



Linda Fiveson

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Recipe of the Month

Turkey Pumpkin Chili



Ingredients

2 T olive oil
1 small onion, chopped
1 green pepper, chopped
2 jalapeño, seeded and chopped finely
2 garlic cloves, finely chopped
1 lb/ ground white meat turkey
1 (14.5 oz) can diced tomatoes, with their liquid
1 (15 oz) can pumpkin (solid packed)
1 cup water
1 T chili powder
1 t ground cumin
1/2 t salt
Ground black pepper, to taste

Directions

Heat oil in a large pot over medium heat. Add onion, bell pepper, jalapeños and garlic and cook, stirring frequently until tender, about 5 minutes. Add turkey and cook until browned. Add tomatoes, pumpkin, water, chili powder, cumin, salt and pepper and bring to a boil. Reduce heat to medium low. Cover and simmer, stirring occasionally, for 30 minutes more. Ladle chili into bowls and serve.

More recipes on website.

When You Look in the Mirror, What Do You See?:

Do you ever look at other people and think they look so much better than you? You might think they look thinner or more attractive than you and wish you could exchange your body or face for theirs. You think you aren't the "jealous type" but here you are thinking you want to switch places with them because after all, being thin and beautiful is empowering, isn't it?

I think comparative thinking is instinctively tied into human nature. When we're younger it's about who has the nicest house, nicest clothes, nicest car, who's the better athlete -- even who has the nicest family. And we judge ourselves and our lives based on what we think is *better*. *Better* in our mind is the operative word, but our desirous choice is not necessarily *better* at all.

As we begin to mature and take charge of our decisions and lives, our basis for comparison takes on a new light. We continue to compare ourselves to others but if we are not happy with how we look or feel, we start to feel badly about ourselves. So many of us struggle with our self-images throughout our lives and although worrying about the way we look is more prevalent amongst women, it certainly exists amongst men too. It's something that I, myself, continue to struggle with also, even after maintaining my weight loss of 140 pounds over thirty years. This is based on my "personal" comparison study which would be different if I had a complex about my nose or another body part. In that case, anyone I would see with a better nose than mine would make me FEEL self-conscious.

Thanks to all the media, be it TV, movies, billboards, magazines, etc. we are constantly exposed to ideal images of exceptionally good looking people. This makes the standard of beauty harder and harder to attain, especially for women. While we frequently check our images in the mirror, somehow we resist the urge to study ourselves in detail, because we would only be pointing out the flaws. We tend not to look for positive characteristics that would make us feel good, proud or happy. Do you think you could look in the mirror and make a list of things you like about yourself? How long do you suppose that list would be? Wouldn't it surprise you if you concentrated on the positive and the list was longer than you thought? Self-belief and self-esteem are not innate; they are skills that we learn! We have to create a new way of thinking about ourselves in order to learn the process of having a positive self-image. We are re-patterning, so it eventually becomes easier and more automatic.

Concern about our appearance is normal and I think we are all more obsessed with our appearance than we want to admit. However, when we don't like the way we look, we become obsessed with how fat or unattractive we feel, wondering if others see us as badly as we see ourselves. This negative obsession becomes so overwhelming that it consumes every thought.

You can look at yourself in the mirror before you leave your house and get positive feedback thinking that you look fine. The next thing you see is your reflection in the windows of a shop you are passing and you

and you think you look twice the weight of the person you saw in your home mirror. What happens next? Suddenly it's a bad day and you want to go home to change your clothes. This colors everything and you might even comment, "I feel so fat. I'm never wearing this outfit again." From this day on, you associate those particular articles of clothing with negative feelings about yourself.

I have clients who come in feeling heavy and are worried the scale won't go down when I weigh them. When they see that the reverse is true and they really have lost weight they immediately feel thinner and become elated. What happens next now? It becomes a good day. In just a second, their self-esteem and validation rose. I always remind my clients that the scale is just a piece of metal. If they no longer existed we would have to rely on the way our clothes fit, learn how to evaluate ourselves more honestly or believe in the consistency and efficacy of our diet in order to gauge our weight.

In the meantime, we are constantly pressing, touching and squeezing our bodies to determine how thick or thin we feel. What if the mirror is lying to you? What if the image YOU see is not the same one that others see? I have always wondered how truly unattractive people perceive themselves. Is it the same way we see them or is there a magical *forgiveness film* over their eyes that helps them not see their flaws? Perhaps they have different standards of what is beautiful and desirable than attractive people have? Maybe they put less concern and importance on appearance or are more forgiving of their flaws than physically attractive people are? frontal lobes in your brain, and looking

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True or False?

How much food trivia do you know?

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**

1. What snack cake was rumored to stay fresh forever, and was therefore stockpiled in 1960's bomb shelters?
2. Which meat contains more iron and protein - salmon, ostrich or buffalo?
3. Which was not one of the original flavors of Fruit Loops cereal - orange, grape, lemon or cherry?
4. In what city did Caesar Cardini create the first Caesar salad?
5. What type of food do 70% of Americans prefer - Italian, Asian or Mexican?
6. What is harvested from the stems of the cabbage palm?
7. What is the difference between brown eggs and white eggs?
8. What are the most common eating tools worldwide - a knife and fork, chopsticks, or the hands?

Answers below

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Research has shown that the process of self-awareness is mediated by the pre-frontal lobes in your brain, and looking at yourself in the mirror and thinking and reflecting on yourself increases the activity in the pre-frontal lobes. Negative emotions are mediated by the limbic system and the amygdalae which are more primitive structures of the brain associated with autonomic "fight and flight" responses. In other words, giving up!

One thing for sure is the more positive your thinking is, the better chance you have of interrupting the negative and limiting emotional patterns. That sounds like a plan, don't you think? Like all other challenges in life, it's easier said than done but you won't really know until you create and repeat your own positive "mirror scripts." Then come back and tell me the answer to the first and most important question; When you look in the mirror, what do you see?

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

Fiveson's Fabulous "Fake" Foods are manufactured and distributed exclusively by Linda Fiveson - Syosset, N.Y.

Linda Says

"Mirror, mirror on the wall.

I am what I eat

after all!"



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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- Puzzle Answers
1. The Hostess Twinkie
 2. Buffalo
 3. Grape
 4. Tijuana, Mexico
 5. Italian
 6. Hearts of Palm
 7. The color
 8. Knife and fork