



**Glenn Livingston, Ph.D.  
and Vanessa- Freewill and  
92 Pounds Lost in 8 Months**

**DISCLAIMER:** It would be unreasonable to assume just taking our Unlimited Coaching Program alone would cause you to lose 92 pounds because everyone has a unique physiology, set of motivations, and willingness to follow through. But it can and does happen, and with our low price, unconditional money back guarantee, and personal attention... wouldn't you be risking more by skipping our [Unlimited Coaching Program?](#)

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**Dr. Glenn:** Hey, it's Glenn Livingston with Never Binge Again. And I'm about to share with you an excerpt from a recording that we did with Vanessa just after she had finished losing 92 pounds using the Never Binge Again method in about 8 months. I think I'll make the disclaimer that it would be unreasonable to assume that just using Never Binge Again would immediately cause you to lose the weight because there are big differences in people's medical conditions and the diets that they are willing to go on and their follow-through and all types of things like that,

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GLENN LIVINGSTON Ph.D.



but you know, it can and does happen, and I wanted to hear from someone that it did. Last thing, my sincere apologies, but we are adjourning this conversation in the middle, smack self in head with spatula here. Not really. A little bit. Okay. Here we go.

That's terrific.

**Vanessa:** It really is, yeah.

**Dr. Glenn:** And you're talking about the confidence that you feel. Could you describe that in more detail? Where do you notice it?

**Vanessa:** I notice it -- even in standing, that I can stand taller instead of just slumped over and hoping people wouldn't notice me. But I'm confident that I can do things that I couldn't do before. I have some ladies group that I could go to and I could speak to it, have an audience. And I would have never been able to do that before because I would have been worried that people were looking at me and thinking bad things about me. And now it's like, well, if I do say something or think something negative, that's on them and not me.

**Dr. Glenn:** Wonderful.

**Vanessa:** Yeah.

**Dr. Glenn:** How else can I help? It sounds like you're on just the right track.

**Vanessa:** Yeah. I guess I'm still unclear about the conditionals and having them and having them maybe be sugar and flour, you know, just the special kinds. And I just don't understand why that could be a possibility.



**Dr. Glenn:** You don't understand why it's a possibility. For other people, you understand why it's a possibility is not a possibility for you? What do you mean?

**Vanessa:** Yeah. Basically for the people. I wonder why it's there in the food plan.

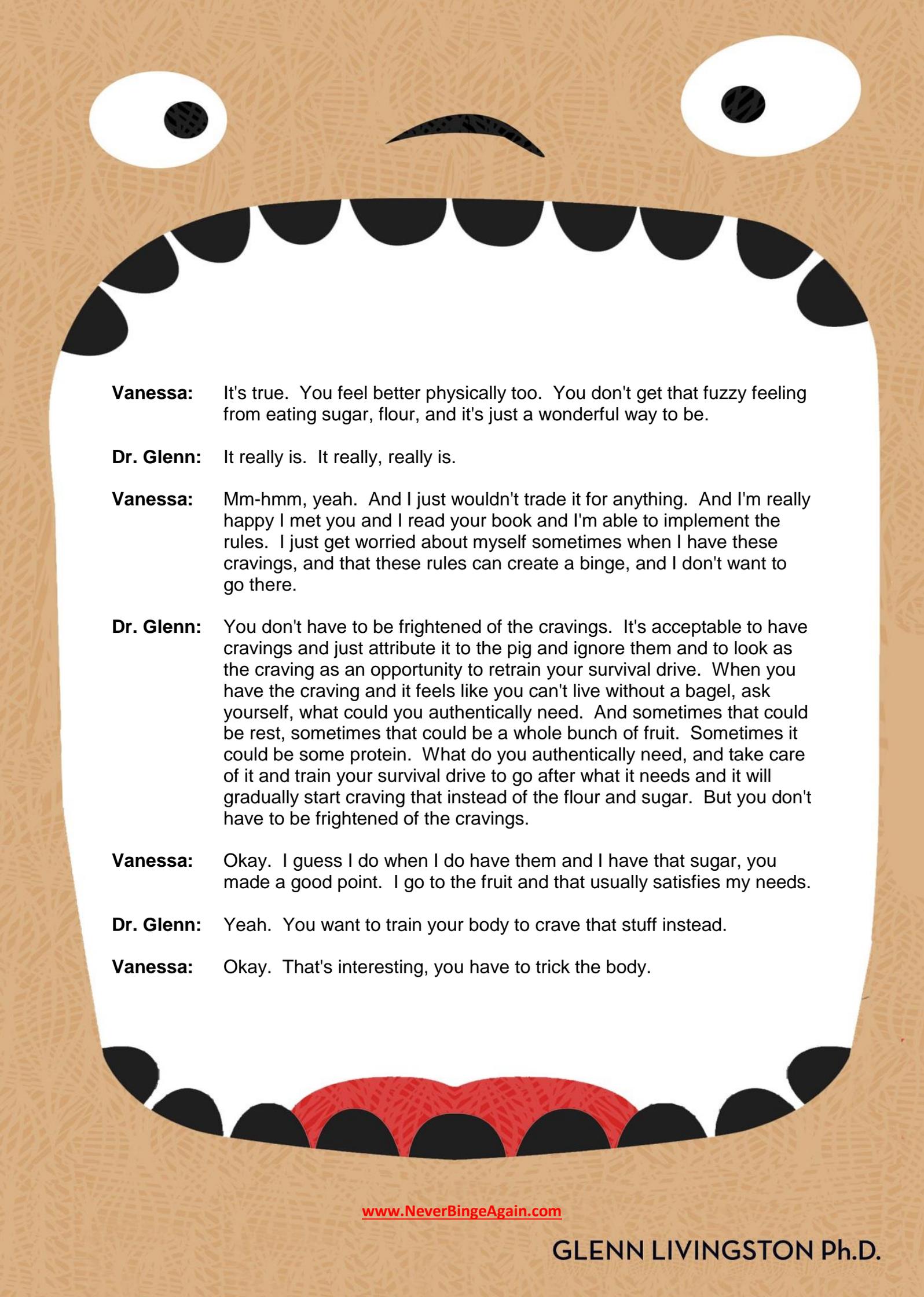
**Dr. Glenn:** It's there because not everybody is addicted the way that you and I are. And most people, in order to consider making changes, giving up flour and sugar is way too much. I personally wish that everybody would give up sugar, flour and alcohol. I don't see any need for sugar, flour and alcohol on the diet. I think it detracts from our lives. I don't think it enhances our lives. I don't think there's any doctor out there that says we need more sugar, flour and alcohol. I think they're basically poisons to the system and don't belong in the human body. That's what I think.

**Vanessa:** Right.

**Dr. Glenn:** But people are so addicted and it's like they're so used to getting that level of stimulation, that if I wrote the book in such a way as to say, look, you can't have any sugar, flour or alcohol, people wouldn't make changes. And there are a lot of people who make dramatic changes and lose the weight and have very significant improvements in their health from just regulating sugar, flour and alcohol without giving it up. Vanessa, I'm not one of them. I'm like you. I can't have a bite. I can't have a big roll.

**Vanessa:** Yeah.

**Dr. Glenn:** Yeah. I just can't. And my life is so much better when I don't. So much better.



**Vanessa:** It's true. You feel better physically too. You don't get that fuzzy feeling from eating sugar, flour, and it's just a wonderful way to be.

**Dr. Glenn:** It really is. It really, really is.

**Vanessa:** Mm-hmm, yeah. And I just wouldn't trade it for anything. And I'm really happy I met you and I read your book and I'm able to implement the rules. I just get worried about myself sometimes when I have these cravings, and that these rules can create a binge, and I don't want to go there.

**Dr. Glenn:** You don't have to be frightened of the cravings. It's acceptable to have cravings and just attribute it to the pig and ignore them and to look at the craving as an opportunity to retrain your survival drive. When you have the craving and it feels like you can't live without a bagel, ask yourself, what could you authentically need. And sometimes that could be rest, sometimes that could be a whole bunch of fruit. Sometimes it could be some protein. What do you authentically need, and take care of it and train your survival drive to go after what it needs and it will gradually start craving that instead of the flour and sugar. But you don't have to be frightened of the cravings.

**Vanessa:** Okay. I guess I do when I do have them and I have that sugar, you made a good point. I go to the fruit and that usually satisfies my needs.

**Dr. Glenn:** Yeah. You want to train your body to crave that stuff instead.

**Vanessa:** Okay. That's interesting, you have to trick the body.



**Dr. Glenn:** The only way that you can train your body is if you do have the cravings.

**Vanessa:** Okay. I never thought of it that way. It's true. Yeah. I guess I have a stubborn body. It still wants things.

**Dr. Glenn:** We all do. You know, if you really wanted to try it conditionally, I would help you try to do that and I would recommend that rather than just having a binge, you figure out when you're going to do it and how much and what type and when you're going to stop and all that. But I don't think it's a good idea, Vanessa. You've gotten so many benefits from all this and you were suffering so much without it, and you know, people walk around and say, "I just want to be a normal person and be able to eat a bagel or one cookie or a piece of cake." But did normal people eat that for 99.9 percent of our evolution? It's only the last couple hundred years that those are even available.

**Vanessa:** That's true, yeah. The processed foods that there are now, so that's a new concept which is new, but I've forgotten about going back to the caveman and stuff, they ate protein and plants.

**Dr. Glenn:** So you know, for 99.99 percent of the time that we've been on earth as human beings, as homo sapiens, we didn't have flour and sugar. And I don't know about you, but I don't want to risk eating what 0.0001 percent of our history says that we might be able to eat. Just because the population is calling it normal, I don't think that really changes our evolution or our physiological structure.

**Vanessa:** Mm-hmm. Yeah. That's true. I'm just thinking -- go ahead, I'm sorry.



**Dr. Glenn:** Well, I don't think those things belong in the body. I don't think they belong in the human body. I think that there are some people who are able to tolerate it and some people aren't. I wouldn't make the mistake of calling that normal. I would say some people suffer less effects from the poison than other people, and so they're able to do it if they really want to. But there's no question that it's poison. There's no question that sugar and flour poisons you. No doctor is going to say it's not true, yeah.

**Vanessa:** No, it's the opposite. They said to me, get up your sugar. And it wasn't 'til I read your book and talked with you that I realized that that's an interesting I should do, is give up the sugar. And it was hard in the beginning. Now, it is so much easier, and I don't miss it, except when I'm having cravings.

**Dr. Glenn:** Well, your pig misses it, not you.

**Vanessa:** Okay. Yeah. That's a good point. Yeah.

**Dr. Glenn:** What else, Vanessa?

**Vanessa:** Well, I was going to mention, the pig is angry because it's caged and it wants to come out really bad sometimes. I almost have to yell at it to keep it in the cage.

**Dr. Glenn:** Poor pig. You can yell at it all you want to.

**Vanessa:** Right. Yeah. That's what's nice.

**Dr. Glenn:** Make it suffer.



**Vanessa:** Yeah.

**Dr. Glenn:** It made you suffer.

**Vanessa:** Right. That's true. Yeah, all those years. And you miss so much when you don't have the confidence. There are places I wouldn't go and I miss out on some things with my daughter. I wouldn't go and she was having -- she plays tennis, if she was having a match or something, I just wouldn't go because I'm afraid of what people would say. I wish I can get those years back and be part of her life in a healthy way.

**Dr. Glenn:** Yeah. That's a good thing to remind yourself of. So you can't do that, but you can live out the balance of your life making that contact, trying to make up for it in some ways.

**Vanessa:** Right. And it's a blessing, I do have a lot of contact with my daughter. Almost everyday, we talk, and it just is a good feeling. She's supportive of what I'm -- of the Never Binge Again. She's really supportive of it and I appreciate that from her. When I went to visit her, she said, "Give me the food plan that you have because I want to make what I can for you." And I thought that was so sweet of her.

**Dr. Glenn:** She's a sweet girl. I like that girl.

**Vanessa:** Yeah. The hardest thing I think for me is when I'm with a group of people and there's food around, and they test me. Sometimes they just bring plates of sugar items to me and I just say, "No, thank you," and I smile and they just kind of walk away like I don't know if I've hurt their feelings or what. But they're not really happy with me at times.



**Dr. Glenn:** You can ask them if there's any tea in the house, your stomach is a little upset, you might want to get some tea. They're trying to give you a love gift to welcome you to their tribe, and if you can give them an alternative way to do that, then they don't have the same need, they don't feel rejected when you say no to the cake or the pie.

**Vanessa:** Okay. That's a good option. I can try that. I will do that. I haven't done that yet. I just said, "No, thank you." So even when we have the potluck dinners, that's always hard. I'm so proud of my husband this time, he got a plate for me 'cause I was busy talking, and I went, "Oh no, he's going to bring me all the wrong things." But he was good, he just got me protein and vegetables. So he's learning too. I was so proud of him.

**Dr. Glenn:** When you stick with it and you cage your pig, you start to have an impact on people by example. It's usually hard to argue with the people around you to eat better, but if they see you doing better and better, they follow along.

**Vanessa:** Right. That is so true. That's what I've gotten too when we have potlucks and refreshments. I bring healthy things now like salads and beans, vegetables. And they are gone by the time I go to pick up my bowl. At first I thought nobody would eat them, but they do. So I was really pleased.

**Dr. Glenn:** Good for you, Vanessa.

**Vanessa:** I guess it's important to me to have an influence on people. I think they need a food plan and they need rules, and I know I shouldn't because it's their choice of what they're going to do.



**Dr. Glenn:** It's up to them. It's a piercing insight when you realize that there's this voice in your head and that you can just make some very clear rules and define the bull's eye and make that voice even clearer so you know how to dispute it and ignore it. And then when you recognize what life is like when you're off the flour and the sugar, it's hard not to want to evangelize and get everybody to convert.

**Vanessa:** You're right.

**Dr. Glenn:** Yeah. You know, Margaret Mead said, it's easier to get a man to change his religion than to change his diet. And I find that to be very true. People have to -- they kind of have to raise their hand and say, "Please help me," before they're open to influence. And it might look like they're raising their hand when they're not really raising their hand. They might just be baiting you so they can argue with you and prove you wrong.

**Vanessa:** Oh, I know. That's what I'm afraid of. I mean, I'm ready for it, but I don't like to argue and confront people on things, so just hopefully, that won't happen, but it may down the road.

**Dr. Glenn:** Yeah. You can slap them silly.

**Vanessa:** That's true.

**Dr. Glenn:** Not really. You know I'm just joking, right?

**Vanessa:** Right. I know what you mean.

**Dr. Glenn:** Okay. Vanessa, how confident are you that you're never going to have flour or sugar again?



**Vanessa:** I'm a hundred percent confident because I've gotten the 92 pounds off. It's been since August and it's engrained in me to follow my rules. I guess that's why I'm feeling like I want to tell everybody I make rules and to follow them. I'm just excited about it.

**Dr. Glenn:** 92 pounds in about 8 months and a whole different life.

**Vanessa:** Yeah. It's just amazing. It's wonderful.

**Dr. Glenn:** I'm really proud of you.

**Vanessa:** Thank you. Now, I'm not afraid to have my pig take me there.

**Dr. Glenn:** Oh, that's great. And Vanessa, it only gets better from here.

**Vanessa:** Oh good, thank you.

**Dr. Glenn:** Just keep going. That's great.

**Vanessa:** Yeah. Okay.

**Dr. Glenn:** So are you sure for the rest of your life you're not going to have any flour or sugar?

**Vanessa:** Yes, I am sure. I really am because it's changed my life, like we said, and the rules are easy to follow now and I really love my food plan.

**Dr. Glenn:** Even if you live 30, 40 more years, not one bite of flour or sugar?



**Vanessa:** Yeah, I really think so. I don't want it. I don't want to break my rules and I don't want the pig to have it. I think I am really confident of it.

**Dr. Glenn:** Okay. Well, it was delightful to talk to you, and I will look forward to talking to you next time. Do you have any questions or concerns?

**Vanessa:** No, I appreciate it and I enjoyed what we covered today, and it's helped me a lot. Thank you.

**Dr. Glenn:** Very good. Okay dear, it was nice to talk to you.

**Vanessa:** Okay, thank you. Take care.

**Dr. Glenn:** Bye.

**Vanessa:** Bye.

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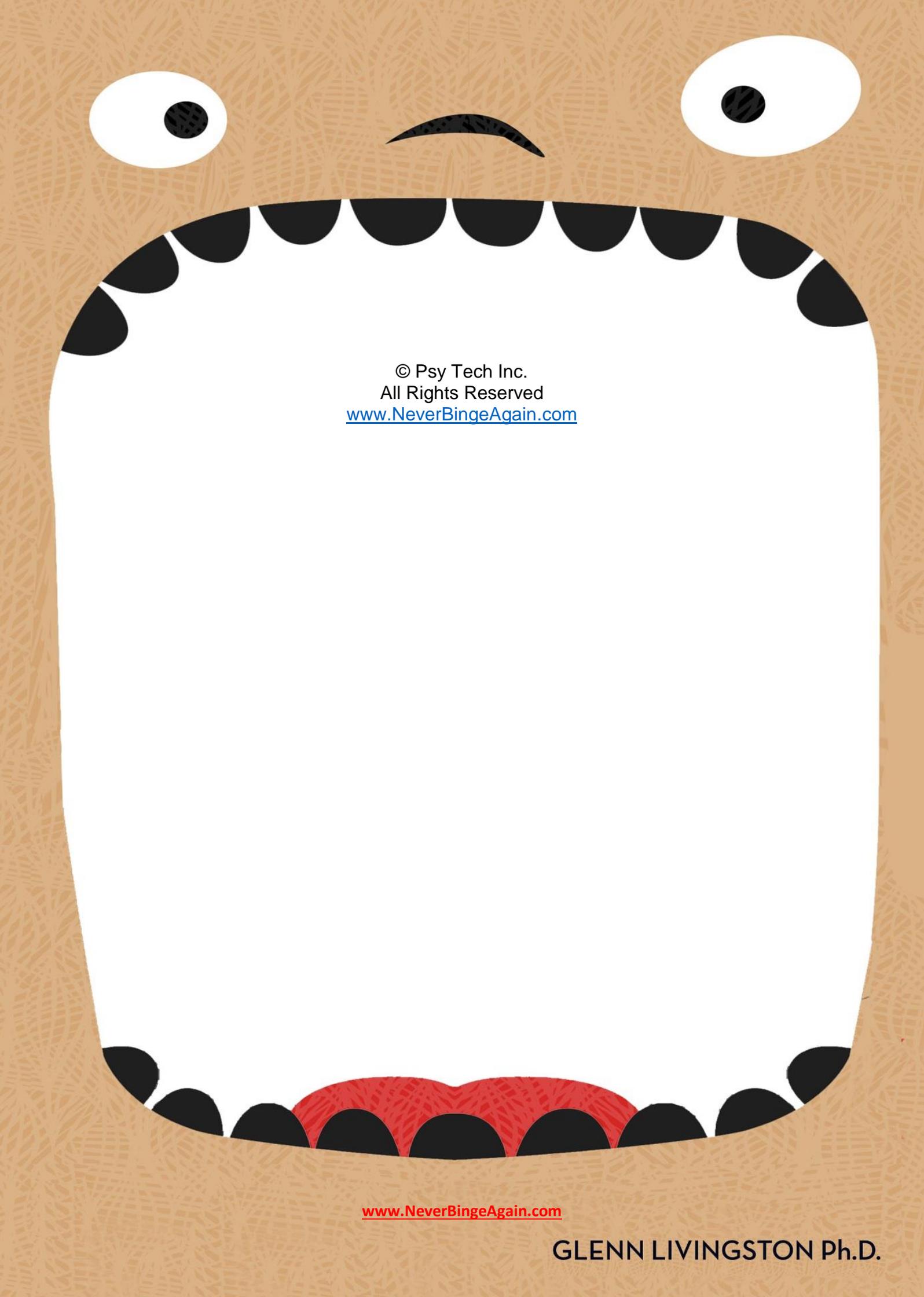
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