



Linda Fiveson



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ARE YOU A “CONSCIOUS - UNCONSCIOUS” EATER?

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What kind of eater are you? Chaotic, emotional or mindless- unconscious? Or, maybe you are a “waste-not” eater who would rather eat almost anything than see it go to waste? Then again, you could be an eater who follows a very rigid food plan? Or... an impulsive, “stuff your mouth before you change your mind” eater? Or an “over-dieter” who is so perfect that any possible mistake ends up being thought of as a cheat? Most likely, you are a few of these kinds of eaters. I think we all have multiple personality tendencies when it comes to eating.

How many times have you caught yourself unconsciously eating? Being a conscious eater does help when you are trying to lose weight. It's like giving yourself the “job” of making the right choices. If you start picking and licking, your mind will start ticking! The “inner conversations” we have with ourselves negotiating what we should and should not be eating can drive us crazy. When we have this inner dialogue we try to connect the Conscious eater and Unconscious eater. It helps remove indecision and eliminates the stress.

Try pausing before you eat. It will help you understand, think and even talk to the “both” sides of your “eating mind”. This will begin programming your mind into making the right choice without any negotiating voices.

We need to learn how to make selections that will give us the outcome we want. In other words, “Have a plan!” Know what you are going to eat and prepare for it. Sometimes we are so over-stressed and so busy we don't even know what we ate or how much. That's one of the reasons I always recommend keeping a food journal. When you write it you own it – just like when you eat it you own it!

When you do find yourself having those inner conversations, think and be aware of what caused you to start debating about what you are going to eat. Are the foods that tempt you visible and easy to reach for? “Out of sight, is out of mind.” That's a good thought to remember! “Access leads to excess!”

Some of the following suggestions will also help you:

Redistribute food and store in smaller packages to avoid over-eating.

Eat at the table, sit down and take the time to enjoy, chew and digest.

Eating standing up, using your hands (no utensils), is the worst offender of unconscious eating. No matter how full we may feel, we think it doesn't count if we don't use a knife and fork.

If you are at a buffet, use the smaller plates to serve yourself. You may make more trips, but you will eat less.

Keep within the boundaries of what foods you are “allowed” to eat.

If you start picking and licking your mind will start ticking!

Freedom from the mental chaos gives you freedom to be really happy!

MOROCCAN CHICKEN



INGREDIENTS

1 1/2 lbs. boneless chicken breasts
1 onion, chopped
1/2 red pepper, chopped
2 carrots, sliced (thin)
1 zucchini, sliced
1 cup cubed Butternut Squash
1 garlic clove, minced
2 t. minced fresh ginger
1 t. ground cinnamon
3/4 t. ground cumin
1/2 t. paprika
1/4 t. cayenne pepper
1 1/2 c. water
1 large can crushed or chopped tomatoes
2 T. olive oil
Salt and pepper to taste
* 2 T. fresh cilantro
* 1 red chili pepper
*Optional



DIRECTIONS

Heat oil in pan and brown chicken. Remove and set aside. Sauté onion, carrots and pepper. Add seasonings and stir gently. Add water and tomatoes. When it gets hot, add butternut squash, zucchini and chicken. Cover and let it simmer for 20 minutes. Serve hot and garnish with cilantro and/or chili pepper if desired.

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FUN FACTS - How many do you know?

1. Which vegetable is a member of the parsley family?
a) carrots b) spinach c) broccoli
2. Which vegetable are asparagus related to?
a) hearts of palm b) onions c) artichokes
3. Which cooking spice is the most expensive?
a) saffron b) cloves c) anise
4. What does natural vanilla flavoring come from?
a) roses b) honeysuckle c) orchards
5. Which is a common breakfast food in Japan?
a) tofu b) radishes c) sushi
6. Approximately how much water is in iceberg lettuce?
a) 50% b) 90% c) 25%
7. What is the most widely eaten fish in the world?
a) tuna b) salmon c) herring
8. Where did the pineapple plant originate?
a) South America b) Hawaii c) Texas

Answers below...

Linda Says...

Access leads to
Excess!

Fiveson's Food

Tastes absolutely fabulous!

FREE of gluten, sugar, flour and preservatives!

Formulated from Linda's "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...

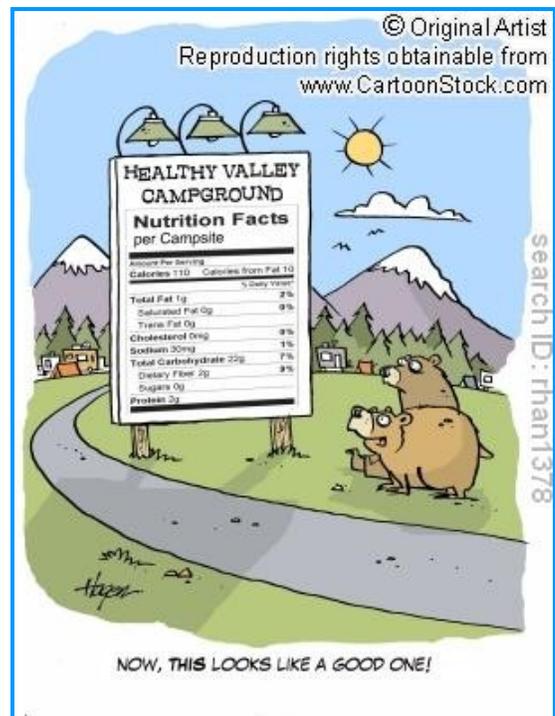
Over 100 menu choices! New items added often!

(516) 496-2300 or visit

our website www.lindafiveson.com

for hours and order sheets

Consultations with Linda are by appointment only!



1- a; 2- b; 3- a; 4- c; 5- b; 6- b; 7- c; 8- a

Answers to Puzzle

Do you have a question or suggestion? A personal strategy that you use?

We'll consider it for a future edition!

Send an email to: lindafiveson@yahoo.com

VISIT MY WEBSITE FOR MORE INFORMATION:

<http://www.lindafiveson.com>

WE WILL BE CLOSED ON SUNDAY'S FOR THE SUMMER