

# Linda Fiveson

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## Recipe of the Month

### Cucumber Boats



#### Ingredients:

2 large cucumbers

Your choice of filling: Can use tuna fish, shrimp salad, chicken salad or anything else of interest to you.

#### Directions:

Wash cucumbers and slice in half across their width and then again, lengthwise. Use a small spoon (baby spoon is good) to scoop out inside of cucumber. The cucumbers' shells should remain intact. Fill cucumber shells with salad of your choice.

*Delicious and refreshing especially in the warm weather!!*

## Spring Cleaning Personified

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 foods that talk to you alike and consider 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 decluttering your life and mind and by focusing on a positive, new "I can do this" attitude. You have nothing to lose but weight!

Reprinted from earlier article)

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# Food Trivia

How much food trivia do you know? Check your answers below.

1. What fruit is commonly classified as "clingstone" and "freestone"?  
a) plum      b) peach      c) nectarine
2. What is Yu Choy Sum?  
a) a type of bok choy      b) a Chinese celebrity chef      c) a popular stir-fry dish
3. Which of these can be made into a powder and used as a thickening agent?  
a) water chestnuts      b) cauliflower      c) asparagus
4. What food is used in the world's largest food fight held annually in Spain?  
a) apples      b) peaches      c) tomatoes
5. What is usually the main ingredient in the Korean condiment kimchee?  
a) onions      b) cabbage      c) bok choy
6. To what does the Native American word "quahog" refer?  
a) bacon      b) lamb chop      c) hard shelled clams
7. What ingredient is always included in a dish made "a la Florentine"?  
a) spinach      b) parsley      c) basil
8. If you ordered "escabeche" what type of food would you be eating?  
a) beef      b) fish      c) chicken



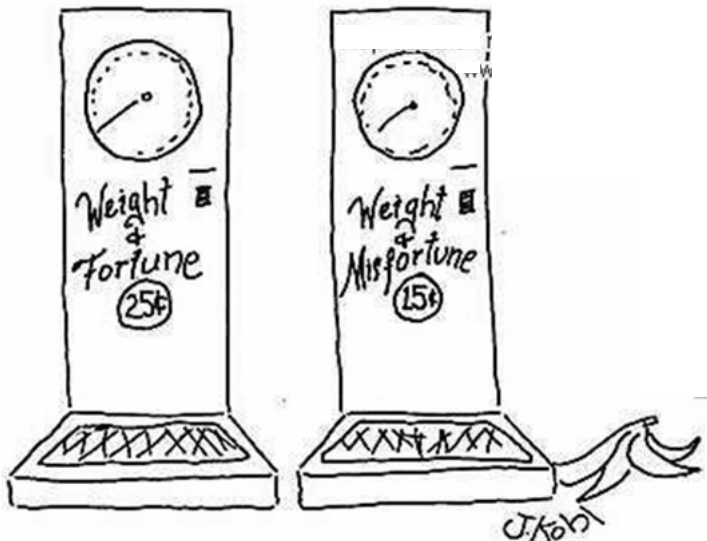
## Linda Says...

It is in your moments of decision that your destiny is shaped...

Over 100 menu **Fiveson's Food** 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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Answers to Puzzle  
1) b    2) a    3) a    4) c  
5) b    6) c    7) a    8) b