



# Linda Fiveson



L.I. Weight Counseling, Inc. 633 Jericho Turnpike Syosset, N.Y. 11791  
Phone: (516) 496-2300 Fax: (516) 496-2359 [www.lindafiveson.com](http://www.lindafiveson.com)

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## Recipe of the Month

### Escarole Soup with Chicken

#### Ingredients

2 15 oz cans of Chopped tomatoes in juice  
4 cups of sodium free chicken broth or 4 packets/cubes of sodium free chicken bouillon diluted with 4 cups of water  
2 cups of cooked chicken breast, cut into cubes  
4 cups of chopped escarole, washed and dried well  
1 T Extra Virgin Olive Oil  
2 garlic cloves, chopped finely  
1 small onion, sliced thinly  
Salt and pepper to taste

#### Directions

Combine tomatoes and broth in a large saucepan. Cover and bring to a boil over high heat. Reduce heat to low; simmer 5 minutes. Add chicken, escarole, and oil; cook 5 minutes.

More recipes on website.

## Are You a Fall Foodie? ("Seasonal Eating Syndrome?")

It's here again: "The eating season"! We are bombarded with so many "Sensory Sensations!" And very sensory they are. First we see them, (the very sight of the elaborate decorations bring back memories and visions of everything sweet and happy.) I'm talking about the festive decor, the sparkles and bright colored lights... And, perhaps you even have more sparkle in your dress and more bounce in your overall mood.

Then, of course, there's the food... tasting one bite here, one bite there, each never counting because after all, it's only a BITE! However, these bites and tastes can accumulate to more than a full portion might have been.

Did the appetite signals that remind us when we are naturally hungry or too full conveniently take a "Holiday Vacation" (just when we need them the most)? I'm sure the signals are there, but how quickly we push them aside for the Holiday High. Maybe it's Amnesia? Once again we're standing on the platform about to jump into another "eating disaster!"

This time, though, we are going to have a plan to circumnavigate around the obstacles that always get in the way. Now, let's rewind this scenario and plan a different strategy. First, remove the words "try" and "should" from your vocabulary. They mean nothing... no commitment.

Start thinking: NO self-hate, NO regrets, and No loss of confidence, NO avoiding or withdrawing from socializing. NO

wardrobe chaos trying to coordinate something / anything that fits. NO MORE SETTLING!

**NO struggling, trying keeping your head above water,** you're going to stay afloat this time and keep a controlled pace to navigate you. Think of simple strategies. Differentiate your "head hunger" from your physical hunger. This can be very deceptive; we probably think about what we are going to eat hundreds of times a day. It may not be about hunger at all. Think about how would you answer these questions? "Are You Hungry?" "Why are you hungry?" "What is hunger?"

Is eating something to do when you have nothing else to do? Is it the situation or various emotions that trigger the desire to eat? How many times have you eaten right after you said to yourself, "I'm not hungry?" Try to become aware of the times and occasions this occurs. Instead of eating, is there something else you could be doing? Or, do you eat to procrastinate not doing that something else?

Do you ever think about how you eat? Is it fast and distracted? Do you eat when you are alone, reading, mindlessly, with your hands, standing up, perhaps at a certain time of day or at night, or are you one of the famous "dashboard diners" who eat in the car?

Isn't it time to enjoy the "sensation of eating, chewing and tasting your food?" Imagine a *pause button* redirecting your focus away from the fridge, pantry, etc.

Eat, chew and swallow slowly to savor the food and stop putting forkfuls of it into your mouth one right after the other.

When are you done eating? Is it when you are full and stuffed or when there is nothing left to eat? No more cycles of "eat-repent-repeat."

The biggest obstacle we have facing us is our own mind. Envision yourself starting a chain and become aware of your patterns and habits.

The weak links in this chain are the eating mistakes. Eating mistakes are done consciously, intentionally and quickly; we delude ourselves into believing that this time we won't lose control! When the links of the chain are strong, we feel comfortable and confident yet having weak links can collapse even the strongest chain!

SHIFT your approach with fresh ideas and a new plan. SHAKE UP that kaleidoscope in your brain AND...

**MAKE IT HAPPEN**

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# Word Jumble

Unscramble each of the clue words. They are all from the article on page 1. Copy the letters in the numbered cells to other cells with the same number to get the message.

## POSITIVE THINKING

RSSENYO    <sub>1</sub>

NAITEG    <sub>7</sub>

TISASERGET    <sub>4</sub>

TEOCMNITMM    <sub>3</sub>    <sub>8</sub>

TOCOLNR    <sub>6</sub>

KINHT    <sub>5</sub>

VASOR   

SIINEVNO    <sub>2</sub>

U    <sub>3</sub>     D <sub>6</sub>    <sub>7</sub> 8 !



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

*Fiveson's Fabulous "Fake" Foods are manufactured and distributed exclusively by Linda Fiveson - Syosset, N.Y.*

# Linda Says

**It's a new day**

**So....**

**Find a new way!**

**MAKE IT HAPPEN!**

*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!*

*[lindafiveson@yahoo.com](mailto:lindafiveson@yahoo.com)*

## Fiveson's Food

**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*