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Linda Fiveson



## How to Deal with the "Who" You Are

by Linda Fiveson

This is the time of year when we all make promises to "improve ourselves" and get rid of the bad habits that have taken over our lives and driven us to this point of desperation. We're going to start the New Year with a fresh attitude and outlook.

But why do we always have the same resolutions each year? And why can't our new motivated energy last throughout the year without falling apart?

Psychologically, having a "formal" start date (like January 1) helps us get ready to prepare ourselves for the task we are about to undergo. It also gives us time to "overindulge" before we take those vows of abstinence. It's the same as starting on MONDAY. The weekend becomes your last chance to have your last "food fling"!

Why do you think we are repeat offenders? What is that mechanism in the brain that clicks on and off and keeps us focused or sabotages our best efforts for success? We spend so much time thinking about what we are eating and why we are eating that ultimately, we feel so guilty when we put that first bite in our mouth. Immediately we get so miserable and unhappy that we spend more time regretting what we ate than the time it took to eat it! What a waste of time!

If you imagine your first "bite" in slow motion....it started with a thought of the food not the actual bite. Were you stressed? Did you see or smell some of your favorite foods? Regardless, it's the thought that starts the process even before you have eaten the food. Your mind is imagining with glorious anticipation how you "have to" pop that wonderful food into your mouth. Next, your imagination starts the salivation process, and of course, your brain is rallying, promising "this will be the last time". Now, it's time for the negotiating process.

Isn't this a lot of work? It's chaos at its best! Your mind becomes obsessed and somehow the thoughts of eating become so overwhelming and powerful, you HAVE to give in to that "bite" in order to stop the obsessive thinking.

The WHO you are mechanism in your brain is very hard to change. If you have always had this compulsive eating problem, chances are you always will. If you just plan and stock up on some of your favorite healthy foods, you will be prepared for your next hunger attack.

The WHO you are is like the hard drive of a computer. You can't change or access what's not accessible. That's why eaters EAT! When we can't deal with situations we can't control, we go to what we can control and what is familiar....EATING. We feel the urge and need to eat and if we're prepared with the "right foods" we can eat! And it's not about hunger; it's about taking a "time out" break -- and it sure does work!

The HOW part of this is to accept that eating is what we do and understand that overeaters DO NOT HAVE TO BE OVERWEIGHT! Now... if you feel the need to eat (reasonably or not) you can -- just eat the right food! This way you'll have the "best of both worlds and bodies"; thin and happy with no chaotic thinking to consume your mind all day long!

## JANUARY, 2011

### SUPER BOWLSUNDAY SLIDERS WITH TZADIKI SAUCE



#### INGREDIENTS: Sliders

- 1 lb. lean ground beef, chicken or turkey
- 1 T fennel seeds (toasted and ground)
- 2 T chopped fresh parsley
- 2 T minced garlic
- 1 T salt
- 2 T black pepper
- 1 T olive oil
- 8 - 10 romaine (or other) lettuce leaves

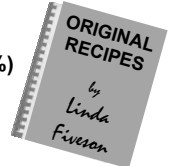
#### INGREDIENTS: Tzadiki Sauce

- 1/2 cup plain Greek yogurt (0%)
- 3 T grated cucumber
- 1 T fresh parsley (chopped)
- 2 t lemon juice
- 1/2 t minced garlic
- 1 t salt
- 1/2 t pepper
- 1 T olive oil

#### DIRECTIONS:

Tzadiki Sauce: Combine all the ingredients and mix well. Set aside.

Sliders: Place all the ingredients for sliders except olive oil in a bowl and mix. Form mixture into thin patties (8-10). Brush a cast-iron pan with olive oil and put on high flame. When pan is hot add sliders. Cook for approximately 2 minutes in each side. Place one slider on each lettuce leaf and top with Tzadiki Sauce.



Linda Says...



