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Recipe of the Month

MIXED GRILL MEDITERRANEAN STYLE

INGREDIENTS

8 Chicken thighs, skin removed
1 large eggplant
3 medium tomatoes
1 ¼ cups Nonfat plain Greek Yogurt
1 T fresh parsley, chopped
1 ½ t dried oregano
1 clove garlic, grated
1 T extra virgin oil (You will need more for brushing)
1 t smoked paprika
Kosher salt (to taste)
Black pepper, freshly ground

DIRECTIONS

Preheat grill to medium high. Mix yogurt, garlic, parsley, and oregano in a bowl.
Put ¼ cup of the yogurt mixture in a separate bowl and add salt and pepper to taste.
Coat chicken with mixture. Stir the olive oil into the remaining yogurt mixture and set aside.
Wash eggplant and tomatoes and pat dry. Cut both in quarters (the eggplant, lengthwise). Brush the grates of the grill with olive oil and grill chicken, turning over when half done. Brush sides of eggplant with olive oil and sprinkle with salt and paprika. Grill skin down for about 15 minutes or until soft. Turn over and continue grilling until tender. Put tomatoes on grill for about 3 minutes, turning over once.
Serve chicken, eggplant and tomatoes with the yogurt sauce.



What's Your Addiction?

(Continued on page 2)



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

When we think of addictions, alcohol, smoking, drugs, eating and gambling are the first to come to mind. But what else could fall into this category? Shopping, hoarding, collecting, cleaning and so many more... We can actually become "addicted" to almost anything or anyone. Or maybe it's obsessed. Isn't an addiction an obsession that goes out of control?

Certainly, we know that our "objects of addiction" seem to control our behavior. We obsess before we act and yearn for a time we can "take a break" from reality. The feeling is so strong that we somehow cannot control the thought until we finally give in to it. Of course, our excessive behavior is what turns some of these thoughts into trouble.

No matter what your obsession is, it controls your mind and causes you to become preoccupied with it. Regardless of how hard you want to get rid of it, you are haunted by thoughts and feelings about it. When these obsessions turn into compulsions as they often do you become high risk for addiction.

Obsessions usually start off innocently as thoughts. You like something and get involved with it. You want to do it more often and you begin to think about it more often too. Then it begins to consume your thoughts and rule your life. After a lot of conversations with yourself, your thoughts turn into actions and NOW, not only do you have obsessions, you have behaviors that partner with them. That's what compulsions are; irresistible impulses to act on obsessions. They're behaviors intended to reduce the anxieties we feel but their side effects cause us to deteriorate instead.

So you see, the cycle of addiction feeds itself and self perpetuates. As small thoughts and ideas become intrusive and more frequent, they tend to go on to become obsessive and then, compulsive.

There are many degrees to which one might be obsessive or compulsive but when it becomes habitual and spirals out of control it's a real and serious concern.

Surprisingly or maybe not surprisingly, we can be the last one to notice addiction in a friend or family member. It's something we all try to hide and we usually deny it with great indignation when confronted. Most times, addicts don't – and won't – even admit it to themselves. We feel like we are the only ones who have this problem so we don't reach out because we are embarrassed by this behavior.

Addictions don't discriminate. Anyone at any time can find they have one. Do you? How do you know if you're addicted? What are the telltale signs? You can start by asking yourself some of these questions:

- Is there something you do that you can't control even though you know it isn't good for you?
- Is there something you can't stop thinking about?
- Is it something you do in private and deny you've done?
- Are you sneaking around?
- Do you constantly feel guilty, remorseful or ashamed?

Addiction can be psychological, physical or a combination of the two. When it's psychological the person's dependence is prompted by desire and emotional and mental cravings. There are thoughts, feelings and ideas at the forefront. When it's physical, it's motivated by the body's dependence and "need" for the trigger. There's a chemical reaction and implications for abuse. As the body builds up tolerance levels, higher and larger amounts of the perilous substance are needed to get the same effects.

People with addictions usually rely on their addictive behaviors to forget about problems or issues they're struggling with by going into their "mindless zone." They exhibit

Fiveson's Food

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

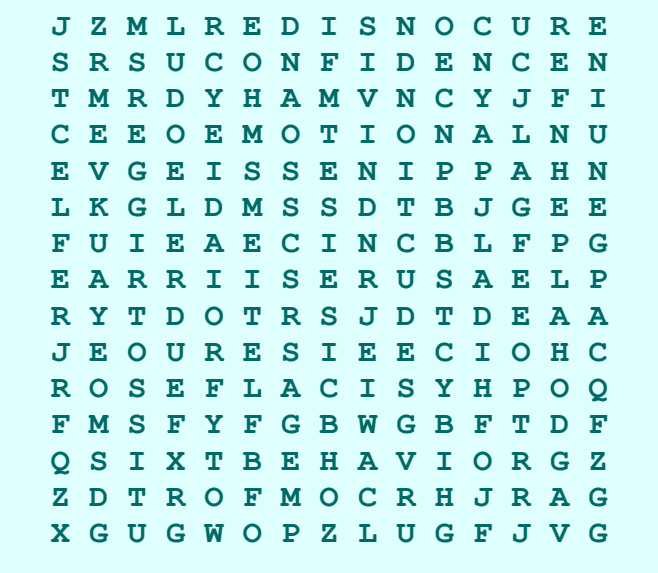
**Over 100 menu choices!
New items added often!
Formulated from Linda's
"own" personal recipes
since 1989.**

*NO sugar, NO flour,
NO gluten,
NO refined carbohydrates.*

More of Linda's exclusive recipes are available on her website: www.lindafiveson.com

WORD SEARCH

The words below appear in this puzzle. Can you find them all?
Words can go horizontally, vertically and diagonally in all directions.



- | | | |
|------------|-----------|-------------|
| BEHAVIOR | EMOTIONAL | PHYSICAL |
| CHOICE | FAMILIAR | PLEASURE |
| COMFORT | FOODIES | REFLECTS |
| CONFIDENCE | FOODS | SEDUCTION |
| CONSCIOUS | GENUINE | SMARTER |
| CONSIDER | GRAB | TRIGGERS |
| DIFFERENT | HAPPINESS | UNCONSCIOUS |
| DISTRESS | OBSESSED | |

What's Your Addiction? *(Continued from page 1)*

frequent and repeated behavior and mood changes and often lose all previous interests. When chemicals are involved, they might feel nervous and shaky and have trouble eating, sleeping and thinking. It's amazing how our brain is smart and multifunctional yet it can be manipulated by an addiction to focus on just one thing.

So, what can "the addict" do? Is keeping your eyes and ears open enough? Only you know the answer to that. If you suspect someone you love is in trouble there are probably reasons you feel that way. Trust your instincts and try having an honest conversation about it as soon as this becomes a concern. People with addictions are often afraid or reluctant to open up and trust someone with their "secret." You may feel just as scared and worried to approach the topic with them. It's normal to feel like that and it's okay to express those thoughts too. When we're honest and talk about our emotions and feelings it may give others with the same problem an opportunity to express theirs. It's always comforting to know "you are not alone."

None of us know all the answers. There will be times the addiction problem is one you can't handle and you'll need to take it to the next level deferring to a skilled, knowledgeable professional for guidance and direction.

As big as the addiction problem is, there are many who just don't "get it". They are the

ones who say, "Control yourself" and ask, "Why don't you have any willpower"? Those of us who walk in the path of addiction personally or as a support to others realize it's not as simple as learning to "Just Say No"! We have to "Get it"!

It's seems so hard to "pull in the anchor" when you feel like you've gone too far from the shore. It's not so easy to wish away the hovering thoughts, relinquish the obsessions or abolish the intrusive urges and compulsions. Remember, thoughts are powerful, but they are not reality!

So, what works? What strategies might you try to employ? I suggest you start small and work on accepting that you have a problem and are willing to change it. This is the first step to recovery of any kind. Try to look at your behaviors and understand how and why the negative patterns developed and were perpetuated. Recreate some of the situations that cause you to become immersed in your "wonderland" of uncontrollable behaviors and change something about them. It could be the time of day, stress, smells or of course, availability... Keep the "object of addiction" away or keep away from "it"! In other words, don't keep it in the house!

A lot will depend on where you are in the cycle of addiction and how enslaved you are by it. When you are ready to give "it" up and make changes you will know and it's only then that you will be able to begin to free yourself from the web of addiction...

Linda Says...

Choose wisely!

Find comfort
in the
"comfort food"
choices
that you make!



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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Consultations with Linda are by appointment only.