

**Glenn Livingston, Ph.D.
And Vickie Eating When
You Are Hungry Stop When Full**

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Dr. Glenn: Say, hey, it's the very good Dr. Glenn Livingston with Never Binge Again, I am here with Vickie, who's a kind-hearted woman that agreed to let me share her coaching session with you so you can all benefit from her trials and tribulations and successes and failures and all the like. So Vickie, how are you?

Vickie: I'm doing well. How are you?

Dr. Glenn: I'm doing really well. I was eager to talk to you. So we're friends on Facebook and you heard another interview that I did, but just in your own words, could you tell me what intrigued you about doing this today?

Vickie: I've been following you a little bit. Do you remember how I found out about you? I think it was probably through Ash actually in Facebook.



And I posted in your group about even though I've been eating like raw vegan, I still feel like I'm overeating a bit sometimes and I feel like I'm eating when I'm not hungry sometimes just because I used to be really hungry, but I'm not as hungry as I was anymore since I did this parasite cleansing and since I did a water fast for a week, and I just don't really feel as hungry, but I think about, "Oh, I'm going to have salad when I get home from work." And then sometimes I'm not actually hungry for it, but I end up eating anyways because I feel like I had it in my mind already that I was going to eat, so that kind of weirdness is going on for me.

Dr. Glenn: When did you do the water fast?

Vickie: So I did it two months ago. When I was transitioning between jobs, I had a week off and I had had experience with long-term juice fasting before that. Like, I've done the Master Cleanse a couple times maybe like eight years ago and I've done it a month-long juice fast a couple years ago and kind of incorporated more intermittent fasting maybe in the past year, so.

Dr. Glenn: When you say that you're obsessing a little bit about the salad or having it when you're not hungry, could you quantify the overeating for me? Is that a big problem where you're gaining weight or you're making yourself physically uncomfortable? What's the downside?

Vickie: I haven't gained weight from it ironically, but I do feel uncomfortable. And I feel like it's usually the salad that I'll overeat on, which is such a weird thing, I bet, to most people who think of overeating on salad, but I don't know, it just happens and then I feel like it makes me more tired for the evening, like, I just kind of want to sit in my chair and just be on my phone instead of doing something.



Dr. Glenn: Is it that dressing that you're putting on the salad? Is it nuts or seeds? What is it that's so filling about the salad?

Vickie: I've been trying to eat mostly over fat-free because I've had candida and so also the raw vegan say to go over fat-free to get rid of that. So I've been doing that mostly probably for the past three quarters of the year, mostly over fat-free. So the salad dressings that I usually make have spices in them. Usually, dates. I do the Lissa's Raw Food Romance French dressing a lot and then I add mangoes to that sometimes. It's tasty.

Dr. Glenn: Do you have a lot of cruciferous vegetables in there? What is it that's so filling?

Vickie: I haven't really been doing cruciferous vegetables. I've been doing like lettuce. I had red leaf today and sometimes I'll have like the mixed lettuce that comes in the plastic box. And then tomatoes, and cucumber, and onion and the dressing.

Dr. Glenn: What's the goal if you could ideally do what you wanted to do?

Vickie: I feel like I'm emotionally eating when I'm eating when I'm not hungry. It seems like it's more for sports or emotions. Like I've been really stressed lately because a new job combined with like a chemical sensitivity that's been heightened lately from the new job and other things, but I would just like to be able to only eat when I'm hungry and not do emotional eating. Like I want to be able to instead of use food to feel good 'cause I think that's part of what it is too. Like yesterday, I wanted banana and ice cream, but I wasn't hungry, but I wanted it



because it makes me happy. The fruit makes me happy, but I wasn't hungry, but I ate it and I got really full from it. Like, I had too much of it.

Dr. Glenn: I know that story. If you prefer, I can drop the Never Binge Again approach and we could just talk about emotional eating and see if we can understand what's interfering with you paying attention to your body, would you prefer to do that?

Vickie: Yeah.

Dr. Glenn: Okay. So tell me how you know when you're hungry.

Vickie: I feel like it's usually a physical sensation of -- it feels so vague now. I mean, sometimes it feels stronger than other times.

Dr. Glenn: Where do you feel it?

Vickie: It's so hard to say. I think you're supposed to feel it in your throat, but I don't really know. It does feel like a physical sensation. I think maybe in the throat. In the stomach, I'm not sure about that, but I know when I don't feel hungry and I know when I eat and I don't feel hungry. I know when I'm doing that.

Dr. Glenn: You're really not having a problem identifying when you're hungry, you just believe that there is some emotion that you're wanting to get away from?

Vickie: Yeah, or just that I like eating and I want to eat because I have already thought about the salad that I'm going to eat when I get home 'cause I go around for work and I have these stuff prepared for myself already, so I have the smoothie and I just see a client and then I go eat my



smoothie, I don't know, maybe 'cause there're some fear of being hungry later or just doesn't feel totally right.

Dr. Glenn: Walk me through an ideal day how you would like to eat.

Vickie: Well, I've been wanting to do this intermittent fasting until noon or so and then just from there, eat when I'm hungry until 6:00 or so. That's what I'd ideally like to do, but I think there's some fear that if I don't fit my eating by six o'clock in that window, what if I don't eat now? Like, if I come home and I'm not really hungry for a salad 'cause I already ate so many smoothies or something at work, then it's okay if I don't eat that night. But I think there's some fear like, well, maybe I'll get hungry later or something like that that I don't want to eat late.

Dr. Glenn: You're scared you might starve?

Vickie: Yeah, yeah. Yeah.

Dr. Glenn: Okay. They'll find your bones in the bedroom in the morning.

Vickie: Yeah. Or I'll just miss out on that yumminess of eating. I don't want to miss out on the yumminess, but I'm not really actually hungry so I could just meditate instead or something.

Dr. Glenn: Well, what happen if you missed out on the yumminess?

Vickie: I would eventually get to experience yumminess again.

Dr. Glenn: So you'd like to eat from about 12:00 to 6:00 and you like to eat when you're hungry and stop when you're full?



Vickie: Yeah.

Dr. Glenn: So let's do it like that. What would it mean to you to be able to do that if you could do that for a year? If we talk this time next year and you told me that, "You know what, Glenn, I don't know exactly what it was, but there was something about what we talked about and I got really motivated and I did it. From 12:00 to 6:00, even though I had all these emotions and all these thoughts that I wasn't going to be able to, I actually did it." What's different in your life?

Vickie: I think I would feel better because I wouldn't feel so overly full sometimes and I wouldn't feel like I was kind of sneaking or cheating like doing something. Eating when I didn't actually need it. And maybe I would save money too 'cause I wouldn't be eating when I'm not really feeling like I need it.

Dr. Glenn: How much money would you save over a year?

Vickie: I don't know. Maybe a grand or something.

Dr. Glenn: A thousand dollars?

Vickie: Maybe.

Dr. Glenn: So if you were feeling less bloated and feeling more confident because you're following your principles, why is that good? I know it sounds silly, but why is that good?

Vickie: Maybe it would connect me more with my spirituality instead of looking to food for the satisfaction. I would meditate or journal or something,



look to it another way that would maybe advance me more spiritually rather than stuffing myself.

Dr. Glenn: And that's important to you?

Vickie: Yeah.

Dr. Glenn: What does it feel like when you spend more time meditating or journaling? Could you describe it?

Vickie: I feel calmer, more centered. I think with journaling, I usually tend to answer my own question. So whatever I'm struggling with, I'll probably encourage myself when I'm journaling to do better in various areas in my life and maybe figure things out a little bit better.

Dr. Glenn: One of the things that I found in painting these futures is that the destructive part of us wants to keep the specifics from us and so I become a little annoying and I ask a lot of very specific questions. I hope that's okay with you?

Vickie: Yeah.

Dr. Glenn: Okay. What areas of life do you think you'd be figuring out if you were doing more journaling and meditating?

Vickie: I've been working on manifesting a bit. Manifesting like a partner, making more money, having a better career and manifesting more friends. I would just feel better, calmer and maybe be less reactive in general.

Dr. Glenn: You'd have more love, money and friends.



Vickie: Yeah.

Dr. Glenn: Those are good things. And you'd feel calmer and be less reactive?

Vickie: Mm-hmm.

Dr. Glenn: Do you believe all this if you take a breath and you think about just zeroing in on eating in this window from 12:00 to 6:00 and stopping when you're full, eating when you're hungry. Do you believe that you'll manifest this that things will move in that direction?

Vickie: Seems likely. Yeah.

Dr. Glenn: Vickie, what happens if you don't? What happens if you don't do this?

Vickie: I guess I would continue to feel a little sick when I overeat and maybe continue to feel like I'm not really doing what I should be doing as far as eating just when I'm hungry type of thing. And you know what, I bet the overeating is probably not great for candida as well. That was actually one of the major motivators of why I posted in your group the other day. I was like, "Why is this candida staying?" You know what I mean? "Why is this staying? I've been doing this fat-free thing for a while with some fat in there, here and there." But I was like, "Oh, yeah, overeating. Okay."

Dr. Glenn: That makes sense. So you might be struggling with candida?

Vickie: Yeah. But it's really odd because if I watch FullyRaw, Kristina or the other Raw Food Romance or something, they eat huge salad and I feel



like, "I can't even eat that big of a salad anymore." I mean, maybe if I eat it slower, but it's too much now for me.

Dr. Glenn: You're confident that you can get enough food if you're eating smaller salads?

Vickie: I know there're different theories for raw veganism and I know certain people think that you have to have a certain amount of calories, but I'm kind of veering in the direction of less calories. I don't know if I feel like I really need that much food, to be honest.

Dr. Glenn: You're not underweight, aren't you?

Vickie: No. I could probably lose a little bit more, should I say, how much I weigh.

Dr. Glenn: You can if you want to.

Vickie: Okay. Yeah, I'm about at 118 or so or 119 and I'm 5'5". And I look at Dr. McDougall. I think for 5'5", he says, "You could be 112 with clothes." So I'm like 118 or 119 without clothes, so I could probably get down to 108 and still not be underweight.

Dr. Glenn: Okay. As long as you have your eye on that and there's no doctor telling you that you need to gain weight or anything like that, that's great. If you let this keep going, your candida might get worse, and as a consequence, what symptoms would you have?

Vickie: Yeast infections and armpit rash. Really fun stuff.



Dr. Glenn: It's not fun. I know, I know. I've had it too so I understand. Well, what does that voice inside of you that says that this can't be done? Why specifically does it say that it can't be done? If we give that voice a chance, what are all the reasons that it says that this is impossible, you shouldn't do it and you won't be able to do it?

Vickie: Maybe it's just a habit and maybe that it likes the enjoyment of food and being full, like ignoring everything and stuffing myself with something. I used to be a stoner for a long time and I used to overeat all the time when I was high. I wasn't a raw vegan then, I was eating processed vegan and vegetarian stuff so it was a bit different before. I totally ate to the point of feeling ill before when I was a stoner. Thankfully, that part of my life is over. I've been sober for like eight and a half years.

Dr. Glenn: Yeah, I did that in high school. I emphasize. Your food demon, however we want to call it, it says that, "You're going to miss gorging yourself and escaping from everything else and not thinking about anything else besides stuffing yourself. You're going to miss that too much and, therefore, you shouldn't do this?"

Vickie: Yeah.

Dr. Glenn: Why else? What else does it say? Why else can't you do this?

Vickie: I might miss out on some yumminess, I guess. Maybe like everybody said, I'll be maybe not eating enough according to a lot of other people.

Dr. Glenn: You won't be eating enough according to other people?

Vickie: Yeah.



Dr. Glenn: Why else?

Vickie: I don't know. Maybe I'll have to stop and face what it is I'm feeling and be comfortable with just the fear of possibly getting hungry later.

Dr. Glenn: So your food demon says that whatever it is you're feeling and the fear of getting hungry later is too frightening.

Vickie: Yeah, like I have to eat by 6:00.

Dr. Glenn: Or you're going to die.

Vickie: Yeah. But I actually ate at 8:00 last night and I didn't die. I actually had a really small salad too and it was fine. I was fine. I went to sleep shortly after.

Dr. Glenn: You're teaching self stuff, that's great. Any other reason you can't do this? Any other negative thought that tells you you can't?

Vickie: Okay. So maybe it's like when I did the water fast, it was really crazy. I wasn't really hungry the whole time. But it was fine for the first two days, but then after that, it was really painful. I was lying in bed the whole time and I didn't leave my house at all. So I lost weight really suddenly and it was very weird. I was losing like two or three pounds a day and I started the water fast at like 122 or something and went down to like 109, so it was really crazy. I never really imagined that I would get into the teens like as far as my weight goes because the last time I weigh that much, I believe I was in high school, so I don't even think that it was really impossible to get down to the teens. I've never really been a person that really likes the skinny look necessarily. So



yeah, for now, I feel like I'm pretty happy with my weight, but I would feel happier losing a bit more weight and working and having less of a belly. And I think that not overeating would definitely help with the belly issue.

Dr. Glenn: Your food demon is saying that it's possible that you might get too thin?

Vickie: Yeah.

Dr. Glenn: Okay. We'll come back to that in a minute. Is there anything else? Any other reason?

Vickie: Yeah. I think there's part of it in my head is that where I'm at right now is okay for now. Like, this is a lot skinnier than I've ever imagined, but I actually would prefer to lose a bit more weight, but maybe I'm just acquiescing in the spot where I am because I'm not quite ready to be right where I want to be.

Dr. Glenn: Your food demon is telling you that you shouldn't do this, why? You shouldn't eat between 12:00 and 6:00 and stop when you're full, eat when you're hungry?

Vickie: 'Cause it's not quite ready to feel like at the ideal weight exactly.

Dr. Glenn: Okay. Your ideal weight will be too scary?

Vickie: Yeah, 'cause I feel like this is like I've gone far enough for now. This is like I've already lost a lot of weight and I don't know if I'm quite ready for that yet.

Dr. Glenn: That's real. It's okay. Any other reason that you shouldn't do this?



Vickie: I think that's pretty much it. Yeah.

Dr. Glenn: Okay. So can we go through this one by one and I'd like to suggest that there's an element of truth in it, in what your food demon is saying, but there's also a lie. And I'd like you to find the lies and see if you can articulate them for me and I'll help you where you have trouble. Okay?

Vickie: Okay.

Dr. Glenn: So the first thing your demon says was that, "It's too strong a habit to eat when you're not hungry, go past the point that you're full, so you can't change that, so you won't be able to do this," where is the lie in that?

Vickie: Well, I can change it for sure 'cause I've changed so many other habits that I had. So many other habits. I stopped eating chocolate in November and I don't really eat salts usually at home. I've changed so many other things, I'm sure I can change that too.

Dr. Glenn: You can remake yourself any day you want to, right?

Vickie: Yeah.

Dr. Glenn: When the food demon says that, "You really need to be able to enjoy yourself and just gorge and escape from everything else, so you can't do this. You can eat when you're hungry and stop when you're full," where is the lie in that?

Vickie: I can. I guess I just don't want to do it sometimes. I just want to turn on the YouTube and eat till I'm super full.



Dr. Glenn: So do you want to do that or does your food demon want to do that? 'Cause if it's you that wants to do that, then we could change the rule so you could do it once in a while.

Vickie: No, I think it's the food demon. It's like, I don't want to be mindfully eating. Maybe like mindful eating isn't as fun to me somehow or satisfying. Like, I don't really want to eat without the YouTube on for some reason.

Dr. Glenn: Mm-hmm. Was that part of what you're trying to do is to eat without YouTube on or you're just trying to eat between 12:00 and 6:00 and stop when you're full?

Vickie: I feel like it would help to eat without YouTube on with the overeating thing 'cause then I would be paying more attention. So I guess that's why I want to do it 'cause then I wouldn't be likely to overeat.

Dr. Glenn: Mm-hmm. So you're going to be eating in your window from 12:00 to 6:00 when you're hungry, stop when you're full and not in front of a screen, is that the idea?

Vickie: Yeah.

Dr. Glenn: So when the food demon says that, "That's not possible 'cause you won't be able to escape in the way that you want to," is there a lie in that? Is it lying? Is this possible?

Vickie: I wouldn't be able to escape. I guess it's right. I could eat like that, but yeah, I probably wouldn't be able to escape this easily.



Dr. Glenn: So does that mean that you shouldn't do this?

Vickie: No.

Dr. Glenn: Okay. So the food demon is going to have to suffer since they can't escape the way that it wants to.

Vickie: Yeah.

Dr. Glenn: You said that you're going to miss out on the yumminess?

Vickie: Yeah. I think that's a lie 'cause I will always get another opportunity to eat. There's endless amounts of opportunities to eat and I can feed the hunger in a more healthy manner.

Dr. Glenn: Like how?

Vickie: Spiritually, by meditating or journaling, something like that.

Dr. Glenn: You know, Vickie, there's one more thing that occurs to me. Can I add to this?

Vickie: Yeah.

Dr. Glenn: Have you ever heard the phrase that hunger is the best sauce?

Vickie: No. Maybe, a little bit.

Dr. Glenn: What it means is then things taste better when you're hungry.

Vickie: Yeah. Yeah. No, I was totally thinking that too. Yes. Yeah.



Dr. Glenn: Have you ever have a really long hike or something in those first few bites of your meal are just amazing 'cause that's when you're the hungriest?

Vickie: Yeah. Yeah, totally. Yeah, I have some amazing apples because of that when I was at my parents' house.

Dr. Glenn: Yeah. Something like, "Oh, my God, apples." Right?

Vickie: Yeah. I've been wanting to cut out spices and see what that's like because I hear a lot of raw vegan feel better when they cut them out, but I've been having a hard time 'cause I feel so addicted to having my spices throughout the day. But I wonder if like tonight, I had my salad before we talked, but I wasn't really hungry, but I had it with spices and I don't know that if I had it without the spices, I don't know that I would've really wanted to have it.

Dr. Glenn: You want to think about that as maybe another face down the road?

Vickie: Yeah.

Dr. Glenn: Sometimes it's better not to do it all at once. So what I was saying with hunger being the best sauce is that if you allow yourself to be a little hungry after six o'clock and you let that delve that you're going to enjoy the next day even more. When your food demon says, "You're going to miss out on all the yumminess," the truth is you might experience more yumminess.

Vickie: Yes.



Dr. Glenn: When the food demon says that, "You won't be eating enough according to other people so you're going to experience their judgment and, therefore, you can't do this," where is the lie in that, you can't or shouldn't do this?

Vickie: Well, I can still do it. I could just not worry about what the guidelines that other people have created are.

Dr. Glenn: You could run your own race. Right?

Vickie: Yeah, listen to my own body.

Dr. Glenn: The food demon says, "You're going to have to stop and face whatever the emotions are that you're running from like gorging yourself and so therefore, you shouldn't do this," where is the lie in that?

Vickie: Well, if I don't face them, then they're just going to continue to be there. And if I did face them, maybe it would elevate and just feel better in general because I will work more through it.

Dr. Glenn: And the only way out is through.

Vickie: Yeah.

Dr. Glenn: Are there particular feelings or thoughts that you think are too difficult to face or to have?

Vickie: Well, I guess one with the chemical sensitivity thing is that the feeling that people don't really believe me that it's happening. They think I just worry at my work so they think that it's like a behavior problem rather than something that's actually going on. All of the chemicals that



they're using there like the Lysol and the bleach and all that stuff and the response that I get back about them not being able to stop using that stuff, I don't know, I just feel like a lot of anxiety, I guess from dealing with it and judgment, isolation, that's a lot.

Dr. Glenn: So you feel like there are toxins being imposed on you that are making a very significant dent in your life and the simultaneous pressure not to make that obvious because the people at work are judging you for it.

Vickie: Yeah. They don't understand and many people are not familiar with multiple chemical sensitivity and many people are not even sensitive to chemicals so they just kind of think I'm crazy, I think, or they feel violated. I feel kind of violated and I think they feel kind of violated as well because they've been asked not to use some fragrances.

Dr. Glenn: To the extent that you have to deal with this 'cause it sounds like you have to deal with it to a certain extent unless you're going to change jobs, right?

Vickie: Yeah.

Dr. Glenn: Is it easier or harder to deal with if you overeat?

Vickie: Well, probably it will be harder because I will probably continue having candida and not really dealing with the emotions around it, and so I will probably end up being more reactive if I don't really deal with the emotions around it.

Dr. Glenn: And so even though this would make anybody in your situation feel angered and anxious and pressured, you would feel more anger and



anxious and pressured and more reactive about it and have less wits about you if you kept overeating?

Vickie: Yeah.

Dr. Glenn: So it's not like when you eat really well, it's going to solve the situation, but if you eat badly, it's going to make it worse.

Vickie: Yeah.

Dr. Glenn: So then the food demon is lying when it says that you're going to have to face this if you stop overeating and, therefore, you should keep of overeating. That's a lie because you actually do better. It's not going to be a happy situation.

Vickie: Yeah.

Dr. Glenn: Life on life's terms. You better to face life on life's terms. Okay.

Vickie: This is good, Glenn.

Dr. Glenn: Good. What was it that made you happy at that moment?

Vickie: I just like all the digging, I guess.

Dr. Glenn: Oh, good.

Vickie: The realizations about the food demon is a good way to think about it.

Dr. Glenn: Good. I'm glad it's helping you. Your pig will say that, "You're not ready to lose weight and be at your ideal weight. You're not



accustomed to the body image, you've stabilized here for a while, you're not really someone who likes a thinner body image so therefore, you can't do this now," where is the lie in that?

Vickie: I mean, I can lose a bit more weight and be at my ideal weight. Maybe just a little scary.

Dr. Glenn: What's scary about it?

Vickie: I don't know. Maybe just being really happy with it. I know there are a lot of people in our community that get underweight for a period of time and the thought of being underweight is a little bit scary to me, but I'm not really quite concerned. I don't need to be concerned about that quite yet.

Dr. Glenn: What weight would be underweight? Do you have a specifically weight that you know would trigger you to say, "Well, I've got to do something about this now."

Vickie: If I was under 110 or something, I don't really know what it would look like 'cause I haven't been that low in a while. But I looked pretty skinny at the end of my water fast, I freaked out my friend, but I gained 10 pounds back, which was fine 'cause it was a little bit crazy.

Dr. Glenn: You know the cultural perception of normal, it doesn't really correlate with the health variables and you can always check with a doctor to figure out what you really need to weigh. You find a doctor that thinks like we do and kind of lives in these circles under the sun, those diets. I don't know exactly what the number it is, but let's say you got to 110, could you just start adding more dates to your salad so you have some more calories? How would you do it?



Vickie: Yeah. Yeah. For sure.

Dr. Glenn: So this would be something in your control you wouldn't have to overeat?

Vickie: No.

Dr. Glenn: How confident are you feeling that you can eat between your window between 12:00 and 6:00, eat when you're hungry and stop when you're full, let's say for the next 90 days? How confident are you?

Vickie: I'm kind of like at a 5 on the scale of 1 to 10, I guess. I'm not like so worried about the eating between 12:00 and 6:00. It's not that much of a worry for me. I think the most important one is eating when I'm hungry and stopping when I'm full.

Dr. Glenn: What specific reason is your food demon giving you that you can only be a 5?

Vickie: Maybe it's just like how it's been. It's probably been this way for quite a long time, so I'm pretty accustomed to it. It's a habit thing so it's hard to imagine myself changing that habit.

Dr. Glenn: So this is how it's always been so this is how it always has to be?

Vickie: Well, hopefully, not.

Dr. Glenn: If you're in a highway for a thousand miles and you don't take an exit, can you still take the next one if you want to?



Vickie: Yes.

Dr. Glenn: Are there things in your life which were one way for a long time and then you decided to change or you matured out of them?

Vickie: Yes. I feel like quitting kombucha and chocolate was a huge, huge thing for me. Almost like wow. Well, there's been a lot. There's been quite a lot of different things that I've quit. I mean, alcohol and drugs was a biggie as well, but that was a long time ago.

Dr. Glenn: Those are two really big things?

Vickie: Yeah.

Dr. Glenn: At one point in your life, you wore diapers, right?

Vickie: Yeah.

Dr. Glenn: And your mom didn't say to you, "You know, since you've been wearing diapers for a long time now, you're always going to have to wear them." I know it sounds silly. I'm pointing out that it's a natural part of our development to live with certain habits for long periods of time and then mature past them. We can decide when we want to move to the next level. We're capable of doing that. Well, how confident do you feel now?

Vickie: I'm like an 8.

Dr. Glenn: So does that mean that the food demon tries five times, two out of 10 five times that it's going to get to eat when you're not hungry?



Vickie: No. No, it doesn't.

Dr. Glenn: What other reasons the food demon is giving you that you have to have that 20 percent uncertainty?

Vickie: I think I'm used to it. I think part of the evening when I'm not hungry thing is if I'm like wandering around for the day, I have a job that's in the field so my food might go bad or something, like I need to eat it. But the letting go of this fear of needing to eat my food would be helpful as well 'cause it might go bad or get hot, warm.

Dr. Glenn: What would happen if the food went bad?

Vickie: It could make me sick if I ate it, but it's not likely. I could just throw it away, I guess. I could waste it or I could waste it in my stomach.

Dr. Glenn: Treat your stomach like a garbage can?

Vickie: Yeah.

Dr. Glenn: And what would happen if you wasted the food, you threw it away?

Vickie: It would be okay. I would feel a little bad, I guess.

Dr. Glenn: Better than put it in your stomach?

Vickie: It would be better, yeah.

Dr. Glenn: How confident do you feel now?

Vickie: Better. Better. 8, 8 and a half, 9.



Dr. Glenn: So what happens with this, this is kind of a weird point, I call it the inescapable void where you get to a point when you've articulated all the reasons that your food demon thinks you can't do it and you see that each one of them has a big lie in it, right? You do see that, don't you?

Vickie: Yeah.

Dr. Glenn: Is there any one of them that's still bothering you?

Vickie: No.

Dr. Glenn: But when you get past that point, you would think you would say, "Well, if all the reasons that I can possibly think of that I couldn't do this are wrong, then I should be a hundred percent confident, but I'm not." And a lot of the reason for that is that you've got such a long memory and the grooves weren't so deep that it feels like you could just fall back in at any moment, right?

Vickie: Mm-hmm. Mm-hmm.

Dr. Glenn: And this is a groove that's triggered by survival functions in the brain. It's a feast or famine response. There's a depth of emotion that can trigger it sometimes and you know that you can't cut out your reptilian brain, you need it to survive, and so you're going to have to live with it and so you would think that you could never reach a hundred percent confidence. But it turns out that if you don't have a hundred percent confidence, that what it really means is that you'll try for a little while until you don't feel like it anymore and so we have to find a way to get there.



Vickie: Okay.

Dr. Glenn: This is how we do it. It's weird and it feels artificial, but it works. You can't get rid of your survival drives and you can't get rid of the memories that were there driven to the wrong area. What you can do is decide to congeal your human identity around the healthy behavior. And what that looks like is you say, "You know what? I'm a hundred percent confident that I can do this and that I will do this, but my food demon has other ideas." In doing that, you're adopting a language of separation where you can to start to assign all the doubt and uncertainty to the food demon. You'll hear something as you're starting to finish the meal and you realize you're not that hungry anymore and the food demon will say, "Oh, come on, just a little more." And you'll say, "Nope, I never do that. My food demon wants to, but I never do." You start to live more comfortably astride that animalistic impulse the same way that you control other organs of your body. So if you have to pee, I'm sure you just wait until you have to go to the bathroom. You don't just go right there. Right? Or you see an attractive guy in the street, you don't just run up to him certainly to approach or not approach.

There are physiological desires that we have that are very strong. We subjugate them to our needs in the kind of people that we want to be in the world. So when you -- grief is very artificial language. "I'm a hundred percent confident I can do this. My food demon has other ideas," and you keep separating the language, it's a little magical in the long run, it feels really weird in the short run. But in the long run, you start to develop this success identity and you realize you can. And before you know it, it's like you quit kombucha and chocolate. You can do this. Does that make sense?



Vickie: Yeah. It feels kind of like a manifesting or an affirmation type thing. I mean, yes. I think that would definitely work and I'm a hundred percent confident.

Dr. Glenn: That's exactly what it is, Vic. That's exactly what it is.

Vickie: Yeah.

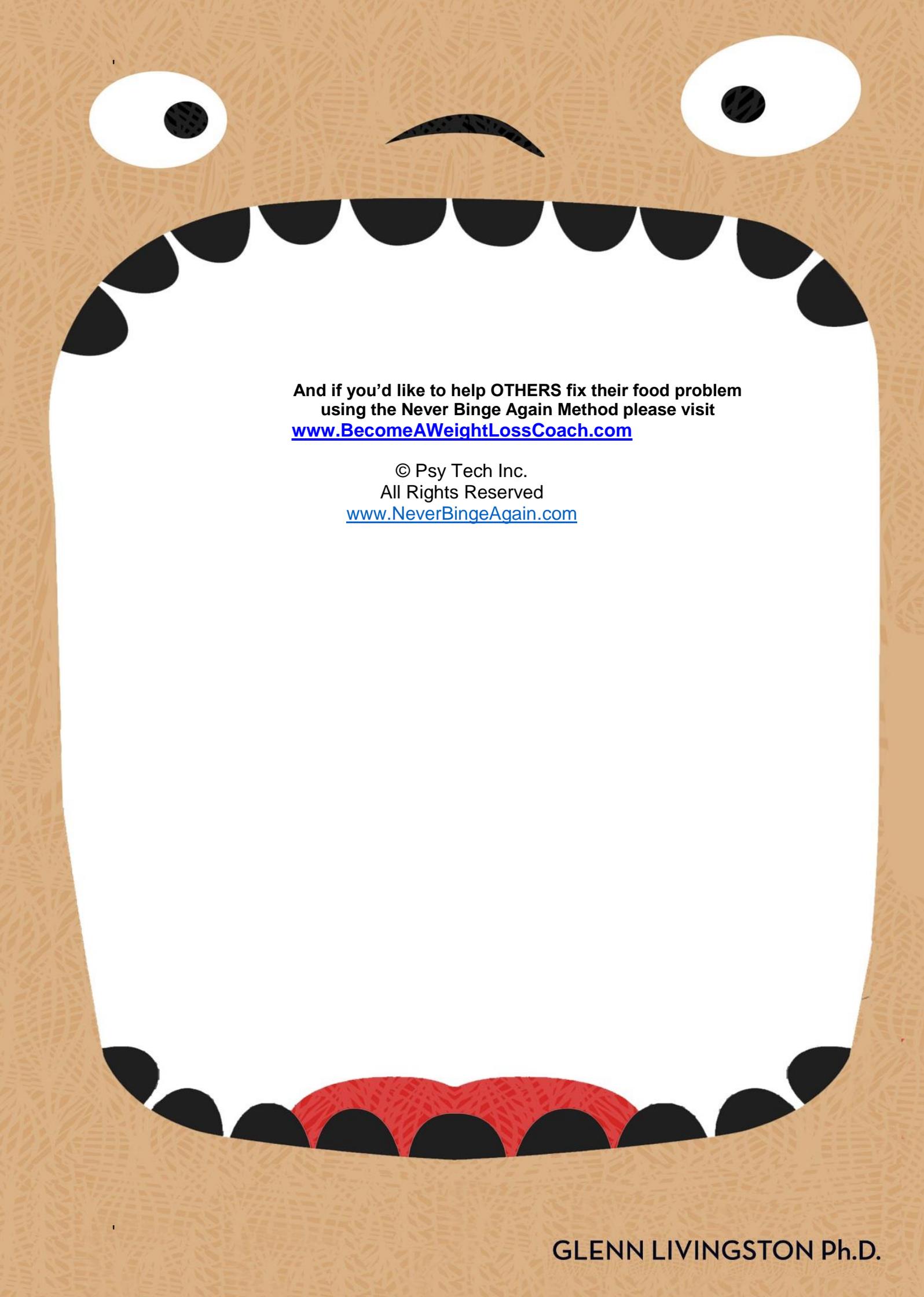
Dr. Glenn: Do you have any questions or concerns?

Vickie: No.

Dr. Glenn: Thanks for your time and attention. If you need personal coaching to fix your food problem fast, please visit FixYourFoodProblem.com. FixYourFoodProblem.com. If you'd like to become a certified professional Never Binge Again independent coach and turn your passion for Never Binge Again into a lucrative, rewarding and fun career, please visit BecomeAWeightLossCoach.com. That's BecomeAWeightLossCoach.com where you can attract high-paying clients by leveraging my credibility and the Never Binge Again brand and help them stop overeating and obsessing about food so they can achieve their health and fitness goals at BecomeAWeightLossCoach.com. That's BecomeAWeightLossCoach.com. Thanks.

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