

# LONG ISLAND WEIGHT COUNSELING, INC.

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## QUESTIONS TO PONDER

If you could change anything about yourself what would it be? Chances are it has something to do with your weight or food choices.

I wonder how fed up you are? How you really feel about yourself? Is your self image the same image others have of you? Do you remember the last time you began a weight loss program? How desperate were you? How willing were you to do "anything"?

How often do you think, "I CAN'T DO THIS FOR THE REST OF MY LIFE?" How many other things have you had to wonder about doing for the "rest of your life?"

We seem to be able to do almost anything for ONE day so maybe if we simplified our daily challenges and broke them into small little tasks, they would be less overwhelming!

How many times did you believe the "tabloid diets" and think "FAST IS BETTER THAN SENSIBLE?" How many lifestyle changes have you tried this year? To stop smoking, dieting, exercising, spending less money? Maybe you wanted to try to manage your time better? Did you succeed? Did you get to really give it a fair chance? Or perhaps you tried but just for a little while?

WHY is it that sometimes we don't try or continue trying? Why do we give up? Is it our short-term memory? Our short-lived commitment? Or could it be our need for need for instant gratification?

How often are you "BORED" and FINDING YOU AREN'T "TOLERANT"? Realize that everybody loses patience and makes mistakes. It's like marriage -- the beginning is the "ROMANCE PERIOD". Everything is perfect and no one makes mistakes.

Then comes the "FIRST SCREW UP" and you gasp, "Oh my God!!!!!" After that, the second one is NOT SO PAINFUL. That's the beginning of the SLIDE DOWN feeling like we are slipping and sliding, finding it hard putting two days together. It is like an accident waiting to happen.

How can we become more forgiving of ourselves? Why is every mistake and imperfection a score card for how successful you are? Why are your days validated by this? How can you become less "black or white"? Why can't there be any gray areas? How sure are you about the decisions you make? Can you stop yourself when you want to eat? Do you have that 2 minute pause button? You know which one? Think, "Yes, that looks so delicious! Yummy! I haven't had it in ages! I may never have it again for the rest of my life!! Can you walk away for 2 minutes? Eat something else? Can you wait to see if the feelings of desire go away?"

How long have you maintained your last "smallest" size? A day? A week? More? Are your head and body in sync with each other? Does your body have a mind of its own?

### How is Your Attitude?

A - Always make today your best day.

T - Take pride in yourself and whatever you do.

T - Treat yourself and others with respect.

Everything starts with self respect.

I - Isolate your negative thoughts.

T - Treat new challenges like opportunities.

U - Utilize your talents every day.

D - Do the job right the first time.

E - Expect only the best each day... No more

(Continued on page 2)



## NOODLE PUDDING

1 large spaghetti squash  
Unsweetened apple sauce  
6 pkts. Artificial Sweetener

Vanilla extract  
Cinnamon  
1 whole egg and 2 egg whites (beaten)  
2 Tbsp. plain yogurt or non-fat sour cream

6 Tbsp. Apricot jelly (no sugar)

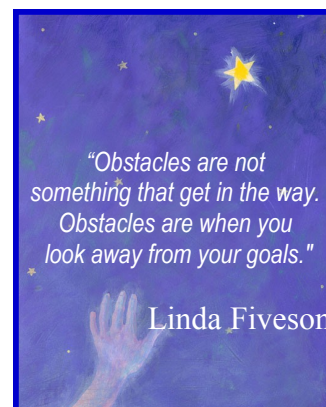
Pre-heat oven to 350 degrees. Steam squash until tender. Spoon spaghetti squash out of shell and place in a large mixing bowl. Add all ingredients except jelly. Pour into oblong baking pan. Spread apricot jelly on top to become a swirl-like topping. Bake  $\frac{1}{2}$  hour.

\*Equals one fruit

## Helpful Hints

- ◆ Decide that you're important.
- ◆ If you take yourself seriously so will others!
- ◆ Formulate realistic goals.
- ◆ Make a list of all the things you need to do in order to accomplish them.
- ◆ Shop wisely.
- ◆ Get some exercise; anything is better than nothing.
- ◆ Ask for support if you need it.
- ◆ Forgive yourself if you slide backwards and start again.

**BELIEVE YOU CAN DO IT!**



# FIVESON'S FOOD

*Tastes absolutely fabulous!  
FREE of gluten, sugar, flour and preservatives!*

*Formulated from my "own" personal recipes since 1989*

## CHOOSE FROM:

Assorted blintzes, muffins, breads, pancakes and cheesecakes, steak, chicken, turkey, veal and seafood 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!*

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(Continued from page 1)

Rank the changes you need to make from the easiest to the hardest. I think the more immediate changes would be perceived as the easiest, don't you? How about planning and setting off in a new direction? Instead of concentrating on "changing your body" don't you think you have to "change your mind" first? Don't you know that what you're looking for isn't in the refrigerator???

People demand a lot from themselves, particularly women. We base our expectations on "skinny" actress magazine and billboard images. Our culture has come to idealize the HUMAN CLOTHES hanger look of fashion models. Why don't we notice the health risks of that "super-thin" look?

Vomiting, use of laxatives, starvation, diet pills and low calorie eating can cause gallstones, cardiac arrest, anemia, hair loss, abdominal pain, depression and even death. Did you know that 62% of girls and 28% of boys in grades 8 – 10 have already been on diets? Many women in our culture are "disordered" when it comes to issues of our selves...

ISN'T THIS A "THINNESS MANIA"? Do you like that expression? Could that be where the discrimination of overweight people comes from? Consider whether or not your body is a device to be controlled – especially in a world that feels so OUT OF CONTROL!

Think about the questions I have posed. WHERE are you going to put the emphasis? WHAT do you want to accomplish? HOW can you get on the right path? Use these questions to help you decide what your commitment will be. The next step will be easier...

Circle the words below.. They go in all directions.  
Find the message in the first line!

### IT'S THE FOODS YOU CHOOSE THAT HELP YOU LOSE!

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

BLINTZES  
CAKE  
CHEESECAKE  
CHILI  
COOKIES  
CUSTARD  
FLAGELS  
FRITTATA  
LASAGNE

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Do you have a question or suggestion?  
Please let us know—we'll consider it for  
a future edition!

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