

Living Well With Linda ***Certified Hypnotist & Wellness Coach***

Is Your Body Running on Empty?

Issue: # 12

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Where is Linda?

Unfortunately Linda is at home recovering from dental surgery (YUCK!), so folks you're stuck with me this week, namely Marlene Oulton, owner of BulletProofers.com and Linda's editor-in-chief.

Since I'm known as 'The Words Lady' and my expertise lies with rearranging and manipulating the letters of the alphabet, I'm not even going to attempt to share with you great health and nutrition tips as Linda provides you with bi-weekly. I did, however, write a short article about the importance of breakfast because I know from my own experience how NOT starting my day off right caused me to 'crash and burn' every day around 10:00 am. (Sound familiar anyone?)

I'm sure she'll be back fully recovered and raring to go in a week or so, and will have tons of super tips to share with you in 2 weeks.

Keep sending her your suggestions on what you'd like to see published in ***Living Well With Linda*** as I know she reads each and every one of your emails and loves to get your feedback.

So, without further ramblings, get well soon Linda and to you, her faithful readers, I hope you enjoy my "Is Your Body Running on Empty?" article.

Love and hugs,
Marlene Oulton (aka "The Words Lady!")

Raving Fan Club...

*"I enrolled in Linda's **Weight OFF NOW Self-Hypnosis Home Study System**[™] Friday, February 13, 2009, for stress reduction and weight loss. I have been listening to her self-hypnosis and positive affirmation CDs daily and they're really helping me to remove stress from my life. For the past year, I have been getting weekly/monthly massages to reduce stress.*

*Five weeks to the day after I enrolled in Linda's **Weight OFF NOW Self-Hypnosis Home Study System**[™], I went to see my massage therapist for my massage. She could feel a great difference in me and asked what I had done since the last time I had seen her. My muscles were not hard and tight like they used to be which is a big improvement for me. She asked me for some of Linda's business cards so she could refer some of her clients to Linda. My Acupuncturist and Chiropractor have also*

*noticed I am not nearly as tight as I used to be and my Acupuncturist's wanted Linda's business cards too. I definitely can tell that I am not nearly as stressed as I used to be because of how much more relaxed I am these days. My stress levels had started to affect my health and something had to be done about it. I am so glad that I made the decision to study your **Weight OFF NOW Self-Hypnosis Home Study System™**.*

Thanks Linda!" - Becky Barbier

Linda's Hot Healthy Lifestyle Tips

Is Your Body Running on Empty?

Did your mother used to nag you to death every single morning before you went to school with these words: "Eat your breakfast missy. If you don't, you're going to be so hungry by lunchtime you'll wish you did?!" I know I used to stare down at the bowl of oatmeal my mother served to us in the wintertime and think, "Yuck! Wallpaper paste again!" (I was a fussy eater as a kid and probably caused at least half of the gray hairs on my Mom's head!) But, as time has proven, Mom was right.

The mere word 'breakfast' means to 'break the fast' that your body has gone through during sleep the night before. Upon awakening, your stomach is empty and your blood sugar levels are low, hence the reason that sometimes you'll hear grumbling noises emanating from your stomach. You need to add healthy 'fuel' to your body to kickstart it into gear to be able to function at top notch and peak performance for the day. And no, donuts and caffeine do not constitute breakfast!

Studies have shown that by consuming whole grains (hot or cold cereals and yes, even oatmeal), one or two servings of fresh fruit, (no, canned pears in heavy syrup doesn't count here), one serving of a high protein such as a hard-boiled egg, tablespoon of peanut butter, or even a serving of tuna, salmon, lean chicken or turkey, combined with one serving of skim milk, low-fat yogurt or cheese, will have your body running at 100% of its efficiency until well past noon. Plus the added bonus of eating a healthy breakfast is this: you won't experience the 10:00 am 'crash and burn' syndrome. You know that feeling I'm talking about - that time when you're sitting at your desk and all of a sudden you experience an overwhelming urge to lay your head on your desk and take a 15 minute power snooze. This is your body's way of telling you, "Hey, lady! I TOLD you I needed some good food this morning, but nope, you decided to skip breakfast. Well, guess what? I'm running on fumes here and now I'm going to make you feel like you only had 2 hours sleep last night!"

Here's another interesting fact for you to consume. It's been proven that children who eat breakfast are more likely to have better levels of concentration, problem-solving skills, and better eye-hand coordination. Whoa! Now I know why my mother was so obsessed that I start off my day with a decent breakfast as a kid.

So, skip the sugar-laden, empty-calorie pastry from the deli on the corner on your way to work and get up 15 minutes earlier and make yourself a healthy breakfast.

Your brain and body will be very grateful!

Marlene Oulton© aka "The Words Lady"
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Closing

That's it for this week's ezine article. Linda will be back May 5th so keep your eyes on your inbox for more tips and techniques on how to be happy, healthy AND slim lady!

Take care!

Until next time, be well!

Marlene Oulton (on behalf of Linda Allred)

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Linda Allred, certified Hypnotist and Wellness Coach for Women, author of the **Weight Off NOW Self-Hypnosis Home Study System™**, is an expert in the art of self-hypnosis and whole food nutrition. She is CEO of Linda Allred LLC and is passionate about empowering women with the right tools to live their dreams and reach their full potential by learning how to use self-hypnosis, understand "The Laws of The Mind," and improve their health.

To receive her **FREE Report "Why Diet's Don't Work"** [click here](#) to visit her website or [email her](mailto:Linda@LindaAllred.com) at Linda@LindaAllred.com.