

# LONG ISLAND WEIGHT COUNSELING, INC.



Linda Fiveson

SEPTEMBER 2007

(Continued from Column 1)



How

## One Step Forward Two Steps Back...

by Linda Fiveson

many times have you done this? Started a diet again? Made a new resolution and promise to yourself that *this* is going to be THE time it works? For many of us BACK TO SCHOOL is synonymous with BACK TO ROUTINE or BACK TO EATING HEALTHY. We have gone “off the path” or “out of the box” and we want to find our way back. Now it is September again and our lives will once again become more routinized...



No matter how far you might have come in your weight loss journey you may have slipped. You know that age-old saying, “One Step Forward, Two Steps Back”? There is some truth in it! Sometimes we have to have to turn around, go backwards and take a loss so we can begin again. The value in this is that a lesson was hopefully learned -- that our experiences make us who we are and help us determine where we will go.

Attitude is as important in weight loss as in everything else. In order to find success we have to take responsibility for our choices and their outcomes. We have to get to know ourselves and think about our behaviors because behaviors are not static — we can change them.

What habits and patterns do you have? Have they been roadblocks or stepping stones? Think about that! Our experiences are our best reflections...

(continued in Column 3)

### JICAMA-APPLE SLAW

- 1/3 c. packed chopped cilantro, plus leaves for garnish
- 2 T. chopped fresh mint, plus leaves for garnish
- 1-2 T. minced jalapeno pepper
- 1/2 package Artificial Sweetener
- 3/4 t. salt
- 1/2 t. ground cumin
- 1/4 c. lime juice - from fresh limes
- 1/3 c. extra-virgin olive oil
- 1 lb. jicama
- 1 tart green apple, cored (not peeled)
- 2 navel oranges
- 2 avocados, diced

ORIGINAL RECIPES by Linda Fiveson

Put first six ingredients in food processor and process until finely chopped. Slowly add oil until it is well blended with other ingredients. Pour into separate bowl.

Peel jicama. Cut into small pieces along with apple. Shred them in processor and add to bowl with dressing.

Peel orange and remove pith. Separate into pieces and add them to bowl. Add avocados and toss the slaw gently.

Garnish with cilantro and mint leaves. Enjoy!



## Linda Says...

“Mirror, mirror on the wall --  
I am what I eat after all!”



We can turn self-defeating habits around and break negative thought patterns. Mind over matter! If only this was as easy as it sounds but it’s not. I know that first hand.

Owning up to our actions means we are making conscious choices and taking responsibility for them. That is something we are proud to admit when we have positive results but not when we have failed. Yet, we learn so much from our shortcomings and should remember this because it can help us re-focus and “pick up the pieces”. It doesn’t matter where we’ve been; what matters is where we are going and what the “grand finale” will be.

What is your goal? Does it seem reachable? If not, go back a step or two and re-frame it. Make it realistic—something you believe you can attain. You can always add steps and dimensions; you can build capably on a firm foundation but not a shaky one. You can make mistakes and fix them or you can start again. Having a vision is like having a destination you’re determined to reach. Sometimes there is more than one way to get there. Other times you may get lost on the way. You may have to stop for directions or make a u-turn — you may have to start all over. At some point though you reach your targeted location and you feel relief at having finally arrived.

It doesn’t matter how many times you’ve tried to become thin. **THIS** can be THE time – the one that will make a difference! The first step is to believe in yourself! If you are skeptical you’ll be less inclined to follow through. There really is power in positive thinking! Who do you want to see when you look in the mirror?

Don’t be afraid to ask for support from your family, friends, colleagues or whomever you trust for inspiration. Of course, I am always here for you as well, to lend an ear, give suggestions and offer guidance and encouragement.

Lyrics to a song by an Australian music group summarize my message well:

“Take one step forward  
Don’t look back  
It won’t take long till  
You’ll be on that track  
If you need a little help  
Then I’m here for you  
Keep on trying and you’ll get through.”

# 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.**



*What Shape are you in?*



## Trivia Corner

Do you know as much as you think you know? Check answers below!

1. What happens when we put on weight?  
a) Existing fat cells increase in size b) New fat cells are created  
c) Muscle turns to fat
2. What can spice up your meal, rev up your metabolism and give you 3 times the vitamin C of an orange?  
a) Hot peppers b) Garlic c) Anchovies
3. How much food does the average American eat in a lifetime?  
a) About 800 pounds b) About 2 tons c) About 10 tons
4. Who walked, biked and climbed nearly 2,300 miles in 8 months to get fit?  
a) Oprah Winfrey b) Joan Lunden c) Chris Farley
5. Who described herself as having lived most of her life in a "flesh prison"?  
a) Elizabeth Taylor b) Pamela Anderson Lee c) Roseanne
6. If the average American ate low fat ice cream instead of premium ice cream for a year, how much weight would drop off?  
a) Almost 2 pounds b) About 4 pounds c) Nearly 10 pounds

## HABIT



I am your constant companion. I am your greatest helper or heaviest burden. I will push you onward or drag you down in failure. I am completely at your command. Half the things you do, you might just as well turn over to me and I will be able to do them quickly and correctly.

I am easily managed—you must merely be firm with me. Show me exactly how you want something done and after a few lessons I will do it automatically. I am the servant of all great men; and alas, of all failures as well. Those who are great, I have made great. Those who are failures, I have made

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](mailto:lindafiveson@yahoo.com)

## LINDA'S UPSIDE DOWN PYRAMID

**WATER**  
**VEGETABLES, SALAD**  
**PROTEIN**  
**FRUIT**  
**FATS**  
**MISC.**