



Linda Fiveson



LONG ISLAND WEIGHT COUNSELING, INC.

633 JERICHO TURNPIKE * SYOSSET, NEW YORK 11791
(516) 496-2300 * FAX (516) 496-2359 www.lindafiveson.com

OCTOBER, 2010

DO YOU HAVE TOO MUCH ON YOUR PLATE?

Do you have too much on your plate? That's an ambiguous question because life gives us many plates that get to hold a lot of different things. Yes, the obvious is food, but else? How many different plates do you carry in your life?

What's interesting is that all of our plates are connected in some ways.

For instance, our personal life can be so full of stress, pressures and anxiety that we use the FOOD plate to help us cope. Actually, eating helps us immerse ourselves in a mindless eating zone, one that gives us a chance to "take a break" from the LIFE plate.

Eating too much doesn't just happen in restaurants or at the kitchen table. In fact, those are probably the places we eat the least because we are using a knife and fork and are eating slower and with more planning. Stressful eating is usually "on the go" eating, standing and walking around picking, grabbing whatever we can devour just to help us get through the day. How many meals have you eaten that never came from

a plate? And how many more meals have you eaten that only required your fingers to be your utensil?

Those bites, licks and tastes could fill up a plate pretty quickly and never get counted as a meal. That's where the problem begins. Then, it's time to sit down and "unwind" with a real meal, time to relax, enjoy your family or whomever you have planned to dine with, but you have a tummy filled with stuff you have been ingesting all day.

If you really want to get a handle on how much, when and where you eat, keep a journal. It will also keep you thinking about your eating and believe it or not, conscious eating is usually healthier eating. It gives you a chance to "think before you eat". You will be able to ask yourself if you are hungry or just in need of something to do. Many of us use eating as a way to avoid and put off dealing with situations, people, and emotions that we would rather numb with food.

But now there is another situation that fuels this never-ending fire. How do we feel about ourselves when we are stuck in this behavior and hate ourselves for eating this way?

So another emotional problem gets added to the pile of stresses...In my experience I think when we start to get into a self-hating mind-set, it actually masks the other stresses that we really don't have too much control over anyway. That's why eating is so convenient; it's what we are familiar with and what we have used so many times before to help us cope. But is

stuffing our mouths really coping? Of course not! The amount of time we spend feeling unworthy, guilty, regretful and ashamed is a lot more than the time we spent eating the food! Minutes of pushing food into our mouths ruins an entire day; and the next day too. If only we could really be able to push a pause button to hold the moment before we begin the gorging...but we don't, so we need to have to have a plan.

The best plan is NOT to have the temptation so accessible. Also, you should always have plenty of the "right" foods ready to eat. If you have to first slice and dice your vegetables, you won't eat them. Maybe buying them cut-up would be easier?

Have chicken, turkey, hard-boiled eggs ready to snack on, so if you need to eat, it will be there. If you are going to eat anyway, what would be better, a piece of chicken or a donut? Your body knows how to digest healthy calories and it only stores the refined carbohydrates and sugars. Remember -- overeaters eat, for any or no reason, but overeaters "don't have to be overweight!"

So, you now see you can have the best of both worlds. You can remain the emotional eater that you will always be because you are able to do it with the right food. That's how I've kept off 140 pounds for 31 years. Our emotional appetites need to be fed and eating the right food gives us a great feeling about ourselves. And we all know that we feel great when we like our bodies because then, we like who we are, and feel proud of how we look. It is all so tied together, but it still starts and ends with what we put in our mouths. So....watch what you put on your plate!

PUMPKIN TOTS

INGREDIENTS:

1 medium pumpkin, cleaned and seeded
2 Tbsp butter
1/2 tsp ginger
1/2 tsp allspice
1/2 tsp nutmeg
1/2 tsp cinnamon
2 Tbsp Splenda
4 Tbsp Sugar free maple syrup



DIRECTIONS:

Preheat oven to 350 degrees. Cut pumpkin into chunks, peel and rinse. Put them in a baking pan with 1/2 cup of water and cover tightly with aluminum foil. Allow them to bake for 10 minutes or until they start to soften. Put them in a colander to drain. Mix remaining ingredients in a large bowl. Add drained pumpkin and gently stir to coat it with mixture. Put back in pan and bake uncovered for 15 minutes. Looks and tastes just like sweet potatoes!




Linda Says...


Being full is not the same
as being satisfied.




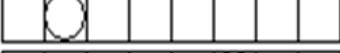
Linda Fiveson

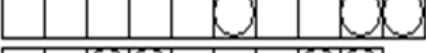
PUZZLE

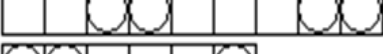
Unscramble each of the clue words. Take the letters that appear in  boxes and unscramble them for the final message. Hint: Words are in the article on page 1.


VEOHIGTEWR 





SSRTE 

PITTEPEA 

NOTMATTEPI 

TOALNEMIO 

RYHUNG 

 '    ?

Answers below

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!

NOW OPEN 7 DAYS A WEEK!
 (516) 496-2300 or visit
 our website www.lindafiveson.com
 for hours and order sheets

Consultations with Linda are by appointment only!

Try our new vegetarian entrees!

© Original Artist
 Reproduction rights obtainable from
www.CartoonStock.com



"I READ THAT YOU SHOULD ONLY HAVE A PORTION OF MEAT ABOUT THE SIZE OF YOUR PALM!"

PUZZLE ANSWERS: overweighth, stress, appetite, temptation, Emotional, hungry

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>