

# Linda Fiveson

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OCTOBER 2011

## Recipe of the Month

### Scallion-Curried Swordfish

#### INGREDIENTS

4 thick swordfish steaks  
2 T olive oil  
4 scallions, sliced into thin pieces  
2 large fennel bulbs (sliced in half the long way)  
1 ½ t curry powder  
Juice from one lemon, freshly squeezed  
1 c vegetable broth  
Salt and pepper, as desired

#### DIRECTIONS

Sprinkle swordfish steaks with salt and pepper as desired. Broil until done, turning once. Remove from broiler and top with vegetables and sauce.



Open on Sundays

10:00 - 4:00

(for food purchases only)

## Could Your Diet be Feeding You and "Cancer Cells" Too?



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

October is both Women's Health and National Breast Cancer Awareness month.

We all live with the fear and hope that it never happens to us. But what if it did? Do you ever think about what you would do? How it would affect you?

I am a Breast Cancer Survivor and I found out very quickly how imperative it is that you learn to Live With Cancer and NOT Die From It!

How much do we know about cancer other than that it's a dreaded disease? We seem to be aware of the updated facts which are not very many but have you ever thought about how and what makes cancer cells grow? Did you know that everyone has cancer cells in their bodies? Is it possible that diet and healthy eating can be a defense against this rampant disease?

As a Nutritionist and Breast Cancer Survivor, I have first hand knowledge about the importance of eating *right* to reduce the risk!

It is very apparent that we live in a society that has "No time". What this means is that we resort to *fast* eating. This translates into "grab & go", "microwave", "take-out", and other such acronyms.

Why is it so difficult for us to think about eating vegetables as health foods? It seems like preparing them takes time and that they are still boring to eat. What about fruits which are not a favorite choice either?

Diet seems like a small price to pay for surviving cancer. Chemo, Steroids, antidepressants, and medications like Tamoxifen can add pounds to the thinnest of people. If your body is becoming *unforgivable* from food, then you should consider adjusting your intake of calories.

Watching fats and sugars should be an important part of your preventative care. Tumors feed from foods that convert to sugar, so we don't want to increase their production. A varied diet of nutritious foods is the best weapon so I suggest you start "creating your army" NOW!

I always tell my clients that grapefruits are one of the most nutritious fruits. (Always check that medications have no contraindications when mixed with this fruit). Grapefruits have arytlenoids, more than the recommended daily amount of Vitamin C-94, potassium and a great amount of fiber with lots of *Antioxidants and Free Radicals*. "What are Antioxidants and Free Radicals?" you may be asking. We use the words used so frequently, but do we know what they actually are?

Certain vitamins protect the body against the destructive effects of free radicals. Free radicals attack the closest stable molecule in the body, stealing its electron. That *attacked* cell now becomes a free radical itself and it starts a chain reaction. It can become excessive and cause damage to occur. This results in the disruption of healthy cells.

## About Pumpkin



When we hear the word *pumpkin*, many of us automatically think of Halloween and carving jack-o-lanterns.... We sometimes forget that it is also a very nutritious fruit.

Pumpkin is rich in antioxidants, vitamins, and minerals. And...it is low in fat and calories and rich in disease-fighting nutrients!!

Pumpkin also contains the powerful antioxidants alpha-carotene and beta-carotene which promote health and

boost immunity. It is an excellent source of fiber, promotes healthy digestion and reduces the risk of certain diseases including some types of cancer!

Fresh pumpkin is usually available in the fall and early months. You can also use the canned variety (solid packed).

For recipe ideas, see the October editions of previous newsletters available on my website: [www.lindafiveson.com](http://www.lindafiveson.com)

## 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](http://www.lindafiveson.com)

# PUZZLE

Find the words below. They go in all directions and some overlap!



- |              |             |
|--------------|-------------|
| ALLIUM       | IMMUNE      |
| CACINOGENS   | MUSCUS      |
| CANCER       | NOURISHMENT |
| CARBS        | NUTRIENTS   |
| CELLS        | OXYGEN      |
| DEFICIENCIES | PROCESSED   |
| DIGESTION    | SUGAR       |
| ENZYMES      |             |

# Linda Says...

Think about what's getting nourished!



## Could Your Diet be Feeding You and "Cancer Cells" Too?

(Continued from page 1)

*“Diet is a great way to help reverse nutritional deficiencies.”*

*Linda*

Some free radicals arise normally because of the ability of the body's immune system to neutralize viruses and bacteria. Sometimes during metabolism, however, factors in the environment such as pollution, smoking and radiation or herbicides in our diet can increase the production of free radicals. Normally, the body handles free radicals but the antioxidants found in some foods can help prevent against the manufacturing of these destructive cells.

Vitamin E is the most efficient chain-breaking antioxidant. It helps protect against cardiovascular disease by defending artery-clogging fat formation. Vitamin C and beta carotene are the most water-soluble antioxidants in the body. They are the top contenders in protecting against most cancers.

Studies have found that women who had a relatively high intake of beta-carotene (7690IU/day) had half the risk of dying from breast cancer than did women with a low intake

Olive oil also helps because there is evidence that fatty acid is highly effective in killing the Her2/neu protein, a major factor in the growth of breast cancer tumors. Omega 3 fatty acids can retard tumor development. Foliates (derivatives of folic acid) play a key part in repairing DNA so it makes sense that the deficiency in these essential B vitamins have also been associated with Alzheimer related diseases, heart attacks, strokes, osteoporosis, depression, colorectal cancer, and too many more to mention.

Exercise is generally accepted as having a protective effect against many diseases too: heart attacks, strokes, diabetes, osteoporosis, colon cancer, and now, Breast Cancer. Studies show that only 4 hours of some kind of regular exercise can lower your disease risk 50%.

SO, my message this month is, “Any change you make is better no change!” BE PRO-ACTIVE even if it is one small and single change -- you may find its benefits will reap you years of better health! I know because I DID IT! And, it has been over 10 healthy years for me!!!

### COUNTERTHINK



*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!*

*[lindafiveson@yahoo.com](mailto:lindafiveson@yahoo.com)*

**Consultations with Linda are by appointment only.**