



L.I. WEIGHT COUNSELING, INC.  
633 JERICHO TURNPIKE  
SYOSSET, NY 11791

Linda Says...

# Linda Fiveson

**NUTRITION, WEIGHT LOSS AND FABULOUS "FAKE" FOODS**

**JULY 2009**

## Out of the Ashes...

Dear Clients and Friends,

It's so interesting how words like "amazed", "shocked", "surprised", "horror", "sadness", and "devastation seem to evoke pre-conditioned reactions. Watching old-time silent movies you will see arms flailing, anguished facial expressions and hand and body movements exaggerated to demonstrate all of the words described above. What we see on the screen is rehearsed. We learn by mimicking the gestures and expressions people use to express their emotions, but how does it REALLY feel? How do those gut level sensations get communicated?

April 9th of this year I had the misfortune of experiencing my own sudden shock, horror, surprise, amazement, devastation and sadness all in a three hour timeframe. I witnessed my office building, my home for 19 years being destroyed forever by a fire. My office WAS my home...

I shared special relationships there; secrets, poignant stories, laughter and tears. My personal

collections that were housed there -- my art, dolls and trophies -- all burned to ashes and are gone. It's easy to pack boxes and move them but it's hard to move memories.



Though they live on in your heart, they're dis-placed and they can't be re-placed...

I can honestly say that as I watched the horror, the devastation and the sadness of everything I had built for 19 years disappear in 3

hours, I learned that none of these words mean anything. 3 hours!!!! Poof!!! I was NUMB! Empty! In the moments when there were no doors to open or paths to pave, I felt like a stone. How does one move on from nothing?

All the words, gestures and facial expressions you use and observe are casual, everyday adjectives. The realities of being overwhelmed and stressed have new meaning to me.

I've always said that "stressed spelled backwards is desserts" but that stress is the "light-hearted" word we all use to complain about the little things aren't going our way that day.

How about the "real" stress of getting back on your feet to the place where you left off??? But with nothing in hand?

I now know why there is no "Rise Up from the Ashes for Dummies" Book. It's impossible to describe. Now this is stress!!!

Imagine the task I had making spreadsheets of everything I lost and

*(continued below)*

## "Sometimes life's accidents turn out to be life's opportunities"

trying to find documents to substantiate these losses. What a job it was to sort through the few boxes of office contents the Recovery Company managed to salvage. Looking at my precious mementos in various states of disrepair was difficult and exhausting. Finding new office space comparable to what I had, replacing and rebuilding everything... Starting with a drawing and an empty shell of a store...turning it into what you see today.

I think the pressure of time passing and not being able to change the circumstances was the hardest

for me. Like many others, I like to feel I have control and during this time, I had little to none.

It is said that things happen for a reason. Instinct tells me that this is true and I will one day realize "why" this occurred. As the negatives turned into positives, I gradually became encouraged and expectant. Internally, I became empowered and began to see this misfortune as an opportunity to grow my business.

I thank all of you who cheered me on. My wonderful clients, you stood by me, continuously encouraging me with your emails and

phone calls. You kept reminding me that "out of sight is NOT out of mind." You rallied for me and validated our connection. Your words were food for my soul as mine have been for you.

To celebrate "Out of the Ashes", I am having a big party July 31, from 4 -9 p.m. It's an expression of my thanks to you and also, being given the opportunity to continue doing what I have loved doing for 30 years! I hope you will be there!

Fondly,  
Linda

You're Invited  
to

*Linda Fiveson's*

**Grand Re-Opening  
Celebration!**

Friday, July 31, 2009  
4:00 p.m. - 9:00 p.m.

**A day of fun and festivities!  
Free Giveaways!**

**Fabulous "Fake" Foods  
will be served!**

L.I. WEIGHT COUNSELING, INC.  
Syosset Plaza  
633 JERICHO TPKE. SYOSSET, NY 11791  
516-496-2300

[www.lindafiveson.com](http://www.lindafiveson.com)

## **In the Right Direction**

When you're hungry and want to eat,  
Remember my words,  
"No wheat, no sweet."  
Being thin really feels better  
than any food tastes,  
And you won't have to worry  
about bulging waists.  
When the going gets tough and  
you feel the need,  
Call us for support,  
We want you to succeed!  
To the best of your ability,  
try to stay on track,  
I'm glad to be open again and  
have you all back!

## **As We Move On...**

**Some things should stay the same. Others need  
some changing....**

I'd like to ask what you, my clients would like to  
see in our Newsletters, on our website, and even on  
our refrigerator shelves! If you have any ideas  
please drop us a note. Consideration will be given  
to all requests.

Further information will be posted on our website.  
Please keep checking.

Thank you for your help!

IDEAS  
TO  
PAPER



## **FIVESON'S FOOD!**

FORMULATED FROM LINDA'S "OWN"  
PERSONAL RECIPES

**NO sugar, flour, gluten, or preservatives!**

Assorted blintzes, muffins, breads, pancakes and  
cheesecakes, steak, chicken, turkey, veal and sea-  
food 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.**

**516-496-2300**

[www.lindafiveson.com](http://www.lindafiveson.com)