

The Final Choice

Choice and choosing are abilities we have and can exercise as a result of the variety and divergence of our thoughts. When our thoughts swim round in our brain we have to "sort them out" and choose to respond to them one at a time. It follows that our actions correspond with the choice we have made. Whether the thought is conscious or subconscious there is a corresponding, subsequent action. This is because choosing involves a decision we can act on.

Choosing can always be done separately from emotions. Often we deny that and let our emotions and circumstances dictate the choice. We end up committing an action because we have acted in... sadness, anger, depression, apathy... If your action's source is based on emotion, the consequence can often be... sorrow, guilt, shame and "I wish I hadn't done that!" If that is the pattern, then we need to analyse why this is so and make the necessary corrections required to break the destructive habit.

Think how often you say to yourself, "I feel sad; I feel happy; I feel angry; I feel bored; I feel sorry for myself"... Then think how often those thoughts are followed by "I think I'll eat...". Sometimes there is no verbalising of the thought and suddenly the chocolate is in the mouth! It did not just happen, you decided to do it.

Train yourself to simply acknowledge "I feel sad, down, depressed and angry..." but nevertheless, "I choose to eat well". Talk to yourself in a different way. Tell yourself "My choices are not governed by my feelings or my circumstances, my family and or friends". When you choose an action, you are saying "I am in control... I am responsible... I am accountable for all my actions. There is no one forcing me to do things, I do it willingly and freely. I am the one who

makes the final choice."

Oranges

Juicy and sweet and renowned for their concentration of vitamin C, oranges make the perfect snack and add a special tang to many delicious recipes; it is no wonder that they are one of the most popular fruits in the world. Oranges are generally available from winter through summer with seasonal variations depending on the variety.

Oranges are round citrus fruits with finely-textured skins that are, of course, orange in color just like their pulpy flesh; the skin can vary in thickness from very thin to very thick. Oranges usually range from approximately two to three inches in diameter.

Oranges are a very good source of dietary fiber. In addition to vitamin C, oranges are also a good source of B vitamins including vitamin B1 and folate as well as vitamin A, calcium and potassium. A good dose of oranges offers your body the protection it needs and promotes the optimal health which is necessary to combat the colder weather.

Flaxseed Oil

Flaxseed Oil is often called linseed oil. The oil is extracted from the Flax Seed (*Linum usitatissimum*). Flaxseed Oil is a vegetable oil that contains essential quantities of the two major groups of essential fatty acids (EFAs) omega-3 fatty acids and omega-6 fatty acids. Our bodies cannot produce EFAs that can only be obtained through the diet. EFAs perform a variety of important bodily functions and studies have shown that EFAs play an active role in the prevention of some common diseases e.g. coronary heart disease. Flaxseed Oil is one of the best sources of EFAs because it contains both of the essential fatty acids in the proportion and form most people need: an abundance of alpha-linolenic acid

(which converts to omega-3) and non-rancid linoleic acid (which converts to omega-6).

Cabbage

Sturdy, abundant and inexpensive, cabbage is a longstanding dietary staple throughout the world and is so widely cultivated and stores so well that it is available throughout the year. Cabbage is round in shape with layers of superimposed leaves with the inner leaves often lighter in color than the outer leaves because they are protected from the sunlight. Even though the inside of cabbage is usually clean since the outer leaves protect it, you still may want to clean it. Remove the thick fibrous outer leaves and cut the cabbage into pieces and then wash under running water. To preserve its vitamin C content, cut and wash the cabbage right before lightly cooking or eating it. Since phytonutrients in the cabbage react with carbon steel and turn the leaves black, use a stainless steel knife to cut.

Recipe

Chicken a l'orange

Chicken (allowance)
Ginger and paprika (limited amounts)
1 Orange
Shallots and cabbage (veg allowance)
Water

Cut the chicken into 2cm thick slices and coat with combined ginger and paprika.

Brown in pan, then add the juice from the orange (keeping a slice for garnish) and equal amount water. Simmer until chicken is cooked.

Remove chicken, add chopped shallots and simmer until reduced to sauce. Serve over steamed, finely sliced cabbage and enjoy!



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is within you



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