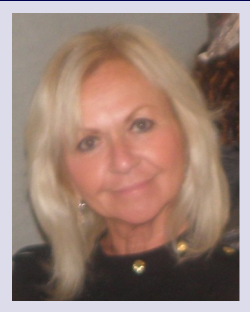


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JUNE 2014



Recipe of the Month

Asian Style Butternut Squash



Ingredients

1 large butternut squash
4 Tbsp Sesame Oil
1/2 cup Sesame Seeds
Salt and Pepper as desired

Directions

Peel butternut squash and shred. Place in a large bowl. Add sesame oil and toss until well coated. Add salt and pepper and 1/4 cup of the sesame seeds and mix through. Preheat oven to 350°. While oven is heating, spread mixture on a baking pan and sprinkle remaining sesame seeds on top. Cook until it reaches your desired consistency.

*For a crunchier texture spread the squash out on pan and keep shaking it so it gets well done all sides.

How Is Your Summer Shape?

How is your summer shape? Just O.K.? Been thinking about getting back on track to a healthier plan? Well, it's not too late. You can still lose your weight and you can start NOW!

So many things change in our lives this time of year. Vacations begin, kids leave for camp and college kids come home. Entertaining is at an all time high. The barbeque seems to be going non-stop, and it seems like the refrigerator is always running out of food. In any one day, there can be so much chaos it makes you want to yell "STOP, I need a break!"

With all of this going on, it seems impossible to be thinking about keeping yourself on a healthy eating plan. Even more difficult is avoiding all of the foods that are in the house for the "company" (and, for who else)?

Since appetite is controlled by many of our senses, it's difficult not to be attracted to how delicious the food looks and smells. Fond memories of how much we love these foods start to send us signals and all of a sudden a voice resonates from our brain, "I just want a taste!" "I'll only have just one."

Haven't you ever thought that the ventriloquist in your head is you? The unconscious mind has woken up and is about to try to talk you into giving in. Don't!

To avoid temptation, PLAN AHEAD. If you are the host, you're in control. Don't serve foods (or as many foods) that will weaken your resistance. And... always send the leftovers home with your guests!

Drink plenty of water, even if you have an alcoholic beverage (wine or spirits). Stay away from beer and sugary drinks and use water to help you fill up and avoid getting too drunk. Alcohol can de-

crease your resolve and once you have that first bite, you know what happens next? The conversation to convince yourself that just a little bit won't do any harm. How many little bits does it take for the food to finally count?

Appetizers don't have to be fattening! Vegetables with salsa and shrimp or lump crab cocktail are low in calories and very filling. They're also delicious! Stuffed mushrooms, using the stems, onions and seasonings for stuffing are also great.

If you are going to someone's house for a party, rather than bringing the latest "fad" desserts, purchase a lovely bowl and fill it with mixed fresh fruits.

Skewering and grilling fruits and vegetables are always a treat. Try fruits like pineapple, pear, mango, apples, lemons and limes along with vegetables like jicama, cubed squash, rutabaga, bok choy or yellow, red and orange peppers. Not only does this look colorful and abundant, you now have assortment of "pickables" before the main meal is served.

Socialize! Don't plop yourself down on the chair near the table of food and expect you won't notice how enticing it looks and smells. Remember, our first bite starts with our eyes and noses! Walk around and seat yourself away from the "table of temptation"! Access leads to Excess!

There are always outdoor activities going on in the summer. The busier you become, the faster the day will pass without you spending it mindlessly eating. Eating with your hands is normal for outdoor parties but the hand is a dangerous utensil; it has no stomach nor does it have a brain. It moves so quickly that it's easy to overeat without even realizing that you have finished everything on the plate. Using forks, spoons and knives slow you down a bit and make you more aware. Using dessert plates can be helpful too since they "force you" to take smaller portions.

Visualization. When you look in the mirror, what do you "really" look at? What do you see? Usually, we avoid the mirror when we feel "fluffy". Watching other people eat is actually a good way to keep yourself from indulging. You will notice there are two categories of eaters: one is able to select their foods, sit down and eat slowly and the other seems to have a bottomless pit of a stomach and can't stop eating until they feel like they are full to capacity! People in the second group also tend to eat more with their hands - from table to mouth.

Visualize yourself being thin, wearing a great outfit or bathing suit. Envision the onlookers' eyes as you walk into the room. Imagine that for that night, all eyes will be upon you, no matter what you do. And, with complete admiration for how stunning you look. Did you visualize that? Keep trying...

Of course, you can try "reverse" visualization too. Think about someone who looks very un-healthy and overweight. Someone who is breathing heavy, sweating, and wearing clothing to camouflage and cover-up their girth! Remember this image and remind yourself how unhealthy and unflattering they look.

Visualization is a powerful tool. It puts our brains in gear and motivates our behavior. Now, if I ask how your summer shape is again, will your answer be the same? Or, are you already working to get the shape you want? Remember, there's always time to become "the you" that you envision yourself to be. Start somewhere. Start NOW!

(Reprinted from earlier article)

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Puzzle

See how many of the words related to “choices” and “decisions” (on the right) you can find. They go in all directions and letters may overlap.

V V V E D N Z S N C G N L S P
 E P M V O E N F O J O T R E R
 J T J I V O C M I I V N E C E
 E U T E I E M L T W C E S I F
 G P D T S I R A A O S M O O E
 O N C G T I R D N R Y E L H R
 C A I M I E M V I Q A L U C E
 D H E D B N I O M C Z T T Y N
 G N O I I C G N R L T T I N C
 T X L O T C L Y E P I E O O E
 A E D I S B E V T M M S N I N
 D J O Z M E K D E G Q O T N D
 S N O I S I C E D I X Y C I V
 S A L T E R N A T I V E S P M
 N O I S U L C N O C C C E O Q

- Actions
- Alternatives
- Choices
- Choose
- Commitment
- Compromise
- Conclusion
- Conviction
- Deciding
- Decisions
- Declaration
- Deliberation
- Determination
- Judging
- Opinion
- Option
- Reference
- Resolution
- Settlement
- Verdict

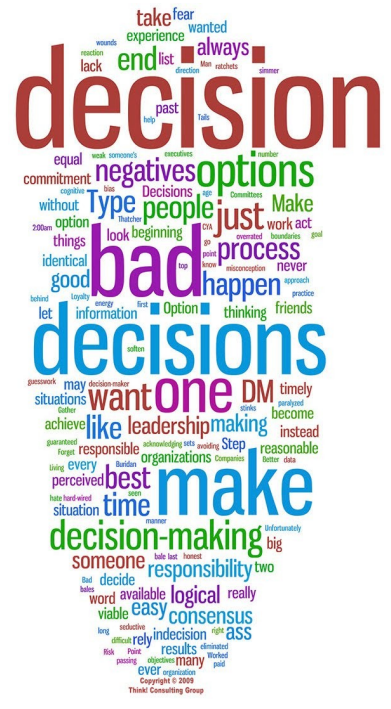
Linda Says...

TAKE CONTROL --

It will prevent you from getting out of control!

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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“Life, like lunch, is full of difficult choices.”

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