

# Linda Fiveson

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## Recipe of the Month

### Italian Chicken Delight

#### INGREDIENTS

4 lbs chicken cutlets, sliced thin  
1 medium eggplant, peeled and sliced thin  
2 medium onions, sliced thin  
1 15 oz. package mushrooms, sliced thin  
1 bunch fresh basil leaves  
1 12 oz. package sundried tomatoes  
3 garlic cloves, finely chopped  
1/2 cup water  
1/4 cup tomato sauce (no sugar added)  
2 Tbs Olive Oil or Pam  
Salt & Pepper as desired

#### DIRECTIONS

Put a single layer of eggplant in pan that has been sprayed with Pam. Broil or bake eggplant until done. Heat olive oil or Pam in a large frying pan and brown onions and mushrooms. Add water and tomato sauce and stir through mixture to make a gravy/sauce. Remove eggplant from oven. Put a layer of chicken cutlets in the bottom of a deep baking pan. Spoon some of the mushroom/onion mixture on top, followed by a layer of eggplant, basil and sundried tomatoes. Repeat, adding a second layer of all the ingredients. Cover with foil and bake on 350° for approximately 45 minutes.

*(Delicious with zucchini linguine, mashed cauliflower or any other side dish you desire.)*



## You Don't Have to "Be" Fat to "Feel" Fat!

Starting each day can be an arduous process of thoughts. Our regular morning rituals are second nature to us. You can be brushing your teeth and suddenly from the corner of one eye you stare at your body's reflection in the mirror. What do you see? Thick and bulging bellies or butts? You suddenly notice that your arms are fuller and have no definition or less than you last remembered? Dimples in various places have begun to take on a life of their own. And let's not forget the double chin that can no longer be hidden under the turtle-neck sweater. Now, the "Body Bashing" begins!

As you are examining every part of your anatomy that seems to be growing larger right in front of your eyes, you confront your next morning hurdle; (the worst hurdle)... getting dressed. Thinking "UGH, I'm so fat," now you are deliberately trying to figure out what clothes will camouflage the body you've just scanned with your "mental microscope." And "mental" it is!

Getting dressed when you FEEL fat becomes another ordeal; another "UGH." You can change as many as six times until you find an outfit you finally don't question. Typically, if you question how you look, there is a good chance you won't wear it and will continue trying on clothes until something meets your approval from every angle. (A lot of work!)

In the summer, bathing suit cover-ups are a "must," and if you are brave enough to swim, you have to also plan strategically where your towel will be waiting for you. Why is this happening to you? With all the efforts you put into healthy eating and exercise, there should be no reason to feel fat. However, feeling fat doesn't mean you are fat at all. These types of thoughts continue to sabotage your confidence, self-image and self-worth. You become easily frustrated, tense and "uncomfortable." Your only focus is on feeling your bulges spilling out of your shirt and

pants. Truthfully, FAT is really NOT a feeling. Perhaps we say this to mask our feelings of anxiety, upset, stress, unworthiness, etc. Disliking our bodies correlates with not liking ourselves or our lives. Feeling fat is familiar; we know the mental ritual, the same rote conversation we are going to have with ourselves all day about our weight. Unfortunately, considering all the time and thought you spend on thinking about this, you might still never get the answer you want.

"CAN WE TALK?," Joan Rivers always asked. But she didn't mean talk to ourselves...although we do, and maybe she did as well? Isn't it amazing how often and readily the same conversation keeps popping up in our minds? Maybe this is a way to avoid something emotional that can't be resolved immediately.

We don't de-compartmentalize our emotions. "Hate your body"/"hate your life" resonates over and over until it's hard to separate one from the other. When you are dwelling on your body image, you put the real world on the back burner. It may be a good idea to start identifying and thinking about the feelings as you are experiencing them; Guilt? Shame? Stress? Frustration? These are just a few of the possibilities.

Our "inner critic" combines all of our feelings into one strong word -- **FAT**. Emotions are like meteors, they aren't planned nor do they travel in the same path each time. These feelings are so repetitive that day after day we have the same personal conversation about what we should or should not be thinking, doing or saying and of course, eating.

When someone says, "You look so thin," do you discount the compliment thinking it's the clothes or the picture they are looking at that is flattering you? Do you say, "Thank you," just mumble, "I still have to lose," or do you talk about the parts of your body you still need to work on? It seems so unnatural to just say, "Thank you." It must be the fear of truly believing you really DO look good. Wouldn't it be a reprieve to only focus on what you DO like about yourself? There is always something positive to find and it's really right in front of your eyes. It may be helpful to write down the emotional situations in your day that don't and won't get resolved immediately. Day to day, we are all faced with these challenges. You might try creating mental compartments so your thoughts don't intermix with each other. Compounding negativity can be disastrous! It's difficult to look into the mirror without immediately focusing on what's wrong. What happened to thinking what's right? Try this exercise; Make two lists and label one "likes" and the other, "dislikes." Doing this may help you define the difference between living life and clouding the life you live. As you add to the lists, you may be very surprised to see that the "likes" column will be larger than the "dislikes."

Remember.... FAT is NOT a feeling. Before we eat we feel thin and when we're full we feel fat. Why is that? The truth is that our minds work like a kaleidoscope; mixing and turning all of the facets that make up our unique personalities. You may or may not be surprised to discover how much we actually control our own daily thinking. Give that some thought and see if you can change your thought process and what you see when you look in the mirror. Try it, I bet you'll "like" it! And, be happier with yourself too!

More of Linda's exclusive recipes are available on her website: [www.lindafiveson.com](http://www.lindafiveson.com)

# Crossword Puzzle

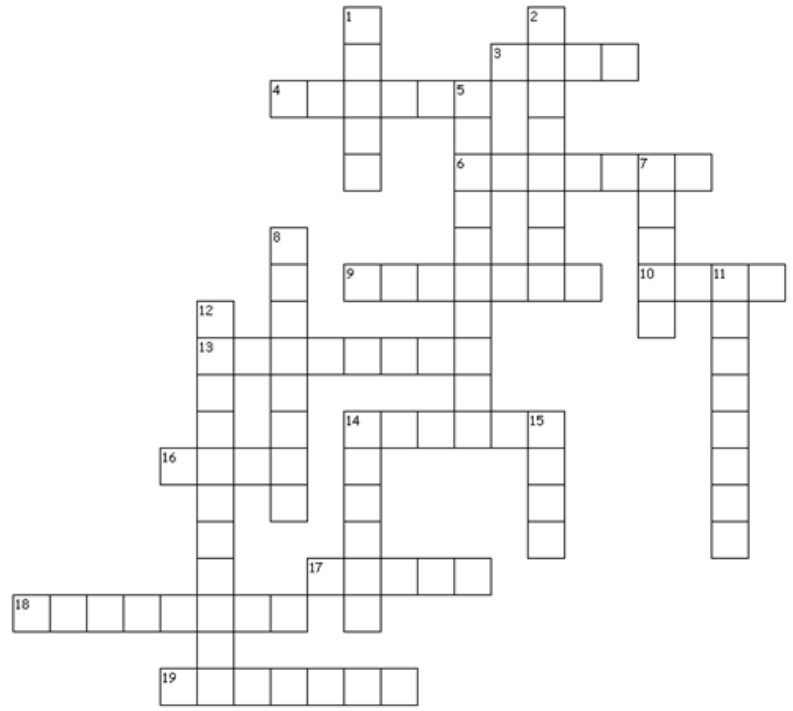
Use the clues below to fill in the crossword puzzle. Check your answers at bottom of page and/or on website. (Puzzle is based on article on page 1)

## Across

3. Something we often do before we find success
4. Our inner \_\_\_\_\_ makes us feel fat
6. Article in this newsletter compares emotions to these
9. What we change when we don't like how we look
10. We often try to cover up or do this to our bodies
13. Synonym for perspective
14. Type of conversations we have with ourselves
16. First name of person who asked, "Can we talk?"
17. Another word for concentrate
18. Opposite of positive
19. Fat is not one of these

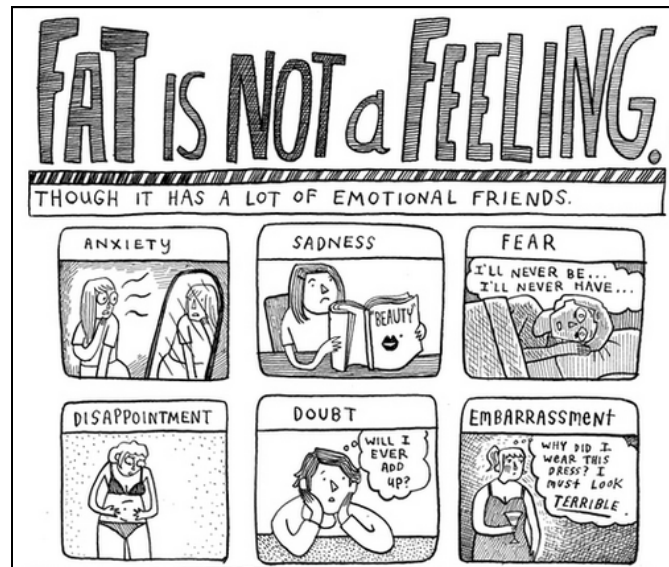
## Down

1. We need to change the way we do this
2. Negatively impact ourselves
5. Necessary to make one to change your habits
7. Change what's wrong into what's \_\_\_\_\_
8. Often the cause for eating/gaining weight
11. We do this to many compliments
12. Something we do to justify how we feel
14. Glass we see our reflection in
15. Changing the way we think will change the way we \_\_\_\_\_



Linda Says...

Change  
the way you think  
to  
Change  
the way you look  
and feel.



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

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.**

**Fiveson's Food**

*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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Across: 3-fail 4-critic 6-meteor 9-clothes 10-hide 13-attitude 14-1-mental 16-jean 17-focus 18-negative 19-feeling  
Down: 1-think 2-sabotage 5-commitment 7-right 8-emotions 11-discourt 12-rationalize 14-mirror 15-live

PUZZLE ANSWER KEY

**Consultations with Linda are by appointment only.**