



Linda Fiveson

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Recipe of the Month

Lemon Garlic Brussels Sprouts

Ingredients

2 Lbs Brussels Sprouts
2 Garlic cloves, sliced thinly
1/4 c Olive Oil
1 T grated Lemon Zest
1 t Kosher salt
1 t Black pepper
1 T Lemon juice

Directions

Wash Brussels sprouts and pat dry. Slice in half the long way. Toss them with Olive Oil, salt, pepper and Lemon Zest. Roast in oven at 425° for approximately 25 minutes.

Pomegranate Brussels Sprouts (Variation of Lemon Garlic recipe above)

Ingredients

2 Lbs Brussels Sprouts
2 Garlic cloves, sliced thinly
1/4 c Olive Oil
2 T grated Lemon Zest
1 t Kosher salt
1 t Black pepper
1 T Lemon juice

1/2 c Pomegranate seeds
1/2 c Parsley, chopped

Directions

Wash Brussels sprouts and pat dry. Slice in half the long way. Toss them with Olive Oil, salt, pepper and one tablespoon of Lemon Zest. (Reserve other Tablespoon.) Roast in oven at 425° for approximately 25 minutes. Sprinkle with Pomegranate seeds and chopped parsley.

More recipes on website.

Our Senses and Eating...any relationship?

Does sensory sensitivity influence how we eat and HOW much we eat? We often eat not because we are hungry but because the act of eating gives us a "mindless moment." We crave that experience. When we eat, specific brain structures are stimulated, and we feel good. We like to feel good, we NEED to feel good, so we eat again...and again...and again.

I began thinking how eating engages all of our senses, and when they are engaged, the rhythm of our "hand to mouth" movements become a pattern which puts us into a trance-like state. (mindlessness) When I think about this pattern, it usually relates to the time of day and where we are; the time when we are ready to wind-down, and certainly, the ambience in which we are eating. Usually the pattern starts with thinking about eating, what we're going to eat and anticipating the event of eating. Anticipation is a wonderful reaction to the thought. We can get so mentally excited that the thought of eating can be so much more exciting than the actual function of eating so we eat just to get the thought off our mind.

Believe it or not, food and drink are identified predominantly by the senses of smell and sight, not taste. To our brains, "taste" is a fusion of a food's

taste, smell and touch combined into a single sensation. This combination of sensory information originates from a common location: whatever it is that is in our mouth. We can't blame ourselves on a lack of will power; certain foods DO taste and feel better to us. Flavor is a mixture of taste and smell. That's why when we are sick food seems to have a different taste to us and sometimes it has no taste at all. It's because we can't smell it!

In lab experiments rats that have free access to normal rat food will nonetheless choose to expose themselves to extreme cold or electric shocks in order to get access to shortcake, peanut butter and M&M's. The tastier the food is, the more they eat and we, as humans, are certainly prone to the same kind of actions and behavior. The better a food smells, the better we think it will taste. This triggers our salivation glands and makes it more likely that we will eat that particular food.

We don't always eat simply to satisfy hunger; I would say hunger actually plays a small role in our eating. We turn to food for comfort, stress relief and even as a reward. Emotional eating doesn't cure emotional problems. Instead, it usually makes us feel worse. Not only is the emotional issue still there, but now we feel guilty and disappointed that we ate which leads

to MORE emotional eating! Eating may feel good in the moment, but those feelings that triggered the eating in the first place are still there.

I think most of us become mindless eaters when all of our senses are combining their responses to the sight, sound, smell, taste and touch of the food we are eating. What's your reaction when you hear popcorn popping? Is the sound enhanced when you smell the popcorn? And I'll bet the explosion of tastes: (crunch, salt and butter) will NOT be a gastronomical letdown. Walking into a pizzeria can conjure up that same reaction with the smell of the sauce, cheese, garlic and toppings and the crunchy sound of the pizza knife diving into the pie to cut a slice. Your salivary glands start up getting you ready to eat, and it's your fond memories of the last time you ate pizza "that made you do it." French fries sizzle and send wonderful greasy aromas into the air that scream, "I want a hamburger and fries!"

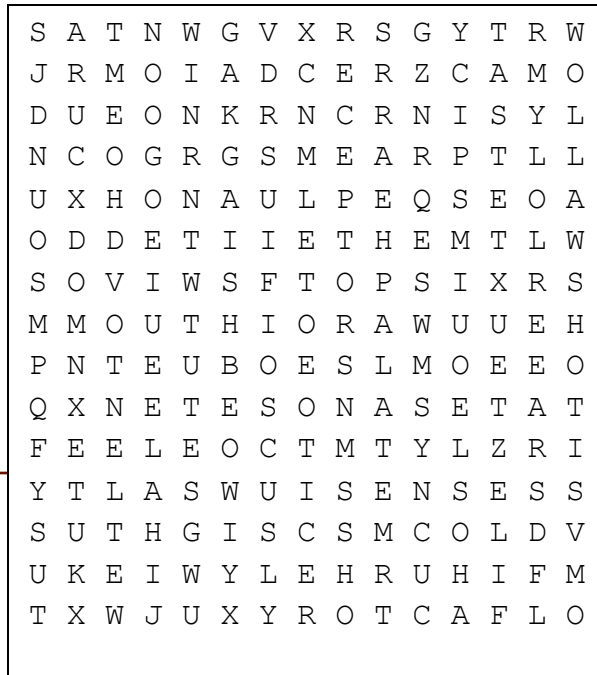
The holidays are a perfect example of smells that envelope an entire household reminding us of some of our favorite dishes that grandma used to cook. And it's true, we eat SO much more during these times.

The table is beautifully set
(Continued on page 2)

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Word Find Puzzle

See how many of the words (below puzzle) you can find.
They go in all directions and letters may overlap.



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

(Continued from page 1)

and the decor is set up to be warming, inviting and happy. There are scents of candles and music in the background and all of the pleasure senses are engaged. What's missing? The food! Not only do the aromas entice us, the sounds of the kitchen preparations keep us expectant. The whizz of the mixer, the clang of the utensils, the hiss of the soup and the timer's beep all further stimulate our senses and remind us that food is being cooked and will soon be ours to eat.

Thinking back to your own "mindless moments," I bet you will be able to identify occasions when your senses influenced your eating behaviors. Try to remember this connection going forward and when your sensory input is on overload pull back instead of giving in. You'll feel better and thank yourself for not indulging too much. I have no question about that.

Find these words

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|---------|-----------|-----------|
| AROMA | BITTER | CHEW |
| COLD | EARS | EYES |
| FEEL | FINGERS | HEAR |
| HOT | LISTEN | MOUTH |
| NOSE | ODOR | OLFACTORY |
| PALATE | RECEPTORS | SALTY |
| SIGHT | SENSATION | SENSES |
| SOUND | SKIN | SMELL |
| SWALLOW | SWEET | SPICY |
| TONGUE | TOUCH | UMAMI |
| WARM | | |

Linda Says

Mindful moments have better outcomes than mindless ones!



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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