



Linda Fiveson

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MAY 2013

Recipe of the Month

Pork Lo Mein

Marinade Ingredients

½ cup Light Soy Sauce
4 scallions, sliced diagonally
1 tbsp minced garlic
2 tbsp minced fresh ginger
root

Remaining Ingredients

1 lb. pork, cubed
2 cups shredded zucchini
½ red pepper, sliced in strips
2 tsp Sesame oil

Directions

Combine marinade ingredients in a small bowl and mix well. Add pork, cover, and place in refrigerator for at least 1 hour.

Heat oil in pan or wok. Remove pork from marinade with slotted spoon. Keep remaining marinade. Stir fry pork in heated pan. When cooked through, add zucchini and peppers.

When they begin to soften, add remaining marinade and mix it through. Allow it to simmer until everything is hot and cooked to your likeness.

This recipe can be made with beef, chicken, shrimp, or scallops or any combination you prefer. You may also add or substitute vegetables.

This is a contribution from one of my clients who asked to remain anonymous. I think it is a topic many of us can relate to in our quest to normalize our eating habits and arrive at a weight that satisfies us. --

Linda Fiveson

I just woke up from a carb coma induced sleep. It's midnight and I'm doing something I haven't done before. I'm writing about something that totally embarrasses me; a binge, a diet mentality. I knew I was starting with my nutritionist in the morning and decided to say one last hurrah to carbs sort of like when I smoked a pack of cigarettes in one evening before I quit. Let's start with my eating day. It started off normally with only an egg and a cup of coffee for breakfast. In the afternoon, I attended a Transition Network meeting where I snacked on veggies and dip, 2 small pieces of cheese and seltzer. As I was leaving the meeting, I impulsively grabbed and ate one small cookie. I then went to the auto body shop to find out that I needed a new bumper on my new Lexus due to Stan's little accident with a SS a couple of weeks ago. I was on my way home and decided impulsively to stop off at Waldbaums shopping center to buy dinner for Stan and me.

It was at that moment, without previous thought or planning, that I decided to have one final meal with carbs before starting my "Diet," a term we never use in OA since it's finite and doesn't work, I called Stan and he agreed to a meal from Cheeburger Cheeburger. I ordered

Sleeping with the Enemy

us each a 1/3 lb. cheeseburger and got a side combo of fries and onion rings for us to share. I finished the whole burger and got close to half of the combo. Immediately after the meal, I thought about what I could eat next. Since I didn't have any sugar stuff in the house, I made myself a bowl of cereal and milk. After Stan went into the bedroom to watch TV, I decided I needed more so I made myself a bowl of pasta which I finished. Within 10 minutes, I was fast asleep on the couch. I'm now up feeling totally lousy. I'm all drugged up from the carbs; my body feels all swollen and I hate myself.

I didn't stop myself from taking that itty bitty cursed bite. I didn't reach out to make a phone call or take that sacred pause. I fell right into "the last supper mentality" before starting a diet. It doesn't work. It never worked and I know that it can no longer be part of my behavior patterns. When I wake up in the morning, I'll feel totally horrible, but the good thing is I can take different options in the future. It's not like the hell my friends are feeling when they wake up realizing that their only son just took his own life. That's a forever hell. I'm fortunate that I can change my fate, not alone, but with the help of my HP, my sponsors, my nutritionist, and the 12 step program.

I feel horrible, but I'm not in despair. Next time I'll write before I take that itty bitty cursed bite when the disease starts to talk to me again.

Here we go, carb withdrawal. Nobody's fault but my own.

I thought my client's writing the letter to me from the middle of a night binge was something we all can relate to.... Relate to the insanity of knowing we are always going to be confronted by that "other" person who lives inside of us "forever"! It's not a psychosis, it's a multiple personality. We have so many voices that we have to listen to all of the time. They are the voices of decision and indecision. We are aware of every voice and all of the things that we do to stimulate the situation.

If we start to think about eating wrong, it's not just a thought it's a lengthy conversation. If we feel fat, we not only change what we're wearing, but who we are seeing and we certainly prohibit ourselves from anything new....clothes, people, parties, and activities. The reality is that this makes us feel even worse.

Did you ever think about how you wake up and go to sleep with the same conversations? It's like "sleeping with the enemy." Why can't we get rid of this? Because it IS who we are...it's just another aspect of our psyche... Another personality we live with... So, what's the answer? Since there is no cure, we have to accept that there is only one way....to avoid the food that we have no control over. Simply put, we can't flirt with the food if we don't want to indulge. Flirtation is just keeping the appetite open....at some point we have to shut it down. It's easier to have no decision about what we're eating than the constant indecision. Doubt means Don't!

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Word Find

Find the words in the puzzle. They go in all directions and sometimes share a letter.

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

Linda participated in
 Gourmet Tastings for a Cure
 on May 1, 2013
 to help raise money for
 Type I Diabetes

- | | |
|---------------|------------------|
| 1. ANGRY | 16. NEEDS |
| 2. BEGIN | 17. NEW |
| 3. BEHAVIOR | 18. NOW |
| 4. BINGE | 19. NUTRITIONIST |
| 5. CARB | 20. OPTIONS |
| 6. CHANGE | 21. PATTERNS |
| 7. DIFFERENT | 22. SATISFACTION |
| 8. ESTEEM | 23. SELF |
| 9. FATE | 24. STOP |
| 10. FUTURE | 25. SUPPORT |
| 11. GRAB | 26. SWOLLEN |
| 12. HATE | 27. THOUGHTS |
| 13. HELP | 28. TRUST |
| 14. HORRIBLE | 29. WANTS |
| 15. IMPULSIVE | 30. WRITE |

Linda Says

Change the messages
 you tell yourself!



You don't have to be a client to eat healthy and enjoy it!

Fiveson's Fabulous "Fake" Foods are manufactured and distributed exclusively by Linda Fiveson - Syosset, N.Y.



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**

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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