



Linda Fiveson

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Recipe of the Month

Shrimp and Mango

Ceviche

Ingredients

1 pound cooked shrimp
1 cup fresh mango, chopped into small pieces
1/2 cup celery, chopped finely
1/4 cup red onion chopped finely
1/2 cup fresh cilantro, chopped
1/2 cup fresh lemon or lime juice

Directions

Chop shrimp into small pieces. Pour 1/4 of the lemon or lime juice over the shrimp and mix well. Cover and refrigerate for about 1 hour. Remove and drain shrimp, getting rid of juice. Combine all vegetables in a bowl, add drained shrimp and remainder of lemon/lime juice. Stir through mixture. Cover and refrigerate for about an hour so all of the flavors can combine with one another.

More recipes on website.

Who Is the Demon Inside Me?

On a normal day, we can respond definitively that the eater/demon is NOT us; but it sure does sound like us. The reasons why we eat/binge are so varied and insurmountable ...and typically not related to physical hunger. But we eat, and once we start, we keep eating anyway...everything and anything! We all seem to have more control when the food is not accessible. But what if it is? What if your household includes people that Can eat, can control what they eat/ and are not "controlled" by what they eat. That's not us, for sure.

It feels like a demon is living inside of us. What else could it be, especially because we HATE ourselves when this happens? When the food demon takes control, we seem to lose touch with any realistic thinking; we lose our ability to win the battle. That's right; our negative thoughts become negative feelings and provoke us to eat uncontrollably so that our eating reflects the way we think and feel.

Our fears are many and can be overwhelming:

- Fear of regaining the weight we've lost again.
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- Fear of the scale, a reinforcement of what you are doing, both good and bad.
- Fear of the guilt, shame, lies and excuses; feeling like a fraud. (How long will your binges be kept a secret?)

- Fear of "failure." What a strong and meaningful word that is. Failure is like saying we have reached the end of the road.
- Fear of people noticing that we've gained weight. After all, only so much can be hidden behind dark colors and loose clothing.

Since the word "failure" seems to resonate in our heads quite often, anything that WE DEEM unsuccessful winds up as a failed attempt! We have to look at this as a situation that is not failed but instead, one that just needs to be restructured. It also seems like we don't know what to do; we feel like we have tried everything and nothing works anymore.

First of all stop talking to yourself, stop whining, and get focused! I think many of us have patterns in our day that have developed into habits, so we can almost anticipate when our "demon" will materialize in our brain. This is true especially when it's triggered by our emotions. Our demon is no stranger and actually, I think by accepting that we will be living with it is better than trying to think there is a way to exorcise it.

No matter how much we argue, negotiate or try to remove or replace the voices; it's time to regain OUR own power! Think about "what" you have to do, not "why" you are doing it. Think about "who" you are, not "what" you were. Think about "short-term" success, not "I can't do this for the rest of my life." Think about

"when you are most vulnerable to mindless eating." (When the demon strikes!)

Writing down patterns, feelings, decisions, hungrier times will allow you to see your emotions and the ways you respond to them. Remember, it is when you are feeling thin, when you are feeling in control, when you feel like you will "never" go back to your old eating habits....that the DEMON strikes!

So, be ready and find power in your success so you don't succumb to feeling worthless again. We need to take positive action. Sometimes when faced with the Demon we feel paralyzed. Don't get tricked by this because it often leads to eating the wrong things to break the cycle of numbness. It's easy to indulge in foods we find comforting in an attempt to find comfort but that's just another strike out, another sabotaging behavior. Think of those comfort foods as discomfoting or uncomfortable instead because that's how they make us feel in the end and in essence, that is exactly what they are.

Don't ever second guess the DEMON. He's always there masquerading invisibly so you can pretend not to see him and act like he isn't around. It's so easy to become trapped in every part of the human dilemma BUT...we know better, don't we? He's lying there waiting for a chance to throw us a curve ball. The decision is up to us whether we are going to catch it or let it catch us again and again and again...

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Puzzle

Unscramble the clue words. Copy the letters in the numbered cells to other cells with the same number in boxes below to see what the message says. Hint - words are from and related to story on page 1. Answers on bottom of page.

RAEFS

DEONM

NHREGU

LEUFIAR

SUCFO

WEPRO

RECEST

HEDI

 y !

1 2 3 4 5 6 7 8 9 1 10 11

Linda Says

*By staying alert and aware,
We reduce our fear...*

(And keep away the DEMON!)

Fiveson's Food

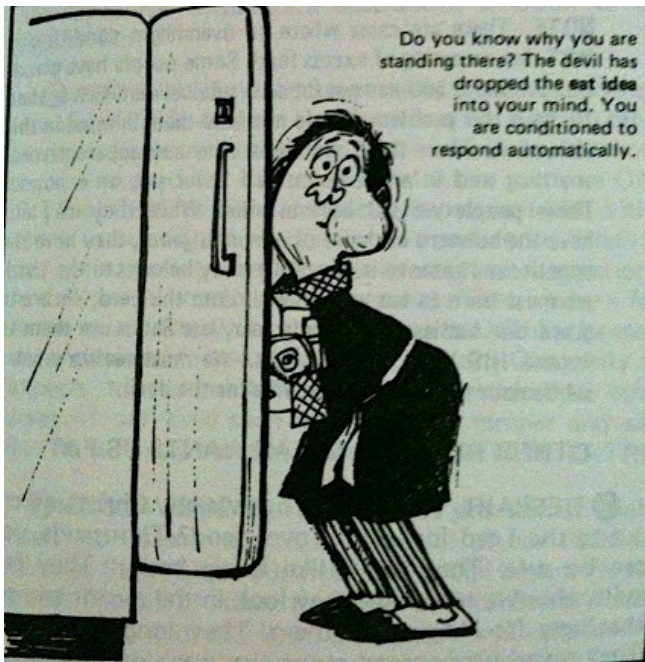
Over 100 menu choices! New items added often!
Formulated from Linda's "own" personal recipes since 1989.

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

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

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

Answers to Puzzle
 1) Fears
 2) Demon
 3) Hunger
 4) Failure
 5) Focus
 6) Power
 7) Secret
 8) Hide
 Message: Meet your Demon!