



# Linda Fiveson

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## Recipe of the Month

### Siracha Salmon

#### Ingredients

4 salmon filets or steaks  
1/4 cup Light Soy Sauce  
1 T Cider Vinegar  
1-2T Siracha  
1 T fresh garlic, grated finely  
1 T fresh ginger, grated finely  
2 packets Artificial Sweetener  
2 t sesame oil  
2 T scallions, chopped finely

#### Directions

Combine all ingredients except salmon in a bowl and stir to blend. Add salmon and coat both sides well. Cover and refrigerate for at least one hour to allow marinade to flavor fish. Grill fish on barbecue or broil in oven. Flip halfway through (about 3-5 minutes depending on cooking platform) to brown both sides.

Delicious with a side salad and vegetable of your choice. Or, try as a salad topper!

More recipes on website.

## My Hungry Shadow

My shadow says, "Why are you still eating? Why are you still looking around for food? Are you hungry or are you full, but not satisfied? Or, are you just not finished eating?"

My shadow is now thinking, "We've eaten a fine meal so it's probably that time of day when a bewitching feeling that needs to chew, stuff, or just keep consuming anything overcomes my thinking."

Is it stress? Is it boredom? Is it an emotional eruption of events that have navigated themselves into my cognitive appetite? Or, is it my flirtatious desire to see what I can get away with? Flirtatious means that the temptation lures me to try something I shouldn't eat, thinking this will be the only time I'll do it; but then the pleasure of what I've eaten, coupled with the thrill of my getting away with it, leads me down another path of ruination of my diet.

I watch my hands hastily grabbing at the food and without thought I push it into my mouth. Whose hands are these? Hers (the shadow) or mine? These are the hands that hold bagels, pretzels, candy, pizza,

ice cream cones, greasy fast food and forkfuls of spaghetti and meatballs, just to mention a few. . . . It's pretty scary living with two fully functional personalities that are involved with every thought of food and eating.

An auditory voice is not schizophrenia; we are totally aware of the two people whose voices I'm describing. Everyone has an inner voice. We need them so we can talk to ourselves; it's our way of sorting out our thoughts.

Many people I speak to have described these voices as also having a positive influence. They can be comforting, inspiring, and giving confidence and strength when we feel a little weak.

Aren't these voices the essence of our self-esteem? How often are these conversations negative...or how often positive? This can be so destructive if you repeat it often enough; your unconscious mind will soon accept it as reality so it's important to keep on top of it.

Our minds are like computers; we program in negative thoughts and we are actually creating the situation -- usually, a situation that hasn't happened yet.

This is called negative-conditioning. Negative emotions sometimes trigger us to eat. We use eating to push down our feelings and go to a *familiar behavior* instead of dealing with the problems. We are unconsciously pushing down our emotions; we are momentarily creating the mental *trance* -- the time out!

Instead of the negative, "I Give Up" conversations you have with yourself, remind yourself that the voice is yours, the argument is with yourself. This is such yourself with more promises and goals, get rid of all clear which foods you are not going to eat.

Rather than saying, "I *have to* eat better" and "I *have to* get fit and healthy," say to yourself, "I love having the control of my being fit and healthy." Say, "It's because of the foods that I no longer eat that make me feel this way." NO INDECISION.

Although, we will always have that "Hungry Shadow," we don't have to be defeated by the thoughts. They are only familiar memories -- memories that start with desirous thoughts and end with regrets, remorse, guilt and low self-esteem.

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# True or False

How many of these food fact do you know? Check your answers below.

1. There is no difference between a "serving" and a "portion."
2. Drinking water doesn't really boost the metabolism.
3. Bad eggs will float in cold water and fresh eggs will sink
4. Storing coffee in the freezer helps it stay fresh longer
5. Food cooks faster in salted boiling water
6. Mushrooms continue to grow after they're picked
7. Searing a piece of meat seals in the juices
8. Oranges are a good source of calcium.
9. Cucumbers are used as the base for guacamole.
10. Trans fats are the ones that are good for your health.

Linda Says...

**WE ALL HAVE A PAUSE BUTTON.  
USE IT!!**



*'It's too tempting! Have you got any guilt-free lanes?'*

## Fiveson's Food

Over 100 menu choices! New items added often!  
Formulated from Linda's "own" personal recipes since 1989.

**NO sugar, NO flour, NO gluten, NO refined carbohydrates**

*Fiveson's Fabulous "Fake" Foods are manufactured and distributed exclusively by Linda Fiveson - Syosset, N.Y.*

1. False - A "portion" is how much food you choose to eat at one time, whether in a restaurant, from a package, or in your own kitchen. Versus a "serving" size is the amount of food listed on a product's Nutrition Facts. Sometimes, the portion size and serving size match; sometimes they do not.
2. False - Drinking water boosts the metabolism and can boost the body's ability to burn fat.
3. True - There's a membrane between the egg white and the shell and as the egg gets older, the membrane pulls away from the shell, creating an air pocket," he says. "As the air pocket expands, the egg will rise in water and eventually float.
4. False - While it's true coffee goes stale quickly, freezing it affects the viscosity of essential oils in the beans. When you make coffee, you are trying to extract all the essential oils and freezing it defeats the purpose of buying/having fresh coffee.
5. True - Adding salt to water raises its boiling point and so speeds cooking.
6. True - Mushrooms remain active after they are picked and can continue to grow for up to four day.
7. False - When meat is seared the surface is browned and the flavor intensifies but it is not waterproof. The continuing size of meat in the pan or grill is the sound of moisture continually escaping and vaporizing.
8. True - 1 large orange contains 70 mg of calcium
9. False - Avocados are the base for guacamole
10. False - Trans fats are very unhealthy and increase the bad cholesterol in the blood leading to cardiovascular and other diseases.

Answers

**Do you have a question or suggestion? A personal strategy you'd like to share? Send it to us ad we'll consider it for a future edition!**

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