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Linda Fiveson



Making Changes

by Linda Fiveson

Have you ever wondered what your reaction would or could be if you or a loved one were told you had that dreaded "C" word? Did you know that *everyone* has cancer cells in their bodies? Have you ever thought about how and what makes them grow? Is it possible that diet and healthy eating can be a defense against this evil disease?

As a Nutritionist and a breast cancer survivor myself, I want to share my insights with the hope that each of you will become your own best advocate. Education and advocacy play a large role in cancer's outcome. By becoming more knowledgeable we become more proactive. We learn more about risk factors and can take more preventive measures.

Eating a healthy diet certainly contributes to our overall well-being. Not only can it reduce the incidence of breast cancer but it can help slow the breast cancer's progression. This means that we can all benefit from improved nutrition. It is very apparent that we live in a society that has "No time". What this means is that we resort to *fast* eating. Unfortunately we're always in a rush and this translates into "grab & go", "microwave", "take-out", and other such acronyms. We eat processed foods stabilized with chemicals and made suitable for microwave cooking in laboratories. Healthy eating vs. cancer...you choose!

Why is it so difficult for us to think about eating vegetables as healthy 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? I don't know about you but fruit often makes me feel healthy and energized and it isn't associated with guilt so I feel mentally great! These days you can often find fresh fruits and vegetables in individual packages already cleaned and cut. That makes it pretty easy, don't you think? 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 arytenoids, 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?

Free radicals are oxygen molecules that trigger unfavorable changes in our bodies. Antioxidants are great for stopping these nasty free radicals. 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 resulting in the disruption of healthy cells being manufactured.

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.

I recommend eating modest amounts of fish, chicken, turkey and lean cuts of beef. Did you know that bison has become a very popular choice and it has the lowest amount of cholesterol and calories of any meat out there? Be aware however, that butchers sometimes add fat to ground bison meat. If this happens it is no longer considered lean meat.

Watching fats and sugars should be an important part of your preventative care. Tumors feed from foods that are sugar based 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!

It is very important that you limit products made from refined carbohydrates and sugars. This includes refined grains or refined flours (for example: white breads, white rice, white pastas), alcohol, and desserts, such as candy, cookies, cakes, and pies). They are usually highly processed and refined, low in nutrient value, and also low in dietary fiber. In addition, these foods appear to increase serum insulin and the serum insulin-like growth factor-I (IGF-I) levels [71], which appear to stimulate cancer cell growth. The bottom line is that cancer cells *love* sugar!

In a recent interview with Jorge Cruise FitSmart, USA Weekend) Dr. Andrew Weil says, "Sugar and processed carbohydrates are the primary culprits in the obesity epidemic." He also validates the advice I've been giving for years, "...stick to the outside aisles in the grocery store because that's where you'll usually find unprocessed foods." I have to have a Pt Scan in a few weeks. I was instructed not to have any flour or sugar for one week before the scheduled date. "Why?" you may ask. It's because sugar and flour blow up cells and distort the reading of the Pt Scan looking for cancer. Imagine cells get bloated before they become fat? Just like us!

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. Omega 3 fatty acids can retard tumor development. Folic acid foods 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 some kind of regular exercise for 15 minutes a day can help lower your chances of disease by 50%.

Drink plenty of water and seltzer. I recommend 6 glasses each day. Water flushes out our systems and helps them work more efficiently. It also acts as a lubricant around our joints and a shock absorber in the spinal cord. Water helps maintain our blood volume and regulate our body temperature.

"You are what you eat." I have repeated this many times over the course of the twenty nine years I have

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been counseling people in eating healthier. It has not become any less significant, but probably more... Think about what it means and then think about what you have been eating and what you will be eating in the future. Take one day at a time or more realistically, one meal at a time. Say to yourself, "I am what I eat" and remember there are times when the brain is not thinking about eating healthy. Let that be your mantra - your *pill* for prevention or safekeeping. Use the 2 minute "Pause Button". Look, want, walk away...and then decide. Eat smart. Eat healthy. And think before you eat. You'll be glad you did!

SO, my message this month is, "Any change you make is better than no change!" BE PROACTIVE 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 13 healthy years for me!

October is Breast Cancer Awareness Month



PUMPKIN SOUP



INGREDIENTS:

- 2 lbs. pumpkin (fresh or canned, solid packed)
- 2 t. cinnamon
- 1 t. allspice
- ¼ t. nutmeg
- ¼ t. ginger
- 2 garlic cloves (minced)
- ½ c. carrots (chopped)
- ½ c. celery (chopped)
- 2 T. fresh ginger (minced)
- 4 c. clear broth
- ½ c. milk
- ½ c Fage 0% Greek Yogurt
- ¼c. half and half
- 2 t. olive oil
- Salt and pepper as desired

DIRECTIONS:

Preheat oven to 350°. Cut pumpkin in half and remove seeds. Place cut side down on a baking sheet, lightly greased. Place pumpkin on lightly greased baking pan, cut side down. Roast about 1 hour or until pumpkin is tender. When cool, scoop out pumpkin put in bowl. Sautee onions, carrots, celery, fresh ginger and garlic in olive oil. Add broth and stir in cinnamon, allspice, nutmeg and ginger and bring to a boil. Reduce flame and cook 15 minutes, stirring occasionally. Remove from heat and mix with hand blender until smooth. Add milk and yogurt and stir into mixture. Add salt and pepper as desired.



Linda Says...

*Halloween's coming
so don't eat
those sweets,
Regretting that you
did is really not
a treat!*



Unscramble the words below taken from this Newsletter edition. Copy the letters in the numbered cells to the cells below with the same number. (Check Answer Key)

NEWSASEAR
5 12 8 10

CECRNA
11 9 7 6

TEINSRUTN
13 3

NEIEVRETPV
1

SEEXECRI
4 14

TELHYHA
2

K D B !
1 2 3 4 5 6 7 8 9 10 11 12 13 14

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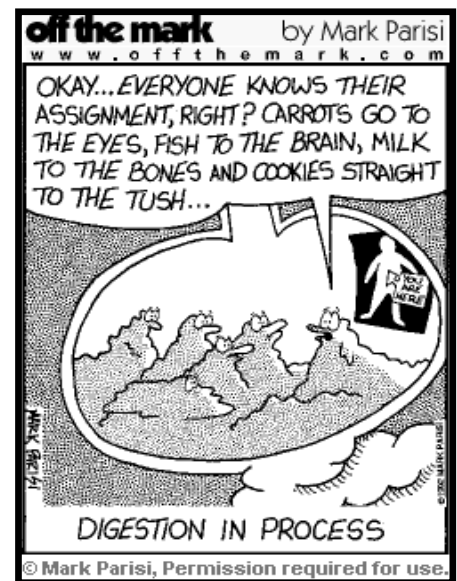
Formulated from my "own" personal recipes since 1989

CHOOSE FROM:

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JUMBLE MESSAGE ANSWER: Take care and be aware!

Fiveson's Foods are made for and sold exclusively by Linda Fiveson

Do you have a question or suggestion?
A personal strategy that you use?
Please let us know—we'll consider it for a future edition!
You may send an email to:

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