

Living Well With Linda
Certified Hypnotist & Wellness Coach

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No Diet Wins the Weight Loss Race

What has Linda been up to? This is a picture of me with Sherry Penton, makeup artist, applying my makeup right before filming a commercial for LeSpalon's wonderful makeup line, Jane Iredale. Let me tell you how I discovered this fabulous makeup.

Last year, I decided to redesign my website and realized I needed an updated picture of me to put on the website. So, I booked a photo shoot with Lockett's Photographers here in Baton Rouge, LA and then panicked because I didn't know what I would wear, worried if my hair would look okay, stressed over my makeup. YUCK!

Not to worry. This is how the day of the photo shoot went. First, I had my hair cut and styled. Next, Sherry applied my makeup. I explained to Sherry that I was 68 years young and this was the first time I had EVER had my makeup done professionally. I said, "Sherry, I want to look healthy, natural and not look like a 'lady of the evening.'" HA!

She said, "Ms. Linda, you are not going to believe how great you're going to look using the Jane Iredale makeup line. You will look healthy, radiant, natural, and much younger than you are. This makeup gives you a healthy, natural glow, especially under the lights of a camera." I thought to myself this sounds too good to be true.

Sherry turned my back to the mirror, which made me nervous, and when she finished she turned me around to take a look and I could not believe how healthy, radiant, natural, and how much younger I looked. My husband, Don, was truly amazed too. So amazed, that he gave me the Jane Iredale makeup for my Christmas present.

The last stop was Lockett's for the photo shoot. The pictures turned out great. You can see them on my website by [clicking here](#). But don't take my word for it, call Sherry at 225-272-1134 today and discover for yourself how healthy, radiant and younger you can look too.

P.S. The commercial will be shown soon at WVLA/NBC Channel 33

during breaks on the Oprah Winfrey and Ellen DeGeneres shows. Let me know if you see it.

P.P.S. I have sent a message out to the Universe for help to let Oprah discover my new Weight Off NOW Self-Hypnosis Home Study System™ so that together we can help women feel good about themselves by learning how self-hypnosis and "The Laws of The Mind" can help all of us grow up to be healthy, happy, slim and trim ladies and most importantly to learn how to like, love, and respect ourselves. Please let me know if you have any ideas on how to make this happen.

Again, a great big thank you to Sherry at LeSpalon for not only making me look fantastic, but for also introducing me to the fabulous Jane Iredale makeup products!

Love and hugs,
Linda

Linda's Healthy Lifestyle Tips

No Diet Wins Weight Loss Race

Sometimes I come across articles about weight loss that are so terrific I feel compelled to share them with everyone I know. Below is a fantastic one that appeared in our local Baton Rouge newspaper, The Advocate, on Feb. 26th. Once you read the headline, you'll see what I mean.

Study: No Diet Wins Weight-Loss Race The Advocate Thursday, February 26, 2009

Two decades after the debate began on which diet is best for weight loss, a conclusion is starting to come into focus. And the winner - not low-carb, not low-fat, not high protein, but - any diet.

That is, any diet that is low in calories and saturated fats and high in whole grain, fruits and vegetables - and that an individual can stick with - is a reasonable choice for people who need to lose weight. That's the conclusion of a study published Wednesday in the New England Journal of Medicine, representing the longest, largest and most rigorous test of several popular diet strategies..." - by Chari Roan, Los Angeles Times.

There was quite a bit more to this article in the paper and I hope that most of you local readers managed to read it. However, **the bottom line to losing weight is this: choose a diet that will work for you.** The study did not prove, however, that every dieter succeeds.

Why do you think dieters fail? Why do you think dieters don't stick with what they started? As a certified hypnotist and wellness coach for woman who has specialized in weight loss since 1992, I believe I know the answer. **Commitment breakdown** or what is called lack of motivation!

So how do you prevent commitment breakdown? How do you learn to keep yourself motivated?

Let me ask you a question. Don't you think if you could learn to keep yourself motivated toward your weight loss goals you would have an opportunity to succeed? And guess **what the biggest obstacle to your 'waist management' problem is? YOU!** So many women frankly give up too soon. You know that it has taken you years and years to gain your weight and if you don't lose it yesterday, you quit.

Most people start the New Year off saying they are going to eat healthy and exercise and they do succeed - for a few months. **Then they experience commitment breakdown and lose their motivation.** If you don't believe me watch what happens at the gym after the first of the year. It is so full of people exercising you have to wait your turn to use the treadmill. Then along comes March and the gym is empty. Why? People lose their motivation. **So how can you keep yourself motivated?**

Let me **share a secret with you** that can help you prevent commitment breakdown and keep you motivated toward your weight loss goals. It is so simple you may not think it will work. Trust me it will.

Begin listening to Positive Affirmations or Self-Hypnosis CDs for 28 days and sit back and discover how easy it is to keep yourself motivated toward your goals. Sounds simple, right? Here's why it works.

Research has proven that self-hypnosis is the quickest and easiest way to change behavior. Research has also proven that just listening to a Positive Affirmations CD for 10 minutes daily can change

negative programming that you have had for years. How easy is that? Just pop a Positive Affirmations CD into your CD player and listen as you drive to work.

To help you understand, let me review how self-hypnosis works and "The Laws of The Mind." You have two minds - a conscious and subconscious. All of your good/bad habits and good/bad beliefs about yourself are stored in your subconscious mind which makes up 90% of your mind. The good news is that can be changed by listening to new positive suggestions that are recorded on the Positive Affirmations and Self-Hypnosis CDs. **It also takes, on average around 21 to 28 days for the subconscious mind to break or begin to accept new suggestions.** So right now you are trying to achieve your weight loss goals using only 10% of your mind. Wouldn't it be a lot easier to learn to use the other 90% to prevent commitment breakdown and keep yourself motivated? That sounds like a no-brainer to me.

Think of listening to your CD's like making out a grocery list. For example, if your grocery list has 30 items on it and you took your list with you, you probably won't forget anything because it's written down on your list, right? On the other hand, if you forgot your list at home you probably wouldn't remember to buy all 30 items would you? So listening to your Positive Affirmations and Self-Hypnosis CDs daily reminds you of what you are supposed to be thinking about and keeps you on track and focused on your weight loss goals.

Don't believe me? **Try any one of my Positive Affirmations or Self-Hypnosis CDs for 30 days and if you are not satisfied with your results, return them to me and I will refund your money.** No questions asked. [Click here](#) to pick your favorites.

P.S. The Ultimate Weight Loss Solutions Combo Pack™ is a winner and could be your first step toward a healthy, happy, slim and trim motivated new you. The DVD has been updated and is brand new, filmed February 17th, 2009 at my "Hypnosis Ultimate Weight Loss Solutions Seminar" and will be available soon. To make sure you don't miss out, you **can pre-order your own Ultimate Weight Loss Solutions Combo Pack™ TODAY.** Discover all of the details of this proven Combo Pack weight loss winner by simply [clicking here](#).

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.