

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

**Issue # 7**

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**Quit Eating Off a Turkey Platter!**

I hope all of you are settling into the New Year. I do enjoy the holidays, but I am always glad to put them behind me. This is a picture of my son, Brian, and my grand dog, Rex, taken after we finished our New Year's dinner. Can you tell that Rex is loved? HA! In my next life I may come back as a dog.

I would like to thank each one of you personally for your support in the launch of my new website. It was a hit. If you missed it, you can [click here](#) to see it in all its glory. Here is what a few of my valued readers had to say:

"Hi Linda, and happy 2009! Congratulations on your new website and on your success. I'm happy for you and know that you're helping lots of folks to get healthier! Take care, Linda! P.S. Red is definitely your color!" - Dana

"Hey Ms. Linda, Real impressed with your new website! I would like to kick a Diet Coke habit - which product do you think I should get from you? Or do you think personal coaching would be best? Thanks!" - Becky

"I just had to tell you, I love your new website. It "pops" and is very eye catching!" - Chris

"I love it! Thanks for sharing! You look great!" - Alex

Thanks for all the great comments folks! I really do appreciate your feedback.

Don't forget that **you will have to re-sign up to receive my bi-weekly ezine, *Living Well With Linda***. And as an incentive, I've created a terrific **FREE Report, "Why Diets Don't Work"** which you'll receive as a bonus just for joining my ezine list! Consider this my New Year's gift to you!

So [click here](#) to sign up for my **FREE Report** now and to keep

continuing to get my ezine, ***Living Well With Linda!***

See you next month!

Love and hugs,  
Linda

## **Linda's Healthy Lifestyle Tips**

### ***Quit Eating Off A Turkey Platter!***

In my last ezine, I told you that I was going to give you a really easy tip on how to control your portions so that your brain doesn't feel as if you're starving your body when trying to cut back on the size of your meals.

Now, don't get nervous, just take a deep, deep breath and relax and tell yourself that **YOU CAN DO THIS!** From this moment forward, I want you to make it a habit to eat your food on a salad plate. Yes, I said a salad plate. If you truly want to be slim and trim, you will form this habit and practice eating on a salad plate for the rest of your life. Also, you do not have permission to pile your salad plate 3 feet high with food or go back for seconds. That would be defeating the purpose. Remember I told you that your stomach in its natural size is about the size of your fist. By forming the habit of eating on a salad plate you will allow it to shrink back down to its original size.

Here is a tip to help you form this habit. Just put a big sticky note up on your kitchen cabinet where you store your plates and leave that note there for 28 days. Remember, it takes 28 days to form a habit and this is one you definitely want to form. Let's just pretend that your dinner consists of a grilled chicken breast, green vegetables, and some brown rice and you forget to put your food on a salad plate and used a dinner plate instead. Your mind looks down at that dinner plate, sees empty spaces everywhere and immediately thinks, "I'm going to need more food. That's not going to be enough to fill me up." But guess what happens if you put your food on a salad plate? Your salad plate looks really full and you think, "Wow! I don't think I can eat that much." So just imagine in your mind now what your future dinner should look like on your salad plate. Plus remember that half of your salad plate should be filled with vegetables, and the remainder is protein and your starch/carb.

In my next ezine I am going to share with you two funny (and true!) stories about how eating on a salad plate has helped keep me slim and trim.

## Closing

That's it for this issue of ***Living Well With Linda*** folks. As always, I welcome your feedback and questions, so keep those emails coming!

Until next time, be well!

Love and hugs!

Linda

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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.