

Linda Fiveson

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JUNE 2012

Recipe of the Month

Surf & Turf Burgers

INGREDIENTS

1 lb. ground white meat chicken, turkey or beef
6 sea scallops
1 Tbs. each:
Asian spice, onion flakes, black pepper, salt, garlic powder, paprika.
1 tsp. each:
Parsley, oregano, thyme
Juice from 1 lemon

DIRECTIONS

Mix spices and coat scallops, add the lemon juice last. Add the excess spices to the chopped meat.

Make a flat patty, add 1 scallop, cover the scallop with chop meat to form a burger.

Broil at 400 degrees. Brown both sides approx 12-15 minutes each side

Optional fillings:
Ricotta with bruschetta.

Linda Fiveson's
ORIGINAL RECIPES

Why does dieting feel like deprivation?



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

When the time comes to go on a diet, many people express the same concern; they don't want to feel deprived. There is a common misconception that in order to lose weight we have to restrict our diet so much that we won't be able to comply with it. The dictionary says that being deprived means "lacking in things necessary for comfort, happiness and social satisfaction; not having the basic necessities of life." For many of us, diets mean we will have to give up something we enjoy, namely our favorite foods. In a perfect world people can eat one thing without guilt, conversation, or trading another food off in order to have the "guilty pleasure." Pleasure? What is truly pleasure? Is it denying yourself that "one thing" on your plate or what you gain when you don't have it?

We can spend endless amounts of time enumerating and listing the foods that are not "on the plan" but what about making a list enumerating how different our lives are when we are eating healthy? I mean a real list on paper; a great reference for when we feel a little weak and want to go back to "non-deprived" eating.

Do the words "I'm not allowed to eat that" make you feel like a victim? And, if you do eat something you feel guilty about, do you then become the judge reprimanding yourself as to why you actually ate it? To add insult to injury, do you also become the jury and punish yourself endlessly to make up for this "terrible offense"? It's like being in a constant mental courthouse!

Your mind might now be raging with chaotic thoughts of how to break free of the trapped and controlled feeling you are stuck in "again" or whether it is possible to break free at all. We all have an inventory of programmed voices, beliefs, and emotions about food and dieting in our minds and that can all be so consuming. Although one part of our mind makes the decision to follow a diet and another reacts as if is being deprived, I think basic human nature doesn't like to be told what to do. We all have a rebel in our nature that instinctively wants to break the rules. These are rules that WE imposed upon ourselves so it's easy to break them; we are not going to get fined or go to jail if we don't obey. It doesn't feel good to be confined by these artificial rules. Another situation that is often hard is eating with other people. Many of them can eat what they want and right away we start thinking, "It's not fair..." And so, the matter is made worse.

We all have a genuine desire to feel and look healthy and fit but this desire gets corrupted by those distorting voices in the mind, the voices that feel deprived. I've always believed that a good time to keep a journal is when our minds are feeling powerful over our eating. I suggest writing down what you think is making it so easy for you to eat healthy at this time. This might help you identify those self-sabotaging thoughts and behaviors. The brain and body should have a positive relationship. You have to put your mind on a diet and your body will follow the lead. When they are in sync, our minds are very happy!

Fiveson's Food

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.*

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

PUZZLE

Unscramble each of the clue words from the article on page 1. Copy the letters in the numbered cells to other cells with the same number. Answers are below.

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12

- 1) People don't want to feel this way.
- 2) A plan is more successful when it fits your _____.
- 3) Used to keep track of food and feelings.
- 4) We sometimes feel this way when we eat something we "shouldn't."
- 5) The kind of relationship our body and minds should have.
- 6) We all want to exercise restraint or have this.
- 7) Home to our thoughts.
- 8) According to Linda, there's one of these in all of us!
- 9) We feel confined by these.

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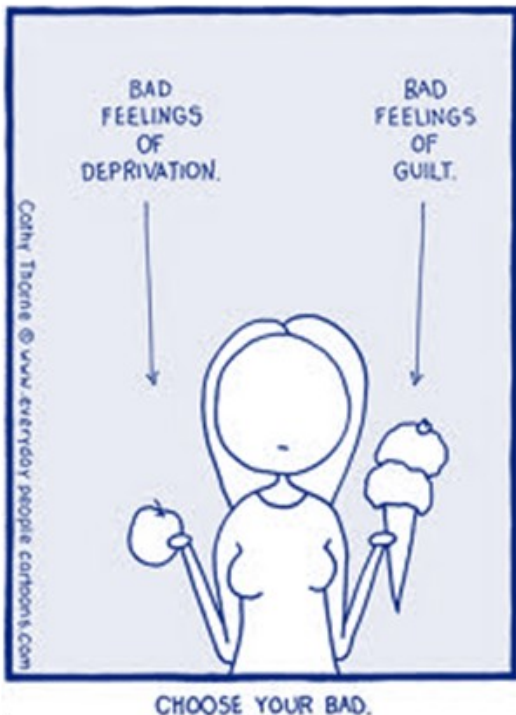
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Linda Says...



PUZZLE ANSWERS
 (1) deprived (2) festive (3) journal (4) guilty (5) positive (6) control (7) mind (8) rebel (9) rules

LOSING WEIGHT IS A MIND GAME.
**CHANGE YOUR MIND,
 CHANGE YOUR BODY.**

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!
lindafiveson@yahoo.com

Consultations with Linda are by appointment only.