

Linda Fiveson

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Recipe of the Month

Simple Salad

INGREDIENTS

Cooked shrimp, chopped
4 slices pimento, diced
1/2 cup canned mushrooms, drained
1/2 cup canned artichoke hearts in water, drained and chopped
1/2 cup hearts of palm, drained and chopped
1/2 cup canned green bean cuts, drained
1/2 cup red onion, chopped

Optional: 2 slices crispy bacon, blotted to remove oil and chopped.

Suggestion: You can add lump crabmeat or cold boiled calamari and add or exchange any vegetables you wish.

DRESSING

4 tbsp red wine vinegar
1 tbsp olive oil
1 tsp lemon juice
1 tsp Dijon mustard
1 tsp oregano
1/4 tsp garlic powder
Sprinkle of ground black pepper
Sprinkle of salt

DIRECTIONS

Combine all ingredients in a bowl and whisk them until they are well blended. Pour over salad and mix through or if you prefer, spoon it on top of salad.

If Not Now...When?



"I lost 140 pounds and I can help you lose weight and keep it off too!"

I recently heard someone refer to the expression, "If not now...when?" and my reaction was to use it for an article. It's provoked a lot of thought about how meaningful these words really are. It's a universal expression; it applies to everything. It's about taking action and not procrastinating. Cleaning out the *clutter* in your life. Doing something you have always wanted to do, but have not done. Trying to end the constant conflict of interest within us. We seem to cling to thoughts that are diametric opposites. We love huge portions and "all you can eat" buffets but at the same time we spend so much time and money on endless quests for that thinner body. We are consumed with thoughts about how we are going to lose weight *this* time. This time? What is so difficult? We know what to do; why don't we just do it?

Making decisions! Making changes! It is so hard for us to make them that we keep putting it off. Usually, we're not even aware that we are procrastinating. This behavior has become so ingrained in us that we just do it instead of doing something positive, like starting to lose weight. We waste so much time trying to figure out a "good time" to get started that we don't even consider "NOW" as a viable option.

Nutrition has an effect on everyone's mental, emotional, and physical health. Refined carbohydrates elevate the production of insulin which allows the blood sugars into the cells, giving the body more energy. The more insulin that is produced the more tryptophan that enters the brain. Tryptophan increases the production of serotonin

and higher levels of serotonin have a sedating effect which can cause sleepiness and "apathy."

Apathy is the lack of enthusiasm; it's lethargy, indifference, boredom, and not caring about very much. Perhaps it's the "not caring" feeling we have when we are eating refined sugars and carbohydrates that allows us to eat! Why do we get this total disregard for ourselves? The paradox is that we are consumed with caring about why, how, and what we eat, yet when we are eating the food we are feeling apathetic...feeling nothing!

But WE DO CARE! We care every time we look in the mirror, try something on, or have to socialize and be seen. We care when we're feeling unhealthy and lazy and if or when we get on the scale. We come up with so many reasons we can't start NOW. We want to finish all the food in the fridge or we'll have to throw it away. We want to have our favorite meal one last time. We want to be able to eat at the wedding we're going to next week...or even, next month. We don't want to miss out on the gravy and pumpkin pie on Thanksgiving or all the candies and sweets at holiday time. We want to be able to eat so many things before we'll be ready to begin that we don't realize we'll have even more pounds to lose than we have now. Get rid of the "feast or famine" mentality. It isn't like you are going to be starving. There are plenty of delicious, healthy foods you can eat to fill you up and some, in unlimited amounts!

Don't say "I have to." Just DO it! This change you are going to make has to be the last one. To be successful you have to realize it's not about the pounds. It's about the behavior. Don't

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Fiveson's Food

You don't have to be a client to eat healthy and enjoy it!

**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.*

More of Linda's exclusive recipes are available on her website: www.lindafiveson.com

True or False?

Food Trivia

1. Cinnamon adds nutrients to food and is also considered beneficial to health.
2. Onions contain sugar.
3. Cranberries have more vitamins and minerals than blueberries.
4. Tomatoes don't have much vitamin C.
5. Vegetables have the same amount of nutrients when they are cooked as when they are raw.
6. Coffee is the most recognized smell in the world.
7. Papaya and mango have equal amounts of sugar.
8. Bok Choy has vitamins but it doesn't have any minerals.
9. Cheese is one of the hardest foods for American dieters to give up.
10. The only difference between pink and white grapefruits is their color.

Check your answers on our website: www.lindaiveson.com

Linda Says...

**Stop Procrastinating.
The time to make
changes is
NOW!**



**"You will be happy you didn't wait
a second longer!"**

If Not Now...When?

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wait until you have time or energy or no stress; that will not happen. NOW is the time to take the responsibility that will be most important to YOU! Like I said, "If not now...when?"

My experience has led me to think people who don't have weight problems eat at regular mealtimes. The heaviest people often eat all day or save it up for one large meal (that probably lasts all night.) It's better to be thin than "trying to lose weight." Forget about trying....the harder we "try to" do something the less we are able to do it or sustain doing it. When we try not to eat something we wind up eating more...

Give away the extra food in the fridge if you can't bear to throw it in the garbage. Learn to make healthy choices when you go to a restaurant. There are many that are delicious as well as filling. Ask if you can bring a side dish or two if you're afraid there will be nothing for you at a party. Change the way you think. Instead of focusing on all the food you will miss out on, focus on all the good things you will achieve. You will

lower your risk for many diseases and be healthier and happier. You will not only look better but you will feel better too. Your clothes will fit more comfortably or become too big and who doesn't like going shopping to find out they are down a size or two? You'll be more physically active and have more stamina. You'll feel attractive and confident about your appearance. And, guess what? You will be happy you didn't wait a second longer!

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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Consultations with Linda are by appointment only.