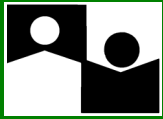


LONG ISLAND WEIGHT COUNSELING, INC.



Linda Fiveson

DECEMBER 2007



Self Talk

An old holiday song begins, "Christmas is coming, the goose is getting fat..." Every time I hear those words I think to myself, "I am glad it is the goose and not me!"

Although I have maintained my weight loss for twenty nine years, I still work hard at it! Of course, I have become more set in my ways and know the consequences I would pay were I to cheat. That keeps me grounded and reminds me how easy it would be to slip and go on a downwards swirl...

The holidays can be particularly trying for those of us with "food issues". This can be for a variety of reasons. Our celebrations with family and friends often center on what we are going to eat. We associate each holiday with certain tastes and smells and we often plan to starve the day before or the day after just so we can indulge. We practically salivate in anticipation...

Holiday eating is very much triggered by our emotions. Whether we are happy, excited, and expectant or sad, tense and stressed our moods influence what we eat, when we eat and how much we eat. Where are you this holiday season in your journey to weight loss and maintenance?

It's easy to use the holidays as a reason to excuse our bad food behaviors. After all, we like to have someone or something to blame our bad behavior on. When it comes to food we are quick to yield to temptation and just as quick to justify it. Somehow, we feel a stronger urge to indulge than we do to fight the bulge! Instead of listening to the voice in our head that says, "Go on and take some" we should listen to the one which says, "You'll be fine - just decline."

Our self-talk is very important. The messages we tell ourselves are more important than the messages anyone else tells us. If we write our own scripts and play out the roles we design we will get where we want to go. Having a positive attitude is always important and perhaps even more so, when we know it impacts our outcome. When our intention is to be successful

HOMEMADE CRANBERRY SAUCE



INGREDIENTS

- 2 12 oz. Cello Bags—Fresh cranberries
- 1 20 oz. can Crushed Pineapple in its own juice-Drained
- 1 8 z. box Sugar-free Jello (Cranberry, Strawberry or Mixed Fruit flavored)
- 1 Apple cored and cut into small chunks
- Artificial sweetener as desired
- Rind of one orange—grated

DIRECTIONS

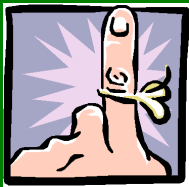
1. Remove any stems from cranberries and wash well. Cook until they are soft. Drain.
2. Boil 2 c. water and add Jello mix. Stir to dissolve.
3. In a large bowl combine all ingredients together and stir well. Move to a mold or smaller dishes if desired.
4. Put in refrigerator until the sauce jells.
5. Serve cold.



Linda Says...

REMEMBER:

If
you eat it,
You
own It!



CHANGE YOUR INNER HOLIDAY MESSAGES!

INSTEAD of saying "I deserve a treat", **SAY** "I will feel better about myself if I don't eat that now."

INSTEAD of saying, "Everyone gains weight on the holidays", **SAY** "For every pound I don't gain — it's like losing double."

INSTEAD of saying, "I only eat these foods once a year," **SAY**, "I've eaten this before so maybe I'll pass this year!"

INSTEAD of saying, "I hope the hostess has some healthy food", **SAY**, "I'll bring a healthy tray of food for everyone!"

we will be encouraged to take steps that lead us in that direction. It all goes back to what we think we can do and what we believe we can accomplish! Once we are sure of our goal, we can design a plan to achieve it. We will be able to see the path more clearly and know where to walk; we will know what to do when we get to the figurative "fork in the road." When we set our own goals we can ensure that they are attainable and measurable. "If we talk the talk we should also walk the walk!"

Think about how easy it can be to change our error messages. It is sometimes as simple as substituting one idea for another or even one letter in a word for another; for example, we can decide to go from "fat" to "fit"...

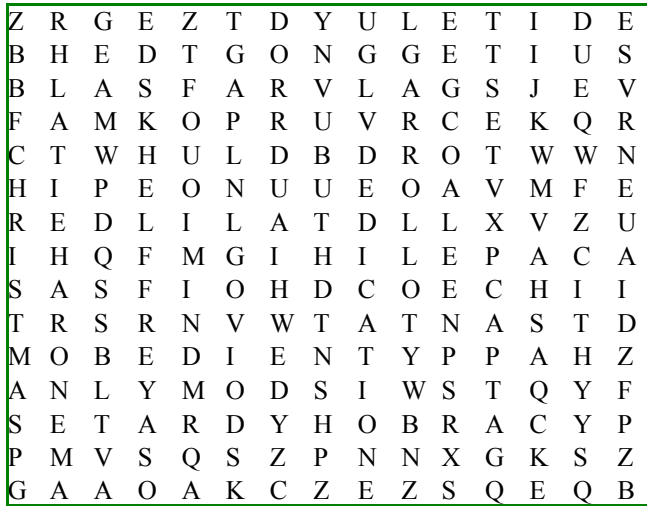
Think about taking charge **NOW!** Grab the steering wheel and drive yourself where you want to go. In the end the destination will be much more meaningful... Start planning your journey now - plot your path, pack your supplies and check your Navigation system... Happy traveling - and happier arriving! I'm talking to you **BUT** I am still talking to myself too!

HAPPY HOLIDAYS

The words below can be found below in all directions.

Circle them as you find them.

HINT: Some letters may overlap.



CARBOHYDRATES
CHANUKAH
DEDICATION
EGGNOG
HAPPY
INDULGE
MENORAH
RESOLUTION
SANTA
WISDOM

CELEBRATE
CHRISTMAS
DISCRETION
FIVESON
HOLIDAYS
LATKES
OBEDIENT
RUDOLPH
WEIGHT
YULETIDE

CRANBERRIES



Most of us associate cranberries with Thanksgiving. That's probably because it usually accompanies our turkey meal. It is believed that the Indians introduced cranberries into our culture at the first Thanksgiving. The Pilgrims called them *craneberries* because they thought the blossoms on the vines looked like the heads of cranes.

Did you know that there are only three fruits that are native to North America? One of them is the cranberry! These small red berries tend to be a little tart and have a distinctive flavor.

Cranberries contain the anti-oxidant proanthocyanidin which is thought to prevent urinary tract infections. It is also suspected that cranberries may prevent bacteria *H. pylori* from causing stomach ulcers. This does NOT mean that you should eat mega doses of cranberries instead of seeing your doctor!

Cranberries have a lot of soluble fiber which helps lower cholesterol. They may also have a positive impact on certain viruses and bacteria.

One cup of the *fresh* or *frozen* type equals one serving of fruit.. My advice is to stay away from dried cranberries and cranberry juice as they have way too much sugar!

There are many recipes you can make using cranberries. See page one of this Newsletter for a quick start...and ENJOY!

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CHRISTMAS IS COMING,
THE GOOSE IS GETTING FIT!

Do you have a question or suggestion?

A personal strategy that you use?

Please let us know—we'll consider it for a future edition!

You may send an email to:

lindafiveson@yahoo.com