

LONG ISLAND WEIGHT COUNSELING, INC.



Linda Fiverson



To-day's world is a

Cyber Diets (Are they a gain or a loss?)

fast paced one, due in large degree, to the advancements of technology. Things are always changing and because novelty is desirable, we are often on to the next "new" thing without even giving the "old" one a fair chance. This is true of weight loss programs too as dieting has melded with technology and people are turning to the Internet to get in shape.

As I think about dieting through the decades of my own life, I am aware of, and sometimes amazed too, at its evolution. My personal weight loss journey dates back to the days when there weren't many prescribed programs. You could count calories, get a prescription for pills from your doctor (they were all General Practitioners at the time), eat only cabbage soup or drink Metrocal, one of the first liquid diet shakes on the market. You could choose to attend Weight Watchers or Overeaters Anonymous meetings, follow Jack La Lanne, Pritikin, Atkins or Stillman... Although options were available there weren't quite as many as there are today...

In my days of diet exploration there was no such thing as an Internet connection and wireless weight loss wasn't even a notion... There weren't even wireless telephones then! Today there are more than 150 million documented online sites, all offering solutions to overweight Americans. Some are electronic counterparts of well known programs and others, unknown and more obscure. Some sell membership and others sell pills, drinks and "who knows what"? When we're desperate, we'll try anything, even from Cyberspace, giving no thought to the cost...even if it's our health! With so many different sites and programs how does anyone decide which to choose? What is all the hoopla about Internet diets anyway and how valid are they?

Like everything else in life, you have to look at the full picture because there are many variations in the service, offerings and reliability of each program. They each include some or all of the following: counseling via email or live online chats, food journals you fill out and return, exercise logs, recipes, meal planners, weight loss trackers and interaction and support from fellow members. For some, convenience is one of the biggest draws to Internet dieting. You don't have to leave home or overload your

(continued from Column 1)

schedule since you can log on when at home, on a break from work or on the road traveling. You can access information around the clock too so there's no problem signing on in the middle of the night when you can't sleep. Who are you talking to though? Who is the person advising you and doling out information? Is he or she a qualified provider with relevant credentials? How do you really know?

For other people, cyber-dieting is an annoyance. It means too much time wasted between turning the computer on, accessing the Internet and then, finding and navigating the website. It's a lot of work before you even get started! Personally, I find it difficult having a relationship with a "mouse"...

Wireless dieting limits your activity level since it forces you to sit. I always say, "Any movement is better than none"...and it is! Moving around is important. When you're on the computer there is no sense of being accountable to anyone either. There's no one to communicate with in the true sense of the word, no one to offer support or understanding when needed and no one to cheer you on.

Internet dieting is more economical than private consultations but there is a fee, usually dependant upon how elaborate their website is and the range of services they provide. Some programs ask you to fill out a questionnaire to survey your needs and desires so they can better streamline a plan for you. Others are more generalized. Internet plans usually have a subscription service and/or trial period so you don't have to make a long term commitment. It's always wise to check membership requirements and commitment clauses carefully before making a commitment yourself!

Research says that personalized feedback and interactive tools such as food diaries, peer support and meal planners increase success in weight loss and maintenance. When people are being monitored

Linda Says...

**"Make good choices
about what
to eat...
It will help avoid
defeat!"**



SEPTEMBER, 2008

(continued from Column 2)

they are more accountable for their behaviors. Although it's true that these options are available through some wireless websites, I don't think anything replaces personal sessions with a Nutritionist or Weight Loss Counselor. It's much more impersonal than direct counseling but "something is better than nothing" if you can't get out.

Internet dieting requires a high degree of self motivation and determination to stay engaged and involved. Procrastination can be a big obstacle and since there is no "live" person to talk to it's easy to get into the "I'll do this later or tomorrow" pattern. As you know, this is self-defeating.

If cyber dieting is the route you are going to take, I suggest you investigate a few programs and pick one with high reliability factors. The site should be easy to navigate and provide you with prompt feedback. Make sure you read all the small print and know what the cancellation policy is, if any. Beware of websites that offer quick fixes and make miraculous claims. They're usually scams that feed off "Desperate Dieters". Wouldn't it be great if Internet sites could home deliver a personal robot programmed to stop you from taking "just one bite"... Maybe that will be next?

ITALIAN STYLE PAN SEARED SCALLOPS



INGREDIENTS

1 pound Sea Scallops cut in half (not sliced)
3T. Olive Oil
2 Garlic Cloves
10 Basil Leaves
2 Bay Leaves
Shallots
Celery
Carrots
1 jar Artichoke Hearts (drained)
1 can Button Mushrooms (drained)
2 c. String Beans
1 grill pan
1 stir fry pan

INGREDIENTS FOR RUB

1 T. Olive Oil
Hot Paprika
Red Pepper Flakes
Garlic Powder
Garlic Flakes
Onion Flakes
Salt
Pepper
Oregano
Basil

Combine above dry ingredients in bowl and mix well. Separate into 2 equal parts.

DIRECTIONS

Rub scallops with 1/2 Dry Rub. Sear for 5 minutes on each side in Grill Pan lightly coated with Olive Oil. Set aside. Heat remaining 2 T. Olive Oil in Stir Fry Pan and brown garlic, shallots, bay leaves and basil. Add vegetables and sprinkle with remaining half of Dry Rub Ingredients. Cook until soft (or other desired texture). Add seared scallops, mix together and enjoy!

ORIGINAL
RECIPES

by
Linda Fiverson

You won't despair...
if you prepare!

The holidays are coming!!!

Place your order soon!

TRAYS OF:

- Spaghetti Squash Noodle Pudding
- Vegetable Chopped Liver
- Matzoh Balls
- Veggie Soufflés
- Carb-free Gefilte Fish
- Turnip Latkes
- Blintzes
- and more...

(From soup to Dessert!)

FIND THE WORDS BELOW AND CIRCLE THE M. THEY GO IN EVERY DIRECTION, BACKWARDS AND FORWARDS AND DIAGONALLY. SOME LETTERS OVERLAP.

Y C O P U A R R E W H S E A G
 T H P R Y O U E E A T U G W N
 Q O Q E V E U B T E L O L N I
 S L V V R V T X S A T I U L D
 D E O E P C S D M K W T D Y I
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 U E C I U S E T T Z K T K L Y
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 A O A E Q Z S W G L O N B E R
 V L T R O F M O C H U N D H A
 E S I C R E X E E I T I A P T
 Q J D O C J G A E N R G G J E
 T P I C A W R X O B Z Y A K G
 C S Y Z A T W D T A F I R T O

CHOLESTEROL
 COMFORT
 EXERCISE
 HEALTHY
 HEART
 HIDING
 HYDRATE
 INDULGE

NUTRITIOUS
 OVERWEIGHT
 PERCEPTION
 PREVENTIVE
 SMART
 VALUE
 WATER
 WISE

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**“Welcome to the Weight Loss Forum.
 To lose one pound, double-click
 your mouse six million times.”**

FIVESON'S FOOD!

*Tastes absolutely fabulous!
 FREE of gluten, sugar, flour and preservatives!*

Formulated from my "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!

OPEN 6 DAYS A WEEK

DELIVERY AVAILABLE - CALL FOR HOURS AND ORDER SHEETS.

CONSULTATIONS
by appointment only!



STRING BEANS



String beans are also known as green beans, snap beans and in French recipes, *haricots verts* and they're not only green; they can actually range in colors from yellow to purple... Healthy and tasty, they make a good addition to any meal, raw or cooked and when refrigerated, they stay fresh 3 to 5 days.

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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