

Living Well With Linda
Certified Hypnotist & Wellness Coach

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Is Stress Causing Your Waistline to Expand?

WOW! What a turnout (48 attendees) I had for my first **"Hypnosis" Ultimate Weight Loss Solutions Seminar** since 2006 which was held last Tuesday. This is a picture of me doing some fun hypnotic demonstrations with a rubber band. You can see these same demonstrations that I did at my last seminar in 2006 on YouTube by [clicking here](#).

I asked everyone attending the seminar this question, **"What are your biggest questions, problems or goals about losing weight? And what brick walls do you routinely smack into when trying to keep those pounds off?"** Here are a few of the responses:

- We eat out a lot and I need motivation to go to the gym - Debra
- Stress, comfort eating, overeating (love food and love to cook) - Carol
- I eat due to boredom, stress or habit not due to hunger - Chris
- Not eating regularly or correctly - Donna
- Food in general and not drinking water - Ashleigh
- Fast food when out at mealtime, sweets, eating out of stress or boredom - Betty & Gordon
- I suffer from evening eating including chocolate and cereal snacks, weekend down time eating and clean your plate syndrome - Elizabeth
- Emotional setbacks - death in the family, financial issues, etc. Poor choices in food, the "heck with it attitude" - Jack
- Lack of confidence. Not enough energy and I work in a restaurant as a bookkeeper, so I have constant temptation around me - Brandy
- Snacking at night, lack of exercise - Georgette
- Being consistent and allowing stress to dictate my hunger - Cassandra

Do any of these responses sound familiar to you? I certainly recognized myself in most of them years ago when I was an unhappy, miserable 40 pound overweight lady who thought she was dumb,

stupid and a failure. I felt that way for years, wallowing in my hole of depression, until I sat in Dr. Winkler's hypnotist chair, and he taught me **how learning self-hypnosis could help me lose weight by learning to reduce my stress (which lead to my emotional eating), introduced me to "The Laws of The Mind," how to get off of Radio Station K-R-A-Z-Y, and train my "inner critic" to be my best friend.**

Today I am a healthy, happy, slim and trim lady who is self-confident, who loves and respects herself, and who has trained her "inner critic" to be her best friend.

I addressed a lot of these questions above at the seminar, but I thought you, my valued ezine readers, could also benefit from the answers. Check out my article below if stress is causing your eating habits to be out of sync.

See you next month!
Love and hugs,
Linda

Linda's Healthy Lifestyle Tips

Is Stress Causing Your Waistline to Expand?

Overall, the biggest problem women trying to lose weight have is stress which in turn causes an "emotional eating" problem.

Have you ever wondered if your current 'waist management' problems have anything to do with how you are handling the current stress in your life? Could your current stress level have anything to do with reaching out for food for comfort which is called emotional eating?

Let me paint you a picture. When I first work with my private clients I describe them as all wrapped up and twisted like a tight thick rubber band. They have all of this stress and tension inside their body and they don't know what to do with it, and they so desperately want to feel better. Don't you? Well, some women have learned to turn to food for comfort to make themselves feel better, some reach out for alcohol, some reach out for cigarettes, and some reach out for drugs.

What they are really trying to do is mask and stuff their emotional feelings and by doing this, they have formed a bad habit of reaching

for food for comfort. So, doesn't it make sense when you learn to let go of the stress in your life in a healthy naturally way by using self-hypnosis and you feel good about who you are you don't need anything outside of yourself to feel better? You can learn to relax and get high on self-hypnosis.

So How Can Learning Self-Hypnosis Help?

Practicing self-hypnosis regularly is a natural stress releaser. All you have to do is sit in a comfortable chair or lie on your bed and give your mind and body permission to slow down. You do this by learning to take some deep, deep breaths while listening to your Positive Affirmations or Self-Hypnosis CD's. Your body, mind, and spirit will thank you for this wonderful, quiet, and relaxing time.

Now, understand that nothing in your life will change, you will still have your same stressors, but when you practice self-hypnosis and learn to let go of your stress in a healthy natural way, things in your life sort of naturally slow down. You will notice that you will be able to handle your daily problems better, you will become a lot calmer and more relaxed, sleep better, have more self-confidence and self-esteem, and your memory even has an opportunity to improve because when you slow down, your mind becomes clearer. Who can remember things when our minds are so cluttered and foggy from constantly running on the tread mill of life? So guess what? You are going to learn to get HIGH on self-hypnosis! It is legal, it is free, and you can do it anywhere except driving a car. HA!

Please understand I do not want to make you feel bad. No one ever taught me self-hypnosis until I turned to a hypnotist, Dr. Winkler, because the medical community could not fix me. In no uncertain words my doctor told me that I had a psychosomatic illness which I had caused myself. He also told me that 80 to 90% of the reasons that people visit doctors today are psychosomatic or stress induced, and that we do this to ourselves. But the good news is, once you learn self-hypnosis and "The Laws of The Mind," (how your conscious and subconscious mind work) you can learn to turn your bad habits around 180 degrees in a very short period of time. Also, once you learn to practice self-hypnosis, it is a life-time tool that no one can ever take away from you!

Once I understood how my mind worked I made a checklist of all of the goals that I wanted to achieve. I am happy to say that learning how to use self-hypnosis and understanding "The Laws of The Mind"

helped me succeed in achieving all of my goals including dumping those 40 unwanted pounds, overcoming stress, fears and anxieties I had suffered for years, improving my self-confidence and self-esteem along with a long list of other major benefits in my life.

To learn more about the harnessing the "Laws of The Mind" and the power behind positive affirmations, [click here](#) to check out the many fabulous CD's I have to offer to help you on your journey to be a happy, healthy and stress-free person.

Closing

As always, if you have any comments about my website, ezine or perhaps some burning questions about using self-hypnosis to lose weight, email me by [clicking here](#), and perhaps your question will appear in a future issue of ***Living Well With Linda***.

Until next time, be well!

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 passionate about empowering women to live their dreams and reach their full potential by learning how to use self-hypnosis, understand "The Laws of The Mind," learn to get off of Radio Station K-R-A-Z-Y, and train your "inner critic" to be your best friend. **To receive her FREE Report, "Why Diet's Don't Work"** visit her website at www.LindaAllred.com or email her at Linda@LindaAllred.com.