

# Living Well With Linda Certified Hypnotist & Wellness Coach

## Your Health Dollars and Obesity: A Lose-Lose Combination

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Where is Linda?

Giving a "Spot Light" presentation on my business to the Premier Chapter of Business Network International, (BNI), Tuesday, August 4th at Drusilla Seafood. My goal was to help the members understand more about hypnosis so that they would feel comfortable in referring their friends, family, and co-workers to me to help them succeed in breaking their bad habits like overeating, smoking and reducing stress. This is a picture of me giving the members three different referral envelopes on how they can help me spread the news about how my self-hypnosis products can make people healthy AND happy.

Also in attendance were former clients who have successfully used my Self-Hypnosis Home Study Systems to lose weight, stop smoking, and reduce stress along with 3 of the lucky ladies who are currently participating in the [Linda Allred Louisiana Weight Loss NOW Challenge](#) (Libby Quintanna, Charnel Webb, and Debbie Cifreo), who by the way, are all doing great. I too, had a smile on my face as they all shared how learning to practice self-hypnosis has and is improving their quality-of-life.

In this issue of [Linda's Hot Healthy Lifestyle Tips](#), you're going to get an eye opener when you read about how obesity is affecting our health care dollars. Something to think about when you take a close look at that spare baggage around your middle! Also make sure you check out my NEW [WON Teleclasses](#) - created especially for those of you who are following my [Weight Off NOW Self-Hypnosis Home Study System™](#)!

Until next issue, be well.

Love and hugs,

*Linda*

P.S. - I want to extend a big hug and welcome to the new members who have joined [Living Well With Linda](#) in the past 2 weeks. I'm so glad you've made the decision to get slim, trim and healthy this year!

## Introducing....Weight Off NOW (WON) Group Teleclasses!

Linda will coach you, along with the Lucky Lady participants of the [Linda Allred Louisiana Weight Loss NOW Challenge](#), through your entire [Weight Off NOW Self-Hypnosis Home Study System™](#) in her brand new group...

### Weight Off NOW (WON) Teleclasses!

This special Teleclass is for those of you who are using my Weight Off NOW Self-Hypnosis Study System™ or for those of you who would like to find out more about how self-hypnosis can assist you in your weight loss quest and would like coaching from me to better utilize this fabulous weight loss system.

Here are just a few of the benefits that membership in my [WON Teleclasses](#) will bring to your efforts:

- \* LIVE bi-monthly hour group calls with me, where I'll personally answer all your questions and give you additional tips and techniques to shed those unwanted pounds easily (a \$335.00 value based on my personal one-on-one coaching rates)
- \* Recording of all calls so you will be able to access them whenever and whenever you need an extra boost (a \$19.95 value)
  - \* A copy of my FREE REPORT, "Why Diets Don't Work," (a \$39.95 value)
  - \* My award-winning bi-weekly ezine, [Living Well With Linda](#) (a \$49.95 value) which is chock full of tips on how to reduce stress, eat healthy, and lose weight
  - \* A copy of my eBook - How Hypnosis Can Break Your Bad Habits in Less Than 28 Days eBook™. This 13-page, content-rich eBook will give you a better understanding of what it takes to finally break those bad habits you've been carrying around with you like excess baggage for years (a \$29.95 value)

You'll get all of the above for the low cost of \$54.00 a month\*! - A savings of \$420.80!

(Monthly payments begin 30 days from start date, and you can cancel anytime if you're not delighted with this valuable life changing information.)

So [click here](#) to enroll in my [WON Group Teleclasses](#) and accelerate your weight loss efforts today!

### Linda's Hot Healthy Lifestyle Tips

Have you heard this saying, "Great minds think alike and fools seldom differ?" It seems like I am not the only one who is concerned about obesity these days and what can we do about it. My eyes lit up as I noticed the heading "Weight Loss Challenge" in the Health & Behavior section of the online USA Today. I thought, WOW! USA Today knows about the [Linda Allred Louisiana Weight Loss NOW Challenge](#). I soon realized that the obesity problem goes well beyond the borders of the State of Louisiana. This is a national problem and our government is very concerned as Congress searches for ways to control health care costs. The article is entitled, "Obesity a key link to soaring health tab soaring as costs double" written by Nanci Hellmich, USA Today. You can read the entire article by [clicking here](#).

This paragraph caught my eye: "Obesity is the single biggest reason for the increase in health care costs," says Eric Finkelstein, a health economist with RTI International which is one of the world's leading research institutes dedicated to improving the human condition by turning knowledge into practice. "If you really want to rein in health care dollars, you have to get people dieting, exercising and living a healthier lifestyle. Otherwise somebody is going to be paying for treating these weight-related illnesses."

I couldn't agree more with what Eric Finkelstein said. You know when you think about it, anyone can lose weight. Zip your mouth, starve yourself and you will lose weight. But what happens when you unzip your mouth and you go back to your old bad eating habits? You guessed it! You gain all of your weight back plus more. So doesn't it make sense that if you want to learn how to be healthy and slim you need to learn how to change your bad eating habits and learn to practice a healthier lifestyle?

Maybe I need to let Congress know that I have a possible solution to the obesity problem and tell them about my Weight Off NOW Self-Hypnosis Home Study System™ which teaches you to practice 9 Healthy Life-Building Stepping Stones and is a TOTAL "Wellness Program" for the entire family.

I'd also like to remind everyone that for the entire month of August, when you sign up for my fabulous **WON** Teleclass, you'll receive a discount of \$100.00 OFF my Weight Off Now Self-Hypnosis Home Study System™! WOW! You can replace those unwanted pounds with money in your piggy bank - a true win-win combination!

To take advantage of this special offer when you "pay in full," please type the words SLIMTRIM1 (all caps - no spaces between words) in the Coupon Box and hit the Apply button when going through the check out process. Please note, if you choose to pay for your Weight Off NOW Self-Hypnosis Home Study System in 3 or 7 equal payments, please call me at 225-275-2451 to receive your \$100.00 discount. Do not order it online.

That's it for this edition of **Living Well With Linda**. Next issue I'll continue examining the Habit poem and delve into the meaning behind the line, "I will push you onward or drag you down to failure. I am completely at your command."

Stay healthy and happy!

Love and hugs,

*Linda*

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