



Linda Fiveson



Spring Cleaning Personified!

by Linda Fiveson

Spring is the season of rebirth and renewal. The grass gets green again, flowers bloom and the wonderful sounds of nature return to our yards. We are glad, yet reluctant to shed our winter coats, bare our bodies and face the fact that shorts and swimsuit time will soon be here. We really need to shed those extra pounds and are sorry we weren't more committed to doing that sooner. No matter our age, I think many of us wish we could be "bikini babes" for even one season in our lifetime... Imagine???

The expression "spring cleaning" has typically referred to refreshing our homes; clearing them of all the accumulated dust and clutter. Spring cleaning is really about getting our lives in order. It is the time to clean up the fragments of wasted time and poor judgments and reorganize our priorities so we can begin again with a "new attitude".

Have you ever thought about personalizing the idea of spring cleaning and applying it to your daily life? It seems sensible that we should prepare our bodies and minds for the new season too. Perhaps we can get rid of some old, detrimental behaviors and put some new practices into effect?

Bad habits hinder and slow any progress we can potentially make. More often than not, they also prevent progress and send us in a backwards decline. Therefore, it is important for us to learn how to let go of any negative emotions and actions we have internalized and replace them with positive, proactive ones. It's often helpful to make a list so you can visualize your thoughts!

An easy way to begin getting ready for the big "clean-out" is to do just that – "clean out"! We need to clear our pantries, refrigerators, freezers and minds of all the excessive *junk* that resides inside. Treat all the

(continued from Column 1)

them expired, tossing them one by one into literal or virtual trash cans. Be done...because we can only begin again effectively when they are out of our minds.

Think about your self worth. How important are YOU to yourself? Do you presently put aside time to nourish your mind and body? You must do that in order to properly take care of anything else. Do you have one thing that you've always wanted to do? Try keeping a journal and set up pages or sections for what you want to do, will do and have done.

Prioritizing is important and we must take care of ourselves before we can properly take care of anyone or anything else. Make the commitment to do it now; procrastinating is our biggest enemy!

While cleaning up your life, you should be thinking about how you're going to refill the newly vacated places. After all, you're not going to leave them empty! Give solid thought to how you want to replenish the space. Look at your list and make alterations as needed. It might even be helpful to break your initial list into several smaller lists so you're not overwhelmed.

I recommend enhancing your new repertoire by adding a little exercise. Remember that anything is better than nothing! If you already have a regimen, I suggest making a change such as increasing the time you spend or the number of sets a particular application. If physical activity is new to you, always check first for your physician's approval and/or recommendation.

Choosing to purchase and prepare different foods and to modify your eating behaviors will help create a new, healthier life style. The added benefit is that you are going to start to look and feel better about yourself immediately!

You will find that you gain a new degree of self respect as soon as you get started on this venture. Personal spring cleaning will fuel your energy level. Your motivation to be fabulous and fit will soar too. You'll find the more you do more for yourself the more you can do and will want to do! Remove the ball and chain of unhealthy foods and release yourself into the new world of freedom to be confident, proud, healthy, energetic, more attractive, happy, healthy and "in control"!

Begin **SPRING CLEANING** the cobwebs of past weight loss defeats by de-cluttering your life and mind and by focusing on a positive, new "I can do this" attitude. You have nothing to lose but weight!

MAY, 2008

Linda Says...

Out of sight, Out of mouth!



SPRING CLEANING
(...because you can't eat
what can't be seen!)

BABAGANOUSH



INGREDIENTS:

- 2 large eggplants
- 2 Tbsp. Fage Yogurt
- 4 cloves of garlic, peeled and crushed
- 2 Tbsp. freshly squeezed lemon
- ½ tsp. olive oil
- 1 c. chopped tomato
- ½ cup diced onion
- ¼ tsp. cumin
- ¼ tsp. Salt
- ¼ tsp. pepper
- 1 tsp. parsley flakes or a few fresh sprigs for garnish

DIRECTIONS:

Pre-heat oven to 400 degrees. Slice eggplants in half and pierce in several places with fork. Roast until soft (approximately 1 hour) and remove from oven. Scoop out inside of eggplant and blend with all the other ingredients. *Garnish with parsley if desired and serve at room temperature or chilled.



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...

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ONION RINGS
BALSAMIC PARMESAN CAULIFLOWER
CAJUN SQUASH FRIES
GRILLED HAWAIIAN CHICKEN
STRAWBERRY SHORTCAKE
CINNA MINI'S

Lettuce Facts & Nutrition



Salads are always refreshing and they're filling too! Enjoy them as a side dish, snack or main course when you add some protein. Vary your lettuce selections for a change in flavor and crunch!

BUTTERHEAD LETTUCE - This shining lettuce star is a member of the sunflower family and hosts many other surprising benefits for dieters such as Vitamin C, dietary fiber, low sodium, fat and few calories.

ICEBERG LETTUCE - Just hearing the name of this rather common breed of lettuce sends one's thoughts on a journey to an icy, crisper world. Perfect for summer, Iceberg lettuce can really help cool a body down. It makes a wonderful base for a salad.

LOOSELEAF LETTUCE - This beautiful Lettuce Beast is a prize for any dieter's salad. Intense green meshed with hues of dark purple beckons from the Salad Bowl. Mix with cherry tomatoes, black olives, chopped red and yellow bell pepper and a collusion of colors wreaks of, *"This can't be diet food!"*

ROMAINE LETTUCE - Tasty Romaine won't remain in your salad bowl for long. Seductive, earthy - supporting large leaves, Romaine lettuce is a dieter's delight. This shining lettuce star is a member of the daisy family.

SPRING CLEANING

WORD JUMBLE

Unscramble each of the clue words. Copy the letters in the numbered cells to other cells with the same number.

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

lindafiveson@yahoo.com

"Take care of your body.
It's the only place you
have

to

