



Warren – First Follow Up When You've Got a LOT of Weight To Lose

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Dr. Glenn: Well hey, it's Glenn Livingston with Never Binge Again™ and I am here with a follow-up interview with Warren Start. Warren, how are you doing today?

Warren: Doing great.

Dr. Glenn: And how have things been going?

Warren: Going good, pretty much just following my plan and moving forward. I had talked to my doctor the last time and I told her that I'm really feeling like a thin person trapped in a fat prison and I just got to do my time until I'm released, and she liked that analogy and that's how I've been feeling, now I just got to do my time.

Dr. Glenn: You've been rehabilitated and you've got a whole different way of life and that way of life is relatively easy for you but you're just kind of undoing the consequences of your previous way of life, right?



Warren: Yeah. I know it's going to take me a few years to maybe three years to lose all the weight I want to lose but it's a frame of mind I guess.

Dr. Glenn: Is it still coming off steadily?

Warren: Yeah. I've kind of tried to change in 180 degrees as far as thought process, is don't try to lose it fast, take the time to get healthy on the inside and everything else will follow and for me it seems to be working that way and I just have to remind myself it's not going to come off as fast as I wanted to.

Dr. Glenn: Yeah. In a way it's kind of a pig's game to say that it should come off yesterday because we know that's impossible and that leads to frustration and then the pig would say, "Well, since you're never going to be thin anyway, you might as well just binge," right?

Warren: Yeah. I guess I was fortunate this time that I really just said, "This is how I'm going to do it," and I've been able to not have those second thoughts and then planning things out of like, all right if I'm going to do something, how am I going to do it like the four spots we said, never eat this, always eat this, unconditional and conditional. It's kind of funny because we wrote back and forth, it's the psychological mind in the background thinking things like not so much that, it's just like oh okay, you do want to have something like comfort food or something, well what's that going to be now? And I've really just focused in on the things that I want to eat and I've used that. Okay if I'm going to eat extra, it's going to be that and not go to the comfort food of the past.

Dr. Glenn: What you're saying, Warren, is that you're using your higher self, the full force of your intellect and your ability to step back and think about your longer term goals. You're using that to define what comfort food means to you now. In the past you kind of let the pig say what comfort food was and you don't necessarily have to



give up the idea of having some comfort foods and things you might want some extra of, but you're the guy who's going to decide, not your pig, right?

Warren: Correct, yeah.

Dr. Glenn: Would you mind talking a little more specifically about how that worked in your case, like what would have previously been a comfort food and what do you think of as a comfort food now, only if you don't mind sharing.

Warren: Well, that kind of goes what my food plan is but I've really cut back on my carbs and they were in the past almost an addictive behavior with me because I'd want to have more. I mean I could eat a lot and then I'd still be hungry, whereas now, not so much proteins but better fats, more filling and I don't have to have as much but if I find myself a little extra hungry, I'm not going over to the breads and the pastas like I used to in the past. Like I said, I made that decision early on and it's

been really easy for me to stick with it because I'm like, "Oh I'm not going to do it halfheartedly or I'm not going to do it in moderation," I said, "No, I'm going to do it this way and I've stuck to that."

And right now from your book, Screw the Pig, this is exactly what I do and I don't deviate from it and so it's really easy when I'm in a spot where I'm tempted, I'm really not tempted. It doesn't even cross my mind, it's like, "No, I don't do that." That's where it's been I think for me, it's going on the fourth month now. I don't think about those things anymore and I think it's kind of like kind of combination I think when I'm not eating the food that I really crave in the past but I also told myself, "Hey, I'm not going to give in, period."

Dr. Glenn: Has the pig given you any trouble at all?



Warren: I'd like to think no but I'm sure there's been some times where it's kind of tried to squeal in the past. I don't know how to explain it other than saying, I have it so concrete that black and white, this is what I'm eating and this is what I'm not eating, that I don't even think about it now to where, oh just one bite. No, it's like, no, you're not going to eat that. When I said about the fat prison, I really feel that I'm a thin person now and a heavy body. I just got to do my time to get out. I'm sure it tries to squeal but I don't hear the voice this time. I mean I really don't.

Dr. Glenn: That's terrific, Warren. That's what happens when you've really locked the pig in the cage because the pig is fueled by biology. It's fueled by a biological error and some of the foods which most of our pigs really want, I think you were talking about the carbs and there are a lot of very hyper-palatable carbohydrates in our society, things that we would not have found on the savannah, that were not available in the jungles when we were hunting and gathering and those things tend to create cravings for themselves.

Biologically, when you let go of those things, when you put them out of your life and you lock the pig in the cage about it, your survival instinct starts to attach to the things that it was supposed to attach to instead.

Warren: I can explain that to other people. I do think for someone such as myself that's really overweight, obese, that there's a whole different thing going on than someone that just needs to lose 20 or 30 pounds. I'm close to 300 pounds I need to lose overall. And we email back and forth, it was like I don't know what it is if it's the biological, if it's the psychological, it doesn't really matter to me because I'm feeling so good about this, I'm not having the pig squealing at me and I think it's the whole thing. I don't know how to explain it, but --



Dr. Glenn: Yeah. See it's really important that people hear from you about this phenomenon because when you're in the midst of trying to stop bingeing, you believe it's totally impossible. You think, "Are you kidding me I'm not going to have cravings for X, Y, Z, I'm not going to want my pizza or pop tarts," whatever it is, how is that possible? I'm just going to be horrifically uncomfortable the rest of my life but the truth is, that physical experience lasts for just a little while and the Never Binge Again technique is what we use to get through that physical experience and just on the other side of that, your pig will like you to think it's going to be a lifetime before you feel comfortable with it but it's really maybe a few weeks away of that. Just on the other side of letting go of some of these foods is this incredible piece where the pig stops squealing, mostly. Every now and then it lunges at something but mostly it stops squealing because you've normalized your survival drive.

And this is why addictions can go on forever because you really feel like it's a matter of life and death to get that particular food. That's the extent of the biological error but it's just not true. It's just not true and you can't have that talk with someone who's not been on the other side yet.

Warren: For me it might have took maybe close to four weeks but I think we only have so much willpower each day, but I was able to use the willpower, not so much willpower but it's like I made the decision and I was going to stick it through for months because I really felt that I was going to get to the other side. And once I got through that two to four-week period, it was like, wow, things changed so much for me. People at work still bring in stuff, donuts and I'm not even tempted on that stuff anymore. To me I think, wow that's great, because in the past I would tell myself -- or the pig would tell myself, "Just have one, it's okay, you know. It ain't going to hurt." Well I understand, I just can't be tempted.

I was thinking today before our call, I don't buy anything to even tempt me. There's nothing in the house that's going to tempt me. Now there are things in the



house that say, "Hey, if I really get hungry, I have a go-to food item that I'm not going to be hungry." But there's no junk, there's nothing in here. I don't surround myself because even though I'm not tempted, there's no reason to even think about tempting me but I am fortunate that I'm in my house by myself so I don't have other people trying to tempt me all the time.

Dr. Glenn: It goes away even if you are tempted for a while because eventually you'll realize you're just not the kind of person that eats X, whatever X happens to be.

Warren: Oh that's true.

Dr. Glenn: Warren, you mentioned willpower, and I was wondering if you would mind if we talk a little bit about willpower for a few minutes because a lot of people get confused about that.

Warren: In the past when I was trying to lose weight, I try to starve myself. I only have so much willpower until I would give in. And this is where I kind of turned myself around of my 180 degrees where I said, I'm looking at definitely trying to heal

myself first and then the weight will come off as a result. And so I'm not starving myself, I'm not feeling deprived. I'm making sure I eat good calories, that I'm full. I don't need willpower now. Like I said, the first two to four weeks, kind of adapting over to what the eating plan was but I didn't have the voice at the back of my head, "Hey, you got to have this, you got to have that." That was just in stone.

And so I guess willpower, that what I needed now compared to the past is completely different night and day. I mean you have to really work hard to try to starve yourself to lose weight and I couldn't do it. I could do it for a few weeks in the past but after a while, it's just like you said, a survival instinct, your body will get it one way or the other.



Dr. Glenn: So there were two really important points to what you're saying. The first one to underscore is that whatever your food plan is, it needs to be nutritionally complete and you need to feel like you're going to have enough to eat no matter what. It's very rare that people can go on a food plan where they're consistently starving themselves and sustain that for the long term. So I think any nutritionist would tell you that, any doctor would tell you that. So that's one aspect of willpower, what you're describing here. And that minimizes your need for willpower because you're not triggering the starvation response.

But the other thing you said with regards to willpower has to do with the recent scientific research about it being a finite quality, kind of like a muscle that fatigues overtime. That's true in context. What that research is missing is that willpower is really the ability to choose between two or more competing alternatives. You do lose your ability to make the hard decisions as you get hungry, angry, lonely or tired. You do develop more fatigue like that and if you believe that all of those decisions are options for you, then you probably will make the decision that lands towards shorter term gratification as you get more hungry, angry, lonely or tired. So that's true.

What's not true is that you need willpower to sustain a commitment to one option where every other option is not a possibility. So if you are someone who never eats chocolate, then you're someone who never eats chocolate or to give you a ludicrous example, if you're someone who never pushes old ladies off of cliffs, then you're someone who never pushes old ladies off of cliffs.

Warren: And it's not going to be an option when you walk by a cliff with an old lady. You're not even going to think it.

Dr. Glenn: It doesn't matter how angry or how hungry, angry, lonely or tired you get, that's just not an option. You don't rob banks, you're not a bank robber, so you're not going to say, "Oh my God I'm starving, I got to go rob a bank." You're just not going



to do it. We have the ability to define the kind of people we want to be. We have the ability to say we're not the kind of people that ever eats X, Y or Z. We even have the ability to say that conditionally as long as the decision is taken out of the mix. So I'll only have chocolate at social gatherings and only once a month. You can decide that you're that kind of person and then it's not an option in any other environment, right?

Warren: You articulate it better than I could. That's it because I don't have these decisions anymore. I don't have a thought like, oh well, I could have this or I could have that. No, it's like this is what I'm doing, this is my plan. I don't need willpower because the decisions are already made.

Dr. Glenn: So what would you advise someone who was considering even making one rule in stone in their food plan? What would you advise them about what to expect and maybe tips and tricks you learned along the way?

Warren: This is just for me, I made the decision early on to just do it radically different than I had in the past because I failed each time. But I think if you make a decision, make it black and white, don't give yourself wiggle room for the pig to come

up and say, "Oh here's another exception, we could do it now," type of thing because if you do, you're going to have to expend so much willpower trying to force yourself not to take that bad choice. For me it was, make it black and white. And once I did that, it was easy. I don't even have to think about it. Where I work at, last week or the week before last, they rolled out a new software so they brought in tons of treats for my department. Everybody was eating it and I was not even tempted. I didn't even think about it. I'm not saying I don't have bad days every once in a while but I know how to deal with those and what's black and white.

Dr. Glenn: Warren, could we talk about the moment before you committed to your food plan? Do you remember how you felt? Were you nervous about doing it?



Warren: No, I don't want to get into TMI, too much information but I had severe leg swelling, feet swelling. My feet were in constant pain. While I wasn't a diabetic, I had been pre-diabetic for quite a while. And I just had this big bruise on my left shin and it was really painful and I started looking up on the web about how to really decrease inflammation and started learning about what the consequences of diabetes and diabetes amputation was. And that's when I had my wake up call. I mean if I had to get to that low of a point, but it scared me and it was easy to make the decision at that point. There was no doubt in my mind because I'm going to be 53 this year. I have it worked out in my mind now but at that point is, if I don't get this worked out, it's going to be bad.

Dr. Glenn: You had an extraordinarily serious motivation.

Warren: I don't know if this is the pig or not but I was aggravated, it's like why did I have to get to this point to get this motivation. You know what I'm saying? And then so when you ask me what the one thing was that I would suggest to somebody else, is that hopefully they don't have to get to that point. But I do believe a person, whatever that decision is, needs to put it in black and white. Don't give yourself

wiggle room because the pig will come out, because it derailed me every time in the past. I had lost a hundred pounds and another time I lost almost a hundred pounds and then something would come out and then it was just like, bam! I'm getting it all back and plus some. This time I knew I couldn't do it.

Dr. Glenn: Well you could say to people with a lot of years of suffering if they are willing to cage the pig early on, have the insight, they understand that it's possible to do this. If they believe us that there is another side to the battle, that what seems like it's going to be an irresistible urge for the rest of your life is just going to make you miserable, that's really just the pig putting out a big paper tiger and it's all full of hot air, there's really nothing there. At the moment most people commit, you were



different because you got to that point. The moment most people consider committing, they're so frightened of how deprived they're going to feel. They don't believe that it's possible to just let go of the food entirely or even conditionally in a clear line in the sand.

What's usually required is a certain leap of faith. You can't 100 percent logically reason your way into making the decision because you don't have all the data. If you had had the experience of being on the other side for months like Warren had, then you could think it through logically and from where Warren sits, it's almost untenable to consider anything else. But from the point of you of not having made the commitment yet, you're not going to get there 100 percent logically if you don't have that additional data of what it's like [inaudible 00:16:37]. So if you're letting your pig talk you into waiting until it 100 percent makes sense, then you'll never going to do it and that's why so many people, Warren, wait until it gets that point.

Unfortunately, the way that toxic pleasure works with food substances and other toxic pleasures as well, other addictions is that it keeps going until the consequences are too great and you're willing to take the leap because the negative

consequences are continuing to go, the way that you're going is so bad. What you don't know is just how good it can be when you're on the other side and so you can reason it out to a certain point but then at some point you really have to take a leap. Does that make sense?

Warren: Oh yeah. And I just kind of wanted to add, I kept on over the years educating myself. And I think that was another positive for me is I didn't give up. Granted I didn't get to where I wanted to be as quickly, but I didn't stop looking for the solution for myself, so anybody listening to this, this is a great resource, a different way of looking at it, especially to quiet the pig.



Dr. Glenn: The pig would like to say that you're a lost cause but the truth is all along the way, there was your constructive self-fighting the battle, right? You were looking for more information, unfortunately you didn't come to the right information until this point in time but you were looking for more information, you kept trying, you kept getting up and that's a mark of strength, not a mark of weakness. Your pig would like to say, "Look how many times you binged, you lost weight and you gained it back, you lost weight and you gained it back. Look at what you did, you're weak, you should just give up." But the truth is the ability to keep getting up until you stay up is a mark of fortitude and perseverance and strength of character, not a mark of weakness. Makes sense, Warren?

Warren: Oh yes. For me, yes.

Dr. Glenn: So just before we go, I'd like to know what are you most looking forward to as you go down this journey and you continue to be released from the prison that you're in, what are you looking forward to the most?

Warren: I'm starting to feel more energy as time goes on. I also feel strength in my legs. I could feel that I have the energy to go out and do things and as time goes on, I've kind of kept myself shut in I guess and not do things because of the weight

issue. And so for me is looking to be more active as time goes on and have the energy to do it because I was tired all the time in the past.

Dr. Glenn: Do you have any target weights where you think you'll be able to do X, Y or Z? Any specific things you're looking forward to do when you get to a certain weight?

Warren: I was more thinking of timeframe because right now I've been losing around 2 pounds a week.



Dr. Glenn: That's a good clip.

Warren: Yeah, and the thing is I will admit the pig does say, "Hey, that's not fast enough," and I tell myself that's more than fast enough because I'm not feeling deprived.

Dr. Glenn: That's a hundred pounds a year.

Warren: I know, but it just seems like you want it gone yesterday, that kind of conversation which I do have it every once in a while and I tell myself now, you're doing fine. And even if a week or two goes by where I don't lose weight, I can still feel that I'm getting better on a day-by-day basis, so as far as goals to do things, I haven't really brought that in the front of my mind, it's just gone one step at a day or daily and make sure I'm doing everything right.

Dr. Glenn: That's terrific. Are there any other questions or comments or things you want to say to people listening to help them before we go?

Warren: I just say, don't give up. All I got to do now is do my time and I'll be released from my fat prison.

Dr. Glenn: Every day is another opportunity to be healthy and all you need to do is start. No matter what happened in the past, no matter what happened yesterday, no matter what happened five seconds ago, your last binge was your last binge. Write it down in black and white and get going.

Warren: Definitely right for me.



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