

LONG ISLAND WEIGHT COUNSELING, INC.

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Linda Fiveson



All You Need Is Love...

by Linda Fiveson

We write poems and sing songs about love all the time. The lyrics of a popular Beatles song tell us over and over "All you need is love." This same refrain is also the song's title and its message, clear and simple. Yet, to love is not always so easy...and to love again, even harder...

We are all at different places in our lives. Some of us are in loving relationships while others of us would like to be. Some of us yearn to rediscover and refresh the love we shared with our spouse and others of us are hoping to find new partners for any variety of reasons... We all want and need to be loved.

All you need to do is turn on the radio for confirmation. No matter what music station you tune in to you'll hear vocalists singing about love. One song asks, "Don't you need somebody to love?" while another states, "I found love on a two way street and lost it on a lonely highway." Another song cries that "One is the loneliest number while another smiles about being "Happy together."

Though the songs we hear tell about different experiences they all relay the message that love is a vital part of the human experience. Love is a very powerful emotion and it colors the mood of our days. How do you define love? The dictionary says that love is "a profoundly tender, passionate affection for another person." That can be extended to include self-love because how we feel about ourselves has a lot to do with how others feel about us. In the field of nutrition and weight loss I see this every day.

To love yourself means to accept yourself as you are and to come to terms with those aspects of yourself that you cannot change. It means to have high self-esteem, self-respect and a positive self-image. It means you have a commitment to being the best you can possibly be and doing whatever you can to ensure that. Sometimes that means acknowledging things that aren't working and making difficult changes. Other times it means accepting things you wish were different but are unable to change.

It's very hard to love someone else or expect that he or she will love you if you don't love yourself. It's only when we love ourselves that we take good care of ourselves by eating healthy foods, exercising and getting a sufficient amount of sleep.

The theme of this month's Herald has to do with rediscovering romance. Let's broaden that to include self-love by talking about ways we can romance ourselves. In today's hectic world we're often overworked and overbooked, rushing from one activity, meeting or committee to another with little "down time". When we do things in haste we sometimes don't think them out and thus, we're unprepared for the day. For example, if you didn't chop and slice fresh vegetables to take with you to the office you'll be more inclined to grab a muffin or bagel when you have an office break. Or, if you're stay-at-home mom, you might grab a handful of your child's Goldfish Crackers, Cheerios or worse yet, French Fries.

Make yourself your first priority. If you take care of yourself first you'll take care of everyone else better. Trust me, I've been there... You should want to look good for yourself—not for your boyfriend or girlfriend, husband or wife – and not for your kids who will be embarrassed to be seen with you! When you love yourself and feel proud of yourself life seems a little bit easier. You smile more, you engage others and more and you even respect yourself more.

So many of us depend on others to define who we are and how we feel about ourselves. Put an end to that right away. Don't let other people be your social mirror. You don't need their feedback to tell you who you are or how you look. It is true that positive feedback makes us feel good but in the long run it feels better when we are our own judge!

Although we want to look and feel our best we want others to think that too. That's okay as long as you are the motivator and not someone else. Losing weight (if you need to) and staying in shape are the most important things you can do to lead a healthy life both mentally and physically. Eating a nutritionally balanced diet and exercising are the best gifts you can give yourself and your loved ones – present and future included. As you rediscover love for yourself you'll be better prepared to rediscover it with others...

Linda Says...

*It's all about
the choices
we make...*



SEPTEMBER, 2009

*A special thank you
to everyone who
helped make my Grand
Re-opening Celebration
the wonderful party
it was!!*

*See photos on my
website:*

www.lindafiveson.com

THAI CHICKEN ON A STICK



INGREDIENTS

3lbs. skinless, boneless chicken (cleaned and dried)
4T Sesame Oil (vegetable or Canola may be used)
3/4 t cinnamon
1/2 t ginger
1/42 t nutmeg
Artificial Sweetener to equal 4 t sugar
1/4 t ground cloves
Salt and pepper as desired
Skewers

DIPPING SAUCE

2 T natural peanut butter
(No sugar added)
4 T Light Teriyaki
Artificial Sweetener to equal 1 T
sugar

DIRECTIONS

Preheat oven to 375°. Put all dry ingredients and oil in large bowl and mix until it becomes a paste. Add chicken to bowl and coat with mixture. Place on lightly greased baking pan and cook in preheated oven for approximately 1/2 hour. Let cool and slice chicken into thin strips. Pierce each piece with skewer and wrap chicken around it.

Put ingredients for Dipping Sauce in separate bowl and stir well. Serve with cooked chicken on a stick.



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!)

LOOK FOR LINDA'S BOOTH AT THE SYOSSET FAIR

Sunday, September 13th 11:00 a.m.5:00 p.m.

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.

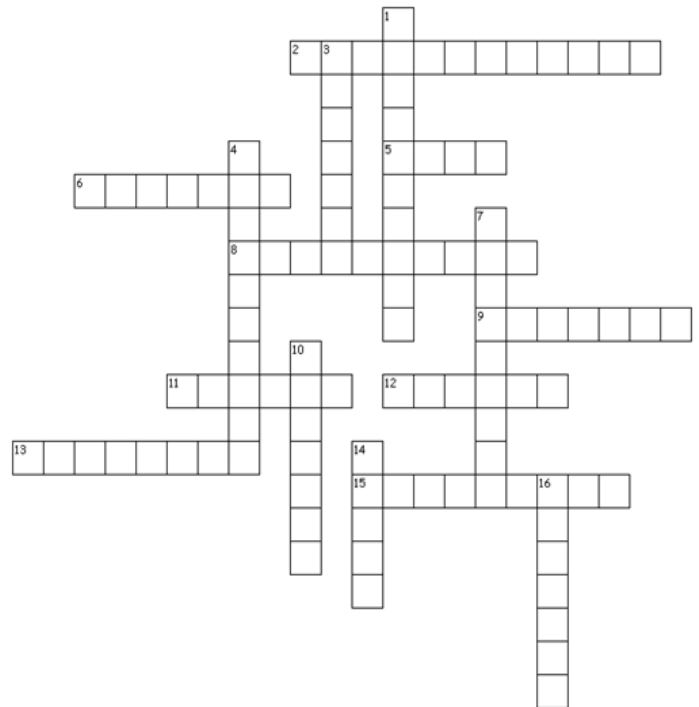
CONSULTATIONS

by appointment only!



ANSWERS TO PUZZLE
ACROSS: 2) POMEGRANATES 5) TOFU 6) MUSTARD 8) CANTALOUPE 9) EDAMAME 11) SPICES 12) CHOICE 13) CALAMARI 15) ASPARAGUS DOWN: 1) VEGETABLES 3) OVEREAT 4) BROCCOLIN 7) APPETIZER 10) LETTUCE 14) SALSA 16) GRILLED

MAKING CHOICES



Across

- FRUIT WITH MANY LITTLE SEEDS
- ANOTHER WORD FOR BEAN CURD
- YELLOW CONDIMENT
- MELON WITH ORANGE FLESH
- SOYBEANS IN POD
- GIVES FOOD FLAVOR
- ANOTHER WORD FOR OPTION
- SEAFOOD RINGS
- VEGGIE WITH SPEARS

Down

- SOMETIMES CALLED GREENS
- EAT TOO MUCH
- HYBRID OF BROCCOLI AND KALE
- SMALLER PORTION USUALLY EATEN BEFORE ENTRE
- OFTEN USED AS CARB-FREE WRAP
- MEXICAN SAUCE OR LATIN DANCE
- HEALTHY WAY TO PREPARE FOOD

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:

lindafiveson@yahoo.com