

Glenn Livingston, Ph.D. and Sam “I Hate Fruits and Vegetables”

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Dr. Glenn: Hey, it's the very good Dr. Glenn Livingston, and I am here with Sam, who's a very kind woman that agreed to let me record her coaching session so you all can benefit from it also. How are you, Sam?

Sam: Thank you. How old am I, sorry?

Dr. Glenn: I said how are you. Would I ask a woman how old she was as soon as I got on the phone?

Sam: I'm good, thank you.

Dr. Glenn: You can tell us how old you are if you want to, but you really don't have to do that. I'm 53, by the way.

Sam: I'm 32.

Dr. Glenn: Okay. So I'm your elder then. How did you come to Never Binge Again? What's your story with food?



Sam: I used to be a size 12, which in America is like a size 4, something like that. So I was quite slim. And in the last few years, I put weight on. I went on to Slimming World and I saw your book and get mentions, so I started the whole Never Binge Again thing. But before that, I was slim and then suddenly start to putting in all the weight when I turned 27.

Dr. Glenn: When you turned 27, you started putting the weight on?

Sam: Yeah. And I didn't realize it. And then I get to 30, like, oh my god, I put a lot of weight, especially when you can't stop eating.

Dr. Glenn: So you couldn't stop eating. And then what happened? When did you find Never Binge Again and did it have an impact on you? Did you gain weight with Never Binge Again? What happened?

Sam: I read your book, I think it was three, four weeks ago, so I'm fairly new to it. I've made a food plan. And since then I've lost five, six pounds, which I was constantly gaining. So before I read your book, I was just gaining weight, and then after the book, I've lost six pounds already. So that's three weeks of Never Binge Again.

Dr. Glenn: Well, that's a good sign. And that's a pretty good rate; five, six pounds a month; not really too fast, not too slow. That's a pretty good rate. And how did you do that? Did you make a couple of food rules? What did you do?

Sam: I wrote down what the worst first. So I wrote down -- I went back over your book and read about the conditionals and the nevers and then started the plan there really. I do Slimming World because my diet was terrible. It was all chocolate and processed food, high sugary and all



frizzy drinks and everything like that. So I just made a few rules that right now, maybe four, five drinks, so I can have diet at the moment; and then chocolate on the weekend.

Dr. Glenn: Can you tell me the rules very specifically? I'm having a little trouble following.

Sam: I got the rules recorded at my house at the moment. My always are only eat when you're hungry, eat consciously, I chew my food 10 to 15 times. When I'm full, stuffed, leave it on the plate. Get around -- I've got an iWatch, so I have to get around my activity everyday. That's my always. I've got a decent type of exercise everyday. I've got to eat at least one piece of fruit everyday and complete food everyday and that's my always list.

And the nevers are, never drink alcohol again. Never drink full fat plop or Holly Sugar Squash.

Dr. Glenn: So never drink full fat squash. I never heard of that, but okay, I trust you.

Sam: Full fat frizzy pop, again. Never go a day without exercise and never go a day without eating at least one piece of fruit and vegetable. Like, the nevers complement the always. Conditionals, I only can have chocolate at the weekend. That's a hard one to stick too. And then the non-restricted is eat as much fruit as you like and drink as much water as you like, is on the unconditionals. And that's basically my rules.

Dr. Glenn: Okay. The one that you said was hard to follow was having chocolate just on the weekends.



Sam: Yes.

Dr. Glenn: I like your food plan and it sounds like it's working for you, so I don't want to make a lot of changes. I just want to point out something semantically. You don't have to do anything behaviorally different, but semantically, eating when you're hungry and stopping when you're full, that's a guideline, it's not a rule, because we can't observe that from the outside. To be a rule, it has to be objectively observable.

Sam: Okay then.

Dr. Glenn: The same thing about eating consciously. It's a good guideline, but we can't really know if you're eating consciously or not from the outside. Chewing your food 10 to 15 times, that's pretty close to a rule. Having activity everyday, that's a rule. At least one piece of fruit everyday, that's a rule. You just might want to move some of these things to the guidelines section just for semantic clarity. Does that make sense?

Sam: Yes, I get you.

Dr. Glenn: Okay. What would you like help with?

Sam: Like, some of the rules are working and some of them kind of get lost in translation. Like the chocolate one is really hard to stick to, so I'm thinking I should put it to a never 'cause once I have once piece of chocolate, I kind of go out of control. The pig kicks in and I just lose control and I eat everything inside. That's the chocolate one.

Dr. Glenn: That probably will be easier for you. That's my guess. Well, are you unsure or are you sure you want to do that and you just needed a kick in the butt to get it going?



Sam: I think it is my pig trying to keep it, if you know what I mean. Then I'm thinking, is it or not? So I was in doubt whether I just say no to it or do I keep it in? So it was a bit like [inaudible 0:04:58].

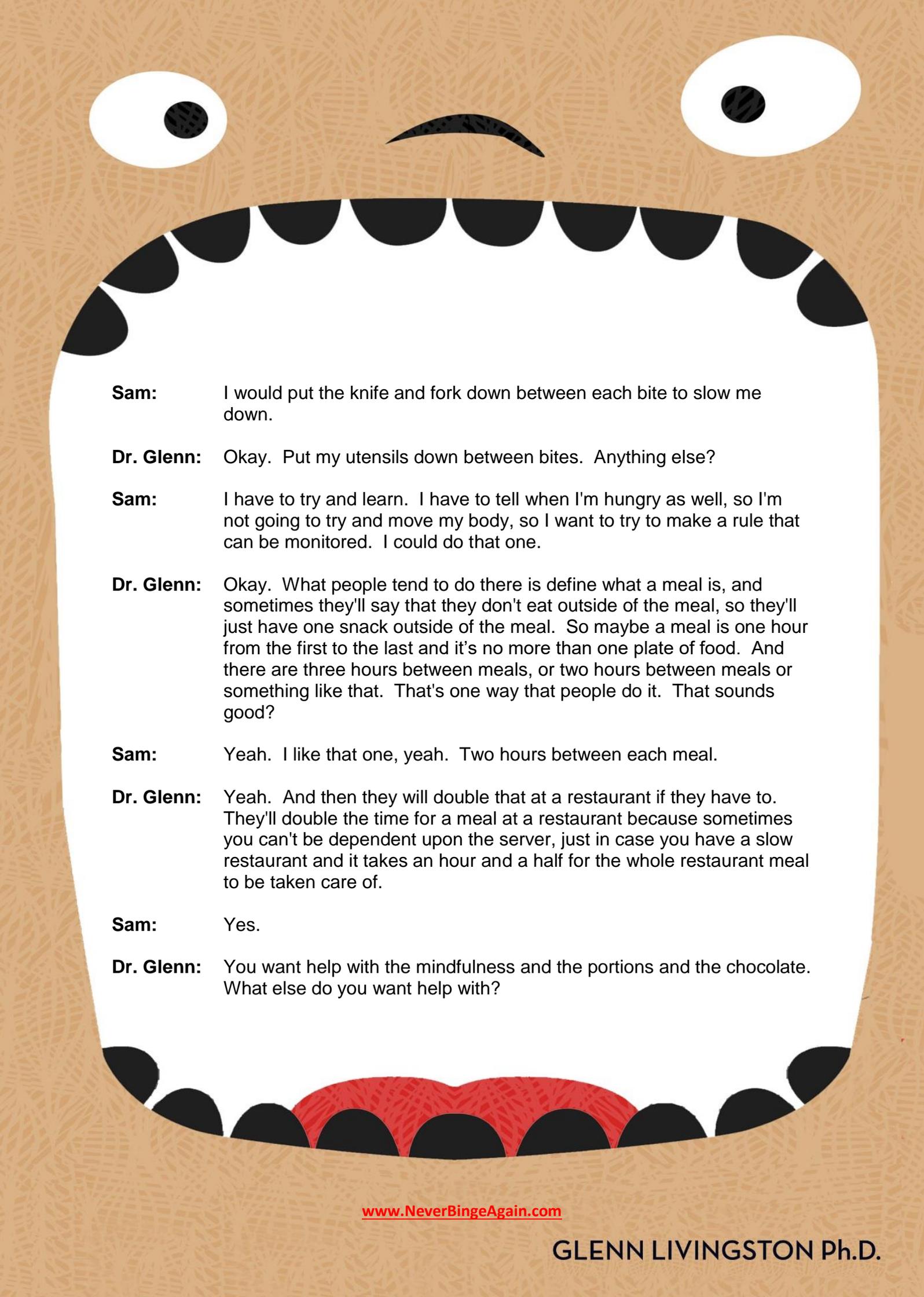
Dr. Glenn: Okay. Well, let's find out what else you need help with and then we'll come back to that. So which other rules are hard to follow?

Sam: When I'm trying to make the rules a bit simpler, like the guidelines of eating when I'm hungry and stopping when I'm full, and like chewing, it's like eating consciously because it just means I'm listening to my body more, because at the moment, I don't seem to listen to my body. I'm just basically ran things in my mouth, so I'm trying to get more control over that. I got them rules, so I believe try and make better rules, if you know what I mean.

Dr. Glenn: Okay. So when we say eating consciously, what we want to do is find rules that really support conscious eating. And so, it could be things like, I always put my fork down between bites, like literally put it down and let go of it between bites, or I breath for five deep breathes before every meal, or I never eat standing up, or I never eat in the car or I never eat by the TV or I never eat with my phone on. Those are the types of very objective things that support conscious eating, which the pig can't argue about whether you did it or you didn't do it. Like, there's no ambiguity in the definition, so it's a very clear rule. When you just say you're eating consciously, it's never really clear whether you do or you don't.

Sam: Yes. I see what you mean.

Dr. Glenn: What would you like to do there?



Sam: I would put the knife and fork down between each bite to slow me down.

Dr. Glenn: Okay. Put my utensils down between bites. Anything else?

Sam: I have to try and learn. I have to tell when I'm hungry as well, so I'm not going to try and move my body, so I want to try to make a rule that can be monitored. I could do that one.

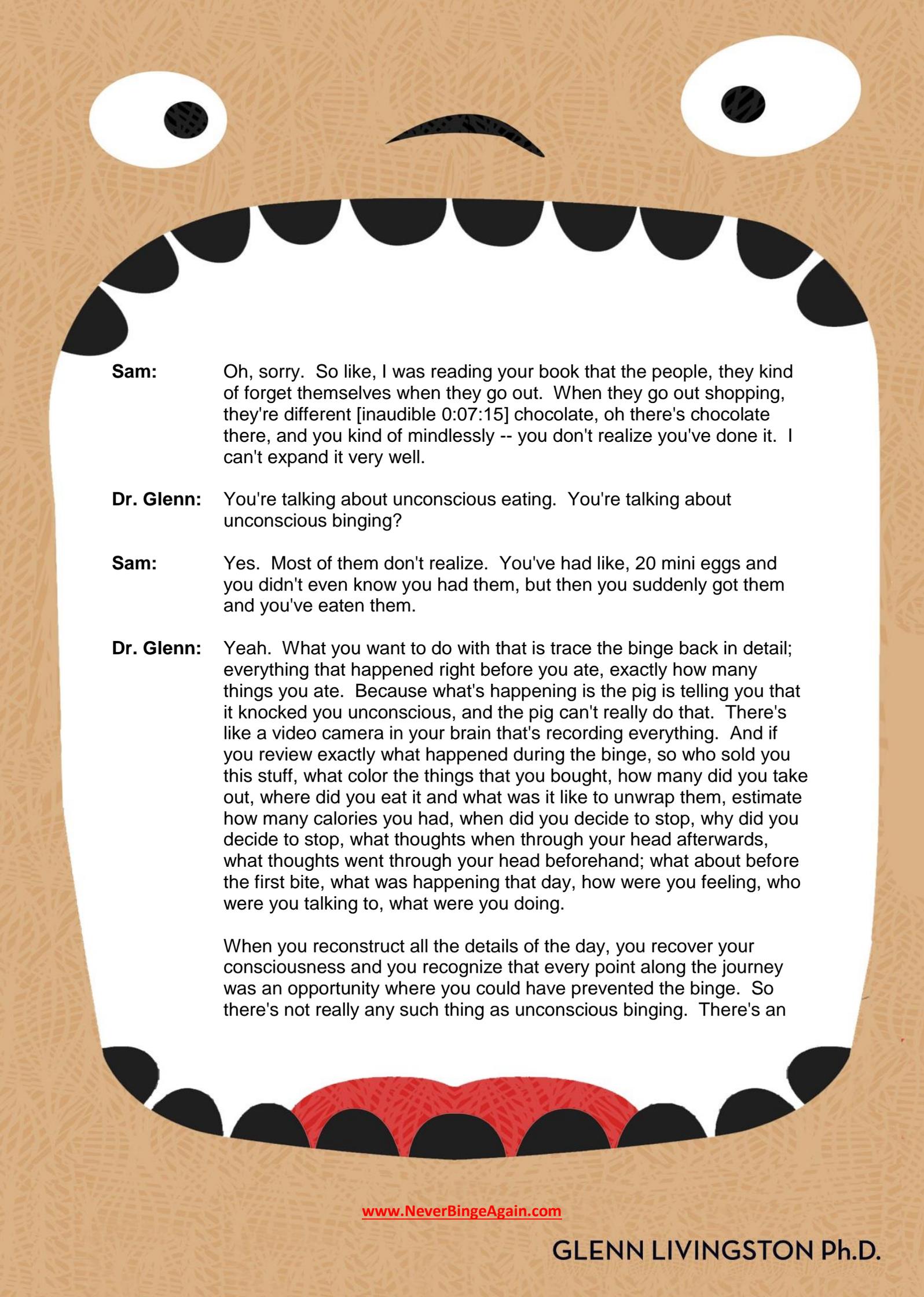
Dr. Glenn: Okay. What people tend to do there is define what a meal is, and sometimes they'll say that they don't eat outside of the meal, so they'll just have one snack outside of the meal. So maybe a meal is one hour from the first to the last and it's no more than one plate of food. And there are three hours between meals, or two hours between meals or something like that. That's one way that people do it. That sounds good?

Sam: Yeah. I like that one, yeah. Two hours between each meal.

Dr. Glenn: Yeah. And then they will double that at a restaurant if they have to. They'll double the time for a meal at a restaurant because sometimes you can't be dependent upon the server, just in case you have a slow restaurant and it takes an hour and a half for the whole restaurant meal to be taken care of.

Sam: Yes.

Dr. Glenn: You want help with the mindfulness and the portions and the chocolate. What else do you want help with?



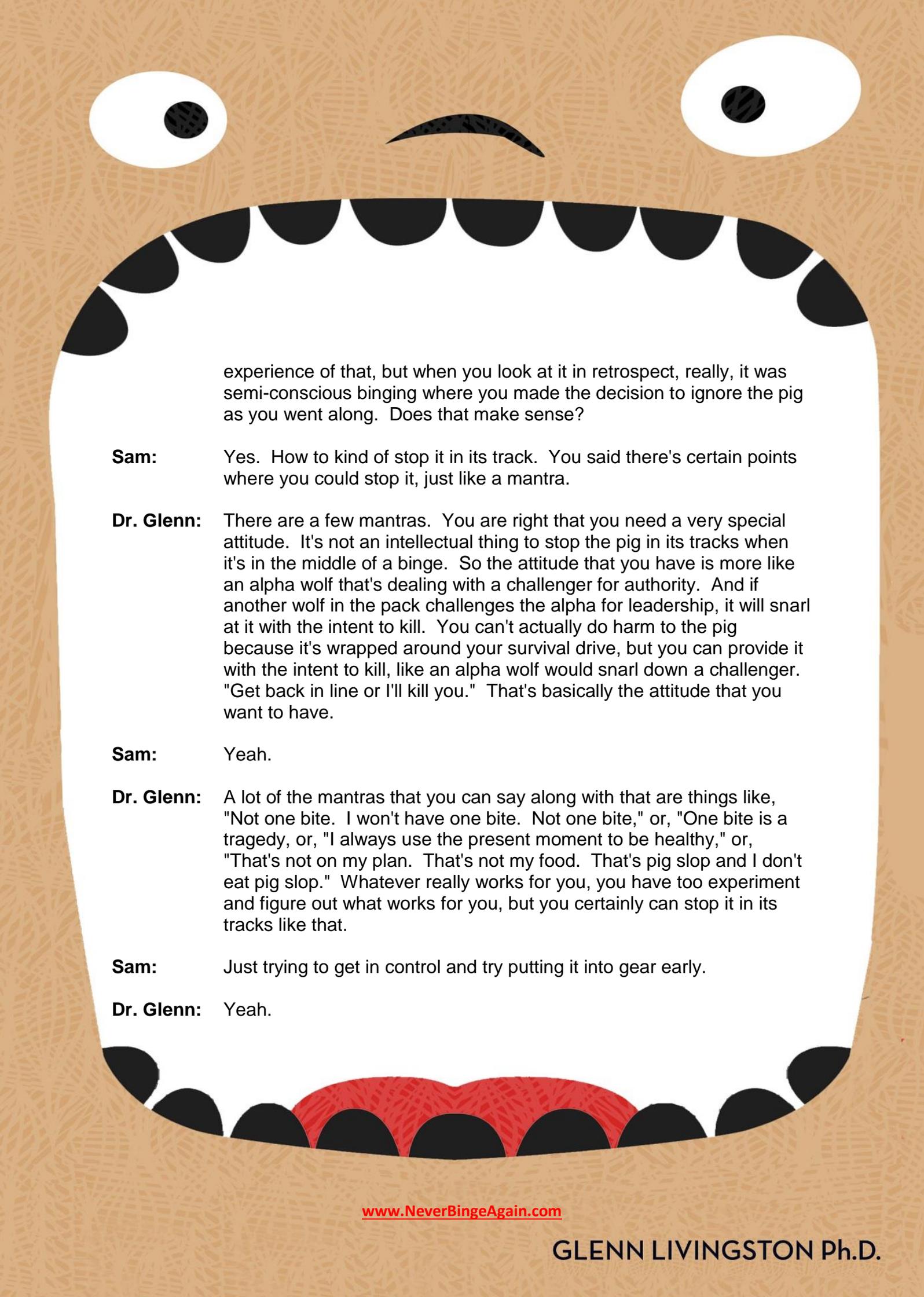
Sam: Oh, sorry. So like, I was reading your book that the people, they kind of forget themselves when they go out. When they go out shopping, they're different [inaudible 0:07:15] chocolate, oh there's chocolate there, and you kind of mindlessly -- you don't realize you've done it. I can't expand it very well.

Dr. Glenn: You're talking about unconscious eating. You're talking about unconscious binging?

Sam: Yes. Most of them don't realize. You've had like, 20 mini eggs and you didn't even know you had them, but then you suddenly got them and you've eaten them.

Dr. Glenn: Yeah. What you want to do with that is trace the binge back in detail; everything that happened right before you ate, exactly how many things you ate. Because what's happening is the pig is telling you that it knocked you unconscious, and the pig can't really do that. There's like a video camera in your brain that's recording everything. And if you review exactly what happened during the binge, so who sold you this stuff, what color the things that you bought, how many did you take out, where did you eat it and what was it like to unwrap them, estimate how many calories you had, when did you decide to stop, why did you decide to stop, what thoughts went through your head afterwards, what thoughts went through your head beforehand; what about before the first bite, what was happening that day, how were you feeling, who were you talking to, what were you doing.

When you reconstruct all the details of the day, you recover your consciousness and you recognize that every point along the journey was an opportunity where you could have prevented the binge. So there's not really any such thing as unconscious binging. There's an



experience of that, but when you look at it in retrospect, really, it was semi-conscious bingeing where you made the decision to ignore the pig as you went along. Does that make sense?

Sam: Yes. How to kind of stop it in its track. You said there's certain points where you could stop it, just like a mantra.

Dr. Glenn: There are a few mantras. You are right that you need a very special attitude. It's not an intellectual thing to stop the pig in its tracks when it's in the middle of a binge. So the attitude that you have is more like an alpha wolf that's dealing with a challenger for authority. And if another wolf in the pack challenges the alpha for leadership, it will snarl at it with the intent to kill. You can't actually do harm to the pig because it's wrapped around your survival drive, but you can provide it with the intent to kill, like an alpha wolf would snarl down a challenger. "Get back in line or I'll kill you." That's basically the attitude that you want to have.

Sam: Yeah.

Dr. Glenn: A lot of the mantras that you can say along with that are things like, "Not one bite. I won't have one bite. Not one bite," or, "One bite is a tragedy, or, "I always use the present moment to be healthy," or, "That's not on my plan. That's not my food. That's pig slop and I don't eat pig slop." Whatever really works for you, you have to experiment and figure out what works for you, but you certainly can stop it in its tracks like that.

Sam: Just trying to get in control and try putting it into gear early.

Dr. Glenn: Yeah.



Sam: Okay. Got you. The one thing I have noticed is I'm a lot better at picking off in the binge 'cause normally I'd eat everything. But now, I'm stuck in the middle sometimes now, which is a lot better.

Dr. Glenn: One cupcake doesn't turn into 15, that's what you're saying?

Sam: Yeah. And then the thinking is like I will eat only one cupcake and you'd be okay, only one. Because I haven't really put anything about savories or anything like that because my main one was chocolate and alcohol. Those are the main ones. Now, the pig is kind of now going, "If you're not having chocolate, you can have this instead."

Dr. Glenn: You can have what instead?

Sam: Like savories, like crisps and cake because it's not chocolate, if you know what I mean, so it's finding the backdoor.

Dr. Glenn: Yeah. And the pig will tell you that it's going to find an inevitable number of substitutes so it's hopeless. But the truth is, if you just kind of stare it down and you're relentless, usually after four or five revisions, you find all of the alternatives and you come up with a rule for those and there's nothing left for the pig to have. You mentioned crisps and -- I forgot what else you mentioned. Do you need rules for those?

Sam: I don't think so, but then I've been writing the food everyday and I've noticed they've sneaked in because I've stopped the chocolate. So instead of having no chocolate, I've replaced it with I'll have one healthy snack, if you know what I mean.



Dr. Glenn: Yeah. So what would you like to do?

Sam: Well, the pig [inaudible 0:11:15], but then, I'm thinking, I'm more like just now snacking, just really go for it.

Dr. Glenn: To really go for no snacking? Not have a rule about crisps, but have a rule about snacks between meals?

Sam: Yeah. Because that's the problem.

Dr. Glenn: Okay. So we're back to the snacks. Okay. So the only remaining ambiguity in the plan is whether you want to give up chocolate entirely or whether you want to have it on the weekends only.

Sam: Yeah.

Dr. Glenn: Let's imagine our future two ways. Let's start with, let's imagine that we had no chocolate for a year and we also complied with all the other rules you just went over for me. What's your life like in one year?

Sam: I probably would have lost a couple of stones, because I've got to be able to do my exercise as well. So I'm thinking a lot more healthy, running around, carrying my son better and easier.

Dr. Glenn: How many stone would you have lost?

Sam: Two, I'm guessing -- about two, three stone?

Dr. Glenn: How many pounds is that?

Sam: 14 pounds to a stone.



Dr. Glenn: Okay. So like 28.

Sam: Yeah, maybe 28 pounds.

Dr. Glenn: Okay. And why is that important? What else would change if you lost 28 pounds?

Sam: I'd be able to play with my son better, which is the main goal. Because at the moment, I get out of breath carrying him.

Dr. Glenn: I have a little trouble understanding your accent, I'm sorry.

Sam: Play with my son.

Dr. Glenn: Play with your son, oh. What's your son's name?

Sam: His name, Alex.

Dr. Glenn: Okay. And what does he like to play that you can't play now?

Sam: He's a really active two and a half year old. He literally loves to run everywhere, so like, going to the park, running around with footballs and stuff. At the moment, I get out of breath.

Dr. Glenn: Got you. Okay. So you'd be able to play football with Alex in the park.

Sam: Yes.

Dr. Glenn: And what else would you do?



Sam: Get my black belt in martial arts.

Dr. Glenn: Okay. What kind of martial arts?

Sam: Mixed martial arts.

Dr. Glenn: Can't mess with you.

Sam: There's six different types, floor work and then street [inaudible 0:13:07]. It's a good mix.

Dr. Glenn: Good for you. Wow. Okay. Maybe I'll hire you as a bodyguard.

Sam: I could get a job, actually.

Dr. Glenn: You might. You never know. I'm a big guy, so people don't typically bother me, but you never know as I get a little more famous. I got to watch out a little bit. What else would be different if you were 28 pounds thinner in a year? Not even just about being thin. What else would be different if you followed these plans a hundred percent and you didn't have any chocolate?

Sam: I'll be in control of my food, me dictating what I eat and when I have chocolate and things like that because at the moment, I've realized I just can't control.

Dr. Glenn: So instead of being a slave to your impulses, your impulse would be a slave to you. You'd be the master of your impulses?

Sam: Yeah.



Dr. Glenn: And what about your thoughts? Would you be any more free from obsessing about food; anything else that you'd be focusing on? What do you think?

Sam: I'd be able to focus more on giving -- at the moment, I'm an at-home mom, but I'll be able to have a job and manage my time better.

Dr. Glenn: So you'd have more time?

Sam: Yes.

Dr. Glenn: And you'd have a better job.

Sam: I'm just qualified as a gym instructor. So then I'd work in a gym and I'm going to be doing my personal training course. I can train people. I'm deciding to get myself sorted before I can do that job. So hopefully I'd be a personal trainer.

Dr. Glenn: Okay. So this might have some financial impact on you also.

Sam: Yes. I can charge 30 pounds an hour, which is probably \$60 an hour.

Dr. Glenn: Because you guys have better money than we do.

Sam: Definitely.

Dr. Glenn: Well, you do. All right. What else? How about clothes that you might wear, your relationships with people, friends, hobbies; what else would be different?



Sam: I think I'd be more able to go -- because at the moment, I don't go maybe to [inaudible 0:14:50] to martial arts. So I think I'd be confident because I can wear those clothes and feel more comfortable because at the moment, I'm using joggers.

Dr. Glenn: Okay. What about your relationship with your husband or your friends or colleagues. Any of that be any better? The reason I'm asking you is that a lot of people start to isolate and hide when they are feeling overweight and bingeing. Would you be in a better position with any friends or colleagues or anything or is it about the same?

Sam: Probably with my friends because I'd be able to do more with them. My friends have [inaudible 0:15:19] outdoorsy stuff. I'm not really wanting to go out. I try and hide a lot.

Dr. Glenn: Okay. Now, let's do this again, but this time, I want you to imagine that everything else is the same, except you decided that you were going to allow chocolate on the weekends. How does your future differ if you allowed chocolate on the weekends? How much weight would you have lost then, or would you have?

Sam: I don't think I would lose as much weight.

Dr. Glenn: So how much weight would you have lost?

Sam: Probably less than a stone.

Dr. Glenn: Less than a stone? Something like 10 pounds?

Sam: Yeah, I think it would be, yes.



Dr. Glenn: What about running around and playing football with Alex; would you be able to do that in the park?

Sam: Not as well, no, because I've got the excess weight.

Dr. Glenn: What about your black belt, would you get that?

Sam: I particularly do 300 press-ups, 300 sit-ups and I won't be able to keep up.

Dr. Glenn: Would you feel like you're in control?

Sam: No because you've got to be fit to do that job.

Dr. Glenn: Okay. Well, what do you want to do then? Do you want to get rid of chocolate entirely or do you want to have it on the weekends?

Sam: I'm going to keep going.

Dr. Glenn: Gets pretty clear sometimes, right?

Sam: Yeah. Now you put it like that, it's a lot better.

Dr. Glenn: So let's talk to your pig a little bit. Before we do that, I just want you to remember that I like you, but I don't have any mercy for your pig. So what are all the reasons that your pig says you can't, shouldn't or won't be able to comply with these rules?

Sam: The pig will play in my bipolar disorder, like, manage depression.

Dr. Glenn: Okay. So the bipolar disorder will prevent you?



Sam: Yes.

Dr. Glenn: Bipolar disorder will make you binge, basically.

Sam: Yes, doesn't have control.

Dr. Glenn: Why else does the pig say you have to binge?

Sam: This makes you feel better, but then it doesn't -- like, you feel better in the short-term because you've had chocolate. It makes you feel a little high, but then the guilt comes.

Dr. Glenn: Why else does the pig say you should binge, that you're not going to be able to stay with these rules?

Sam: I'm not a massive fruit eater. I don't really like fruit and veg a lot. [Inaudible 0:17:17] food.

Dr. Glenn: Because chocolate is so much better than vegetables. That's what it says; right?

Sam: Yeah.

Dr. Glenn: What else?

Sam: I don't like change, so change your mind. It's a big change.

Dr. Glenn: Okay. It's too big a change. What else?

Sam: It tastes nice.



Dr. Glenn: It tastes good; right?

Sam: Yeah.

Dr. Glenn: What else? I'm writing these all down. You can't think of anything else?

Sam: No, that's it.

Dr. Glenn: Okay. So let's go back through these. I want you to jump back up into your higher self and I want you to look for the lies in these pig squeals; okay?

Sam: Okay.

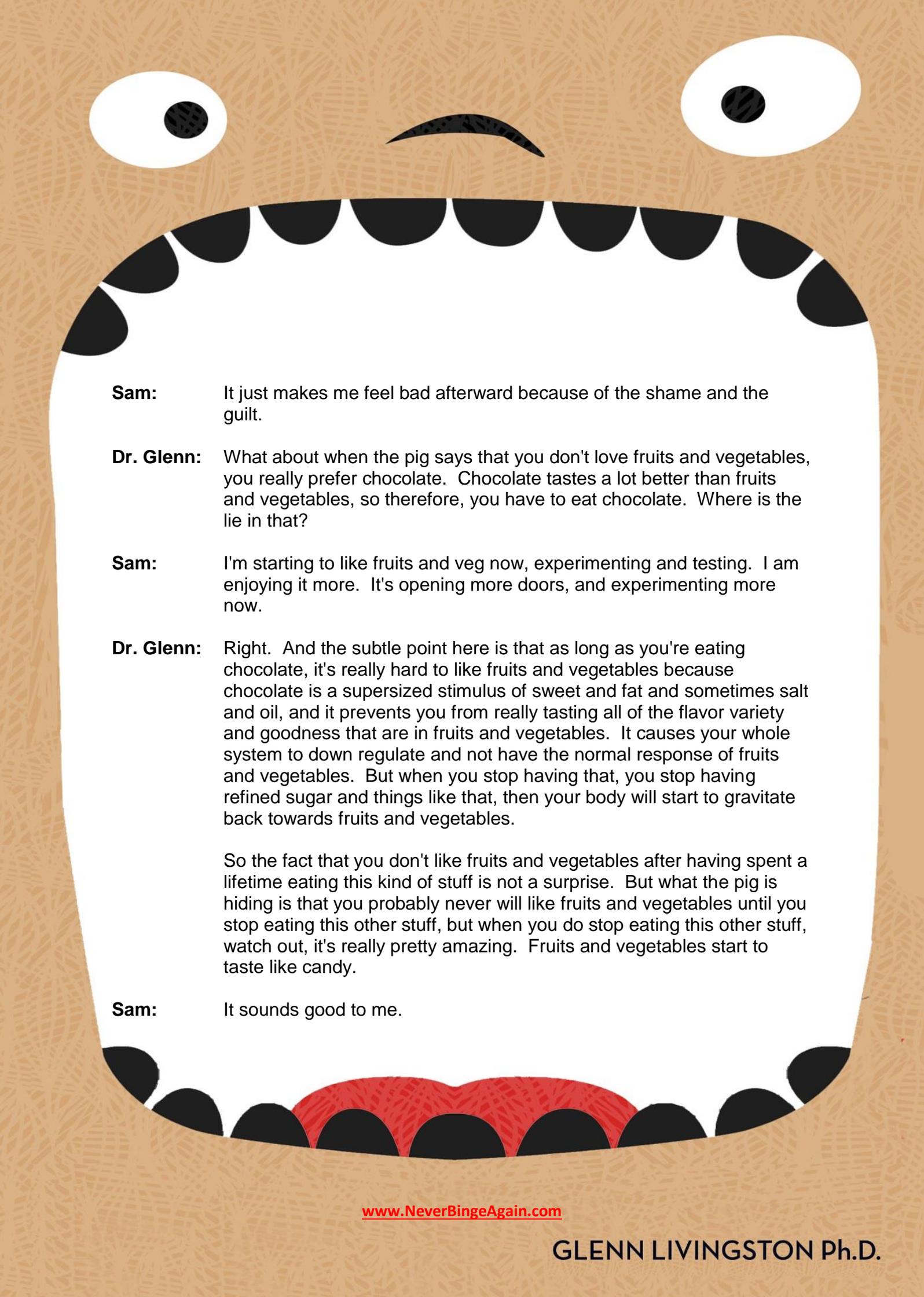
Dr. Glenn: When the pig says that your bipolar disorder is going to make you binge, where is the lie in that?

Sam: I'm on medication so I'm stable now. So I'm back in control.

Dr. Glenn: You don't have any plans to go off the medication, right?

Sam: No. I'm more stable and happy with it, so I'm not going to come off that.

Dr. Glenn: It's really important to listen to your doctor with that kind of thing. So you're stable, so you don't have to worry about that, and you have no plans to go off it, so as long as you do that, then you'll be okay. The pig says, "Pig slop makes you feel so much better in the short term." Where is the lie in that? "So you might as well do it."



Sam: It just makes me feel bad afterward because of the shame and the guilt.

Dr. Glenn: What about when the pig says that you don't love fruits and vegetables, you really prefer chocolate. Chocolate tastes a lot better than fruits and vegetables, so therefore, you have to eat chocolate. Where is the lie in that?

Sam: I'm starting to like fruits and veg now, experimenting and testing. I am enjoying it more. It's opening more doors, and experimenting more now.

Dr. Glenn: Right. And the subtle point here is that as long as you're eating chocolate, it's really hard to like fruits and vegetables because chocolate is a supersized stimulus of sweet and fat and sometimes salt and oil, and it prevents you from really tasting all of the flavor variety and goodness that are in fruits and vegetables. It causes your whole system to down regulate and not have the normal response of fruits and vegetables. But when you stop having that, you stop having refined sugar and things like that, then your body will start to gravitate back towards fruits and vegetables.

So the fact that you don't like fruits and vegetables after having spent a lifetime eating this kind of stuff is not a surprise. But what the pig is hiding is that you probably never will like fruits and vegetables until you stop eating this other stuff, but when you do stop eating this other stuff, watch out, it's really pretty amazing. Fruits and vegetables start to taste like candy.

Sam: It sounds good to me.



Dr. Glenn: Well, it's really good to know. Yeah, it's really true. "You don't like change, so you should just keep it in the way you're in because change is awful."

Sam: Change is good. If I change, I'd be getting a better life at the end of it.

Dr. Glenn: You can play football in the park with your son and be in charge of your food, right?

Sam: Yeah.

Dr. Glenn: Get your black belt, protect people like me.

Sam: Be a personal trainer.

Dr. Glenn: Yeah. What about when the pig says, "Well, it tastes really good."

Sam: It does when I stop it. I will have [inaudible 0:20:01] food better.

Dr. Glenn: And it's okay to make a grow-up choice to abstain from some pleasures in this life so you can enjoy other pleasures in this life, right? We know that if you want to be a personal trainer and you want to play football in the park and you want to get your martial arts degree and you want to feel confident with your friends and your family, we know that there's some pleasures that you need to abstain from in the short term. And you don't even have to remember why all the time. You just have to know that at a time when you were of sound mind and body, you used your best thinking to determine that this is what you wanted to do, and so you're going to comply with that 'cause you want your grown-up self to be the lawmaker and not the pig.



Sam: Yes.

Dr. Glenn: Well, how confident are you that you are never going to binge again, between now and the day that you die?

Sam: A hundred percent.

Dr. Glenn: Are you?

Sam: I'm going to go for a hundred percent because if I can believe in the hundred percent, then I [inaudible 0:20:43].

Dr. Glenn: Okay.

Sam: I'm trying to convince myself.

Dr. Glenn: Any doubt or insecurity that you hear, that's the pig, right?

Sam: Yes, definitely.

Dr. Glenn: Do you have any questions or concerns?

Sam: I think the first few weeks are going to be the hardest to get through. So I'm concerned getting food in the few weeks.

Dr. Glenn: Well, that's true, but not nearly as hard as you think. Not nearly as hard as the pig makes it out to be. The pig says it's going to be absolutely miserable torture. The truth is you'll have some cravings for a couple of days. After 72 hours, they'll be much better. You still have them. And after a couple of weeks, they'll be probably be down to 20



percent of what they were. And then they'll just keep getting less. You won't be tortured with cravings forever, I promise.

Sam: [Inaudible 0:21:25].

Dr. Glenn: Make sure to eat plenty of other healthy food.

Sam: Yes. I never liked any veg, but now I can eat sweet potatoes, things like that, so I'm getting a lot better with the vegetables now.

Dr. Glenn: Good. Very good.

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GLENN LIVINGSTON Ph.D.