

# Linda Fiverson

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OCTOBER 2014



## Recipe of the Month

### Thai Butternut Squash and Carrot Slaw



#### Ingredient

2 teaspoons sesame oil  
2 teaspoons light soy sauce  
2 cups shredded carrots  
2 cups shredded butternut squash  
2 teaspoons grated ginger (fresh)  
2 teaspoons of lemon zest  
1-2 packets Splenda or other sugar substitute (optional)  
1/4 cup scallions, sliced thinly  
2 tablespoons sesame seeds

#### Directions

Put carrots and butternut squash in a large bowl. In a separate bowl put oil, lemon zest, Splenda (if desired) and ginger. Mix well. Pour over carrots and squash and stir till well coated. Add scallions and mix through. Sprinkle with sesame seeds and toss lightly. Serve cold or at room temperature.

## THE FEEDING FRENZY BEGINS THE END OF THIS MONTH!!!!

### “ARE YOU READY?”

The end of October marks the beginning of a 3 month FEEDING FRENZY. Children get ready to begin collecting their Trick or Treat rewards, and their little taste buds become "big" taste buds that begin to influence their desire for "more."

Did you know? Children have the same number of taste buds as adults do, it's just that their oral cavity is much smaller. Their little tongues experience more intense flavors the younger they are. That's probably why kids have a more limited palate. Also, that's why the taste of sugar is so much more enjoyable to them. Parents probably began using sweets as a reward because of their positive reaction to the pleasant taste.

Can you believe 20 million pounds of candy corn are sold per year? And 90 million pounds of chocolate candy are sold during Halloween week alone. The largest candy selling day of the year is October 28th. I wonder if there is a rise in type 2 diabetes on that day as well?

In reality, there are just 7 celebrated days between Halloween and Valentine's Day which cause the problems for us -- 7 days that are spread over 3 months! But we waste most of those 180 days "fighting" the same battle we continue to fight year after year. It's the same fight with the same foods. How many times will you lose that familiar battle before you decide to forfeit the fight? Yup, cash it in! Accept that you can't, won't and will never win!

Do you think now is the time to try a different plan or strategy against OUR Halloween Demons? And I'm not referring to ghosts.. Nothing extreme, just some common sense, planning in advance, and reading and learning about the "holiday foods" you plan to serve and/or eat.

You must look at the "Ingredient" portion of the labels on the products that you use. They will list in order the processed carbohydrates, flours, rice, potatoes, fats, hydrogenated oils, cane sweeteners, sugars, rice syrups, fats, chemicals, and words of items you can't pronounce, understand or fathom why they are even included in the foods at all.

Think about how to avoid those foods that always intoxicate you with familiar aromas and weaken you to your knees with desire, this time make a plan to help stand-up to temptation.

- You can stay home.....Nah!
- You can sit with your hands folded on your lap.....Nope!
- You can consume only liquids so you won't chew anything...unrealistic!
- You can find a "fellow foodie" that will say: "Enjoy yourself, you'll go back on your diet after the Holiday's!"...No, again!

The amount of guilt and anger you will experience will still be SO overwhelming

that it will remove all the enjoyment from the occasion.

- You can bring something healthy to eat that you can share with everyone....Yes!

So plan a strategy to avoid getting too close to temptation. Have less indecision and more determination. Happiness will be the best and least expensive gift you can give to yourself. And you will enjoy it for a long time when the Holidays are over.

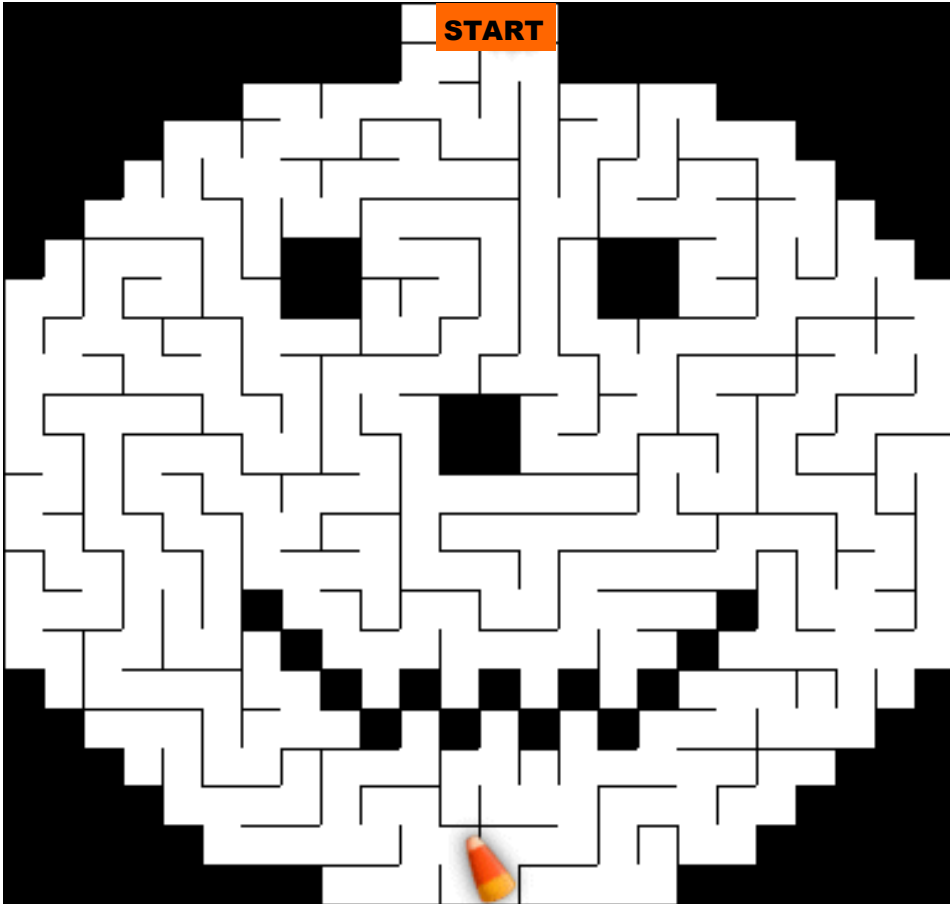
*From the ghosts and goblins and candy galore,  
Here's where it starts cause you're about to eat more.  
No matter where you are going or trying to hide,  
It's hard to avoid this "gastronomical" ride.  
There's turkey and eggnog, not to mention the stuffin',  
No wonder our midrifts turn into one large muffin!  
But after Thanksgiving there's a calm in the air,  
Our guilt makes us diet or we'll have nothing to wear!  
Christmas and New Year's favorite times of the year.  
But all that we're thinking of is our clothing with fear!  
Even though the Sugar Plums dance in our heads,  
We don't have to look like one when we plop into bed!  
Mixed messages are sent, should we eat "it" or not?  
Knowing it's not healthy, never seemed to make us stop.  
"When will this be over?," you're beginning to reason,  
Valentine's Day ends this 3 month eating season.  
So, stop it now before it will begin,  
And start on your way to be healthy and thin!*

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# Puzzle

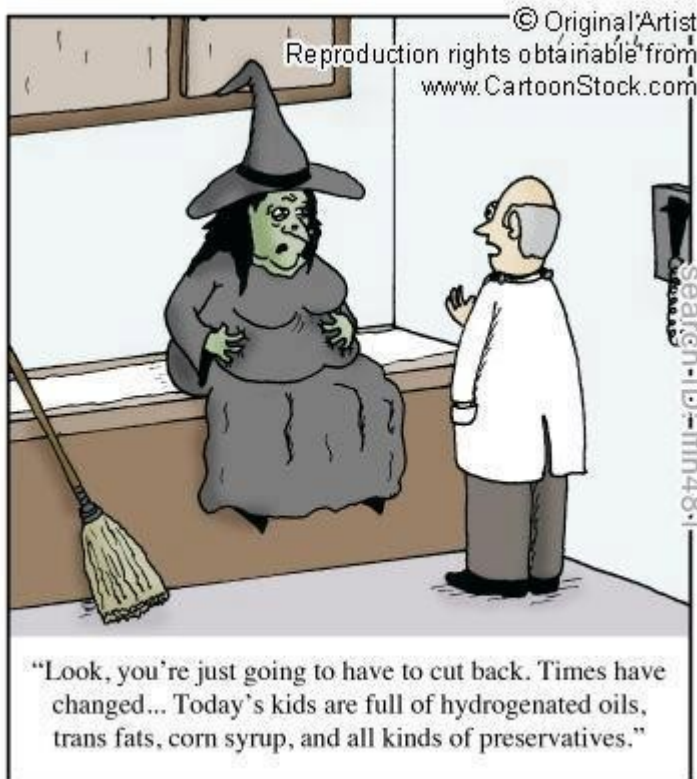
Travel your way around this jack-o-lantern and when you get to the candy corn put an X through it. Let it represent all the fattening, unhealthy holiday candy. Remember: You are **NOT** going to eat any sweets!



Linda Says...



When you make the decision to stop eating sweets, Health and happiness and will be your favorite treats!



## 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*

*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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