

## The Refined Carb Monster

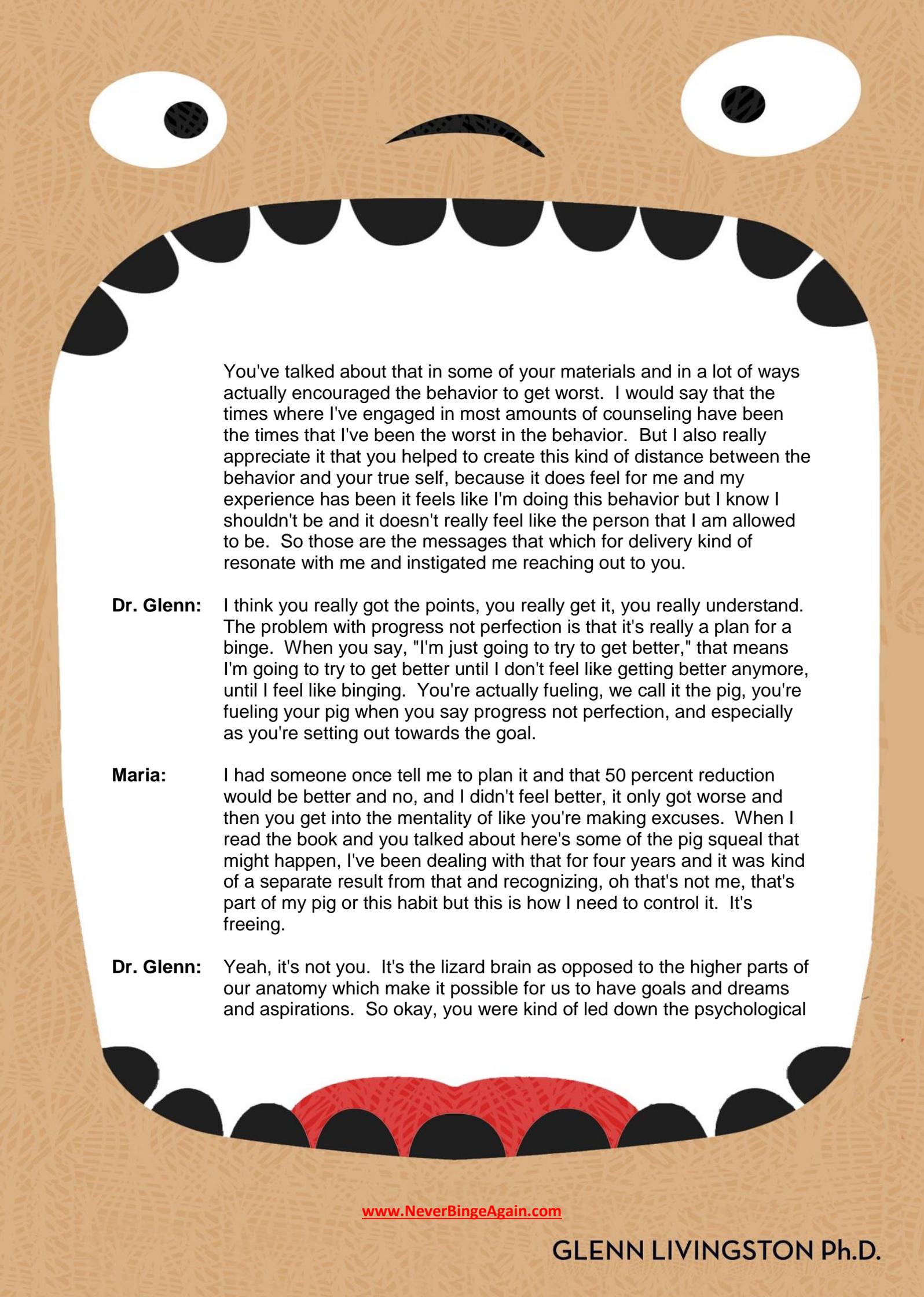
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**Dr. Glenn:** So hey, this is Glenn Livingston with Never Binge Again, and I'm here with a very nice woman named Maria. How are you Maria?

**Maria:** Great.

**Dr. Glenn:** Maria agreed to let me record this session so that other people could benefit from hearing her struggles and her progress as well. And so Maria, I understand you've read the book and maybe you listened to a couple of audios or something like that. Why don't we just start with telling me where you are, what it was about the book that attracted you and where are you stuck now, what do you most want to accomplish?

**Maria:** I've read the book and I listened to some of the podcasts that you've done with other folks and essentially got me to reach out to you for some counseling. So where I'm in in my journey is that I've been struggling with this for about four years. I've done various types of traditional counseling they've not worked. What really resonated with me in some of the materials that you've written and talked about is the answer to never binge again is to never binge again. And in the counseling that I've experienced in the past, I have gone in with the goal of never doing the behavior again and have been encouraged to focus on progress instead of perfection.



You've talked about that in some of your materials and in a lot of ways actually encouraged the behavior to get worst. I would say that the times where I've engaged in most amounts of counseling have been the times that I've been the worst in the behavior. But I also really appreciate it that you helped to create this kind of distance between the behavior and your true self, because it does feel for me and my experience has been it feels like I'm doing this behavior but I know I shouldn't be and it doesn't really feel like the person that I am allowed to be. So those are the messages that which for delivery kind of resonate with me and instigated me reaching out to you.

**Dr. Glenn:** I think you really got the points, you really get it, you really understand. The problem with progress not perfection is that it's really a plan for a binge. When you say, "I'm just going to try to get better," that means I'm going to try to get better until I don't feel like getting better anymore, until I feel like bingeing. You're actually fueling, we call it the pig, you're fueling your pig when you say progress not perfection, and especially as you're setting out towards the goal.

**Maria:** I had someone once tell me to plan it and that 50 percent reduction would be better and no, and I didn't feel better, it only got worse and then you get into the mentality of like you're making excuses. When I read the book and you talked about here's some of the pig squeal that might happen, I've been dealing with that for four years and it was kind of a separate result from that and recognizing, oh that's not me, that's part of my pig or this habit but this is how I need to control it. It's freeing.

**Dr. Glenn:** Yeah, it's not you. It's the lizard brain as opposed to the higher parts of our anatomy which make it possible for us to have goals and dreams and aspirations. So okay, you were kind of led down the psychological



path that I told you before we started the recording that I really don't agree with it for the sake of the audience. I find that a lot of psychologists and mental health workers and therapists, although they're well-meaning, they don't understand that although binge behavior is correlated with psychology, you can determine that people tend to eat chocolate when they feel lonely and unloved and they tend to eat carbohydrates when they are over tired and stressed out. They tend to overeat carbohydrates.

Although you can find those correlations, that doesn't mean that it's causative, because psychologists are really in their hearts people that are going to help others through soul searching and exploratory work which connects the dots from the past to the present and gives the client all of these insights and aha's, it makes the psychology feel brilliant and really forms the substance of the work that they do with the clients because that's what they're predetermined to look for. They really miss the simplicity of the fact that the solution is a lot simpler. Yes, all these relationships are there, yes you could tell me your particular craving today and I could analyze how that relates to the rest of day and how it relates to why your mommy mistreated you when you were three years old or something like that, maybe I could do that but so what, okay.

The problem started about four years ago and started when you were going through a stressful time if I understand correctly?

**Maria:** Yeah, going through a stressful time and had initially lost a bunch of weight, so I think initially it started from a necessity perspective and now it's more of the habit and the pig kind of taking over but it's not out of necessity anymore. I'm in a healthy place where I work on balancing



foods but now need to really kind of bury the pig and get past this so I can come up with that healthy, balanced life.

**Dr. Glenn:** Okay, so you apparently have no objection whatsoever to thinking of a pig inside you and assigning all the uncertainty and doubt and cravings for things that are not on your food plan to the pig, you have no objection to that whatsoever, right?

**Maria:** Absolutely not. It totally resonates and that's how it feels, so no. My pig is pretty ugly.

**Dr. Glenn:** Yeah, all of our pigs are ugly, which is a mistake some people make by the way, they try to treat it like a cute little pet or something but it's really not. It's a sociopathic part of our nature who will destroy everything just for some pleasure. Maria, where do you stand with your food plan? Have you made a clear plan? Is there one rule that you're struggling with.

**Maria:** Yeah, there's one particular area and then one situation but I would say are two struggles that I would love some help kind of tightening up.

**Dr. Glenn:** Okay.

**Maria:** One, in reading all your materials to around revising the plan as needed, I recognized that anything really with sugar processed, otherwise I initially had it on kind of a conditionals list but I have really realized that that's kind of the fuel for the pig, that even if I had it kind of conditional where if I go to a restaurant once a week, can have a small dessert but then I realize that the pig squeals are pretty loud than the following day and the day after and the day after, which it's not sitting well.



So it just seems like refined sugary cakes, any dessert seem to really fuel at this point so I want to put that in the -- have a kind of a never plan or revise that language somehow. And I feel like the other area where the pig tends to really squeal is it seems to be on Sundays. I don't know why but that day particularly, it's usually the day that I'm alone, kind of getting ready for the workweek ahead and I see that it's a habit and a trigger, so creating some language that could tighten that up in my plan.

**Dr. Glenn:** What is the language now around sugar and flour?

**Maria:** So it was on my conditional, so I will have a treat once a week like in a restaurant on a kind of date night because in my mind that's kind of a controlled way and there's no other access. I walk away from the meal but it seems to have kind of a lasting impression on me and it really fuels that pig, like it's just very loud after that.

**Dr. Glenn:** Your pig says a little won't hurt but it really sets you off on a cycle.

**Maria:** Yeah. So I'm either having to deal with the pig or there has been times where I succumb to it so I know it can't be on the conditional list anymore.

**Dr. Glenn:** So how would you like to phrase it instead?

**Maria:** I feel like right now it needs to be a, will not eat refined sugar, so foods with refined sugars such as pastries, cakes, chocolate. I don't want to set myself up for failures. I know that I'm a little bit of an all or nothing personality so I'm very cognizant of that. So I don't know if there's a



bow there if it just really just needs to be on that never list. I've been jumping around here, I'm sorry.

**Dr. Glenn:** No, no, no. When I'm quiet it's because I'm thinking. You're doing terrific. So is it just refined sugar or is it processed flour also?

**Maria:** Yeah, it's processed flour. I do really bow when I just stick to natural whole feeds.

**Dr. Glenn:** Would you like to say that you will never eat sugar or flour again?

**Maria:** I would.

**Dr. Glenn:** Your pig would like it if you didn't, I understand.

**Maria:** Yeah, of course. Do I feel the best I function the best and I'm able to manage that pig the best when I don't eat sugar and flour, so yeah, so I will never eat sugar and flour, refined sugar and flour.

**Dr. Glenn:** Okay. So let's not commit to this just yet. We'll go to the Sundays after we go through this. Let me just kind of understand what's in it for you and what's in it for the pig if we comply with this. So if you never eat refined sugar or flour again until the day that you die, what will happen to your life? What would I see a year from now?

**Maria:** Positive impact from a physical perspective in terms of body compositions, my stomach not hurting, lots of [inaudible 00:08:02] in how I feel like lethargic, et cetera. From a psychological perspective, more positive mental health because I'm not worrying about feeling the physical side effects and then the emotional stress which comes with I knew that wasn't going to make me feel and I did a behavior that didn't



make me feel well, so that disappointment would be gone and then I think from an interpersonal perspective, meaning physical goals and being positive, mental health also helps those relationships personally and professionally around you. So I would see positive impact in those three areas of my life.

**Dr. Glenn:** So let's talk about each one of those in a little more detail. Body composition is a word that bodybuilders use. Are you a bodybuilder?

**Maria:** I am. I would classify myself as one and I know that the results of my efforts would be that much more dramatic if I didn't eat the refined sugar and flour, I mean it's pretty simple the body shows what you put into it. So I spend a tremendous amount of time -- and because I enjoy it, this part of my life.

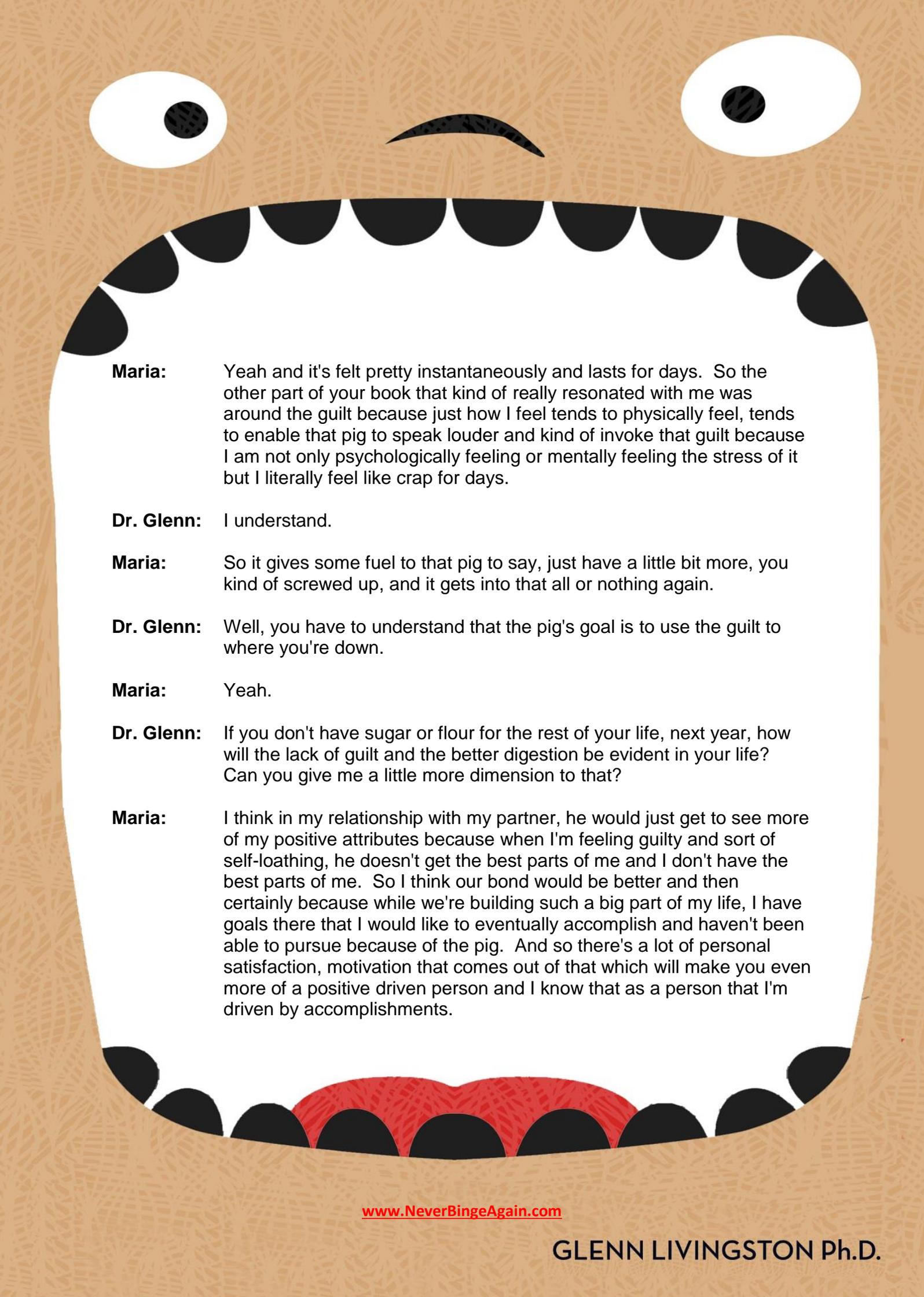
**Dr. Glenn:** So taking your best guess, if you were to never have refined sugar or flour again between now and the day that you die. Next year at this time, what would your body fat be?

**Maria:** So I'm about 18 percent now and I think in a year's time I would very easily get to a 10, 12 percent perspective without doing a ton of extra work just because of controlling this part of my life.

**Dr. Glenn:** Okay, it will just come naturally.

**Maria:** Yeah.

**Dr. Glenn:** And you talked about your digestion, do you have trouble with your digestion now that you're having flour and sugar?



**Maria:** Yeah and it's felt pretty instantaneously and lasts for days. So the other part of your book that kind of really resonated with me was around the guilt because just how I feel tends to physically feel, tends to enable that pig to speak louder and kind of invoke that guilt because I am not only psychologically feeling or mentally feeling the stress of it but I literally feel like crap for days.

**Dr. Glenn:** I understand.

**Maria:** So it gives some fuel to that pig to say, just have a little bit more, you kind of screwed up, and it gets into that all or nothing again.

**Dr. Glenn:** Well, you have to understand that the pig's goal is to use the guilt to where you're down.

**Maria:** Yeah.

**Dr. Glenn:** If you don't have sugar or flour for the rest of your life, next year, how will the lack of guilt and the better digestion be evident in your life? Can you give me a little more dimension to that?

**Maria:** I think in my relationship with my partner, he would just get to see more of my positive attributes because when I'm feeling guilty and sort of self-loathing, he doesn't get the best parts of me and I don't have the best parts of me. So I think our bond would be better and then certainly because while we're building such a big part of my life, I have goals there that I would like to eventually accomplish and haven't been able to pursue because of the pig. And so there's a lot of personal satisfaction, motivation that comes out of that which will make you even more of a positive driven person and I know that as a person that I'm driven by accomplishments.



So to be able to do that and succeed positively will impact my direct family and then also the relationships that I have with other people even in the workplace because if you're not your best, you can't get people the best.

**Dr. Glenn:** So would it be fair to say that you'll be present for your life, you'll be present for your partner and more emotionally able to connect. You'll be present for your career and able to pursue that. You'll be present for your bodybuilding efforts and have more energy and results there, is that fair to say?

**Maria:** Yeah I would say that it's present but present consistently, because right now I'm present but not consistently.

**Dr. Glenn:** Okay, it's a good word. It kind of goes along with that and the word I wrote down was that you would be free from the obsession with food thinking about what you're going to eat, thinking about what you did eat.

**Maria:** Yeah, I couldn't describe it any better, it would be like absolute freedom. I feel like I'm in a trapped bird right now.

**Dr. Glenn:** Next year at this time, if you were free from that obsession, how would you describe the results in any way that you haven't described so far?

**Maria:** It still comes back down to that freedom of I can just do anything, now I can just really live for the moment, I did accomplish my goals and just not have to worry about this. I don't think there would be any other way to describe it, Glenn.



**Dr. Glenn:** Okay, terrific. I also wrote down that you would be eating with integrity because that has to do with the guilt, right? So the opposite of the guilt would be to be eating with integrity. Does that bring to mind any other results that might accrue in a year?

**Maria:** I think it would be eating with integrity but right now I'm feeling a big sense of like shame, sometimes like I'm a fake because in many aspects I lived a very healthy lifestyle but then I was having a hard time in this area and it's not something that you typically talk about with a lot of people. So I think I would deal like more -- not only eating without integrity but I would just feel like I'm a more authentic person.

**Dr. Glenn:** Yeah, okay. Now what I want you to do is project yourself way out into the future. You're like 85 years old and this one rule turned out to be a pivotal moment in your life. You complied with this and it became a part of your character and it just became a part of who you were and now you're at 85 years old and you're talking to your grandkids and you want to explain to them how your life unfolded because of this one pivotal rule that you decided to adopt. Tell me what you'd tell them.

**Maria:** Life is a learning and that you take wisdom from the good, bad and other moments in your life and that there's no plan or math that anybody can give you but you need to learn to understand yourself, what you need as physically, emotionally, mentally, regardless of what other people's opinions are and develop your own roadmap for living a happy, successful life, whatever that looks like to you and to make the decisions based on what you need, not what others tell you or others suggest but what you know you need inside and based on your experience.



**Dr. Glenn:** And what happened over the course of your lifetime as a result of following that advice?

**Maria:** The freedom would allow me to focus on the things, the goals as they change through the stages of life that I want to accomplish and this part of my life was part of the journey but didn't require any thought anymore and I could just reallocate that energy and secretly pass it off or I just really grasp on to it.

**Dr. Glenn:** And so Maria, imagine this already happened and there are three things that you accomplished as a result of staying with this rule for a lifetime. What are those three things that you feel most proud of?

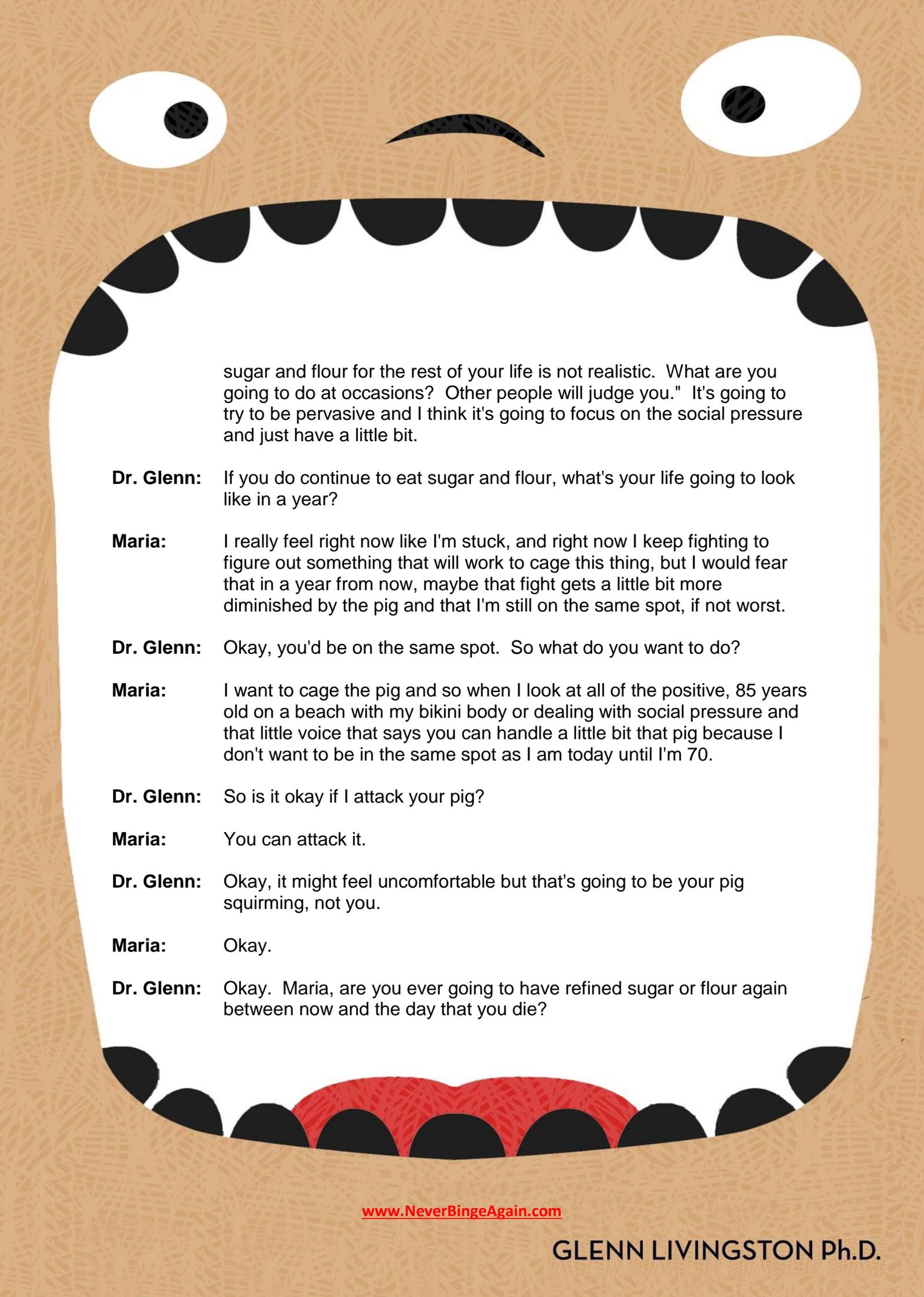
**Maria:** I would say being at peace, being confident in decisions and being an authentic person.

**Dr. Glenn:** Okay, terrific. Let's look at the other side. What are other reasons that your pig has for having you continuing to eat flour and sugar.

**Maria:** Just the pig is so sabotaging. The pig is glutinous. The pig wants its own way. The pig is energy draining. The pig has an ego, it wants to continue living so it needs food to be fed and it sucks all the energy with it.

**Dr. Glenn:** That's all true. That's how you and I understand your pig and that's really good that you tell that to yourself, but I want to know, if you give your pig its best shot to convince you to forget about this rule, what's it going to say? This is the last chance.

**Maria:** Oh yeah, my pig is going to say, "Oh no, you can handle a little bit of sugar and flour, just have one cookie." It's going to say, "Never eating



sugar and flour for the rest of your life is not realistic. What are you going to do at occasions? Other people will judge you." It's going to try to be pervasive and I think it's going to focus on the social pressure and just have a little bit.

**Dr. Glenn:** If you do continue to eat sugar and flour, what's your life going to look like in a year?

**Maria:** I really feel right now like I'm stuck, and right now I keep fighting to figure out something that will work to cage this thing, but I would fear that in a year from now, maybe that fight gets a little bit more diminished by the pig and that I'm still on the same spot, if not worst.

**Dr. Glenn:** Okay, you'd be on the same spot. So what do you want to do?

**Maria:** I want to cage the pig and so when I look at all of the positive, 85 years old on a beach with my bikini body or dealing with social pressure and that little voice that says you can handle a little bit that pig because I don't want to be in the same spot as I am today until I'm 70.

**Dr. Glenn:** So is it okay if I attack your pig?

**Maria:** You can attack it.

**Dr. Glenn:** Okay, it might feel uncomfortable but that's going to be your pig squirming, not you.

**Maria:** Okay.

**Dr. Glenn:** Okay. Maria, are you ever going to have refined sugar or flour again between now and the day that you die?



**Maria:** No. I'm never going to have refined sugar and flour.

**Dr. Glenn:** And how confident are you?

**Maria:** I'm a hundred percent confident.

**Dr. Glenn:** Because you've been listening to my audios that's why you're a hundred percent.

**Maria:** No, but that's like the point because I listened to the first podcast and the lady was hesitant and that you made the distinction between no, your pig is not a hundred percent confident, but you are, right? So that's what I thought of it anyway.

**Dr. Glenn:** That's how you play the game, it's exactly right. That's exactly right. What about when you're at a party or you're out on a date and you're out [inaudible 00:16:25] or something and there's this really delicious thing in the table and maybe there are some cake or candy or cookies or something like that, they're going to sit there and enjoy it and smile and laugh about it and they would look at you and say, "Come on, just one won't hurt, why don't you enjoy yourself?" What about then?

**Maria:** I'm not going to enjoy it but I am going to think about sort of my key message statement to kind of shut down the conversation so that it doesn't need to be the center of attention or it just kind of like shuts it down right away so that I don't have to defend myself for long.

**Dr. Glenn:** How would you do that?



**Maria:** I think I would just say, "You know what, I appreciate the offer but I'm finding sugar and flour just doesn't sit well with me so I'm not going to enjoy any, thanks."

**Dr. Glenn:** And what if they say a little bit won't hurt?

**Maria:** Then I can respond and say, "It does for me and so I've made this choice. I appreciate that you respect it."

**Dr. Glenn:** Wow, you're good. You are easier than most people to do this way, that's great. Are you ever going to eat refined sugar again or refined flour again between now and the day that you die?

**Maria:** No, it's just not worth it.

**Dr. Glenn:** How satisfied do you feel with what we did so far?

**Maria:** This was good because I needed some help getting it into my never list and needed some help sort of rationalizing why it really needs to stay there because the pig is sort of in the background thing, oh like really on a never list, so I'm happy with what we are now.

**Dr. Glenn:** Now I'm going to ask you a really strange question, is there anything more important in your life than complying with this rule?

**Maria:** No, because like I literally cannot be my best self in my entire life if I don't comply with this rule.

**Dr. Glenn:** It would eliminate your health and your ability to relate to people and your ability to accomplish and to be consistently present.



**Maria:** Absolutely. This is holding me back right now. Sugar and flour are not [inaudible 00:18:06] in the grand scheme.

**Dr. Glenn:** So I'm going to make a strange statement and I actually borrowed this from OA and I have to qualify it first because I mostly disagree with everything they say in OA, but the one thing they taught me there, which has been extremely helpful is that abstinence is the most important thing in my life without exception, for all the reasons you just described, and you've defined what abstinence means to you, it means complying with your food plan.

When you find yourself in different situations where your pig is very loud and you feel tempted, if you remember that abstinence is the most important thing in your life without exception, then this flood of memory should come back and all of a sudden you're back in your right mind and you're prioritizing things correctly.

**Maria:** Yeah.

**Dr. Glenn:** Hey, it's Glenn Livingston with Never Binge Again and I'm here again with Maria and Maria and I were interrupted last time just as she was about to completely cage her pig with regards to refined flour and sugar, and the conference room that she was in was taken and she wasn't aware of the meeting and so it actually took us about three weeks to coordinate another time and we're back here again today. So Maria, catch me up, how have things been?

**Maria:** It's been an interesting three weeks. It's been a good three weeks, there's lots to share in terms of what's happened and some new rules that I've implemented.



**Dr. Glenn:** Okay, talk to me.

**Maria:** So after our call last time, you had sent me a very lovely email describing some next steps in terms of reading and really just writing down my new promise to myself to cage the pig and some opportunities to think about what I might use as alternatives. So I did that, I started kind of reviewing my plan every morning as a little bit of a morning ritual which helps. The couple things that I put on my sort of alternatives list was Greek yogurt with fresh fruits and light cream cheese.

So over the past three weeks, the first week, the pig was quite loud in terms of wanting flour and sugar, things that I didn't even really enjoy in the past, it's kind of was tempting and allowed. But I noticed that it actually think quite quickly and at this point the pig really isn't speaking too much about those things.

**Dr. Glenn:** Maria, do you know why that is?

**Maria:** I bet you can explain it well to me.

**Dr. Glenn:** The reason that is, is that it's a waste of energy for the pig to keep craving things it's never going to have. In our brain there's a phenomenon called neuroplasticity which says that neurons that fire to get wired together and if you stop associating the gratification of the impulse to binge, if you stop associating it with the reward, then it starts to extinguish overtime. Your pig gives up. After a while it just gives up and it might lunge every now and then but the pig tells you that it's going to torture you. It tells you that it's going to be no end of pain if you make any kind of a strict rule and you take all of this great junk away from me but the truth is a few weeks later, your brain is rewiring



itself and the pig has not nearly as much energy as it threatened to have. Good for you, I'm glad you're noticing that.

**Maria:** Yeah, this past week was my birthday and that's usually a time where people brings things around and I did indulge, my family did and really the pig was quite silent because I'm more focused on my goals now. So, it's a nice relief. It's very motivating.

**Dr. Glenn:** Nice.

**Maria:** So the other thing that I recognized is there were two times where the pig did get out over the last three weeks and that was around these alternatives where I had fresh fruit and yogurt and the cream cheese. So in the past I would chalk it up to I didn't have enough willpower, I just need to be better with portion control, et cetera, like every excuse why it's my fault, and this time because of our last session I just realized, well, this is going on the never list again because it's really not worth it and obviously this is a nice excuse for my pig to get out and I kind of felt like it was because it wasn't getting flour and sugar so it was going to pick on something else.

So I put those on my never list and all has gone well with them. It's much easier not to have those things than to try to fight against the pig in the moment.

**Dr. Glenn:** What are the specific rules that you added? What's the language that you added?

**Maria:** With regard to the flour and sugar, I will never eat anything sweet besides fruit and zero calories sweeteners again because I'd still use those on different foods which I seem to be fine with, and I will never



eat any type of flour again. So then I added I will never eat any type of cream cheese again and then I will never eat Greek yogurt with added fruit again, so I just said added fruit. That seems to be okay.

**Dr. Glenn:** So you could have Greek yogurt or you could have fruit but you can't have them together?

**Maria:** Yes, for some reason. That seems to work for me.

**Dr. Glenn:** It's important to know yourself. That's entirely possible.

**Maria:** Yes, so I added those and the other thing that I've done in the last three weeks is your message around think about alternatives so that your plan doesn't become too restrictive. I've done that in the past where I think that I've been so restrictive that it's kind of getting into this routine of eating the same thing over and over and eventually just get sick of it. So what I've been trying to do is play around with new recipes or try new foods every week. So I would say that about 60 percent of my diet is the same and then 30 to 40 percent I'm changing around within my food world and that seems to be helping as well.

**Dr. Glenn:** So say a little bit more about that, what kind of things have you been trying and is there a language that you added to your plan that ensures that you're always going to try something new or how did you do that?

**Maria:** So I haven't added a language to my plan so maybe --

**Dr. Glenn:** Oh I see, you're saying that using new recipes but you're staying within the rules you've made so far?



**Maria:** That's right. And maybe I should add language, I don't know but it's just --

**Dr. Glenn:** No, no, no. The idea is to make it as restrictive as necessary but no further. You want to maximize your freedom and minimize the amount you have to think about this all. So the minimum number of rules that you can get away with to keep your pig caged, that's what we're really striving for.

**Maria:** Okay. So the other thing that I changed in the last three weeks was that I would have what I would consider a cheap meal once a week, tends to be kind of common in the fitness world but that instigates my pig, and in combination with that change, I am now just moving forward to meeting my goals in terms of bodybuilding. And so I'm working with a macronutrient coach to try to move into that phase, so we would consider the cutting phase. And so I cut out the cheap meal and my new rule is that I will always eat within my macronutrients every single day. So those were the other major changes that happened since the last time we spoke.

**Dr. Glenn:** Okay, so you will always eat within your macronutrient goals, and do we know what those are?

**Maria:** Yeah, they change depending on how I'm progressing but they're given to me by the coach.

**Dr. Glenn:** Okay, so there's no ambiguity there even though it's something that changes.



**Maria:** I track everything on my online application and so it's black and white. It doesn't matter how many times a day or what I'm needing as long as I stick within those corners.

**Dr. Glenn:** It's like MyFitnessPal kind of thing?

**Maria:** Exactly.

**Dr. Glenn:** And what happens if your coach doesn't give you the goals?

**Maria:** I have enough knowledge to create my own goal.

**Dr. Glenn:** How would you do that? I'm just trying to play pig's advocate for a second and figure out how the pig could get through.

**Maria:** Okay, I appreciate that. How would I create the goal, is that what you're asking, Glenn?

**Dr. Glenn:** Suppose your pig says, gee, your coach got hit by a truck and now you're totally free to create your own goals, we could have a hundred percent sugar today.

**Maria:** Yeah. You could say it that way. I do know how it's calculated, I just like to check in with somebody.

**Dr. Glenn:** Are there calculators online that would do this for you?

**Maria:** Yes, there are, so I could use an online calculator.

**Dr. Glenn:** Would it help to add something that said, I'll always eat within my macronutrient goals between now and the day that I die and I'll never



change my macronutrient goals without consulting a true expert or an online calculator, and maybe even specify which one or something like that.

**Maria:** Okay, I see what you do, okay, yes that would be helpful. So it's setting those parameters and not giving it the opportunity to squeal.

**Dr. Glenn:** Yeah. If you never have anything sweet besides fruit and zero calorie sweeteners and you don't have Greek yogurt with added fruit and you don't have cream cheese and you always eat within your macronutrient goals and you never change them without consulting your coach and online calculator, do you need a delay if you have to change them yourself? Would it be helpful that you have to have a 24-hour delay if you want to change them?

**Maria:** The macronutrient goal?

**Dr. Glenn:** Yeah. You don't think you need it.

**Maria:** I do weekly check-ins because your body changes. So it would be on my Saturday weekly check-in, so no changes would be made before or after that Saturday date.

**Dr. Glenn:** Okay. One of the places that my pig used to fool me early on was when I realized that it was necessary to be flexible with the food plan that you had to be willing to change it even though you had to always be very precise. My pig always wanted to make the change immediately and I had to start a 24-hour delay and insist that my pig would not be allowed to make any changes at the spur of the moment. And that did the trick because it took me out of the impulse and made sure I was making the decisions with my higher self in accord with my



goals and everything like that. So that's where that came from but not everybody is like that, so you know yourself better.

**Maria:** I took my cheat meal out because it was becoming a problem and the reason that part of that was causing problems, it would be a Thursday and I would be planning on having my kind of cheat meal on a date on Saturday and the pig would be like, "We'll just have it tonight and Saturday you can be back to your regular diet." And then Saturday comes and I'm like having two cheat meals in the week. So that was kind of a trick that happened quite frequently and was part of the reason I just said, forget it, it's not worth to have these.

**Dr. Glenn:** Yeah. How else could your pig make trouble for you? You don't have any refined sugar and you have nothing sweet besides fruit and zero calorie sweeteners and you don't have Greek yogurt with added fruit and you don't eat cream cheese and you always eat within your macronutrient goals and you never change them except for your Saturday check-ins, how else could your pig possibly make trouble for you?

**Maria:** I've been doing a little bit of journaling since our last chat and that was one of your suggestions too. Where the pig always challenges me is that it sort of speaks to like, just take this one day off, it's been a stressful week, or just this one time, it won't hurt, that kind of thing. That just seems to be some of its regular kind of noise in the background and not necessarily specific to any of my rules.

**Dr. Glenn:** So when you hear the pig saying just one time, first of all you would immediately recognize that is a squeal, right?



**Maria:** Absolutely and that's what I have been recognizing. Nearing the end of the week, it does the, "Oh well, do you really want to cook another meal? It's just one time. Take it easy."

**Dr. Glenn:** So you don't have time to cook.

**Maria:** Mm-hmm, like, "You deserve a break. This isn't going to do any damage to you, it's just this one time." Well one time never ends up being one time.

**Dr. Glenn:** You deserve a break, it won't do any damage.

**Maria:** Yeah. The other thing that it does is -- and what I was finding with the Greek yogurt and the berries, it would be, just eat a little bit more. It's fine, it won't turn into a binge and then before you know it, a little bit more turns into something else and then here we are.

**Dr. Glenn:** So a little more won't turn into a binge.

**Maria:** Yeah, because I do so much fitness, sometimes it's like, "Oh you're just a bit hungrier because you worked really hard this week," which is bull crap because I know that I'm eating enough for what I'm doing.

**Dr. Glenn:** So you worked out really hard and you deserve it.

**Maria:** Yeah, exactly. I'm hungry, feed me. Yeah.

**Dr. Glenn:** And you are eating enough, yes?

**Maria:** Yes, one hundred percent. And that's one of the reasons that I reached out to a macro coach because I just wanted to make sure that



I was providing my body proper nourishment to be successful in this realm too.

**Dr. Glenn:** And I would imagine you look into the difference between recovery meals and regular meals and what to eat before and after a workout and that kind of thing?

**Maria:** All of that is really important as well as I've even looked at my vitamins, minerals, all that kind of stuff, blood work, all of it, so I'm pretty thorough.

**Dr. Glenn:** So your nutrition is 100 percent covered. So this is all pig squeal.

**Maria:** Yes, and so I worked really hard on that so that I could differentiate between what is in my head if you will versus what my body needs.

**Dr. Glenn:** It sounds like you did really good with that. Okay, so let's just go through each one of those squeals again and tell me what the answer is. And remember, you don't have to have the answer, it's enough to know that it's a squeal and just ignore it, but it's helpful particularly since we're recording this to go through the rational arguments because that will just make the pig that much more recognizable, that's all that does. So when the pig says just one time, it's just this once, what's the answer to that?

**Maria:** I would say because I'm following my macronutrients, I know that I have that healthy diet. I know what I can eat. I don't need to listen to, "It's just one time."

**Dr. Glenn:** Great. When your pig says that you don't have the time to cook?



**Maria:** That there are a lot of easy ways to get good nutrients, whether it's just picking up a banana and some vegetables at a grocery store. My house is always fully stocked. I always have backup protein, et cetera to make it really easy so I put in that effort so there is no excuse. Even if I don't have time to cook, I can always grab something that's healthy and within my macronutrients that will make me feel good and help in achieving my goals and my sport. There's just no excuse.

**Dr. Glenn:** What if you're out of town and you're at a competition or something and you're talking to all these other bodybuilders and didn't bring enough food with you, what do you do then? How do you make the time to get something healthy then?

**Maria:** Well I think part of that, for people in this world is that you do do a lot of planning and so there's always extra protein around that, so you just need water really. But even in those times the pig does squeal but it's just no excuse for it because all the proper planning has been done. Or you ask a friend to say, "Hey, can I have some protein?"

**Dr. Glenn:** Why not? Sure. That's what friends are for, sure. And when the pig says you deserve a break, you worked hard you deserve a break?

**Maria:** Well maybe that's the truth but it doesn't need to be with food. It could be that I eat my macronutrients and maybe it's been a long week and I do something good for myself, that a break does not equal food out of my macronutrients.

**Dr. Glenn:** What kind of good thing would you do for yourself and stay within your macronutrients?



**Maria:** For me the things are even going out for a walk, going to visit someone, giving somebody a call. Massages are always nice. I love all girly things like nail appointments, et cetera. So even if it's just booking something like that to look forward to it, I mean that's a nice thing to do.

**Dr. Glenn:** Fabulous. It won't do any damage, a little bit won't turn into a binge.

**Maria:** I think I can definitely tell the pig to be quiet. That's not what happened in the past and it's more important to stick into my macronutrients than to test that philosophy I know it's not true and everything is fine just as it is, we don't need to have more.

**Dr. Glenn:** "You're just extra hungry because you worked out really hard," what's the answer there?

**Maria:** So that's happened a few times and I will make sure I have a proper meal and what I've said to myself is I'll wait 20 minutes and see if I need more food, but still sticking to my macronutrients or if it's just emotional and what I've really noticed is after that 20 minutes is done, I don't need anything else but I'm trying to keep myself busy in that 20 minutes. So the pig is hungry, I'm not hungry. I'll make sure I eat within my food rules and my nutrients but if I need a little bit more after that 20 minutes, outside of those food rules but to eat right away then I will, but I'll always wait 20 minutes.

**Dr. Glenn:** Okay. How confident do you feel?

**Maria:** I feel a hundred percent confident. I'm not afraid to put things on the never list like I was once and that was pig squeal that was coming out and the pig didn't want me to cage it. I really recognized it's not worth



letting it out and what's the definition of insanity? Doing the same thing over and over and before I used to chalk it up to willpower and now I just know that it needs to go on that never list.

**Dr. Glenn:** There you go. You make all the decisions beforehand and that it doesn't bother you at all, yeah. Well, how important is this to you?

**Maria:** It's extremely important.

**Dr. Glenn:** How important?

**Maria:** For me like it's either doing this and reaching my goals and being happier with myself, more confident with myself or staying in a cycle that is not positive. In our last session we talked about the impacts on me and my friendships, my relationships. To me those are the things that are important in life and so I don't want those to be negatively affected by a pig that I couldn't tell to keep quiet.

**Dr. Glenn:** Is there anything that's more important?

**Maria:** Not to me. It's absorbed so much of my life but this is the one thing I really just want to manage because I know that if I can manage this, it will open so many other doors and opportunities for me. And it might sound silly but that's how much of an impact it had.

**Dr. Glenn:** It doesn't sound silly to anybody that struggle with bingeing, it doesn't. Bingeing really overtakes your life.

**Maria:** It does and you can tell just this even last three weeks that it hasn't been perfect but it has been so motivating and I finally feel like I can



get this past me and not have to think about this or worry about this in the future.

**Dr. Glenn:** What did your pig say after you made a mistake?

**Maria:** My pig was really squealing. It wanted me to continue on, then it started getting into, "We'll just have a little sugar and flour," not as loud as it was around the sugar and flour so then it tried to like pick on other things and it was really, really loud.

In the past before our conversations it would have been a lot worse. We haven't had that conversation but it was trying everything. And I would say that it was quite loud over the next 24 hours, even up to 48 hours for the one [inaudible 00:34:13] but the second time it was more manageable, it was quieter because it knew that it was going back in.

**Dr. Glenn:** How did you put the pig back in its cage after that 24 hours?

**Maria:** So I went back and I read your sheet on your website around if it happens kind of the recovery plan and then I listened to one of your podcasts and at the end of the day really what it came down to is just forgiving myself.

**Dr. Glenn:** There are two different stories that you could tell yourself after a binge. One could be that you're too weak and you might as well just give up and be a happy, fat person and you're never going to get it and just going to continue poisoning yourself and it's hopeless and yada, yada, yada. And the other one is to say, well, what can I learn from this and isn't that a mark of strength that I keep getting up after I fall down so that I stay up longer and longer and keep getting up until I'm finally up for good. That's a mark of strength, not a mark of weakness.



A lot of times there was an authentic need that wasn't met. A lot of times there was an authentic nutritional need. I think that's probably less often the case with you because you're so thoroughly attentive to your nutrition. But I find with many people they eliminate a bunch of things without really adding the alternatives and then their body wants to force them to be less discriminating and that makes the pig's voice a lot louder.

**Maria:** I've done that in the past and that's why I am so thorough now, because I had to ensure that that was taken care of.

**Dr. Glenn:** Yeah, because we do want to take care of our bodies, it's not just about restricting yourself, we do want to take care of our bodies.

**Maria:** I think there's a third story, Glenn that my pig has said in the past is yeah, you are the way you are and you're not happy with yourself but let's just go one more day. It's never been like, "Oh we won't try it again," but it always wants to delay.

**Dr. Glenn:** Because it's just going to be one more day.

**Maria:** Yeah.

**Dr. Glenn:** What's one more day going to hurt.

**Maria:** Mm-hmm, you've already done enough damage. So just like one more day and then we'll get back on the horse, which you hear people say like starting over on Monday kind of thing.



**Dr. Glenn:** Right, as opposed to remembering that every moment is a new opportunity to be healthy. Maria, do you have any concerns or questions or anything else that you want to talk about today? Remind me that last time you had alluded to the idea that Sunday was a problem but now that you've instituted these new rules, that it could be a macronutrient rule, that even if the pig is more interested in picking out on Sundays that it can't because these rules prevent it from doing that.

**Maria:** Exactly.

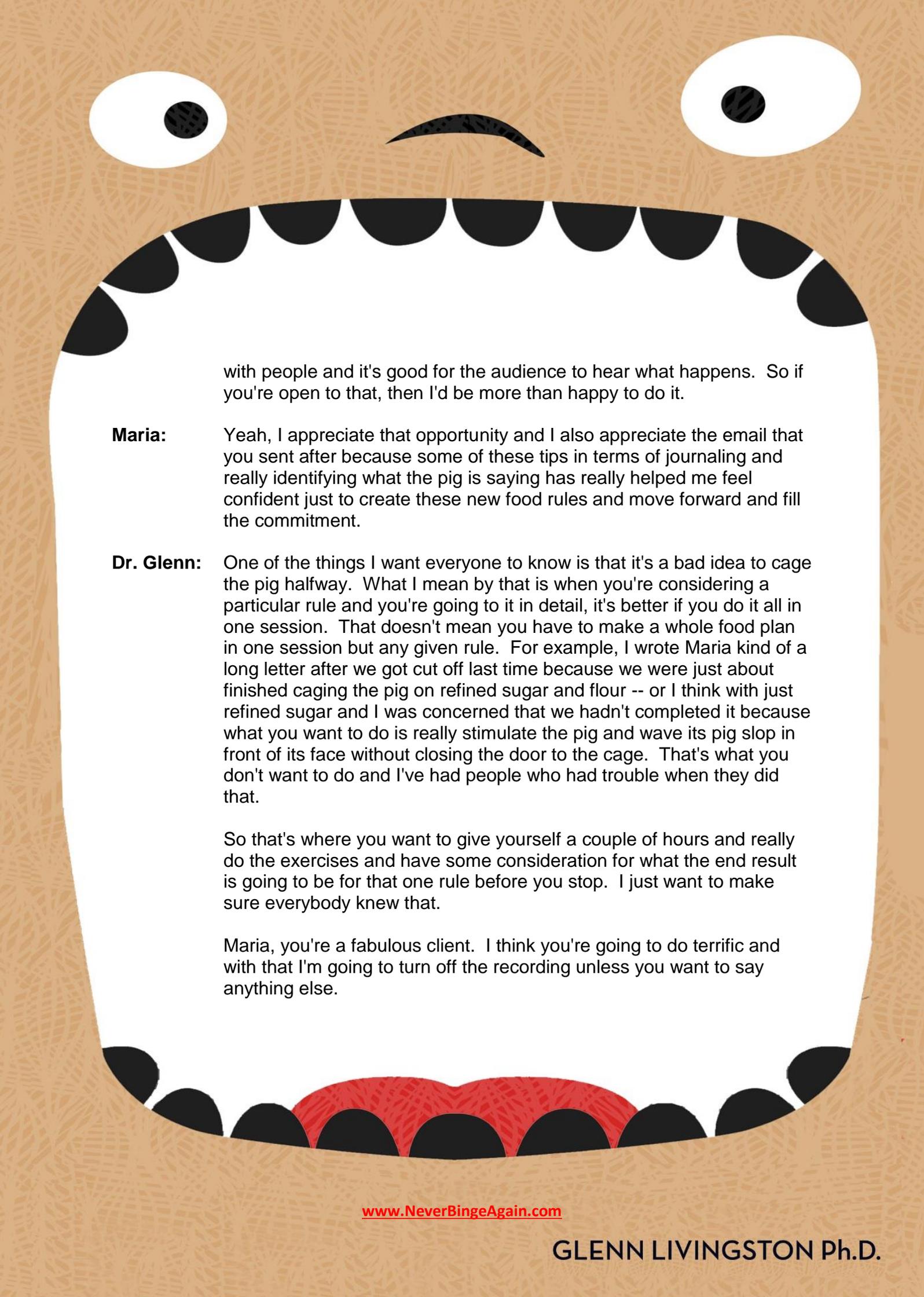
**Dr. Glenn:** Okay. In that case we probably don't need another rule for Sunday, right?

**Maria:** It doesn't seem so, no.

**Dr. Glenn:** I mean we could talk more about it if you want to figure out what it is about Sunday and maybe there's some other way to make yourself more comfortable and happy on Sundays, but the pig is going to stay in the cage regardless.

**Maria:** Yeah. It's been fine so I think it's fine to leave it as is.

**Dr. Glenn:** In that case I would invite you to live with this for a couple of weeks. You've taken some notes and journaling and give me a shot in a couple of weeks when you're ready to have a follow-up check-in section. I would anticipate everything is going to go fine for what you're describing. I think you understand the concept, I think you have a good set of rules, your plan is nutritionally complete from what I can tell. I think you're all set but I usually like to follow-up once or twice at least



with people and it's good for the audience to hear what happens. So if you're open to that, then I'd be more than happy to do it.

**Maria:** Yeah, I appreciate that opportunity and I also appreciate the email that you sent after because some of these tips in terms of journaling and really identifying what the pig is saying has really helped me feel confident just to create these new food rules and move forward and fill the commitment.

**Dr. Glenn:** One of the things I want everyone to know is that it's a bad idea to cage the pig halfway. What I mean by that is when you're considering a particular rule and you're going to it in detail, it's better if you do it all in one session. That doesn't mean you have to make a whole food plan in one session but any given rule. For example, I wrote Maria kind of a long letter after we got cut off last time because we were just about finished caging the pig on refined sugar and flour -- or I think with just refined sugar and I was concerned that we hadn't completed it because what you want to do is really stimulate the pig and wave its pig slop in front of its face without closing the door to the cage. That's what you don't want to do and I've had people who had trouble when they did that.

So that's where you want to give yourself a couple of hours and really do the exercises and have some consideration for what the end result is going to be for that one rule before you stop. I just want to make sure everybody knew that.

Maria, you're a fabulous client. I think you're going to do terrific and with that I'm going to turn off the recording unless you want to say anything else.



**Maria:**

I just wanted to say a big thank you though to you Glenn because you provided so many resources that are really good on your website as well as podcasts and to anybody who's thinking about using your resources, best thing that I could have ever done. I wish it was out earlier but I'm thankful that you're available now, so thank you.

**Dr. Glenn:**

Well, thank you dear. Thank you dear, and for everybody's benefit, just go to [neverbingeagain.com](http://neverbingeagain.com) and hit the big red button. That will take you to the free reader's bonuses and sign up for those and you'll get all the things that Maria is talking about and there's no charge for that. So Maria, thank you dear.

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