



Linda Fiveson

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Recipe of the Month

Turkey Tetrazzini

Ingredients

2 cups shredded zucchini or spaghetti squash (not cooked)
2 cups fresh turkey, chopped
1/2 cup sliced fresh mushrooms
1/4 small onion, chopped finely
1 celery stalk, finely chopped
1 packet chicken or vegetable flavored low sodium broth (bullion) dissolved in 1 cup hot water
1 cup 0% Greek Yogurt
2 t Extra Virgin Olive Oil
Salt & Pepper to taste

Directions

Preheat oven to 350°. While oven is warming up, heat olive oil in a pan on stove. When hot, add onion, celery and mushrooms. Stir until onion becomes opaque and celery softens. Remove pan from stove and add turkey, broth, yogurt, salt and pepper. Stir until well blended. Put shredded squash in the bottom of a baking dish and top with turkey mixture. Heat for 15 - 20 minutes or until sauce is bubbling.

Delicious hot!

More recipes on website.

What's Up Can Bring You Down...

I get on the scale, my mind decides "fat or thin." Up one, down two, up and down, down and up. Of course the result of this scale hopping is going to determine how I am going to feel the rest of the day. Any intelligent person knows weight is not always about fat.

Actually, there are many variables that factor into what our daily weight is so why bother with the scale at all? If your diet is good, then basically, your weight should be good too. Yes, it's a positive reinforcement when you are putting an effort into losing weight. It's a confidence builder and an attitude adjuster; it gives you the edge on your body's self-image AND the day becomes "great." Great? That's until your "self-image" (what you see) doesn't correspond with the scale.

After 35 years of doing this, I'm convinced we don't know HOW to feel or act like a thin person. We don't know how to be one and that's because we're not really... We're people that became thinner. Day to day we're living on a tightrope and anything can throw off our balance. We're waiting for it to happen since it's happened before. (perhaps, many times)

It seems like we're a criminal returning to the scene of the crime. It's not original, it's not new and we slip back into the mood of self-pity, failure, hopelessness and a mind full of conversations trying to figure out what to do next. Something better? Something different? Something FAST!

This always happens the same way. We switch to "failure mode" and immediately revert back to "square one." Same stage, same actor, same dialogue, same emotions, same, same, same.... So familiar and what happens next is also familiar. We start sinking (like being in quicksand) into this chasm of hopelessness. Dramatic? Yes. Reality? No.

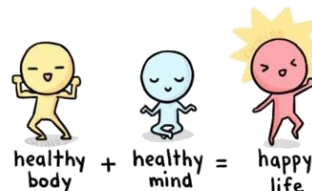
Our mind starts creating lists as we wonder what went wrong? What's not working? What am I eating or not eating for no results? Is it the exercise? The water? The salt? The list goes on and on with all the "I didn't do's." But what DID you do? We get so caught up with the DID NOT's that we forget about all the DID's... It's time to start making changes; time to stop doubting and start doing.

Don't you think that when you have doubts you instinctively know you are doing it wrong? Just like you instinctively know when you are doing it right? If you were asked to describe yourself in 10 minutes to someone who could not see you or has never met you, what would you say? Would you bring about the flaws, missed opportunities and judgments that took you down a different path than you

planned or hoped for or would you be positive? Start thinking about who you are. Who and/or what makes you happy versus unhappy? Who and/or what makes you feel uneasy and unhappy as opposed to comfortable and content? How has this affected you and impacted your life? Think about these things and visualize how different it could be with small changes...

We are usually validated by what we are proud of. We feel strong when we can take pride in our accomplishments and our personal and familial successes. How fast those feelings leave when we are concentrating on the negatives. Focusing on times we "weren't good" remove all of the pride causing our negative emotions to cast a shadow on everything. This negative mindset is our final and lasting emotion, reinforcing the one issue of what we don't like. I call this the mind's "auto piloting." This is when our practical, logical mind has let go of the controls and leaves us acting without self-awareness. This causes us to stray from our original intentions; it tarnishes our dreams and eliminates the promise of success or fulfillment.

Ask yourself what comes first, the healthy mind or the healthy body and move on from there. Remember, "What's up could bring you down..." but the converse is not true unless you change your thoughts and actions...



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Puzzle

Find the words listed below. They go in all directions and some letters overlap.

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

ACCOMPLISHMENTS
 ATTITUDE
 AUTOPILOT
 AWARENESS
 BALANCE
 CHANGE
 CHANGES
 CONFIDENCE
 CONVERSATIONS
 DETERMINE
 DREAMS
 EFFORT
 FEELINGS

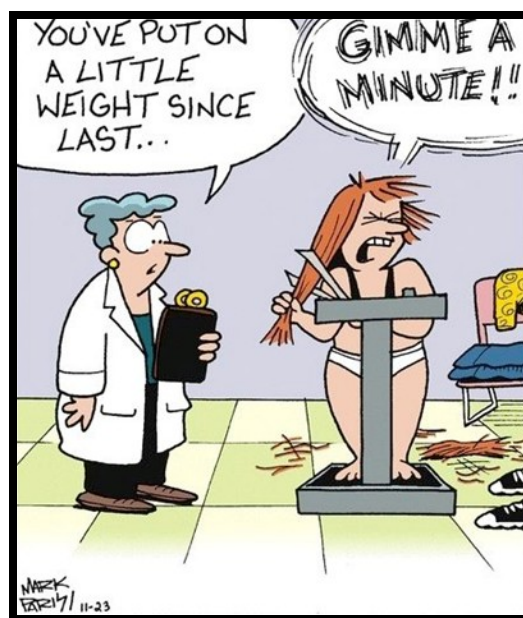
FULFILLMENT
 HEALTHY
 HOPLESSNESS
 IMPACT
 INSTINCTIVELY
 PATH
 POSITIVE
 REINFORCEMENT
 SCALE
 STRONG
 THOUGHTS
 VALIDATE
 VISUALIZE
 WEIGHT

Linda Says...

Think about your
 personal narrative.

What do you tell people?

Which "you" do you show
 them?



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.

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

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