

Recipe of the Month

Sweetheart Slaw



Ingredients

- 2 cups shredded red cabbage
- 1/2 cup peeled and chopped Clementines
- 1/3 cup chopped red pepper
- 1/4 cup sliced fresh strawberries
- 3 Tbsp Balsamic Vinegar
- 4 tsp Olive Oil
- Artificial Sweetener as desired

Directions:

Put red cabbage, Clementines, red pepper and strawberries in a bowl. In a separate small bowl, whisk the vinegar, olive oil and artificial sweetener (if desired). Spoon the dressing over cabbage mixture and toss to coat. Chill until ready to serve.



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Valentine's Day - Is it better to have a healthy heart or a cardboard heart filled with candy?

February is all about your heart. When we think about it, it's the month women join together and Go Red to fight heart disease which is now proven to be women's number one killer. Prevention meansBEFORE the Problem!!!! WOMEN'S heart issues and not just men's are given important recognition. Even with all the knowledge and information we have about heart disease, it seems that adults in the United States are still consuming more added sugar than is recommended for a healthy diet. This is despite the fact that we now know there is a significant relationship between added sugar consumption, cardiovascular disease and death. Studies show that we still have not changed our diets much at all. Why not?

February is the month that raises awareness for all of us. This topic is multi-dimensional. All hearts qualify -- men's and women's. The "heart truth" is that we all want a healthy, happy and loving ticker. So Valentine's Day is the day to celebrate love or a plot to destroy romance? What can be worse than a cardboard heart filled with sugars ruining the way your belly looks and feels? Bloating is synonymous with feeling fat and when we feel fat, we act fat! And acting fat can mean we don't want to be looked at, touched, dressed, and even worse, undressed!

Why is Valentine's Day the third largest day of candy sales in the year? And who is getting the candy? Women! After reading the labels of many different brands of Valentine's candies I found that they all had a lot of calories for very small portions and one third of the calories were from fat. Every day, week, month should have pop up reminders or special events on the calendar to keep us aware that a healthy heart, happy heart and romantic heart should be part of our daily care routine. Like hygiene, it's what you DO, not something you HAVE to do. (No option) And not just in February but all year round.

Have you ever experienced "stress cardiomyopathy?" It's Broken heart Syndrome. The heart is the most powerful organ in the body. It can be so strong, but at the same time, it's very sensitive to emotional and chemical imbalances. People experiencing a broken heart can experience a temporary (not common) cardiovascular phenomenon; a temporary weakening of the heart muscle. Infatuation might happen often but it is sometimes said that LOVE happens just once. It's about finding the right person at the right time. Desire is an innate reaction naturally found within all of us. Custom has it that we celebrate our love and happiness in the month of February on Valentine's Day. With that being said, how did chocolates, candy, elaborate meals and desserts, just to name a few, become associated with love and romance and Valentine's Day?

Chocolates, coupled with romance, make the mind fuzzy with less logical insight. Chocolates are considered the most romantic gift in the world. Of course, not in my world. LOL Some scientists say that chocolate is "better" than being in love. The quickly elevated endorphins enhance the spirit and put the mood on the right track for happiness and excitement. There's something about chocolate that makes it irresistible to the vast majority of people and not just that, it stimulates the "feelgood" centers of the brain. The result? We are left with pleasurable feelings and a happy mood. But that's the good part... Sweets and refined carbohydrates also elevate the endorphins... So, is there a difference between hunger and desire?

I always tell my clients to read labels carefully because they can be tricky. This is true especially in the case of sugar because it is often disguised and called something else. Some more obvious examples are corn syrup, molasses and honey. Modified food starch, corn starch, potato flour and rice flour are just a few of

the processed carbohydrates that must also be avoided. If you see sugars in the nutrition box it could also be from sugars that occur naturally in fruits, fruit juice and dairy products which means they are not from refined or processed sugars and carbohydrates.

Another important thing to know is that foods that claim to be "fat free" often have an overabundance of sugar which is substituted for the fat, having been believed to be healthier. Now, however, we know that both fat and sugar are not good for us. Added sugars increase the amount of insulin we have in the bloodstream and negatively impact our arteries. High insulin levels are very unhealthy for us and make us susceptible to high blood pressure, strokes and heart attacks. Added sugar is also responsible for an increase in triglyceride levels and low-density lipoprotein (LDL) also known as "bad cholesterol." There is no question that added sugars are a detriment to our health. A higher amount of calories from added sugar is linked to an increased risk of cardiovascular disease and mortality.

So now that we have all this information, how do we celebrate our Valentine's Day hearts without harming our human hearts? Will we look at those big red heart boxes of candy the same way we always have or will there be a difference? Will the smell of the chocolate and the thoughts of how sweet and delicious it tastes entice us? Or, will our new knowledge win and make us true winners? Chocolate might always activate the areas of the brain that help create feelings of pleasure but now we know that negative things lurk inside the momentary sweetness making it not so sweet at all. Despite all of the nice, pleasurable sensory qualities chocolate has, its "feelgood" effect is short term and potentially very unhealthy. Think about that as Valentine's Day comes around this year and decide whether it will be a killer holiday for you and your loved ones or a survivor holiday. All being said and done, the choice is yours! Happy Valentine's Day!

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Food Trivia

How much love-food trivia do you know? Check your answers below.

1. Chinese women have long prized this spice as an aphrodisiac and scientists have learned it can cause mating in lab mice to increase.
a) Nutmeg b) Saffron c) marjoram d) cinnamon
2. It is rumored that one famous fellow used to eat a breakfast of 50 oysters a day to help his chances with ladies. Who is he?
a) Marc Anthony b) Ben Franklin c) Giacomo Casanova d) William Shakespeare
3. Which food has never been considered romantic?
a) Lemons b) Garlic c) Carrots d) Onions
4. 17th century herbalist Nicholas Culpeper claimed that, if eaten daily, this common vegetable stirs up lust in men and women. Which vegetable was he referring to?
a) Asparagus b) Spinach c) Broccoli d) Carrots
5. You'd have to eat at least 6 cups of this summertime fruit to experience an aphrodisiac effect.
a) Cherries b) Honeydew c) Strawberries d) Watermelon

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 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

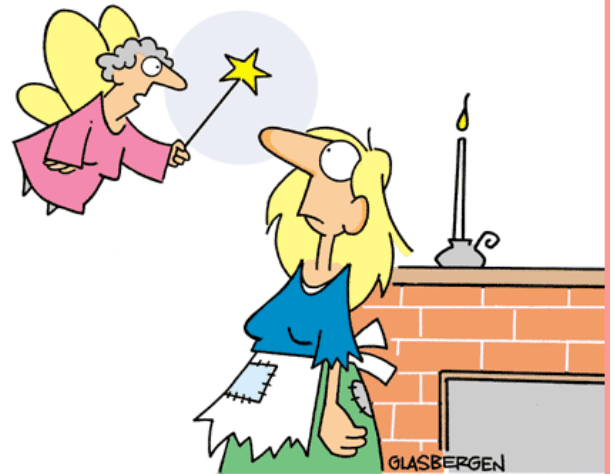
Practice celebrating Valentine's Day in a way that helps rather than harms your heart!

Linda Says...

Don't let Valentine's Day be a heart breaker!



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"Those are your three wishes? Chocolate-flavored lettuce, chocolate-flavored chicken and chocolate-flavored tuna!"

Answers to Trivia
1) a - Nutmeg
2) c - Giacomo Casanova
3) a - Lemons
4) a - Asparagus
5) d - Watermelon