



Glenn Livingston, Ph.D.

Shirley Success Story

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Dr. Glenn: Hey, this is the very good Dr. Glenn Livingston with NEVER BINGE AGAIN. I am here with a kindhearted woman named Shirley who has agreed to let me share this interview with you. So that you can benefit from her experience and strength and hope and wisdom, as well as her trials and tribulations and stumbles and falls. How are you, Shirley?

Shirley: I'm great, how are you?

Dr. Glenn: I'm very good. I'm looking forward to doing this with you. Why don't you talk to me about your life before NEVER BINGE AGAIN.. How did you find us and what happened?

Shirley: I found NEVER BINGE AGAIN through the book on Amazon by googling. The reason I was googling is although I was able to walk away from alcohol after



having a problem with it a little over 10 years ago, AA wasn't really the thing for me. But I picked up in a meeting one time a woman said, "You know you don't have to drink." Oh I don't? Well OK then. And the meetings were not really working for me but that statement did. And I have not had alcohol since.

I immediately went into binging. My weight went up. My happiness went down. I said if only there was a way that I could apply that same kind of rule to food, but I can't. I have to eat. Then I read your book. And I'm reading it and I'm nodding along. This. This. This. And I immediately put two rules into place. And they stuck. The logic made sense.

Dr. Glenn: What were the rules?

Shirley: The rules were I will never again eat sugar, which is defined as any non-fruit or vegetable sweetener, which includes all artificial crap. I will never again eat wheat flour, also defined as fifth or higher on the ingredient list. It was so clear cut and simple. I loved it.

Dr. Glenn: So you got two of the white poisons out of your diet.

Shirley: And I felt so good, it was awesome.

Dr. Glenn: Brian Tracy gave me that formulation, I did not make that up myself. What was the impact of that? What was the impact on your thinking, on your body? What was the impact on your soul?

Shirley: Everything. It gave me my life back. It gave me a sense of control. I was convinced that here is just something I can't control. I can't handle this. I am always going to have to fight this battle. And then I realized I didn't. It wasn't true. I could make a rule and stick to it. Obviously, I started getting better physically and losing weight. Even when I wasn't watching calories I was just feeling better physically. I felt



better mentally. I could go places and watch people cut birthday cake and I was no longer just focused on “Oh my gosh I have to have that certain peace, the biggest one and I need to figure out how to sneak a piece home with me.” Instead I just enjoyed visiting with people. Watching other people enjoy stuff. It didn’t feel like I was being deprived. I can’t even explain it in words. It was just amazing.

Dr. Glenn: You said you felt physically better?

Shirley: Absolutely physically better. I have a lot of swelling in my joints. Aches and pains. They got a lot better.

Dr. Glenn: Talk to me in a little more detail about that. Most people’s pigs prevent them from seeing what’s going to be physically better. So the more details, the more you can dimensionalize and give details about that, a brighter picture you can paint. It’s both long-term motivation for you but also inspires other people who might be thinking that they can’t give up sugar or flour or might be considering it. If you paint some of the picture a little more brightly then it’s motivating all around.

Shirley: I absolutely I will. And I will throw in a new color in addition to those two rules, sugar and flour. Because those rules empowered me in such a way that I realized I could do this. I started reading Howie’s book, SICK TO FIT.

Dr. Glenn: Howie Jacobson and Josh LaJaunie. Howie Jacobson and I do a lot of recordings together. SICK TO FIT. Go ahead.

Shirley: They are awesome, awesome people. So I learned more about the no animal products lifestyle from them and way of eating. I didn’t even have a rule I just went straight to flip the switch in the middle of the afternoon one day, to no longer eating animal products. I base it on the power that my first two rules gave me. So with those three things in place, those three items out of my diet, my knees stopped hurting. My hands stopped hurting. I can run around the yard. I can run after my



grandchildren. At the end of the day when we've been hiking I come in and I feel like doing things. I still have energy left.

Dr. Glenn: After hiking really?

Shirley: Yes. I'll do a 6 mile hike in the morning. I live in Florida where it's hot as you know. I come in and I think, "Oh wow I should be to the point where I want to fall on the couch and do nothing for the rest of the day but I think I'm going to do this." I want to go work on the garden. I want to go visit. What changed is what I'm putting in my body.

Dr. Glenn: You recovered your energy level and physical motivation.

Shirley: Yes.

Dr. Glenn: I do have to ask you a question though. Is there any place in Florida you can go hiking I thought it was never more than 5 feet above sea level.

Shirley: Glenn, we have the most amazing trail in Florida! It's the Florida National Scenic Trail. It goes from down your way just outside the Everglades all the way up to Fort Pickens in Pensacola Florida. We have waterfalls and creeks and ups and downs and all sorts of ecosystems it's amazing.

Dr. Glenn: Really? I'll have to go check that out. I've moved to the ocean and I've been obsessed with the water. But I miss hiking sometimes so that's really good to know.

Shirley: Well I can give you more information on that later absolutely. It's a great resource.

Dr. Glenn: I would love that. How much weight did you lose?



Shirley: So far I am down about 32 pounds.

Dr. Glenn: How long has it been?

Shirley: It was January 2020 when I first implemented the first two rules about sugar and flour and I didn't really put a lot of calorie limits in place or other limits. I learned even after I went all no animal products that Fritos don't have animal products in them... So that was a problem.

Dr. Glenn: You became a junk food vegan. I know people like that.

Shirley: Yes, for a week or two. But then I said you know what, this is BS. This is not who I am. Now I just eat three solid meals a day and my unlimited unrestricted food is anything I pick. So if I get hungry I walk out into the yard and pick something from the garden

Dr. Glenn: Anything you pick? You mean anything that grows?

Shirley: Yes.

Dr. Glenn: Wow, how exciting. So you lost weight at a nice slow pace and you did what we always tell people to do, which is not to make weight-loss the main goal but to have it be a byproduct of the fact that you stop bingeing. Because bingeing ruins everything. Most people that stop binching eventually normalize at a reasonable weight. Just my experience.

Shirley: Yes. The trend is downward. And I feel like I'm eating plenty. I'm happy. I'm satisfied.

Dr. Glenn: How do you feel different emotionally in your personality? What feels



different to you?

Shirley: Everything feels different. I am much more calm. Whenever I catch myself starting to get anxious about something. I think OK, what's going on here. As opposed to "What can I shove in my face?" It makes a big difference because I work through whatever it is. Sometimes working through just means taking a walk, eating an apple very aggressively – that works. But it's not going to the store and sitting in the parking lot with a box of Little Debbie's. I'm no longer ashamed of what I eat. That translates to no longer being ashamed of myself. I feel like I'm worthy and that makes a huge difference in how I treat people.

Dr. Glenn: Does it translate more to a presence with people and yourself? Where you're not ashamed? Where you're able to enjoy your food more or am I putting words into your mouth?

Shirley: Absolutely enjoy my food more because I'm not looking at it thinking "You pig. Look at you eating this crap again." Instead I'm looking at it thinking, "Wow that's pretty, this is cool, I'm rocking this stuff." I don't want to preach to other people, but I feel like I can set an example because I eat what I eat and I do what I do and if you like that and you want some more of that, I'm happy to tell you about it. But otherwise I'm just going to do me.

Dr. Glenn: Leading by example.

Shirley: Yes.

Dr. Glenn: What were the worst squeals that you had to face along the way?

Shirley: The worst squeal and honestly it tries it periodically and I just laugh at it now because it's so hilarious is "You're so good at this rule thing you should make more rules. Make all the rules. Rules for everything." Then: "Oh look you screwed up! Too



many rules! Get rid of all the rules!”

Dr. Glenn: It wants to get obsessed with NEVER BINGE AGAIN and make it onerous so that you won't keep at it. As opposed to following the principle that you have as many rules as you need to protect your danger points, but no more. This can just fade in the background and you don't have to spend six hours a day working on food. You can focus on the rest of your life.

Shirley: I put one of my Always into place specifically for that squeal and it has helped me a lot. I always eat three meals a day and they each contain approximately 1/3 of my day's calories. These meals are independent of each other. So going over on one meal does not allow for restriction on another meal.

Dr. Glenn: Yes. Very good. That's a subtle point most people don't get.

Shirley: I put this into place. I was going out to dinner with friends for the first time since I've been doing this. I was doing this little "Oh, we should skip lunch so we could really pig out." I'm not picking out tonight I already know what I'm having I already check the menu. "Well if we skip breakfast then we can have..." Nope. Then I thought you know what, screw this. Even if you somehow bust out of this cage and I end up eating that I want to tonight, tomorrow morning at breakfast we're eating our normal regular breakfast. There is no rush restriction happening. It was great. It was a blast.

Dr. Glenn: So Shirley what you were talking about is that you caught a very subtle squeal that tries to encourage you to get back on the feast and famine roller coaster. Which had to do with compensatory behaviors to compensate if you overeat at one meal you get less at another meal. You change yourself that you're just going to sit with the extra calories and that will help you to want to not overeat at certain meals, but you're not going to get into this restrict and then binge cycle. You're just not going to do that. You're going to flood your body with nutrition on a regular basis day



in and day out day in and day out so that you're not motivated to binge. So you're not triggering that evolutionary response.

Shirley: That is exactly right.

Dr. Glenn: And by the way, has any doctor told you that you're having a sugar and flour deficiency?

Shirley: No, not at all. There was a sugar overload.

Dr. Glenn: There's no critical nutrient that you're missing by not eating sugar and flour?

Shirley: No and on a very serious note I'm using cronometer.com to ensure that I am covering the bases for all my nutrition. That way the pig has nothing. There's no toehold. I have everything I need.

Dr. Glenn: Beautiful This has been fantastic is there anything else you really wanted to say?

Shirley: Other than I really love the "When she was good she was very very good... Because my grandmother used to say that to me all the time and I smile every time I hear it in one of your podcast, so thank you.

Dr. Glenn: When she was good she was very very good and when she was bad she was horrid. So Shirley is there anything else you'd like to say?

Shirley: No that's it. Thank you so much.

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