

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

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Introducing... Living Well With Linda

Hello,

Well, as I told you in my July 2008 Newsletter, great things are happening with my business and I'm embarking on a total makeover (and I don't mean cosmetic!) of my business and the first place I'm starting is here - with my newsletter. So, that is how the "Name That Newsletter Contest" idea was born.

With this contest plan put into motion, I begin making it a habit to ask anyone I ran into to help me think of a name for my newsletter. Hey, I asked my friends, my hair dresser, my nail technician, my business associates, my clients and of course YOU, my valued readers. I even carried around a little notebook and when someone gave me a suggestion, I would write down the newsletter title, the person's name, and the date and time, in case there was a tie.

Well, I have to say that it was a tough, tough choice to pick the best newsletter title, but now is the big moment for me to announce the lucky winner.

So without further adieu, maestro, drum roll please.... The lucky winner is Heather Cadorette, from Franklin, VA, who is one of my Juice Plus+ customers and one of my valued readers. This is her winning title:

"Living Well With Linda"

Heather, good job! Thank you so much. Your title is exactly what I aspire to do every day for myself, as well as educate my valued readers too. I will give you a call and let you know when your prize of \$100 is on its way so you can put it to good use against your Thanksgiving Day dinner or perhaps you can start your Christmas shopping early. Better yet, buy yourself something special. Thanks again to each and every one of you who took the time out of your busy schedule to help me name my newsletter.

For those of you who submitted a newsletter title and did not win, I have a surprise for you too. As a token of my appreciation, I'm going to send you a CD of your choice from my Self-Improvement series of Positive Affirmations and Self-Hypnosis library. Visit my **Products Page at www.LindaAllred.com** to see your choices. After you have made your decision, all you have to do is email me with your favorite CD title along with your name and complete mailing address and I will send it to you ASAP. Thanks again for participating in the fun contest.

Tis' the Season! Don't become as stuffed as the turkey on your Thanksgiving table!

Now, don't get nervous, but do you know that the Thanksgiving and Christmas holiday season is fast approaching? I went shopping over the weekend and wow, Christmas trees are lit up everywhere in the stores already. What happened to Thanksgiving? This caused me to stop and think about what is ahead for all women who are aching to achieve their ideal goal weight. I know that the holiday season is like walking through a land mine field full of bombs containing all of those "sugary" treats. And more bad news, research has proven that the average adult could pick up as many as 5 to 8 extra pounds just by indulging in those calories laden goodies during the holiday season. WOW! That is not good.

Also, according to 2008 WebMD, our wonderful State of Louisiana ranked fourth in the nation of having the highest percentage of obese adults. Mississippi had the highest percentage of obese adults -- 32% -- followed by Alabama, Tennessee, Louisiana, and Arkansas. Colorado cuts the leanest figure, with 18.7% of its adults in the obese range. Colorado has had the lowest adult obesity prevalence since 1990.

I thought that it would great to prepare you for the holiday season by asking you to take my FR*EE "Sugarholic" Quiz. Simply visit my website at **www.LindaAllred.com** and click on the tab **Take the "Sugarholic Quiz."**

Now, don't panic! Even if you discover that you are a "Sugarholic" and think you are going to end up looking like the stuffed turkey on your Thanksgiving Day table, there is good news. I am going to give you my recommendations below on how you can turn your sugar addiction and bad eating behavior around ASAP. By the way, while you are taking the "Sugarholic" Quiz, you might also want to take a look at the 124 Ways Sugar Ruins Your Health from Nancy Appleton's book, "Lick The Sugar Habit" right below the Quiz.

And if you constantly seem to be fighting the 'battle of the bulge' you should check out my **Ultimate Weight Loss Solutions DVD**. I'm going to be talking more about this fabulous weight loss management tool in my December Newsletter, but I thought I'd let you take a sneak peek at it now just in case you know that you need to have an extra 'friend' in your corner to help you stay away from that pumpkin pie at Thanksgiving.

Visit my website at **www.LindaAllred.com** to read all about how you can become that slim, trim and vivacious woman you've always wanted to be TODAY!

Announcing a Brand New Infosection in "Living Well With Linda"

I also want to introduce to you a new section I'm implementing in my "**Living Well With Linda**" newsletter starting this month. I'm calling it "**Linda's Healthy Lifestyle Tips**" and each month I'm going to share with you a positive step to getting your weight loss efforts back on track, and to keep those excess pounds off for good! I hope you enjoy this new feature and drop me a quick email if you happen to have any great tips you'd like me to share with all my readers!

Linda's Healthy Lifestyle Tips

Learn to consume a little less than half your body weight in pounds, in ounces of water daily. For example, a 120 pound woman should drink approximately 50 ounces of water daily. That translates to 6 ¼ - 8 ounce glasses per day. Add 8 more ounces

for every 25 pounds you are overweight. Yes, that's a lot of water, but considering that the human body is made up of between 55-65% of water, it constantly needs to be replenished.

Besides, water makes you 'feel' full and often time's actual thirst is mistaken for hunger, and we just automatically shove something into our mouth to appease the feeling. The next time you have an urge to grab a quick snack, grab a bottle or glass of plain, old-fashioned water. Plus you'll be amazed at the cleansing benefits of drinking lots of water will have on your hair, nails and skin.

A client of mine actually gifted me with a water jug she had purchased at Wal-Mart, and it actually holds 64 fluid ounces. If you are really serious about increasing your water intake, all you have to do is fill it up each morning and you do not have permission to go to bed until you drink it all. A word of caution: start slowly and add an extra glass over time until you get to 8 glasses a day. If you drink 64 ounces in one day when you are not used to drinking that much water, you may feel like a watermelon!

Closing

Well that's it until December. Thanks again Heather for your great title of "Living Well With Linda," and to all of my valued readers for helping me name my new ezine, which is the fancier title used these days. Have a happy and safe Thanksgiving and be grateful for everything in your life.

Love and hugs,
Linda

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