



**Glenn Livingston, Ph.D.
and Jenny,
Sugar-Addiction-3-Jenny**

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Dr. Glenn: Well, hey, this is the very good Dr. Glenn Livingston with Never Binge Again, and I am here with a very kind woman named Jenny, who has agreed to let me record this session with her all about sugar addiction so that you can benefit from her hopes and observations and insights and struggles and concerns and pig caging efforts. And Jenny, how are you today?

Jenny: Doing well. Thank you so much.

Dr. Glenn: I really appreciate you doing this. Catch me up. So you're interested in getting some help with sugar addiction. Tell me what role does sugar play in your life and where are you with it now?

Jenny: For most of my adult life, I was able to control my sugar intake. I've lost a fair amount of weight maybe 10, 15 years ago and kept it off through Weight Watchers for a long time. Then it wasn't really until I had my second child a little over two years ago that bingeing on sugar and flour kind of became a norm for me. I had two children pretty close together, so sleep deprivation is a big factor in my life, and I'm sure that contributes to it. But it's really a more recent phenomenon; I've tried to completely abstain, I've tried to be moderate, and I find that what I have



learned about myself most of all over this past year is that one bite is not ever going to be enough. It just takes me down the same path and I had a really hard time breaking that cycle of just refraining from that first bite in order to not go down that binge cycle.

Dr. Glenn: So how do you define sugar?

Jenny: Any added sugar, not fruit. I don't really have a problem with fruit. I mean, I love fruit and I certainly could eat a lot of fruit, but it's mostly dried fruit, any added sugar to a product you'd buy at the store, maple syrup, honey, all sort of added that isn't inherent in the whole food.

Dr. Glenn: A lot of times, I find more success with people if they define it inclusively rather than exclusively.

Jenny: Okay.

Dr. Glenn: The reason for that is there are so many different forms of sugar and sweeteners that are added that people don't always recognize them and the pig finds loopholes. What are the sweet tastes that are okay for you to have in your diet? Is it fruit would be fine? I mean a whole fruit and not dried fruit.

Jenny: Right. I think whole fruit is really the only thing. I have gotten into trouble many times with dried fruit, especially things you buy at the store that are fruit and nut bars. I won't name any names, but that are out there. It seemed to be like my gateway drug, I'll describe it as, because once I have one of those, it leads to sometimes more than one or leads to a bunch of other things. So through the combination of dried fruit and nuts, let's say together, tends to lead me down a path of eating many other things and follow a plant-based diet, and I have for a



number of years. I'm very conscious of the sugar that my family ingests. But nevertheless, it's still, if I bake or something like that, I might make a date paste instead of sugar in a container, but it's still that taste that's really sweet, concentrated taste. So yeah, I think for me, probably, whole fruit, a piece of fruit is the safest way to go.

Dr. Glenn: What about artificial sweeteners?

Jenny: No. I haven't done that a number of years. I don't like that at all, no.

Dr. Glenn: So the only sweet taste that you'll ever eat again is whole fruit and berries. Is that true?

Jenny: Yes. Oh yes, that's true. That's true.

Dr. Glenn: Is that the way you wanted to find it? Don't let me put words in your mouth.

Jenny: I've read your book and I've loved the videos that you send out and it always rings really true to me. I know that my pig, inner pig, inner food demon, however I describe it, is saying, "Yeah, right. You're not going to do that." And I know that you've talked to a lot of people through that. But yes, part of me is saying, "Yes, that's exactly it." And part of me is saying, "No, I won't be able to do it." So my brain is agreeing with you. I don't know about the rest of me. I mean part of my brain is. It's the best way to put it.

Dr. Glenn: That's perfect, Jenny. That's the best you can do, is to recognize the dual nature of the mind when it comes to addiction, and that there's you and then there's your pig, or whatever you're calling, your inner enemy. And that the pig will always be there and it's always going to have a



million reasons why you can't do it and shouldn't do it and won't do it. But you can do it. You can choose to identify with the human part of yourself that has goals and aspirations and is excited about the possibility.

Jenny: Okay.

Dr. Glenn: So what I'm doing right now is we're putting your pig aside for the moment. We're going to give it a big chance later.

Jenny: Okay. Good.

Dr. Glenn: I just want to make sure that we know exactly where the bull's-eye is.

Jenny: Okay.

Dr. Glenn: The bull's-eye would be -- I'm taking notes as we talk. I know you can't see the screen. It would be, "I will never eat anything sweet again besides whole fruit and berries." Is that the bull's-eye?

Jenny: Yup, that's it.

Dr. Glenn: Are there any exceptions whatsoever that you want to allow for that when you are at a party or in the holidays or traveling or anything like that?

Jenny: I am afraid to make exceptions. I have some thoughts that I'm afraid to make exceptions because then it seems like there's always an exception. And then I think then part of me will be like, "Oh, I can't wait for that exception" and I'll sort of be fantasizing about that exception, for lack of a better word. I would love to be that person who could



commit to this and really do it. I don't know about making any conditionals on it because I feel like that would derail me, I guess.

Dr. Glenn: You know, Jenny, the nice thing about doing that way very clean is that first of all, the extinguishing of the neurological connections between the urge to eat something sweet and industrial or refined foods, that happens a lot quicker when you have a never rule. You're not periodically reinforcing it. And that means the cravings go away sooner. That means that your taste buds regenerate because the refined sugars, what they really do is they down-regulate your taste buds. You're not really enjoying fruit in the way that you could be enjoying fruit because you're deadening your taste buds with all these refined sugars. You can buy in the fact that the cravings go away sooner with the fact that fruit tastes better sooner. And it's actually a lot easier than you think it's going to be.

Jenny: Okay.

Dr. Glenn: That's why I tell people, by the way, that if they're trying a million different rules and nothing is working, that they might want to try at least for 30 days no sugar, flour, or alcohol. Just for 30 days, get those things out of your system and watch what happens to you physiologically, watch what happens to your cravings, watch what happens to your thinking, and then decide. And then if you want to add it back intentionally, go ahead.

Jenny: Can I ask you a question about that? Because I 100 percent agree with that, the getting -- I don't drink. Alcohol isn't an issue, not because I've had a problem, it's just not a part of my life. But sugar and flour, definitely, I know we're focusing on sugar. How do you get to the 30 days? That's what my struggle is. I believe that abstinence in those



areas is the right path for me and I can picture myself in that place of abstaining in how much better I'd be in so many ways, but getting there, I'll get to five days or seven days or two days. I would love to get to those 30 days and I just wonder how to do that, how to put that full 30 days together.

Dr. Glenn: The short answer is that you never binge now and then you won't binge for 30 days because it's always going to be now at every point. That's the short and easy answer.

Jenny: Right.

Dr. Glenn: There are some other pieces to it when it comes to sugar addiction. You always want to ask yourself when you're letting go of an industrial food connection. You always want to ask yourself, "What did these profiteers get me to neglect in my own self-care? What legitimate, authentic, nutritional need? What legitimate or authentic physical need was I ignoring because I was so connected and so interested in the sugar?" And so the answer to that, frequently, is fruit. If you think about why do we like sugar, it's because it's really a concentrated form of fruit, right?

Jenny: Right, yeah.

Dr. Glenn: They take out all the good stuff, but all those stuff is really good for us. And so part of the answer that I've found with people is to have them eat a whole lot more fruit during that period.

Jenny: Okay.



Dr. Glenn: And ripe fruit, ripe fresh fruit. Maybe twice as much as you think you should have.

Jenny: Okay. That's interesting. I feel like there's so many sort of factors that come at me that have me just reach for that food. I feel like I have beaten myself up about it so many times and I want to let that go and just find a solution to get me past doing this again.

Dr. Glenn: There are couple of other things nutritionally that I know I'm making a disclaimer that I'm really not a nutritionist. So this is just a smart guy who's read a lot about it and talked to a lot of people. It's helpful if you can get the things that interfere with your insulin regulation out of the system during this period also. If you give up sugar but you're having an awful lot of pasta or an awful lot of bread, then you're still going to have troubles. The other piece that people don't know, and I've read some science about this recently, is that fat actually interferes with sugar metabolism and causes spikes in insulin resistance too. You want to look at the overall fat level in your diet and try to eat lower fat during this period.

Jenny: Okay. That's interesting. I hadn't heard that before.

Dr. Glenn: What happens is it acts as an insulator and it prevents the sugar from getting out of your blood, not completely, but it makes it more difficult for the sugar to get out of your blood. And you'll notice that, by the way, if you eat lower fat for a few days, you should have better performance in the gym and be able to breathe better and there's just a lot more efficient functioning. If you allow your body to make this chemical adjustment so that it's not generating this tremendous physiological craving, just still have some just because of the neurological wiring and the memories that you've created, but if you



take away the real physiological desire for it, then it's a lot easier to get through those 30 days.

Jenny: Okay. That makes sense. That makes a lot of sense.

Dr. Glenn: Good. The last thing I'll say about that, which I said to the last woman who I was talking to about sugar addiction, was an analogy you might like to make is that there are some rules that you couldn't follow forever no matter what. Just to give a real exaggeration, if I said, "I'm never going to pee again," right? Eventually, my body is going to make me pee.

Jenny: Right.

Dr. Glenn: The reason I make such an exaggerated statement is because you want to look at your plan and say, "I'm not just illuminating the wrong thing but I have to add the right thing. I have to let my body do what it needs to do." There's a legitimate need behind the craving for sugar. I believe that's the whole fruit and berries. Sometimes I think it's the leafy green vegetables also. That's all I'm going to say nutritionally in this conversation.

Jenny: Okay.

Dr. Glenn: What I want you to do now is imagine that it's a year from now and you've not had anything sweet, whatsoever, besides whole fruit and berries. Your pig says, "This is impossible." Your pig says that I'm an idiot. Your pig says that, "Yeah, you'll go along with it for the sake of this call but we know it's not going to happen." That's okay. Put your pig to the side. It's a whole year from now when you did it, what's different in your life?



Jenny: Gosh, I mean there's no question, I feel like I would be at the weight that I want to be, without a doubt. I just can sort of see that weight melting off. I have about 15 pounds that I've kept on since my second child and I'm uncomfortable at this weight. I'm fit. I've always exercised. I've exercised my whole life. You can tell that there's a shape there with 15 extra pounds on it. So I'll run and do all kinds of things but I know I feel a lot better with the stuff that I did if I could lose this 15 pounds and I could see being fitter. I could see running more. I could see, definitely like I said, being at the weight that I want to be at or in that range.

I feel like I would be, probably, more even with my moods, maybe a little more patient in my relationships. I would be happier in my own skin, without a doubt. I'd be wearing all my clothes. I could shop in my closet, as they say, and wear a lot of things that I haven't worn in a long time. It's a brighter picture and I would be, without a doubt, less obsessed with this and fixated on it and it would sort of fall into a place in my life and not be such a focus in my life because I feel like this quest to get this weight off and struggle with this addiction to sugar just taken so much of my time recently that I would love to just put it in its proper place and I could see it being there. It wouldn't be a thought anymore. I don't do it so I wouldn't be doing it and I wouldn't be thinking about it.

Dr. Glenn: You've given a lot of thought to this. That's great.

Jenny: I have, yeah, absolutely.

Dr. Glenn: What's one thing that you didn't mention, which would be different that your pig doesn't want you to mention?



Jenny: Let me think about that one. That will be different? You mean that will be different by then?

Dr. Glenn: Yeah. What's one thing that will be better that your pig wouldn't let you mention?

Jenny: Well, I wouldn't hear my pig, probably, at all. I mean, I probably wouldn't hear my pig requesting me to -- "requesting" is too nice a word, demanding that I eat these things. That voice would be really quieted to nothing. I wouldn't hear it at all.

Dr. Glenn: It just wouldn't be bothering you. You'd have a more peaceful life.

Jenny: Absolutely, definitely. I would feel more peaceful. In every way, I wouldn't think about this anymore. I feel like if I could get to a year of this, it would no longer be something that I would have to really work at as much. I think it would become just such a part of my life that it would just be what I do. In that way, I wouldn't hear that voice, or even the urge to eat those foods.

Dr. Glenn: Fabulous. It makes sense that the pig would keep you from knowing that one, right?

Jenny: Yeah, absolutely. Yeah.

Dr. Glenn: It doesn't want to die. It doesn't want to be forgotten about.

Jenny: Right. I've kept it alive for a while.

Dr. Glenn: Poor thing. It's suffering. Well, let's give the pig one last chance.



Jenny: Okay.

Dr. Glenn: What I want to know from your pig now is knowing about this future, what are all the reasons that you can't do this, won't do this, or shouldn't do this? What does your pig say?

Jenny: Gosh, I've got plenty. "You'll be too tired to do it." I don't sleep that well right now. I'm up sometimes once or twice a night with one of my children. So my pig uses that as an excuse, "you're too tired. You need energy." My pig is saying, "When you're baking, you can just have a bite. You need to taste the batter. You need to taste the muffins that you made because you make sure they're okay." My pig is saying, "You have not been able to do this before, what makes you think you're going to be able to do it now? There is no way you're going to do it," a lot of that. "There's no way you're going to do it because I have tried this before, tried to abstain."

I think the big things for me are when I bake or give food to my children or bake things for my children, like I mentioned, I'm really conscious of what I put into the foods, but at the same time, my pig is going to say, "You're going to have to taste it. You're going to have to taste the batter. You're going to have to taste the finished product." And you're going to be so tired that you're just going to give in and have a bite of something, especially when you haven't slept well. So those are some of the things that I hear a lot, especially when it comes to the baking and the fatigue.

Dr. Glenn: Okay. So basically, the fatigue is going to lead to you forgetting or just not caring?



Jenny: Yeah, forgetting saying, "You know what, you deserve it. You're tired. You will just have a bite. You'll stop with one bite. This is how you're going to get through the day. You'll get right back on track after you have this one bite. It won't lead to more. Come on, just have one bite," that kind of thing.

Dr. Glenn: Got it. Is there anything else that we missed?

Jenny: I think those are the main things. I think those are the big ones.

Dr. Glenn: What I want you to do now is jump up into your human brain and your higher self and I want to come up with a better answer. I want to show the pig why it's illogical. When the pig says you're going to have to taste the finished product when you're baking just to be sure they're coming out okay, what's the better answer for that?

Jenny: That's what a husband is for.

Dr. Glenn: Okay.

Jenny: And I wanted to say my husband is a hundred percent supportive. I'm not just saying this because I'm being recorded. He wants me to be successful. He would try anything. And sometimes when I'm really tired, I will just say, "Oh, let's bake something just so my pig will be able to have something." So I'm very tricky. Anyway, that's what my husband can do. He can try it. So that's my answer.

Dr. Glenn: That's what husbands are for. That's good enough for me.

Jenny: Exactly. That's what husbands are for, right.



Dr. Glenn: What if he's not there?

Jenny: You know, I think if he's not there, I'd say, "I've tried all this before. There's nothing new here that I haven't had. I don't need to try it. I know well enough what I make, that there's nothing new here. You've had it. You know what it tastes like. It's not necessary."

Dr. Glenn: What if you're making something new?

Jenny: If I was making something new, my kids aren't good taste testers, so I wouldn't necessarily have them have it. I would just make it anyway and wait until I can get someone else to try it; my sister, my husband. The minute I start, that's when I can't stop. So I don't even want to start with a bite of anything even if I haven't had it before.

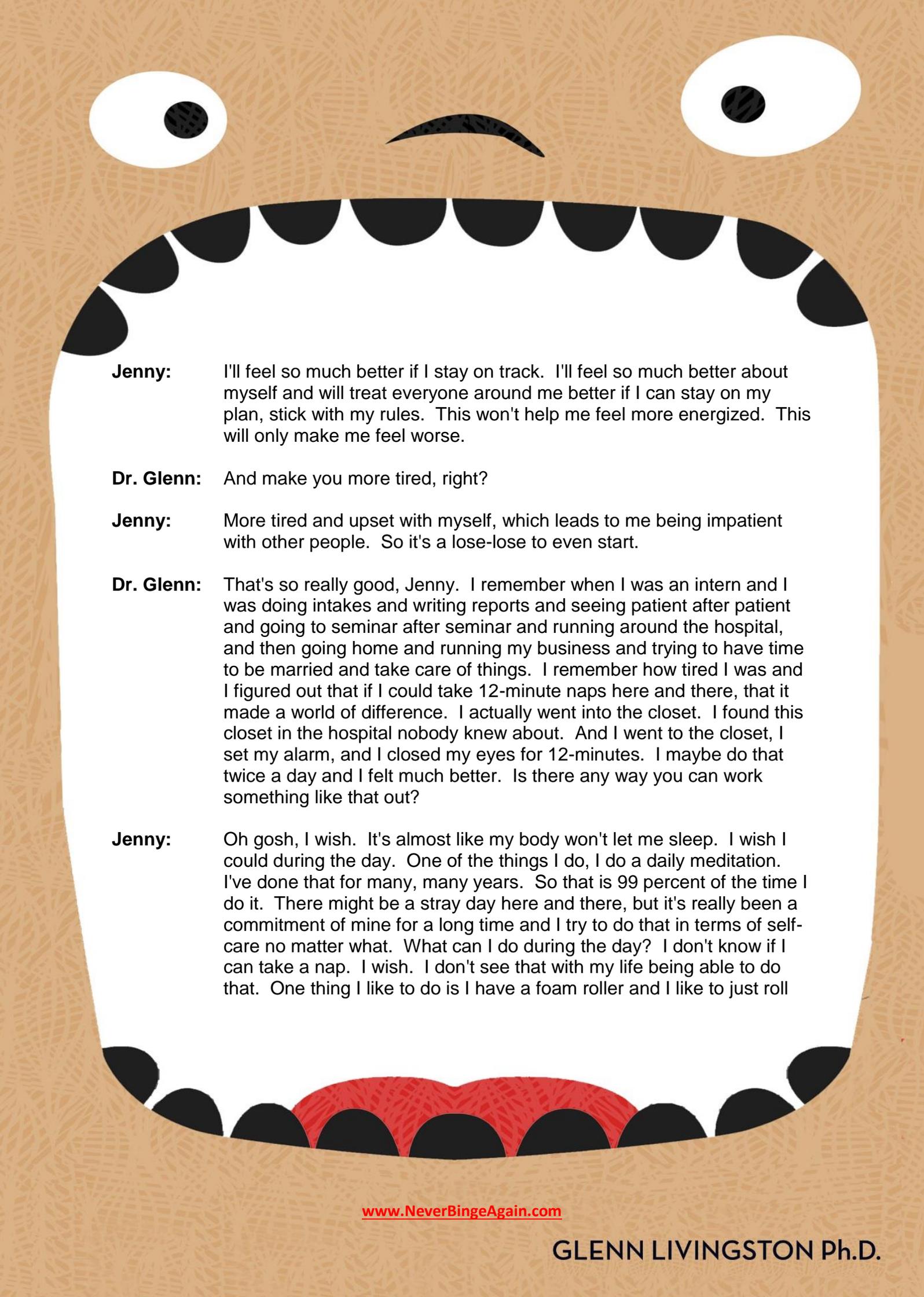
Dr. Glenn: There's always someone else you can get to try it, and worst case scenario, if it doesn't come out right then you make another batch.

Jenny: Exactly, exactly.

Dr. Glenn: Not like the country is going to collapse if your cookies don't come out right.

Jenny: Right.

Dr. Glenn: When the pig says, "You're too tired. You really don't sleep that well." So you're going to freak out, you're not going to care. And when I tell you that one bite won't matter, won't be too more, you'll say, "Maybe that's true." What's a better answer for that, the fatigue is going to get you?



Jenny: I'll feel so much better if I stay on track. I'll feel so much better about myself and will treat everyone around me better if I can stay on my plan, stick with my rules. This won't help me feel more energized. This will only make me feel worse.

Dr. Glenn: And make you more tired, right?

Jenny: More tired and upset with myself, which leads to me being impatient with other people. So it's a lose-lose to even start.

Dr. Glenn: That's so really good, Jenny. I remember when I was an intern and I was doing intakes and writing reports and seeing patient after patient and going to seminar after seminar and running around the hospital, and then going home and running my business and trying to have time to be married and take care of things. I remember how tired I was and I figured out that if I could take 12-minute naps here and there, that it made a world of difference. I actually went into the closet. I found this closet in the hospital nobody knew about. And I went to the closet, I set my alarm, and I closed my eyes for 12-minutes. I maybe do that twice a day and I felt much better. Is there any way you can work something like that out?

Jenny: Oh gosh, I wish. It's almost like my body won't let me sleep. I wish I could during the day. One of the things I do, I do a daily meditation. I've done that for many, many years. So that is 99 percent of the time I do it. There might be a stray day here and there, but it's really been a commitment of mine for a long time and I try to do that in terms of self-care no matter what. What can I do during the day? I don't know if I can take a nap. I wish. I don't see that with my life being able to do that. One thing I like to do is I have a foam roller and I like to just roll



on that a little bit, and I've done that, or lie on it and just take some deep breaths.

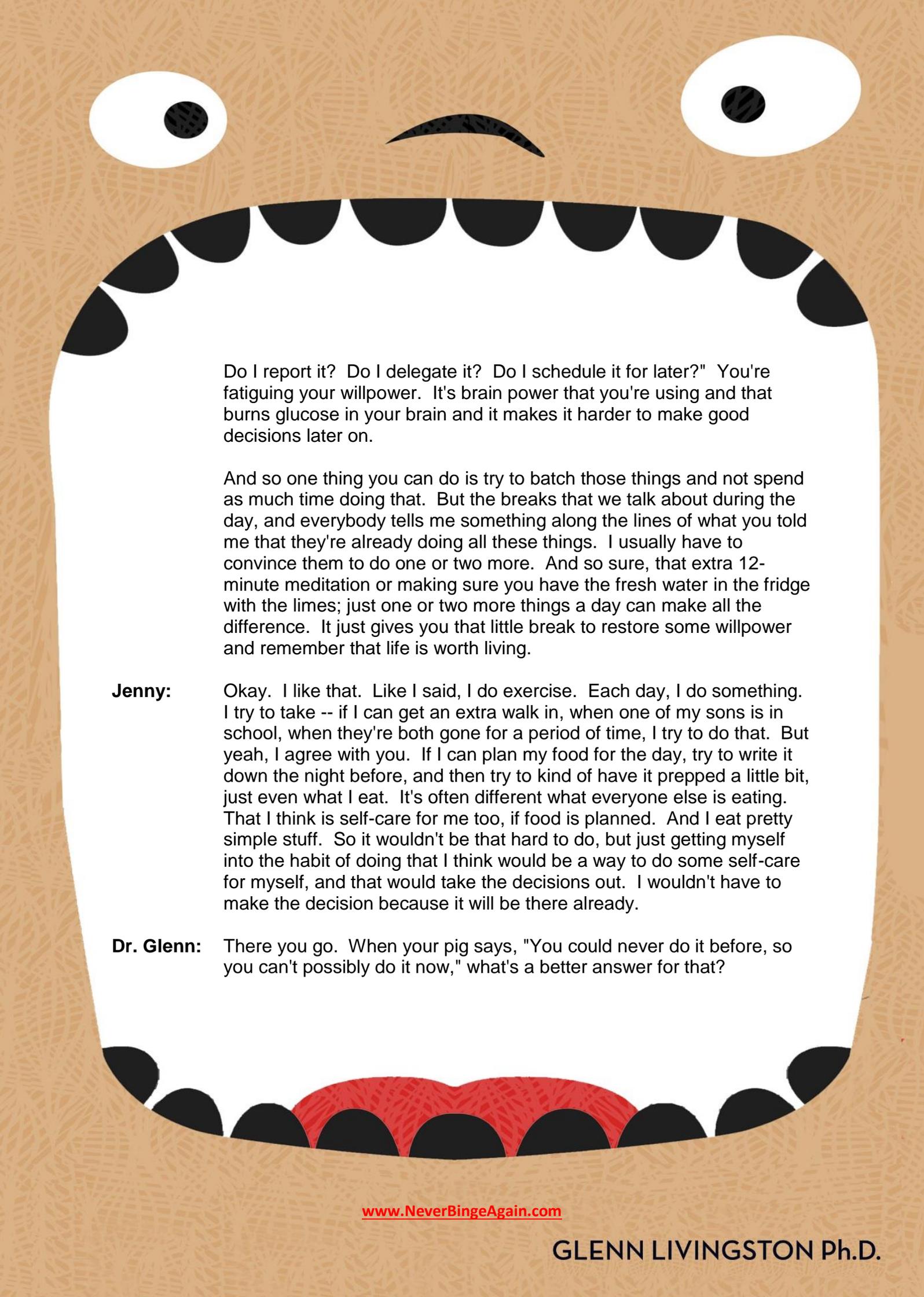
I take showers a couple of times a day, in the morning and at night to like kind of be sort of my time with the doors shut for three minutes; no one's asking me for anything. As much as I love them, you want a few minutes without someone asking you for something, and a lot of water, you know, just trying to drink a lot of water. If I make myself like water with let's say a squeezed lime in or something and have it in the fridge, that's sort of a self-care thing for me. That's when I'm in a good place. I make that ahead of time and have that in the fridge, and I feel like I'm doing something nice for myself.

Dr. Glenn: Could you set that up on Sundays for yourself and have it there for the week?

Jenny: Yeah, absolutely. Yeah, I could do that.

Dr. Glenn: Jenny, I know that you're in the online emergency, you probably looked at the night time eating webinar, which is very similar to what you're describing. What that essentially says is that what the nighttime eating binge has to do with is more what happened during the day, if there wasn't enough self-care during the day. What we understand more now about is that as you're very busy during the day, you're fatiguing your willpower because there are all sorts of decisions you have to make.

Now, we can eliminate a lot of the decisions about food using Never Binge Again, but there are other things that we do that fatigue our willpower. Like every time you check an email, you're fatiguing your willpower because you have to decide, "Do I delete it? Do I reply to it?"



Do I report it? Do I delegate it? Do I schedule it for later?" You're fatiguing your willpower. It's brain power that you're using and that burns glucose in your brain and it makes it harder to make good decisions later on.

And so one thing you can do is try to batch those things and not spend as much time doing that. But the breaks that we talk about during the day, and everybody tells me something along the lines of what you told me that they're already doing all these things. I usually have to convince them to do one or two more. And so sure, that extra 12-minute meditation or making sure you have the fresh water in the fridge with the limes; just one or two more things a day can make all the difference. It just gives you that little break to restore some willpower and remember that life is worth living.

Jenny: Okay. I like that. Like I said, I do exercise. Each day, I do something. I try to take -- if I can get an extra walk in, when one of my sons is in school, when they're both gone for a period of time, I try to do that. But yeah, I agree with you. If I can plan my food for the day, try to write it down the night before, and then try to kind of have it prepped a little bit, just even what I eat. It's often different what everyone else is eating. That I think is self-care for me too, if food is planned. And I eat pretty simple stuff. So it wouldn't be that hard to do, but just getting myself into the habit of doing that I think would be a way to do some self-care for myself, and that would take the decisions out. I wouldn't have to make the decision because it will be there already.

Dr. Glenn: There you go. When your pig says, "You could never do it before, so you can't possibly do it now," what's a better answer for that?



Jenny: I don't give up. I can do it this time. I can do it. Each day, I'm making the commitment to do it. Yes, I haven't been able to -- maybe I shouldn't allow the pig that yes, I haven't been able to do it in the past. But I feel like I've learned from my mistakes. I mean I really have, as cliché as that sounds, and know from my own experience that I can't even have that first bite and I really know that from having done it so many times. So I can tell the pig, "You know what, I don't give up and I'm going to try this again and I'm going to do it this time."

Dr. Glenn: There you go. It sounds like you're finally ready to accept that one bite of sugar is a disaster for you.

Jenny: Yes, I am. I'm a little sad about it but I am.

Dr. Glenn: Who's sad about it, you or your pig?

Jenny: Gosh. I guess my pig is sad about it and maybe a little me a little. You know, I guess that just shows you the addiction, I guess. But I'm sad to think of not being able to participate in those things with other people, whatever it might be; special occasions or even not being able to partake in those things. There's a little sadness there if I'm honest about it.

Dr. Glenn: That makes sense. It makes sense that you'd feel some sadness there. What we want to do is remember that there are two ways to look at any situation, and we want to assign the thoughts that would make it more likely that we would binge to the pig, and assign the thoughts that would make it more likely that we would stand our plan to ourselves. It doesn't have to be something you'd feel. You don't have to wait until you'd feel this to do it. It's something we do by definition.



And so what that might look like is my pig is very sad that it can't [inaudible 00:22:49] with the other pigs in the barn and squeal about all the sugar at these special occasions. But I'm really happy that I hold myself out as a leader. These people that I care about get to see me with this newfound strength that I have because they're going to be better off if they see that this is possible, and I really do care about them. I really do love them. And I want to show them that it's possible. There are two ways to look at it, and is that going to take the feeling away? No, but it's going to change the direction and it's going to change the evidence that you collect to form your identity as someone who used to eat sugar but no longer does and never will again.

Jenny: Yes. Yeah, I can see that, definitely. I can see the two aspects of that clearly.

Dr. Glenn: I liked everything else that you said. When the pig says, "There is no way. You've tried so many times before. There's no way this is going to work." What's a better answer for that?

Jenny: I think coming to this with all of the knowledge that I've gained, and I am confident that I can do this. I am going to put one foot in front of the other and I am going to do this. There's no other option. I just would stop the pig right there with that.

Dr. Glenn: Good. How confident are you that you're never going to have sugar again?

Jenny: I know you want me to say 100 percent.

Dr. Glenn: I want you to say the truth.



Jenny: Honestly, I wish I felt more confident. I wish I felt confident that I could do it. I still feel a lot of self-doubt and I'm not going to feed that self-doubt right now because I know that can lead to eating sugar because it can feel defeated and disappointed and all those things and that leads to bingeing. So I'm not going to feed that self-doubt, and I know that even a few days without sugar, I feel better. So I'll say I feel 50 percent confident that I can do it, maybe 75 percent.

Dr. Glenn: Where is this self-doubt coming from? Why are you going to binge again?

Jenny: The things that I mentioned, that I don't have a whole lot of time for myself, that's sort of the nature of my life right now. Even planning this time with you had to really be planned out. I don't have a lot of self-care time to really replenish myself right now in my life. So I feel afraid that feeling depleted is going to lead me to give up my principles and give in for one more bite, just one. And then my pig is going to convince me just to take that one bite. So I still sort of feel that naggingness there, but I recognize it as the pig. I'm not going to listen to it.

Dr. Glenn: The pig is saying that there's no way you're going to ever have enough time to take care of yourself enough to stop eating sugar. That's what the pig is saying.

Jenny: Yes.

Dr. Glenn: And you're saying that you understand that's the pig but you think it's true?



Jenny: Well, I understand it's the pig and I think it is true, but at the same time, I can do more than I'm doing to take care of myself. And I think like I mentioned, preparing food for myself is -- and so just standing up and eating whatever is -- just not sitting down, not doing those things that I should do to sort of take care of myself, I need to do more of those things. And I think if I do, take a little more time for self-care that I can carve into my day, my confidence will grow. And I think I just have to build in those habits frankly to just do that. And with that, my confidence will grow and the pig will get even quieter, if that makes sense.

Dr. Glenn: Yeah, it does make sense. The reason I'm thinking so hard is because I know that if I leave you saying you're only 75 percent confident, that the pig is going to go, "Oh, yippy. That's a really great plan. We're going to do this. We're going to binge."

Jenny: Right.

Dr. Glenn: So I don't want to leave you saying 75 percent confident. I don't disagree on a practical level that your confidence is going to grow as you add more self-care. I don't disagree that it might be difficult. I do object to your pig saying that if there's a day that you just can't make the time, that it will inevitably get you. I'm concerned about that. What should we do about that?

Jenny: I have a thought about that. I would love to sort of find a daily, let's say a morning ritual that can be brief, because I do my meditation and so I don't have a lot of time in the morning getting my sons to school and so on. There's a way that I can remind myself of my commitment or a way to sort of keep that fresh in my mind when I start the day because I find that if I start the day on the wrong foot or take a bite of the sugar early



in the morning, which I've been known to do, instead of calling it what it is and moving on like most people, a lot of people throw the towel in and kind of the day is sort of shut.

I'm tired of doing that and I'd love to find a way to start the day that just really brings this into the forefront of my mind and I feel strong and I feel no matter how much sleep I've had, no matter what, that I'm ready to do this and feel strong about it. I'm trying to figure out how to do that, how to have that kind of morning ritual, I guess.

Dr. Glenn: What would it be?

Jenny: I like to write a little bit in a journal in the morning, write down my rules or my reasons. I feel like I have a lot of nevers. Maybe I have too many nevers, but maybe jot them down again and the reason behind my rule to never have sugar again, except fruit and berries. Maybe write that down each morning and then a couple of reasons why or -- I know you've talked about visualizing where you're going to be. Maybe spend a minute sort of picturing myself a year from now, something like that; even something brief but it sort of gets me mentally in a right place.

Dr. Glenn: Yeah. You know what I've personally done is I have translated my vision of where I'm going to be into an essay. I call it "my big why" and I record that on my smartphone and I listen to it every morning. It's a little motivational music. Some people, they read it over. It's just exactly what you're describing. It's very helpful.

Jenny: Okay. So that's something I'd like to try to put together for myself. It just reminds me of my commitment.



Dr. Glenn: Well, having talked about that, how confident are you that you're never going to eat sugar again?

Jenny: That's building my confidence a little bit. I'll say 90 percent.

Dr. Glenn: And what's the other 10 percent coming from?

Jenny: I hate to say that I'm only at 90 percent. I think I feel afraid that I'm going to just give into something impulsively. I've done that before. I've impulsively -- I guess it's never really that impulsive. There must be some thought to it, but that I'll just have something and not really think about it. I feel like I have to be so vigilant, make sure everything I'm doing is on track because I've been known to just -- like I have that thought, "Okay, I want something" and then I'll just do it really fast, slowing myself down and thinking through, "Okay, where all these lead me?" Stop the pig right now or say something." Maybe if I had something I'd say back to the pig right then in there, it would stop me. But I have that impulse and I just go with it instead of slowing myself down and reminding myself of my why, I guess. That's sort of where I can get stuck at times.

Dr. Glenn: A lot of people do well by assuming that their food rules are appended by the words "consciously" and "purposefully". I will never eat anything sweet besides whole fruit and berries again. Really, what you're saying is I will never consciously and purposefully eat anything besides whole fruit and berries again.

Jenny: Okay.

Dr. Glenn: That's helpful because if you happen to impulsively make a mistake, which I don't want you to ever do again, if that happened to you, the



moment that you recognize it, you say, "Oh, well, that was not conscious and purposeful but the next bite would be." Then you put the pig right back.

Jenny: Okay. Conscious and purposeful. Okay.

Dr. Glenn: I will never consciously and purposefully eat anything sweet besides whole fruit and berries again.

Jenny: Okay.

Dr. Glenn: That can help people feel more confident. Now, what you have to watch out for is the pig saying that, "Oh goody, because then we're going to unconsciously eat something."

Jenny: Right. Tricky, very tricky pig, right.

Dr. Glenn: Yeah. As a pragmatic rule, I find that that works. I find people do better with that because the moment you remember it, then if you eat the sugar, you're going to be consciously and purposefully doing it. So it's harder for the pig to get away with that.

Jenny: Absolutely. I like that. The pig is not going to use that as an excuse. I hear that that is a potential pitfall. I like the wording of that and I'm not going to let it be a loophole.

Dr. Glenn: Well, how confident are you that you're never going to binge again?

Jenny: A hundred percent confident.

Dr. Glenn: Are you a hundred percent confident, Jenny?



Jenny: Yeah, I am because I do feel it's time. I feel like it's time to really give this a full shot, and I'm really tired of the way that bingeing on sugar has made me feel. The next morning, how I feel, all those things are really very close to me right now. I've had that feeling recently, so I just don't want to feel that way anymore and I'm determined to feel better. I am a hundred percent confident.

Dr. Glenn: So you will never consciously and purposefully eat anything sweet besides whole fruit and berries again?

Jenny: Yes. I will not consciously and purposefully, anything but whole fruit and berries ever again.

Dr. Glenn: Anything sweet besides whole fruit and berries. What about at a birthday party, if everybody is eating it and you feel like an idiot because you're not?

Jenny: That doesn't come up that often. Yes, of course, you know our birthdays and sweets and all that stuff, but I feel like I'm just going to say no and no one really cares. I mean, no one cares what other people are doing. There's always other stuff to do. I think the big thing for me is not helping hand out cake or not helping sort of clean up afterwards. When I've been in a good place, I've had other people in my family do that stuff because those are really my danger zones, and they know that. Yeah, I feel so good at a birthday party or an event when I stick with this. I'll feel so much more confident. And even if I don't look where I want to be yet, I will feel so much better. And that's what I'm looking for really.

Dr. Glenn: What was your pig's favorite sugar treat?



Jenny: Chocolate is great.

Dr. Glenn: What kind?

Jenny: Gosh, I love raw chocolate. I love dark chocolate. I love chocolate chips. If the word chocolate is in it, I like it.

Dr. Glenn: If you have a really bad day and you're exhausted and you're walking in the supermarket and there's a whole row of dark chocolate and chocolate chips and it's all your favorite brands, what are you going to do?

Jenny: Turn around and go in a different direction. I actually need to not do any -- even thoughts about those things. The minute I start thinking that that's something that is a possibility for me, then I'll start going in that direction. Probably, the best thing is physically to remove myself from there. Usually, that aisle isn't some place I need to be, anyway. That's not my food. That's not something I'm going to eat.

Dr. Glenn: What if you're just so exhausted and you're at home and you're baking something for the kids and all you want to do is sleep and you don't know what the finished product is going to taste like?

Jenny: I'm not having it. I've made this commitment. I am not going to have it. I know one bite where that will lead me, and I don't want to feel that way. I want to feel good. I want to feel healthy. I want to feel light and I'm not going to have it. And I think the other thing is just not to bake when I really feel that bad. I think I can stop myself. It's not something I have to do once a week. It can be something that I try to ideally put off for a little while until I get a little more strength with this.



Dr. Glenn: Jenny, come on. You know that you're kidding yourself. You've never done this before. You've tried so many times. Come on.

Jenny: You know what? This time, I'm going to do this. Yes, I have tried before and I've learned from that and I've learned that one bite is not going to make me feel good. So I'm not even going to have a bite.

Dr. Glenn: Not even when you're feeling so depleted from not having enough time for self-care? Not even if you've had a ridiculously hard day?

Jenny: No. I'm going to go do the foam rolling; that feels good. I'm going to go take a shower. I'm going to make sure my dinner is made or my lunch is made, whatever it might be, and I am going to put those thoughts out of my mind. It's not an option.

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

Jenny: I don't think so. I'm feeling pretty good right now.

Dr. Glenn: Are you going to feel pretty good tomorrow?

Jenny: Yes, definitely.

Dr. Glenn: Pretty good or a hundred percent confident?

Jenny: A hundred percent confident.

Dr. Glenn: Okay.

Jenny: Yes, a hundred percent.



Dr. Glenn: Okay. Sugar is behind you. It's gone.

Jenny: Yes, yes, done.

Dr. Glenn: How does that feel?

Jenny: It feels good. It feels good. I feel more confident already and I feel more hopeful, actually. I do. So that's a good thing.

Dr. Glenn: Very good.

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