

Feeding and Eating Disorders Program Transcript

[MUSIC PLAYING]

MALE SPEAKER: All things considered, I'm doing pretty well. I own my own consulting firm. I help online businesses identify and build their customer base. The company keeps growing every year, so I'm kept pretty busy.

I've got I made, really. I have more free time to play with than most people, a lot more. But to be honest, I'm not happy with my life right now. I wouldn't be otherwise, right?

FEMALE SPEAKER: So tell me what's going on for you.

MALE SPEAKER: Well, I can't seem to keep a relationship going. I have so much good in my life right now, but just not that. I'll start going out with someone a couple of times, and they stop returning my calls. I used to think that it was just a run of bad luck, but now I know that it's me. I'm just not very attractive.

I think that's what happened with my last real boyfriend. We were together for eight months, and never came right out and said it, but I know the reason he ended things-- it was because I was just too fat. No matter what I do, I can't seem to get rid of these right here, my love handles.

FEMALE SPEAKER: Well, it sounds as if you exercise some, because you look in shape.

MALE SPEAKER: I do. I should. I run five miles a day. I go to the gym a couple times a week and lift weights. I even take a hot yoga class. But it might look like I'm in shape, but trust me, I need to burn more weight.

FEMALE SPEAKER: You're what, 6 foot, 5'11"? How much do you weigh?

MALE SPEAKER: 155, but 155 pounds of flab. Don't get me wrong. I know you might-- I don't purge or anything. What goes in my belly stays there.

FEMALE SPEAKER: Tell me about your diet. What are your eating habits?

MALE SPEAKER: I eat two meals a day, breakfast, lunch. That's it, no dinner. I drink a lot of protein mixes. I'll have a smoothie every now and then, but as long as it's low fat.

No alcohol, that's fattening. And definitely no pot. If you smoke that, you'll eat the whole grocery store.

FEMALE SPEAKER: When was the last time you had a physical?

MALE SPEAKER: Three months ago. Everything was great. Blood pressure, cholesterol,.

I've never had sick day in my life. Never seen a shrink, either. You know what my GP said last time I was there, putting my clothes back on? You're too skinny. You know what I said to him? Brother, you can never be too rich or too thin.

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