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Linda Fiveson



How to Avoid the Holiday 10! (pounds)

by Linda Fiveson

Thanksgiving starts the beginning of the holiday season, but does this mean that our "seasonal" weight gain has to begin? Why is it that the number one resolution every January 1st is to lose weight? Wouldn't you like to avoid the weight gain and having to make the resolution this year?

I'm here to tell you that you can! I know for most of us, it seems like an impossible feat, but it's not about being hungry. You can indulge, have fun and even have your holiday cocktail. It's about the chemistry, not about eating. Rather than deal with the temptations, learn to conquer them!

Think about the regrets you will have January 1st if you don't do something now. Is the remorse, the self-hate and of course, the weight gain worth it? You will spend more time thinking about what you are eating, why you are eating it and ultimately how you are going to lose it for a longer period of time than it took you to consume the food!

Approaching the holiday parties with a plan could help make your holidays more merry. Why not give yourself the gift of great self-esteem? We feel so validated when we have control and the holidays are the ultimate test for measuring self-control. So, what's the plan?

1. If food is sitting in a chafing dish, it's probably loaded with sauce, butter, starches and all kinds of unhealthy, poor choices. Find the sliced meats, shrimp cocktail and vegetables and fill your plate with those instead. We never gain weight from an extra piece of turkey or roast beef!
2. If the food is coated with a puffed pastry, such as a pig in the blanket), at least pull off the blanket and throw it away!

3. Don't let the power of anticipation control you. You've eaten these foods before. You know what they taste like and you also know what they do to you. We are sensory and the smell and sight of the food can get the cravings started even before we have had our first bite.
4. Instead of bringing dessert or fattening foods why not bring enough of something healthy that you can eat for everyone else too? Platters of fruit, vegetables, shrimp and lean cold cuts are just a few ideas. Having these foods there will insure that there's something healthy for you to eat and it will eliminate the desire to make "wrong" choices. We have to have a daily consistent, positive and encouraging thought pattern. This commitment during the holiday season will over-ride your *self-defeating patterns* of eating the next time they try to sabotage your success!
5. Don't get mad if you start hearing yourself beginning to obsess over the foods that are fattening. Put your thoughts on hold, and then ask yourself, "Why do I want it?" (Yes, we all know it tastes good) Beating yourself up with guilt or getting angry because you feel weak only reinforces the "I Can't" in your brain. YOU CAN! The mind is powerful over our powerlessness. Makes sense?

You don't have to stop enjoying eating to lose weight. You don't even have to count calories or weigh your food. The reality of healthy eating is all about "what you don't eat"! If you kept a log of your daily food intake and then eliminated the refined carbohydrates from the list, the rest of what's on there would probably be good.

Another good idea for motivation also involves writing. Make a list of the many reasons you want to lose weight. For example: to feel healthy, to look good in your clothes or to buy something new for a special occasion. Of course, confidence, self-worth and self-esteem are also very important. I know there's a lot more you will probably add to that list too! Reviewing the things you wrote will keep you motivated and remind to stay focused on healthy eating.

Having all the "brain ammunition" to help you stay strong, will keep you thinking about the difference between physical and mental hunger. A good rule is "If you have to justify why you are eating, think twice before you eat".

Try rating your hunger from 0-10 the next time you are thinking about food and ask yourself if is it your brain or body that is looking to eat?

HOLIDAY, 2010

GRILLED HALIBUT WITH CUCUMBER-TOMATO RELISH



INGREDIENTS:

- 1 large cucumber, seeded and diced
- 2 cups tomatoes, seeded and chopped
- 1/2 tsp red pepper flakes
- Salt and Pepper to taste
- 2 tbsp fresh mint, cut in strips
- 1 tsp cumin
- 4 whole halibuts
- 1/4 cup diced red onion
- 1 tbsp lemon juice
- 1 cup plain yogurt
- 2 tbsp olive oil
- 1 tsp coriander

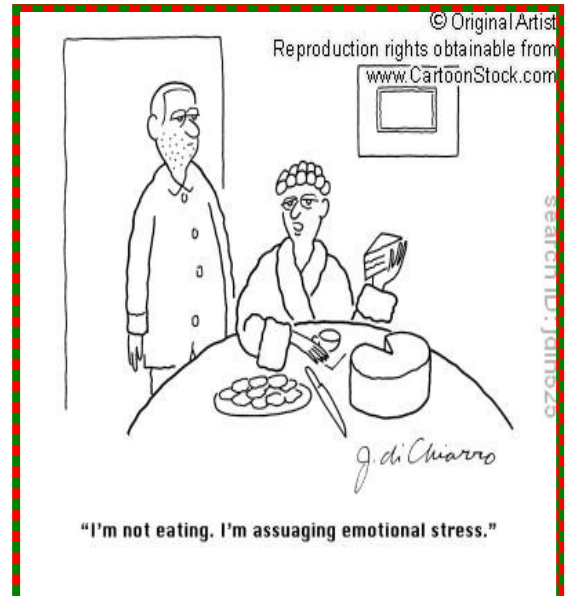
DIRECTIONS:

Make cucumber-tomato relish by combining cucumber, tomatoes, onions, mint, red pepper flakes, lemon juice, salt and pepper in a bowl. Keep Cool.

Make yogurt sauce by combining yogurt, lemon juice, cumin, coriander, salt and pepper in an another bowl. Keep cool.

Brush halibut with olive oil. Season with salt and pepper. Grill over charcoal (or broil) for 4-6 minutes on each side. Serve with relish on side and yogurt sauce.

*4 servings (Each serving equals 1 protein)



Find the Hidden Message!

Find the words below in the puzzle. They go in all directions. When all the words are found, a hidden message will be revealed! (Answer below)

CONFIDENCE
CONSISTENCY
CONTROL
EATING
ENCOURAGEMENT
HEALTHY
HOLIDAYS
HUNGER
INDULGE
MOTIVATION

NUTRITIOUS
PARTIES
PATTERN
PLAN
PREPARED
RECIPES
RESOLUTIONS
TASTE
TEMPTATION
WHY

-----!

Y E R E S O L U T I O N S R G
D C N C O N F I D E N C E N E
E E N C H O L I D A Y S I O T
R T R E O S E A I N Y T O I Y
U R S A T R E G B R A A I T H
N A E A P S A I L E C J W A T
Z Q B A T E I G T U C Y E V L
H U N G E R R S E R D S D I A
L O R T N O C P N M A N S T E
T P V V F H Y F P O E P I O H
N U T R I T I O U S C N I M G
N R E T T A P G G S M A T S M
T E M P T A T I O N D L A W V
X O B G R E C I P E S P X X Z
U X L Z H B I V Q O H Y H W M



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Puzzle message: Retrain your brain!

Do you have a question or suggestion?
 A personal strategy that you use?
 Please let us know—we'll consider it for a future edition!
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