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FEBRUARY 2012

Recipe of the Month

Roasted Cauliflower with Lemon, Garlic & Thyme

INGREDIENTS

5 c Cauliflower florets
1 T Extra Virgin Olive Oil
2 Cloves fresh garlic,
minced
1/2 t Salt
1/8 t Black Pepper
1 T Fresh Italian Parsley,
chopped finely
3/4 t Dried thyme
2 t Lemon Juice

DIRECTIONS

Preheat oven to 425 degrees. Put cauliflower in bowl with oil, salt, pepper, garlic and thyme.

Coat a jelly roll pan with cooking spray and spoon mixture in.

Bake for 20 minutes. Stir occasionally or until brown in spots and tender.

When done, transfer to a large bowl. Add lemon juice and parsley and mix gently.



Were You Shot with Cupid's Chocolate Arrow?



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

We all love to celebrate "LOVE" on Valentines Day, but have you ever stopped to think about how our outpouring of this chocolate covered affection, can get us more than we bargained for? Let's take a look at it.

WHY CHOCOLATE HEARTS?

There is something undeniably mystical, irresistible and surely decadent about chocolate. Even the word is romantic, isn't it? After all, chocolate is creamy, silky, the color ranges from light to deep rich, dark and elegant. What is more tempting than the aroma of chocolate? Let's go further into our exploration of this sensuous treat. What's better than the feeling and taste of chocolate melting on your tongue. It's more than likely one of our more pleasurable eating moments.

Did you know that at one time chocolate was forbidden to women? It's true. The great minds of the time, (Male of course) felt that indulging in the luxurious stuff had to be bad, because it felt so good. No wonder we associate the seductive characteristics of chocolate with Valentines Day.

CHOCOLATE, AN APHRODISIAC. COULD IT BE?

It's a fact! Chocolate contains a number of stimulants that can give you that temporary sense of well being. A 1991 study by The Neuroscience Institute of San Diego stated that chocolate is "chock-full of substances that have the same effect on the brain as marijuana". What's even better, is that it's legal! Not surprisingly, this study also found out that this "food of the gods" is the single most craved food in the United States.

Studies also proved that chocolate boosts the serotonin levels in the brain. Because serotonin acts as our HAPPINESS HORMONE, it's no wonder we feel better as Lady Godiva melts in our mouths.

So, is chocolate the new Spanish fly? I don't know for sure, but try slipping your honey a hand-full of cocoa beans and see what happens.

Here's a fun fact! Did you know that the infamous Casanova indulged in chocolate before he partook of his ladies? There must be something to it.

THE BIRTH OF THE CHOCOLATE BABY

Chocolate originated in Central America from the cocoa bean. The cocoa bean was used as a form of "Yummy Money" after it was cultivated. There was also a thick, spicy drink that came from the bean. It was called Xocolatl. This drink was considered an aphrodisiac. When chocolate reached the Greeks, it became known as the food of the gods. Finally in 1847, an English company introduced the first solid chocolate, which was received enthusiastically by all.

I have no doubt that with the birth of commercial chocolate, came the birth of tooth decay, diabetes, and a good many of our modern food-health related problems.

WHAT'S IN THIS STUFF?

Chocolate contains more than 300 known chemicals. Among them are: caffeine and phenethylamine, a stimulant this is related to amphetamines that increases the activity of the neurotransmitters in the part of the brain that controls our ability to pay attention and stay alert

Here's another fact. In the 1940's and 1950's the stimulant theobromine, which comes from the cocoa bean, was added to Coca-Cola. What do you think of that?

ENOUGH IS ENOUGH

Americans consume over 3.1 BILLION pounds of chocolate each year. How much of that consumption occurs on, or around Valentines Day? My guess is that the consumption graph peaks around that time.

What effect does all this choco-consumption have on our bodies and health? I'm glad you asked.

There are a few different fats in chocolate. The one that we should be most concerned about is cocoa butter. This fat is most often linked to heart disease. Some of the other negative



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"own" personal recipes
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*NO sugar, NO flour,
NO gluten,
NO refined carbohydrates.*

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

WORD SEARCH

Find the words listed below. They go in all directions.
Some of the letters may be shared.

S R L E C S I E M W D C R D R
 G E R B H C J T E O C X I R B
 L R T S G J E A S A O P W E E
 Y U B A D X E L L Q U D O G E
 C G O L R L B O E C Y W M N B
 E V W C U D R C C B V A I U X
 M L D C P I Y O Q W R T K H L
 I P G L E M Y H S B N A C H O
 C K U S U Q D C O E M H T V V
 N I L U S N I S L B Y L O E E
 S U G A R Q W A T U R N E H P
 V F L S A B V W R R T A P Q Q
 J W I L L P O W E R A K C J A
 V N U Y T W K F S Q K E O V G
 Z U O B Q P X C B M N X H U R

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|---------------|-----------|
| CALORIES | HUNGER |
| CARBOHYDRATES | INSULIN |
| CELEBRATE | LOVE |
| CHOCOLATE | MOOD |
| CUPID | SUGAR |
| GLYCEMIC | VALENTINE |
| HEARTS | WILLPOWER |

negative effects of over consumption of chocolate is: acid reflux, diabetes, hypoglycemia, migraine headaches and of course our good friend, tooth decay.

If all of that isn't enough to make us swear off that dark tempting treat, then add weight gain to the list.

We've got to keep in mind that the calories you get from chocolate is *storage* calories. This is the high-glycemic sugar that gets stored in the fat cells if the body doesn't burn them right away.

LET'S TALK CARBOHYDRATES

What are Carbohydrates? There are two types: complex and simple. Simple Carbohydrates are one, two, or three units of sugar linked together in single molecules. Complex Carbohydrates are hundreds or thousands of sugar units linked together in single molecules

What happens when you eat too many carbohydrates? To put it simply, the body is a machine that either processes, or stores what we eat. Whatever is not being utilized by the body, gets stored either in the liver, or in the muscles. The excess carbohydrates have but one *fate* and that is to become...*FAT!* So, even if what you eat is advertised as "fat free", you have to understand that excess carbohydrates become fats. No matter what the ad says. Eating fat doesn't make you fat. It's your body's response to excess carbohydrates in your diet that makes you fat.

Carbohydrates generate a rise in blood glucose. This is a problem because insulin gets released in the system to lower the level of blood glucose (sugar). Insulin, by nature, is a storage hormone, so the body gets the message from the insulin to *STORE THE FAT*.

While the body is in the fat storage mode, it's also getting a message, "Do not release any stored fat". This makes it impossible for anyone, on a fat-free high carbohydrate diet to use their own body fat for energy. So

Linda Says

If
 you change
 what you eat,
 it will change
 how much
 you can eat!

Were You Shot with Cupid's

PERPETUAL HUNGER MACHINE

The insulin that I mentioned before has another nasty little side effect. It *causes* hunger. As the blood sugar increases, the body releases insulin in an attempt to lower the sugar. This makes us hungry. So what do we do? We go and eat more carbohydrates. BINGO! A perpetual hunger machine. Not only that, but if we don't eat more of what started this process in the first place, we begin to feel shaky, ravenous and our energy is adversely affected. Then we get into a bad mood. This is why carbohydrates are associated with "mood foods".

RE-PROGRAM OUR RESOLVE

Since craving is a part of dieting that we can't escape, then let's fight fire with fire. Don't try to ignore the cravings, because they could reappear when your resolve is the weakest.

I'll let you in on a secret. Weight loss doesn't always have to do with willpower, because as I wrote in a previous column, there is no such thing as willpower. (If you would like a copy of my Willpower article, ask at the front desk.) or call my office.

Here's the secret. *If you change what you eat, you don't have to be overly concerned with how much you eat.* You'll feel satisfied all the time and wind up losing fat without obsessively counting calories, fat grams, or points. That is a dream for us professional dieters, isn't it?

This article was published in a previous year's South Shore Herald.

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.