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Veggie Burgers with Apples



Ingredients

½ cup broccoli, chopped
½ cup zucchini, chopped
½ cup red Delicious apples (or other firm type)
½ cup red pepper, coarsely diced
½ cup green pepper, coarsely diced
½ cup carrots, shredded
½ cup onion, coarsely diced
2 Eggs
Salt to taste
Pam cooking spray

Directions

Preheat oven to 375°. Roast all ingredients. Blend in food processor. Drain to get rid of excess liquid. Add eggs and mix well. Form patties and place on cookie sheet that has been sprayed with Pam. Bake until brown.

More recipes on website.

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MY HUNGRY SHADOW

My shadow asked me, "Why are you still hungry? Why are you still looking around for food? 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 you."

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 holds 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 getting 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 thinking.

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 an old programmed, familiar dialogue and you can re-train your brain. Re-train your answers to yourself. Rather than bombarding yourself with more promises and goals, get rid of all of the indecisions. Create affirmations with words and phrases that state loud and clear which foods you are not going to eat.

It's hard not to let the self-doubt of negativity get in the way. This negativity is what makes us human. The secret is not to dwell on them. 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." Face the reality and say, "It's because of the foods that I no longer eat that make me feel this way." NO INDECISION.

What is reality? Is it merely the moment we live in because we spend so much time in self-chatter? We become immersed in the language of *what ifs* continually asking ourselves, "Why can't I?" and "When will I?" And to make it worse, we compare the way we act to others who appear to have a better, more controlled situation than we do.

You must try not to validate yourself by measuring yourself against *illusions*. Anything you see and think that looks or might be better than you is a combination of the fantasy and reality of your imagination.

Isn't it true how many of us start our day based on how we feel about ourselves? However, when you think why you are feeling so good it usually isn't about your business or personal accomplishments; it may not be about your importance to your family and friends and it may not even be related to money. I can guarantee you are having a good or bad day based on how you feel you look and that usually translates to thin or fat.

Close your eyes and try thinking about *who* and *what* you are really about. Without looking at what you don't like, you can try to cultivate a more positive mind-set about YOU. Make a list of positive affirmations that will help you re-program your thoughts. When creating this list avoid words, thoughts or behaviors that have led you to feel like a failure in the past. We seem powerful to do anything in the short term. . . . This is about structuring a path to create the mental balance to see this through all of the way.

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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