

Linda Fiveson

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Recipe of the Month

Turkey Vegetable Soup

INGREDIENTS

8 - 10 cups water
1 cup julienned zucchini
2 parsnips, peeled and sliced
1 small onion
2 stalks celery, sliced
2 carrots, peeled and sliced
1/4 bunch of parsley
1/4 bunch of dill
1 bay leaf
2 cups shredded turkey (cooked)
1 packet chicken or vegetable flavored bullion if desired
Salt and pepper to taste

DIRECTIONS

Put water in a large pot with all ingredients except the turkey and zucchini. Let it cook for 20 minutes on low flame. When carrots are tender, add turkey and zucchini. Stir gently to mix through. Cover and let simmer for 5 minutes.



"I lost 140 pounds and I can help you lose weight and keep it off too!"

What gives some people that inner strength to be able to finish anything they set out to do? If someone were to tell you that it is possible to live a life in which food were NOT an issue would you believe them? Probably not if you are anything like me -- an overeater, dieting, food obsessed, calorie counting and feeling deprived.

How many times have you prayed that tomorrow would be different? "Tomorrow I'll be thin...normal..." "Tomorrow I'll be able to eat the way my friends eat..." What have I learned? Regardless of what I tried the fact remained that I was out of control when it came to food.

Now there is no dieting, no obsessing, no worrying, no shame, no weighing. I am LIVING THE MIRACLE. Miracle? What miracle? There really is no miracle. I now know that I have NO WILLPOWER when it comes to certain foods. So, is it WILLPOWER or acceptance of NO POWER?

Shame is not the lack of willpower. Being out of control intensifies the shame we already feel. It proves we are, once again, incapable of functioning like others. What gives us the "do or die" attitude? How do we obtain that focus

Will Power vs. Won't Power

that keeps our vision so straight, bearing no obstacles? Does willpower trigger the energy of motivation?

Think about things you have wanted in your life and how you had to persevere to get to the goal. I'm sure in that time period you must have had thoughts of giving up -- it just seemed TOO hard or TOO long to accomplish or perhaps you just over-estimated or under-estimated what you could do?

What gauge should we use to estimate and measure? Should it be someone else's success and results? That sounds good but what else? Maybe we need to acknowledge that this is always going to be on our minds but not rule us any longer.

Did you know that more than 2/3 of Americans are either dieting to lose weight or watching what they eat to prevent weight gain? That number is composed of 64% men and 78% women. All in all, it is way too many people!

Why is there so much failure? It's because it takes planning and effort. I never let a day go by without having some idea of what I'm going to eat and how much.

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Fiveson's Food

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

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.*

More of Linda's exclusive recipes are available on her website: www.lindafiveson.com

PUZZLE

(Continued from page 1)

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

FEFSDTU

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1

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Linda Says...

Being satisfied feels much better than being stuffed!

Have a happy and

healthy Thanksgiving!



Article reprinted from 2008

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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Consultations with Linda are by appointment only.