



Linda Fiveson



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HOW WOULD YOU DESCRIBE YOUR RELATIONSHIP WITH FOOD?

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If we paid attention, when we were eating we would probably notice the difference between physical hunger and psychological hunger. It might be an awakening to realized that we don't really know how unhealthy our eating habits are most of the time.

I find that often our eating has nothing to do with being hungry. I, personally, can't even remember the last time I was hungry before I ate. Since eating is so often done mindlessly and without schedule, we really have to "stop and think" ...

1. Am I really hungry now, or do I just want to eat?
2. Is it the smell of the food?
3. Is it the "time-out" time of day?
4. Am I bored or have nothing to do?
5. Do I eat when I want to put off something that I have to do?
6. "STRESSED".. spelled backwards is DESSERTS! Do I eat when I'm stressed?
7. Depressed? Serotonin is lowered when we're feeling down and refined carbohydrates elevate the insulin production, which elevates the production of serotonin. And, whatever goes up, comes down, so the cravings continue until we finish it all!
8. Chocolate...yes, the chocoholic is no myth! It's sweet, delicious, and always makes us feel better once we've had it. Between the sugar, the fats, and the endorphin-releasing chemical called phenylethylamine, the serotonin and endorphins are being released at the same time for that "ultimate" Mood Elevator!

9. Loneliness...does not necessarily mean being alone. You can be in the largest crowd, but feel totally alone, and conversely you can be by yourself and feel totally content.
10. Anger and Sadness. These are strong emotions that are definitely related to Serotonin. If you think about it, we have had to battle with these feelings for years. It seems that when we cannot control a situation in life, we resort to what's familiar. Food makes us feel good, tastes good and it's always available any time of the day.

The real issue is that we start to realize this form of solving our problems doesn't change anything at all; it only makes things worse. We feel terrible, guilty and ashamed about our behavior, the reason we ate didn't get resolved and now we are even more upset because we gave in! Do we only know how to cope with food???

Isn't it funny that the population of overeaters has the same eating personalities and the same issues with food? Food for us is like drugs or alcohol for someone else. We only seem to binge on refined carbohydrates and sugars because they act like a drug for us. We go into a temporary, euphoric, mindless, timeless and "out of touch with reality" state of mind. Next time you want to eat, wait 2 minutes so you can look at your food and give yourself time to think... Are you hungry or do you just "want to eat"?

STUFFED BABY PUMPKIN

INGREDIENTS:

Baby Pumpkins
2 tsp. cinnamon
1 tsp. nutmeg
Artificial Sweetener to taste
1 tsp. vanilla extract
1/4 cup sugar free apricot preserves or
1/4 cup crushed pineapple—drained

Linda Fiveson's
ORIGINAL RECIPES



DIRECTIONS:

Pre-heat oven to 350°
Put whole pumpkin in a microwave dish with a small amount of water.
Cover and cook for 10 minutes.
Cut off top of pumpkin.
Scoop out seeds and throw away.
Scoop out cooked pumpkin and put in a bowl.
Mash pumpkin with cinnamon, nutmeg, sweetener, vanilla and fruit or preserves.
Stuff mixture back into the pumpkin shell and replace the pumpkin top.
Cover with foil and bake for 15 minutes.

Linda Says...

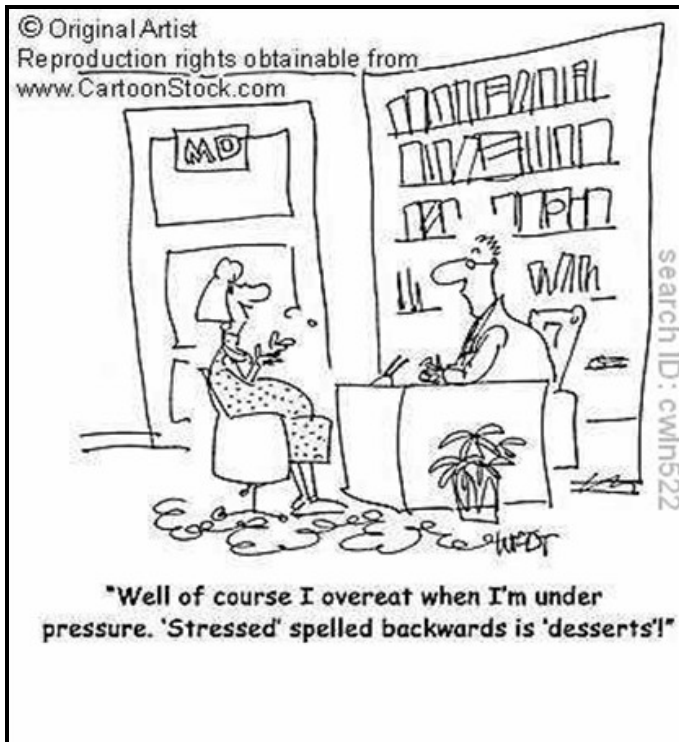
IS YOUR RELATIONSHIP WITH
FOOD HEALTHY OR UNHEALTHY?

Maybe this is a good time to re-examine it!

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FOOD TRIVIA...How many answers do you know?

1. What is the main ingredient in the Greek dish "Moussaka"?
2. What expensive spice is made from the dried, handpicked stigmas of the crocus plant?
3. What is the world's most popular beverage?
4. Wheat is grown on every continent in the world except which one?
5. In what nation are mustard, horseradish and applesauce the most popular condiments?
6. What beverage was used as currency in the Middle Ages?
7. What was the first chemical used to preserve food?
8. What variety of cucumber is typically brined to make dill pickles?



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!

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for hours and order sheets

Consultations with Linda are by appointment only!

Try our new vegetarian entrees!

FIVESON'S FOODS ARE MADE FOR
AND SOLD EXCLUSIVELY BY

Linda Fiveson

ANSWERS
1. Eggplant 2. Saffron 3. Coffee 4. Antarctica
5. Germany 6. Wine 7. Salt 8. Kirby

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>