

# LONG ISLAND WEIGHT COUNSELING, INC.



Linda Fiverson

## THEN AND NOW



August is here and it's time to celebrate!!! I'm not quite sure whether to call it my anniversary or my birthday. In any case, the calendar marks thirty years that I have kept my weight off -- thirty years living as the "new me", the "thin me". This is in no uncertain terms, a rebirth, but there's a bizarre twist to it because the "old me" still lives inside my head...

My story is similar to that of many others who struggle with weight loss and maintenance, body image and confidence. I was an overweight child who became a very overweight teen and then, consequently, an overweight adult.

Thoughts of food flooded my mind in all my waking moments. I probably dreamed of it in my sleep as well. No matter how much I desired a thin, svelte body, the uncontrollable urge to eat was more powerful.

I ate morning, noon and night, usually in nobody's company but my own. I tried to deceive myself into believing that if I ate secretly and nobody saw me it didn't really count. If it didn't count, I wouldn't gain weight. Thus began my years of food orgies and closet eating...

I ate in the car and in the bathroom, in the incinerator room of my apartment building and anywhere else I imagined I could hide my secret and not be seen. At twenty-nine years old, I abhorred myself. I hated what I looked like and who I'd become. As a *professional dieter* I had tried many different plans, losing weight and then, gaining it back. I wanted so badly to be thin but I couldn't understand that being in a thinner body didn't mean I now had the same food privileges a thin person has. As a result, my weight cycled up and down.

I often wondered how I could outsmart myself and then one day it finally came to me... I realized I was a compulsive eater who had destructive behaviors that needed attention and treatment. If I was harming myself I knew that I could also help myself. The first step was to "fess up" and take responsibility for my actions.

My wake up call came when I was consulting with a new doctor and he called me OBESE. I knew I was fatter than everyone around me, men and women included, but it took the work "OBESE" to bring it into closer focus. It was time to commit! Finally, there were no more decisions about what I should do or which diet tricks I should try. This was it -- "the last straw". I had to give up the foods that were making me fat; there was no other way. It was so simple -- right to the point -- but it took a slap in the face (I'm obese) for me to acknowledge it.

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## CELEBRATING

# 30

YEARS OF WEIGHT LOSS  
&  
MAINTENANCE



Linda Fiverson

(continued)

Looking at my image in a size 26 1/2 dress I knew I finally had the courage I previously lacked. I had ignored the way peoples eyes looked me up and down in disappointment and judgment for a long time and no longer could. My parents, doctors and well-intentioned friends had tried to tell me or embarrass me into listening to what they thought I "needed" to do for years. The incentives and rewards they offered were meaningless to me. The motivation had to come from within and now, it finally did!

As I became more self aware and acceptant, I started to realize that the reason I craved certain foods was because my body didn't metabolize them efficiently. In response, I began to eliminate all refined sugars and carbohydrates from my diet. I had lost weight before but this time it was different; I wasn't going to flirt with the "No No" foods! I was done!

I became increasingly creative, designing and preparing my own recipes. This kept food "interesting" and ensured that I was always prepared when I wanted something to eat. I replaced my trigger foods with ones that were more healthful and beneficial. As I changed my habits, I thought a lot about my love affair with food. I went back to school intending to study psychology and soon after, switched to nutrition.

It is now thirty years that I have kept off my weight -- all 140 pounds of it. I'll never really know if being overweight was an emotional problem for me first or my being overweight caused the emotional responses; feelings of guilt, self consciousness and unworthiness. I've heard the voices in my head for as long as I can remember, pushing and pulling me, influencing my decisions to eat or not to eat and to choose this or that.

I had to learn to differentiate between physical and emotional hunger because they can feel identical. What's uncanny is that the food we choose eat to get rid of either type of hunger can be identical too. It's in our hands...

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## AUGUST, 2008

### GAZPACHO

#### INGREDIENTS:

8 medium size ripe tomatoes  
2 large cucumbers  
2 bell peppers (red or green)  
3 stalks of celery  
2 medium Vidalia onions  
2 garlic cloves  
2 T chopped fresh parsley  
5 cups tomato juice  
4 T lemon juice (freshly squeezed)  
3T red wine vinegar  
2 - 4 packets Artificial Sweetener  
Salt and pepper to taste  
Tabasco (if desired)

\*OPTIONAL TOPPING - See note below picture

#### DIRECTIONS:

Peel and chop all vegetables reserving 1/4 cup of mixture for garnish. Discard seeds. Combine chopped vegetables with all remaining ingredients \*except for topping in food processor. Process to desired texture (usually almost smooth but some like to have a crunch) Pour into a large bowl, cover and refrigerate. Serve cold and garnish with reserved vegetables and lump crabmeat.



## Linda Says...

When you strive to maintain,  
You may not lose-  
but you will not gain!



## WHAT DO I NEED TO SUCCEED?

Unscramble each of the clue words. Copy the letters in the numbered cells to other cells with the same number.

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When I show people my “before” picture they are often amazed and say they can’t see me as a “fat person”. It shouldn’t be a surprise at all and won’t be to those of you who share my struggle. No matter how thin I appear to others when I look in the mirror, I still have to look again myself. That’s because inside there’s still a “fat me” whose voice reminds me what I could look like if I ever give in... Giving in would be like giving up.

Can you imagine what it would be like to live without the voices, the negotiations and the guilt, without having to make constant efforts to make up or save up for bad food choices? I believe I gave myself FREEDOM when I made this lifestyle change; I have a clear conscience and peace of mind. It’s something like being Cinderella, knowing that you’re living in a fairyland (your thin body) and it can disappear in one split second (when you eat something “bad” – yes, only one, of course)! The voices can return that quickly and the bargaining, guilt and anger come back too. Worst of all is the feeling that you’re a failure.

Being thin makes you feel proud, happy, sexy and confident. You experience all kinds of positive, exciting feelings yet it’s so easy (too easy) to give them up for a “bite” of something. All the bites, licks and tastes in the world don’t have the same kind of staying power that finally loving yourself has. I know...

Each of us have to make our own choice and all I can do is encourage you to make the one that will be best for you. I’ve walked your road (and still do) that’s something I’ll never forget... Please be assured that I am here to give you whatever you might need – at any time -- directions, support and a listening ear... The time has to be right for you and it will come if you really want it to. I know... Celebrate with me now as I delight in thirty years of healthy eating AND living.

## FIVESON'S FOOD!

*Tastes absolutely fabulous!*  
**FREE of gluten, sugar, flour and preservatives!**

*Formulated from my “own” personal recipes since 1989*

**CHOOSE FROM:**

Assorted blintzes, muffins, breads, pancakes and cheesecakes, steak, chicken, turkey, veal and seafood entrees, various soups, squash fries, turnip latkes, soufflés and other vegetable dishes, mousses, custards, puddings, cakes, cookies, and fruit options...

**Over 100 menu choices! New items added often!**

**OPEN 6 DAYS A WEEK**  
**DELIVERY AVAILABLE - CALL FOR HOURS AND ORDER SHEETS.**



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A personal strategy that you use?  
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You may send an email to:

[lindafiveson@yahoo.com](mailto:lindafiveson@yahoo.com)