

# Linda Fiveson

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## Recipe of the Month

### Garden Fresh Tomato & Basil Bruschetta

This recipe is great for using all of the tomatoes you have growing in your garden!

#### INGREDIENTS

A lot of tomatoes.  
A lot of Basil  
2 stalks celery  
1 cucumber (peeled and diced)  
1 sweet pepper (diced)  
4 garlic clove  
1 onion  
4 T Olive Oil  
1/4 cup red wine vinegar  
Zest of 1 lemon  
Salt and pepper to taste  
1 T Worcestershire Sauce  
1 T Tabasco Sauce

#### DIRECTIONS

Mince in food processor, place in pot and simmer for 45 minutes.

\* You can add any other spices or herbs that you feel would enhance the flavor.



**"I lost 140 pounds and I can help you lose weight and keep it off too!"**

Life is full of decisions we have to make. I'm sure it is something we do more than anything else in our day. Decision making is required in everything we do. Whether it's social, technical, about what to wear, what to do or how to do it there are decisions to be made. We make decisions about what to buy, where to go, who to be with and of course, what to eat! The "what ifs" seem to be what sabotage us in making the best decisions.

Some of us make a decision, then question the decision and constantly make more decisions about the same thing. There are decision makers that "make things happen" and there are those that "let things happen". Believe it or not, you can improve your decision making skills....even though it seems like such an automatic behavior. Often decisions do not resolve anything but force you into the position of needing to make another

decision. It's difficult for our brains to hold many thoughts at the same time.

My point in writing this article is that the ONLY decision we know the answer to seems to be the one we are constantly in negotiation about. WHY can't we master the answer to the question about our eating?

So many factors influence our appetites. We blame stress, lack of time and planning, social events, busy family lifestyles, the environment, work, PMS and any other convenient reason we come up with at the time. I think instinct plays an important role in making decisions. We usually know what feels right and how to resolve and control a situation. Why do we question our instincts? When the decision about food becomes the problem, maybe it's time to find out why? You would think that feeling great, looking great, regaining our confidence, feeling proud and happy, fitting into smaller sizes, waking up "loving ourselves" and not feeling regretful or worried about how we are going to lose weight would be enough.

You would think that when we finally "own" the control over food, the feeling would be imprinted in our brains permanently. This is what we always wanted, so why are there questions? Why are we constantly negotiating with ourselves about what to eat? "JUST DO IT!" I had a client who wore a t-shirt with those words on it. Maybe we can't resolve the reasons why we eat but we can change "what" we eat. Identify what triggers your eating thoughts. Remember, we think first, we anticipate next, we salivate and then it seems we can't stop thinking about the food until we get the temptation off our minds. And, how do we do it?? We either eat it or throw it away. Are there other choices available?

Always know that right is better than wrong when it comes to food choices just like everything else in life. It's not always about the portion size, time of day, why we eat or how we are eating. Sometimes we have to change our thoughts and other times we

## About Endive...



When we think of endive, most of us think of salads. Did you know that it can be broiled, braised, baked, grilled and sautéed too? And... it's a great "scooper" for dips - try it with the recipe for Bruschetta in this newsletter.

Endive is a type of chicory and it belongs to the lettuce family. It has many vitamins and minerals, is high in fiber and aids digestion. It also has a longer shelf life than

most other types of lettuce.

The yellowish-white endive we are accustomed to seeing is Belgian endive and it's available all year round. There's also Red endive which most of us know as radicchio.

If you're looking for a new taste, try using it in a way you never did before. It's healthy, it's versatile and it has a nice crunch too!

## Fiveson's Food

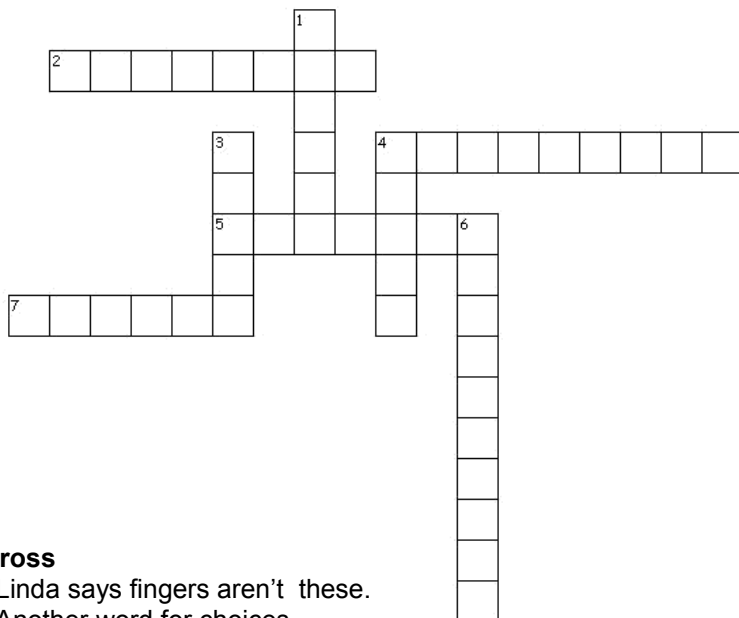
*You don't have to be a client to eat healthy and enjoy it!*

**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.***

More of Linda's exclusive recipes are available on her website: [www.lindafiveson.com](http://www.lindafiveson.com)

## PUZZLE



### Across

2. Linda says fingers aren't these.
4. Another word for choices.
5. This kind of gratification doesn't last long.
7. A healthy scooper for dips.

### Down

1. We usually eat food on these.
3. Linda says to avoid food with this type of flour.
4. It helps you keep track of the foods you eat.
6. Don't give in to this.

Answers on bottom of page.

## Linda Says...

### "FOOD DECISIONS MATTER."



"How do you decide what you're going to eat?," asks Linda

### Why Can't We Make up Our Minds?

(Continued from page 1)



"Have a wonderful time at the ball, Cinderella, but remember — at midnight the hors d'oeuvres turn into hips and thighs!"

have to change ' the food.

Here are some suggestions to help you when you find yourself in the "indecision" mode. Listen to your instincts, but don't let them boss you around. Think about what you can eat instead. If you still want the food you are thinking about, try a healthy, alternative one first. (I call it the 2 minute pause button). Learn how to re-frame your thinking and slow up the impulsiveness. Think about your eating/dieting history.

I think memory can be a big enemy. Our memory is selective. We do remember how bad and guilty we feel after eating poorly, however, something becomes so over-powerful that the memory of how we felt last time we were in the same situation with food gets displaced. We ALWAYS feel awful. We have wins and we have misses which translate into the "who" you are and the "what" you are. Eaters will always be eaters and we can continue to eat when we make smart decisions.

When you are talking to yourself about what to do, always do what your first instinct told you. If there is a question, you will always have the answer. "Why do we do what we know we shouldn't? You have probably been in every social situation imaginable that involved making food choices. Think of them and ask yourself these questions. Was it successful? Could you change it? Did you have alternatives that you didn't utilize? To put it simply, it's a test of yes or no. No ifs, ands or buts! So why is it that what we KNOW to be right is always challenged? The best solution is to remove the INDECISION. And when you do, you also remove the chaos in your brain! And remember, you wear this decision on your body.

*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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Answers to Puzzle  
Across: 2. utensils 4. decisions 5. instant 7. endive  
Down: 1. plates 3. white 4. diary temptation

Consultations with Linda are by appointment only.