if you're not hearing any other specific Squeals -- if you're hearing other specific Squeals, we should pause and you should talk to me about them. But if you don't have any other specific things that your Pig is saying about how it's going to convince you to have nuts again, then what happens is we could play this game forever and asymptotically approach 100 percent but never quite get there. And the reason for that is you haven't yet had the experience of never having nuts by themselves and really starting to manifest all of the benefits that you described to me.

And so if we wait until you feel a hundred percent confident to say that you're a hundred percent confident and committed, then it will never happen. It's kind of a leap of faith at that point.

Christin: Okay.



Dr. Glenn: There are some decisions where people need to kind of step outside of themselves and use their best thinking and really put together all the facts and weigh the choices and then make the decision and that's it. There are some things like that and you have to experience it in order to really know what the benefits are. This is the part we're not going to tell your Pig, so tell your Pig to close its ears for a moment because I want you to know that you can change your plan when you want to. Not impulsively, we don't want to let your Pig change the plan in the spur of the moment, but you can change your plan with serious forethought and consideration at any time. It might be that you learn something as you continue to read more. It might be that there's some legitimate exception that we really want to include, but you want to do that in much the same way that a government might make an amendment to the constitution that you can't just write something and there it goes.

So at this point if you want to do this, what's best is if you arbitrarily say that you're a hundred percent confident, you take that leap of faith, and that all the doubts that crop up, any little doubt or uncertainty or negative voice about this, that that becomes the Pig and you can ignore it. And the way you do that is you just say, "Well that's the Pig talking. It wants me to have Pig Slop and that's by themselves are Pig Slop and I never eat Pig Slop." And as crazy as it sounds, that's all you need to do.

Christin: Okay.

Dr. Glenn: What do you think about that?

Christin: I can do that.



Dr. Glenn: How confident are you that you'll never have nuts again between now and the day that you die?

Christin: A hundred percent.

Dr. Glenn: Okay. And are you saying that to please me or does it make sense to you?

Christin: No, I totally understand. Okay so when I started, did at least the 21-day challenge, no nuts whatsoever, not in a recipe, not by themselves, no nuts in any way and I survived, I was just fine and I am not sure exactly how long after that it was but I did reach my ideal weight very quickly. But I probably went at least two months without having any nuts whatsoever and I thought it felt great. I was doing a lot of other fabulous things at the same time but I do know that that can be done and I can do it and I felt great doing it.

Dr. Glenn: Terrific. Do you have any other questions or concerns or things you want to talk to me about before we wind down today?

Christin: So I guess the question that I would have is what is the most effective thing to do in a situation where I hear the Pig Squealing and I'm tempted and let's say I go Thanksgiving, there's going to be a pile of nuts on the table. Can you guide me towards things that can help in that moment? Is it just the constant reminder, that's the Pig talking, that's Squealing for Pig Slop. I don't eat Pig Slop.

Dr. Glenn: Well, at the moment of impulse, that's the best thing to do is to remind yourself that it's Pig Slop and you don't eat Pig Slop, which is just really a shortcut for everything that your heart and soul just poured into



making that decision, right? But you were telling me before that the best defense for you against that is preparation, right?

Christin: Yeah.

Dr. Glenn: So that you know that you had enough healthy omega-3s and you have plenty to eat, you're not going to starve and you recognize that even though you are thin, the way to stay thin is to never have nuts again. If you go through the tape and listen to all the reasons that you gave me, I think you'll find that very convincing, and you might even want to take that tape and go through it a day before Thanksgiving just to remind you or Thanksgiving morning.

Christin: Okay.

Dr. Glenn: And then Christin, you can also do a little journaling each morning and you can even challenge your Pig and say, "Okay Pig, how are you going to try to get me to have nuts by themselves today? Give me one good reason."

Christin: Okay.

Dr. Glenn: What you'll find is if you're aware that the Pig is Squealing and that that's your lower self and that's not really consistent with your goals and aspirations, that it's very easy to ignore it. When the Pig gains control is when it sneaks something by you. That's why I was so exhausted of trying to flush out every last thing that it might want to say and have you really clamp down on the fact that you were never going to do this again and on and on and on.



The last thing I'll tell you, which we also don't want your Pig to hear, is that on a practical basis, people do make mistakes sometimes. But if you look inside their head as they are accomplishing their goals, they purge all the uncertainty and doubt from their head and they assign that to the Pig. If they happen to make a mistake, they just get up and resume, that's it.

Christin: Okay.

Dr. Glenn: Okay. I think you're going to do great. I think you're going to do fabulous.

Christin: Well, thank you. I do too.

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Dr. Glenn: Okay. That's the end of the first session. Now let's fast forward about three weeks and see how Christin did...

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Dr. Glenn: So fill me in, how have things been going?

Christin: Things have actually been going really well. I've been a hundred percent compliant with my new rule about never eating nuts by themselves and it's been surprisingly easy.

Dr. Glenn: Fabulous.

Christin: The most exciting part.

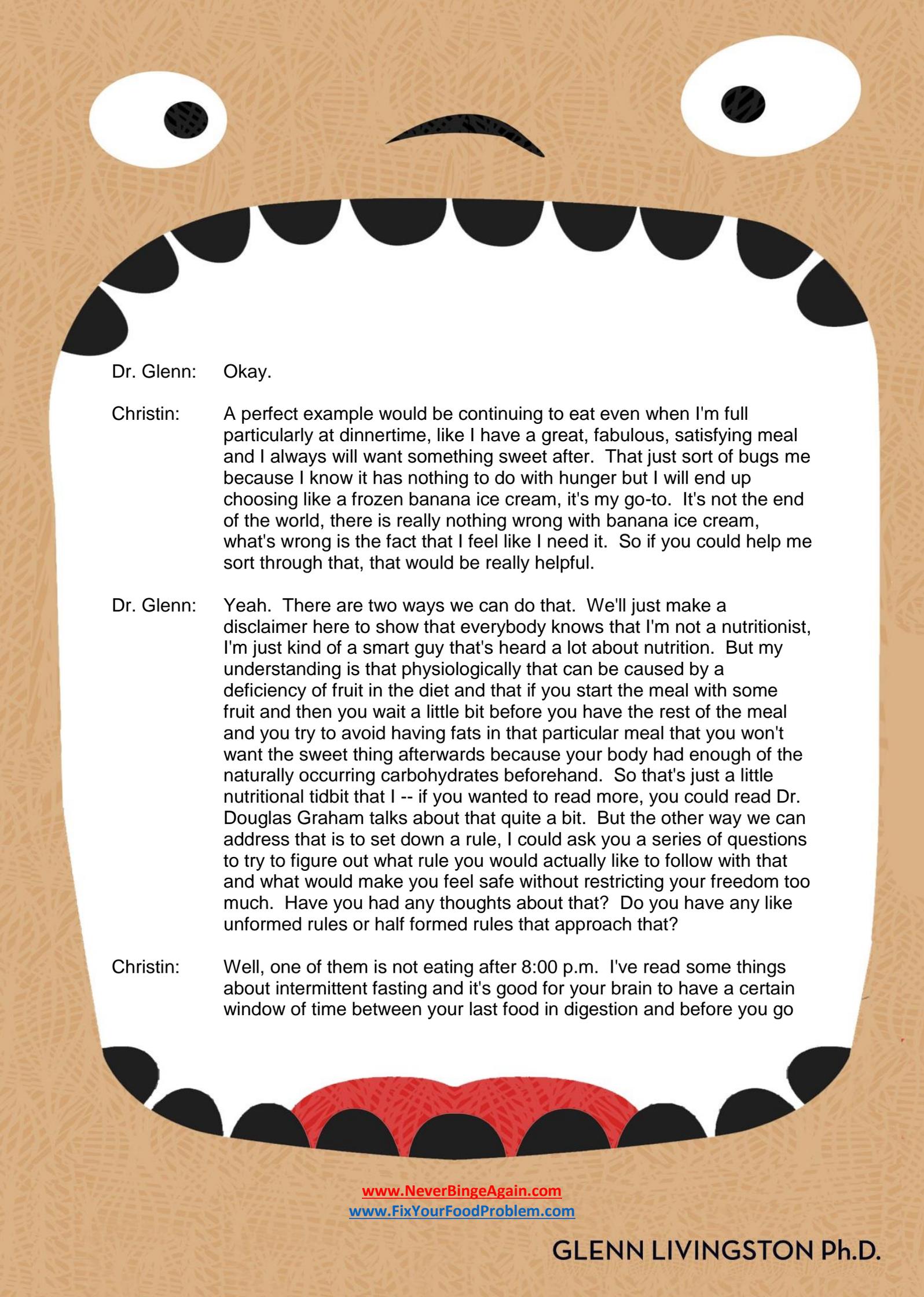


Dr. Glenn: Yeah. I think it's important not to underplay that because it can be such a dramatic relief to people to realize that they can actually make a decision and it doesn't have to be as painful and suffering as the Pig told them it was going to be, yeah, so that's terrific. It's been a few weeks and do you feel any different doing that? Does it improve your level of confidence or how you feel inside?

Christin: Yeah, yeah it does. I think the confidence definitely comes along with that and I think it's hand-in-hand with having self-control too. I think I mentioned before that I keep my nuts under a lock and key and you say that's not necessary, you can still have nuts in the house and not eat them and I've proven that true and I go so far as to give them to my daughter and let her snack on them and I had no trouble at all just passing them along and literally having them in my hands but not eating them. So that's really cool.

Dr. Glenn: Fabulous. We're always on the alert for ways that the Pig might tell us that we're too weak to manage situations in the environment or that we need these external controls and it kind of takes away from the actual nature of human nature which is our ability to make decisions. I'm really glad that you're experiencing that. So okay, so where should we go from here? Are you happy with your plan? Do you have other goals you want to accomplish?

Christin: I revised my food plan just to write down some rules more specifically like we did with the nuts just in a way that would make sense to me and then I could follow, and in doing so came across I guess situational things that don't really fall -- I suppose they do fall within the food plan, I'm just not sure how, so that's what I would love help with and it's more eating behaviors than actual food.

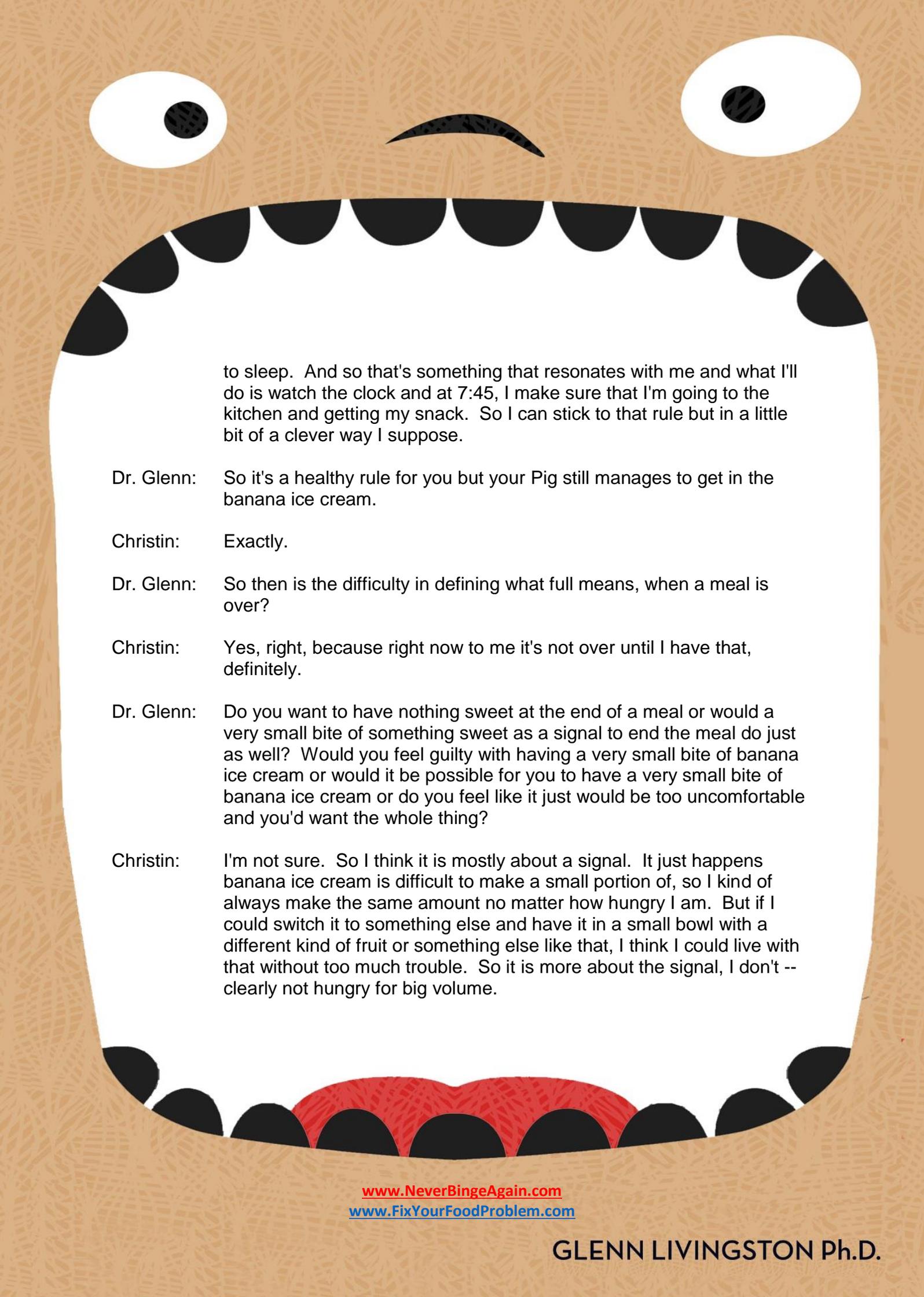


Dr. Glenn: Okay.

Christin: A perfect example would be continuing to eat even when I'm full particularly at dinnertime, like I have a great, fabulous, satisfying meal and I always will want something sweet after. That just sort of bugs me because I know it has nothing to do with hunger but I will end up choosing like a frozen banana ice cream, it's my go-to. It's not the end of the world, there is really nothing wrong with banana ice cream, what's wrong is the fact that I feel like I need it. So if you could help me sort through that, that would be really helpful.

Dr. Glenn: Yeah. There are two ways we can do that. We'll just make a disclaimer here to show that everybody knows that I'm not a nutritionist, I'm just kind of a smart guy that's heard a lot about nutrition. But my understanding is that physiologically that can be caused by a deficiency of fruit in the diet and that if you start the meal with some fruit and then you wait a little bit before you have the rest of the meal and you try to avoid having fats in that particular meal that you won't want the sweet thing afterwards because your body had enough of the naturally occurring carbohydrates beforehand. So that's just a little nutritional tidbit that I -- if you wanted to read more, you could read Dr. Douglas Graham talks about that quite a bit. But the other way we can address that is to set down a rule, I could ask you a series of questions to try to figure out what rule you would actually like to follow with that and what would make you feel safe without restricting your freedom too much. Have you had any thoughts about that? Do you have any like unformed rules or half formed rules that approach that?

Christin: Well, one of them is not eating after 8:00 p.m. I've read some things about intermittent fasting and it's good for your brain to have a certain window of time between your last food in digestion and before you go



to sleep. And so that's something that resonates with me and what I'll do is watch the clock and at 7:45, I make sure that I'm going to the kitchen and getting my snack. So I can stick to that rule but in a little bit of a clever way I suppose.

Dr. Glenn: So it's a healthy rule for you but your Pig still manages to get in the banana ice cream.

Christin: Exactly.

Dr. Glenn: So then is the difficulty in defining what full means, when a meal is over?

Christin: Yes, right, because right now to me it's not over until I have that, definitely.

Dr. Glenn: Do you want to have nothing sweet at the end of a meal or would a very small bite of something sweet as a signal to end the meal do just as well? Would you feel guilty with having a very small bite of banana ice cream or would it be possible for you to have a very small bite of banana ice cream or do you feel like it just would be too uncomfortable and you'd want the whole thing?

Christin: I'm not sure. So I think it is mostly about a signal. It just happens banana ice cream is difficult to make a small portion of, so I kind of always make the same amount no matter how hungry I am. But if I could switch it to something else and have it in a small bowl with a different kind of fruit or something else like that, I think I could live with that without too much trouble. So it is more about the signal, I don't -- clearly not hungry for big volume.



Dr. Glenn: Tell me about the possibilities there. What kinds of signals might work for you?

Christin: Berries, pretty much always some strawberries, blueberries, raspberries in the house, I think I mentioned them before, what are they called? Oh, they're lemon-kissed blondie bites that are these really tasty and very small, little cashew, dates, lemon treats. At this point I never had any problem like modifying them and just having one, you know, one or two during the day does not cause me to go eat the rest of them. So having that instead at the end is probably a good idea.

Dr. Glenn: How many lemon-kissed blondie bites would be a sufficient signal for you?

Christin: Probably one.

Dr. Glenn: Is that enough to leave you feeling satisfied and being willing to let go of food for the day and go on to the next day?

Christin: Probably.

Dr. Glenn: Probably?

Christin: You caught that, huh?

Dr. Glenn: Yeah.

Christin: Yeah. I mean that's what I do at lunchtime actually and not everyday, but I often will have one of those after lunchtime. I don't know why it's



different after dinner but that's just sort of the habit that I have formed. They're good and I think that would be a decent new habit.

Dr. Glenn: Would two be too many?

Christin: No.

Dr. Glenn: The reason that I'm asking carefully is because the place that people stumble, they usually get very excited like you've gotten about a newfound ability to lay down the law and have this ability to get any food out of their diet or make any restriction they want to. And often they get too restrictive with it once they get a sense of that power. I just want to make sure that what you're laying out for yourself is some of this is going to leave you feeling satisfied, happy, like you're enjoying life the way that life is meant to be enjoyed while at the same time protecting your physical goals.

Christin: Right. So probably two is a better hard and fast rule.

Dr. Glenn: No more than two, you don't have to have two but no more than two.

Christin: Correct.

Dr. Glenn: And what about berries, how many berries would you need, or how many ounces or how would you measure that?

Christin: Oh, good question. I have like a little small dessert bowl, so maybe half a cup.

Dr. Glenn: One half cup of berries. When would this rule apply? Is it only for the last meal of the day?



Christin: Yeah.

Dr. Glenn: You were hesitant.

Christin: Yeah, I'm just trying to think. That's what I feel the most issue with. It's usually because I'm busier at lunchtime, I might eat and go on to something else whereas in the evening I don't have as many other obligations, I can eat and it's also the treat and reward for myself. Everything else is done, I can relax, nobody needs me for anything, I won't have anything else I need to do, I can sit down, I can have my ice cream. So I think that I don't have a problem overeating on banana ice cream or berries or things like that at other points of the day. It's more the evening that it sort of gets to me that I would like to control that better.

Dr. Glenn: Okay. What time does the evening start?

Christin: After dinner. That's usually around 6:00.

Dr. Glenn: Around 6:00 p.m.? Okay. It's not that banana date ice cream is bad for you in your scheme of things, it's just that you don't want to compulsively have it after a meal in the evening.

Christin: Correct.

Dr. Glenn: Okay, so if you want to have it, you'll have it at another time during the day?

Christin: Right.



Dr. Glenn: And you can be more deliberate about that, that's great. Let me try to articulate a couple of versions of this rule and tell me if it sticks, okay? Okay so what if we said, I Christin will eat nothing sweet after 6:00p.m. besides a half cup of berries or two lemon-kissed blondie bites again. Does that sound right?

Christin: Yeah.

Dr. Glenn: Can we say that any more concisely?

Christin: The time I think seems a little arbitrary. I think it would sit better with me if I just said after dinner.

Dr. Glenn: Okay, so I'll never eat anything sweet after dinner besides a half cup of berries or two lemon-kissed blondie bites again?

Christin: Yeah.

Dr. Glenn: Well, how confident are you that you'll never eat anything sweet besides a half cup of berries or two lemon-kissed blondie bites between now and the day that you die after dinner again?

Christin: What if we called it half a cup of fruit?

Dr. Glenn: Okay.

Christin: I think that's a little safer. And I say it's safer just because I want it to be manageable. I don't want to be violating the rule because I eat grapes or something. So I'm a hundred percent confident.

Dr. Glenn: Well, that was easy.



Christin: Yeah, it's done.

Dr. Glenn: That was an easy session and your Pig has nothing to say?

Christin: No. What I hear from the Pig is, "What if you don't have those available? You're at somebody else's house, you don't have fruit, you didn't bring blondie bites," and those other tempting things but I feel like that's just a very easy argument to overcome by reminding myself that I don't need it. It's not a necessity, I'm not going to starve. It's a treat that I don't need every single night. So if I don't have those things available, I won't have anything and that will be okay.

Dr. Glenn: Is there any law that would prevent you from stopping someplace if you wanted to, to pick up some fruit on the way?

Christin: No.

Dr. Glenn: And if you happened not to then you don't think they're going to find your bones by the river?

Christin: I hope not.

Dr. Glenn: Okay. Do you want to talk about stopping after 8 o'clock at night or do you want to do that for a different time?

Christin: I sort of feel like this covers it.

Dr. Glenn: Excellent.



Christin: I feel like this rule -- because it's not broccoli that I'm craving after 8:00 p.m., it's always something sweet. And quite frankly I was trying to use that rule, the 8:00 p.m. rule like I said to handle, "I just stopped eating everything, well then it doesn't matter what's around and what's tempting, I just will eat anything after that timeframe," but of course I was getting around that with just watching the clock and making sure I eat before 8:00 p.m. instead. So I think this actually handles both issues with one rule which is perfect.

Dr. Glenn: It sounds like a significant improvement.

Christin: Yeah.

Dr. Glenn: Okay. Well, do you have any questions or concerns?

Christin: So my other thing that I have found is -- I know we talked a little bit about this in the last call but in a stressful moment, there might be a compulsion to just eat something, whatever is in sight and I'll give you a good example, this past week, I had made cookies for a party that they didn't get eaten so they ended up coming back home with me and they came off my food plan.

And so they were in my cupboard, I wasn't having any trouble avoiding them. I don't even remember exactly what happened but there is just some sequence of events where I was stressed out and getting ready to leave the house or I was running late and trying to do 10 things or try to get ready to go and rather than focusing on getting ready to go, I'm running past the kitchen grabbing cookies and eating them just because of whatever stressful things going on in my mind and that was my comfort. And so here is this container of cookies, there are only



three left but now they're gone and it's something I've been able to walk past and not have any issues with.

So my question is in that stressful moment -- and it isn't just -- cookies might be a bad example because I would do the same thing with grapes or berries or something and it's certainly not a hunger, it's just a behavior to go stuff something in my mouth and I don't know how to phrase that as Pig Slop I guess is really what I'm trying to ask.

Dr. Glenn: So it doesn't necessarily break any rules that are on your plan at this time.

Christin: Correct.

Dr. Glenn: But you want to stop impulsively eating.

Christin: Correct.

Dr. Glenn: Well, some people do that by requiring a pause if you're going to have anything between meals. So you could say that, "I have three meals a day with nothing in between or four meals a day with nothing in between," and you could define what those meals are. Or you could say, "I aim to have three meals with nothing in between. If I want to snack, I pause for 120 seconds and I think about exactly what I'm going to have and if I really have evaluated for that 120 seconds or 60 seconds or whatever it's going to be, then I let myself do it. But I decide beforehand exactly how much and whatever parameters work for you. We could do something like that, it sounds like you like that idea.

Christin: I do.



Dr. Glenn: How would you phrase it?

Christin: I'm trying to think. I just read a great book about mindful eating and I'm trying to think exactly what tips rest with my mind from that. And when I snack between meals, I think I like what you said. I feel like I don't love as the 120 seconds. I'm just trying to think how to phrase --

Dr. Glenn: How to phrase the pause?

Christin: Yeah, and you know it's something I think probably related to breathing might be appropriate because it is always stressful. So I might pause for three deep breaths and something like that.

Dr. Glenn: Would you need to be sitting down to take those three deep breaths?

Christin: Sure. Maybe I wouldn't write that into my rule.

Dr. Glenn: Is there any wiggle room for your Pig there to define what a deep breath is or not? Like could you go -- and then --

Christin: No, I think I would probably not do that.

Dr. Glenn: You would know that that was Squeal.

Christin: Correct.

Dr. Glenn: Okay. You will never have anything between meals without pausing for three deep breaths -- with three genuinely deep breaths again.



Christin: Okay, and like play with the wording a little bit more but I'm definitely liking that rule.

Dr. Glenn: You play with them, much, much greater if it comes from you.

Christin: Yeah.

Dr. Glenn: Christin by the way, if it doesn't come from you, then your Pig will say, "Well, find us a nice guy but who doesn't really know you."

Christin: Right, sure. I realized that this is what we did before and it works well. Is there a reason that you changed it to say, "I will never, blah, blah, blah," instead of what we had first said, "If I want to snack between meals, I pause for three deep breaths." Is there a significance?

Dr. Glenn: There is, because if you just say, "If I want to snack between meals I'll pause for three deep breaths," your Pig can sneak in, "Well yeah but you didn't say how long that rule is going to last."

Christin: Okay.

Dr. Glenn: Yeah, and you didn't say if there are any exceptions, what about New Year's? What about Christmas? What about birthdays? What about Uncle Charlie's wedding? That's the difference. Never has a finitude and it means under all circumstances, that's the difference.

Christin: Yeah, okay it makes sense.

Dr. Glenn: So how would you state it?



Christin: When I'm rewriting I think is what you said and I'm good with it right now, I will never have a snack between meals without pausing for three deep breaths again.

Dr. Glenn: How confident are you that between now and the day that you die, you will never have a snack between meals without pausing for three deep breaths again?

Christin: I'm just trying to think to be honest. I think I can say a hundred percent. It's really not that big of a restriction.

Dr. Glenn: What's your Pig saying?

Christin: "Why are you in a hurry?" Because I'm writing this to address those stressful situations, right? And so do I follow the same rule in a non-stressful situation, that's what I'm hearing, like is it important to really stop and breathe before picking up an apple every single time I have something between a meal, or is it do I have to recognize the stressful situation which of course is an issue because it's easy to not recognize it.

Dr. Glenn: Will that damage you in some way to stop and breathe before you have an apple?

Christin: No.

Dr. Glenn: You sure?

Christin: Yeah.

Dr. Glenn: So that was Pig Squeal then, right?



Christin: Yes, sounds illogical sometimes.

Dr. Glenn: When you pause to hear it, it does. So if you're in a hurry, what will be the problem? Why is your Pig saying that if you're in a hurry you can't pause to breathe three times?

Christin: Well, I guess I'm just picturing getting ready to run out of the house and wanting to grab something to take with me. I don't have time to stand there and breathe and think about it, I just need to grab something quick.

Dr. Glenn: Could you grab it and put it in the car and breathe when you're in the car?

Christin: Yes.

Dr. Glenn: The way we phrase it, you just have to breathe before you eat it, right?

Christin: Yes. Yes, that's true.

Dr. Glenn: Is the Pig saying you're going to be too uncomfortable, this is going to be too uncomfortable?

Christin: No. Honestly, no. I think that's a really good rule.

Dr. Glenn: If you were really hurried or uncomfortable for some reason, would you still be willing to do this?



Christin: Yes because I think I can recognize that that's what I need to do this. It's when I feel that pressure of often being in a hurry, so I think that I'm aware enough that that is when I most need this rule.

Dr. Glenn: Well, how uncomfortable would you be willing to feel? How uncomfortable and pressured would you be willing to feel and still keep this real a hundred percent?

Christin: I don't know. How do you quantify being uncomfortable?

Dr. Glenn: Would you be willing to be unbelievably, immensely, ridiculously uncomfortable beyond all sense and reason and still keep this rule?

Christin: I think so.

Dr. Glenn: Where is the doubt?

Christin: That's true, picture what kind of situation could be so uncomfortable that would push me to violate it and I'm not really coming up with anything.

Dr. Glenn: The reason I'm going there is because at some point our Pigs need to know that these rules are really sacred to us and there's no level of discomfort we're unwilling to tolerate. And so the Pig will keep on dreaming up all these situations that are going to make it impossible to get through but you can defeat it by letting it know that there's really no situation that you can't get through, that if it's uncomfortable, well, too bad, it's uncomfortable for now. As long as you thoroughly believe in this rule and you want to adopt it for your constructive purposes.

Christin: Right. Yeah, I do. I think it's also a big issue.



Dr. Glenn: So what did you write down?

Christin: I will never have a snack between meals without stopping to take three deep breaths.

Dr. Glenn: Okay. If you really want to nail the Pig in its cage and you add the word "again" to the end of that, again is like a shortcut for between now and the day that I die.

Christin: Right, okay.

Dr. Glenn: How does this feel?

Christin: Good.

Dr. Glenn: Okay, well I think we're done for today.

Christin: Okay.

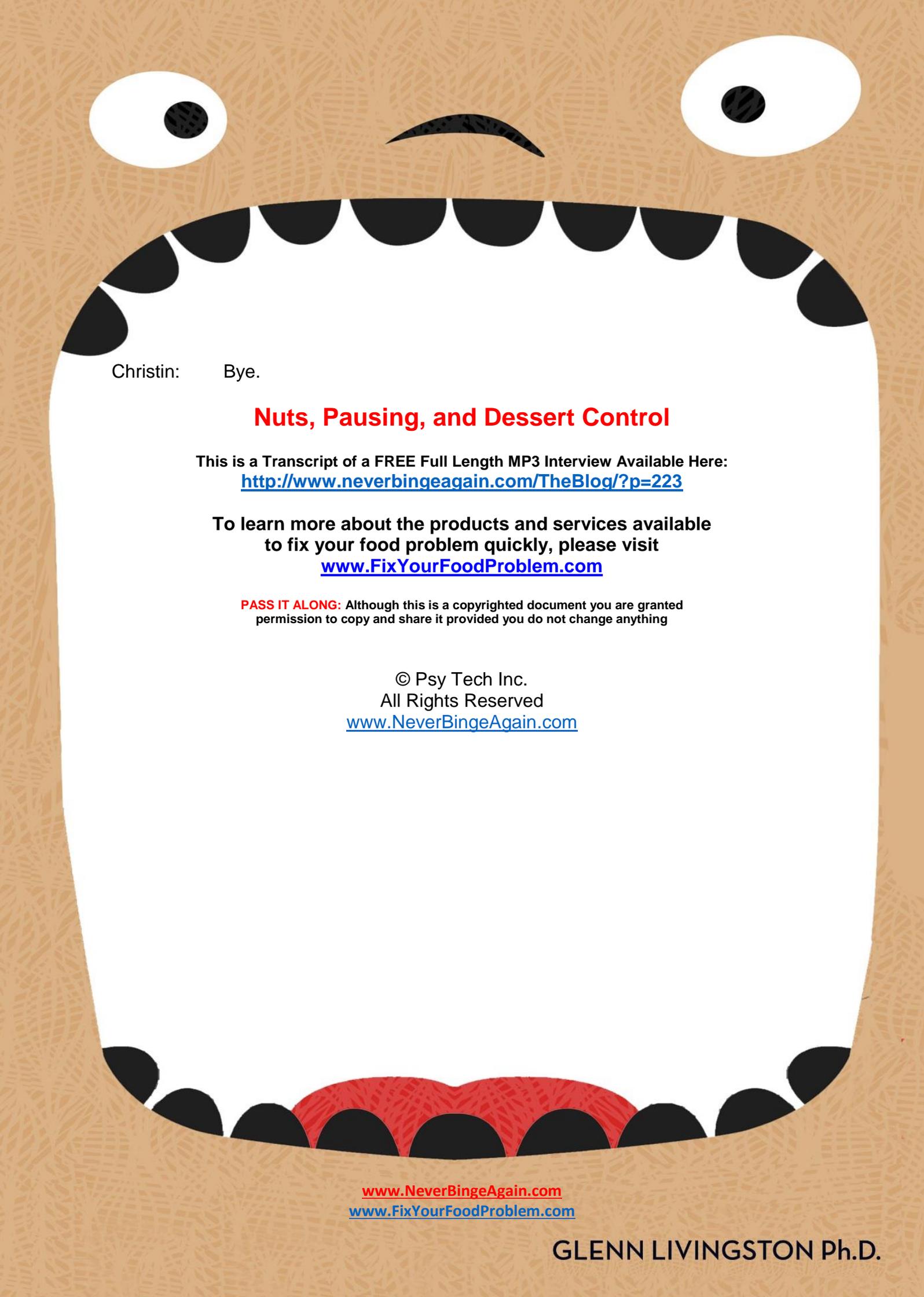
Dr. Glenn: I want you to live with this for a couple of weeks and we'll reconvene when you're ready.

Christin: Okay, that sounds great. Yeah, thank you very much, I appreciate it.

Dr. Glenn: Thank you dear, have a good day.

Christin: You too.

Dr. Glenn: Bye.



Christin: Bye.

Nuts, Pausing, and Dessert Control

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