

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

**Issue: # 4**

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## ***Are You a Sugarholic?***

Hello,

Thanks again to Heather Cadorette for being the lucky winner of \$100 cash for naming the winning title of my ezine, "***Living Well With Linda.***" She was really excited when I called her with the good news.

What a fantastic November I had. I attended Alexandria Brown's Online Success Blueprint Workshop in Los Angeles, CA from Nov. 13 -15. Alexandria is helping me with the total makeover of my business, and I am so excited that I also got to attend her VIP party to launch her new magazine, "Ali", which is designed for woman entrepreneurs. Here's a picture of me with her taken at her workshop.

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

Last month I introduced a new section in my "Living Well With Linda" ezine, called "Linda's Healthy Lifestyle Tips. This section is designed to give you positive steps to get your weight loss efforts back on track, and to keep those excess pounds off for good! Be sure and drop me a quick email if you happen to have any great tips you'd like me to share with all my readers.

Last month's Healthy Lifestyle Tips were about the importance of drinking water.

This month's hot topic is "Sugar Secret Tips." I hope this article helps you prepare for the upcoming holiday season. For those of you who didn't take the time to take my FR\*EE "Are You Addicted to Sugar?" quiz last month, you might want to after you read what you will learn below about sugar. Visit my website at [www.LindaAllred.com](http://www.LindaAllred.com) to access this quiz.

These "Sugar Secret Tips" are sure to make an impact on your "waist management" problems, and is especially important to all of you that discovered that you are indeed *addicted* to sugar.

Keep any eye out for my mid-December newsletter for my second big "Sugar Secret Tips" to help you keep slim throughout the holiday season.

Love and hugs,  
Linda

**Oh, Sugar, Sugar, (and I don't mean the title of the song!)**

Here is "Sugar Secret Tip #1. I'll send you "Sugar Secret Tip #2 in my next newsletter, Monday, December 15<sup>th</sup>. Tip #2 is the best kept sugar secret on planet Earth.

Before I give you these life-changing "Sugar Secret Tips," I'd like to help you understand WHY you should consider reducing your daily intake of sugar in the first place. A good place to start is to have you answer this question: Do you have any idea how much sugar you and your family consume, on average, daily or in a week? I hope you are sitting down when you see the answers below! These tips are sure to change the way you grocery shop in the future and have a major impact on your "waist management" issues.

- Did you know that the average American adult and child consumes approximately  $\frac{3}{4}$  lb. of sugar daily! That equals 5 pounds of sugar a week!!! Yes, I said a week! Can you picture in your mind now what a 5 pound bag of sugar looks like and how heavy it feels? It weighs 5 pounds. Can you imagine deliberately putting a 5 pound bag of sugar on your kitchen table, for each member of your family, and your family's job is to make sure that all of them consume their bag of sugar every day so that it will be empty in a week? WOW!
- Did you know that major problems can occur in children's health when they consume too much sugar such as hyperactivity, obesity, and allergies? Research studies have proven that school grades go UP when sugar and food additives are removed from children's diets.
- Did you know that sugar suppresses your immune system? Well, you might be thinking, "What's the big deal about that?" Let me tell you. When your immune system is suppressed, you get sick more often. Do you like being sick? Do you like your child being sick?
- Did you know that 100 grams of sugar (25 teaspoons), which is about the amount of sugar in a King Size Snickers Bar (13.5 teaspoons), or a 12 oz. can of Coke (9.75 teaspoons) is enough to suppress your immune system and your child's for up to 6 hours? Yes, I said 6 hours.
- Did you know that **6** teaspoons of sugar decreases immune function by **25%?**
- Did you know that **10** teaspoons of sugar decreases immune function by **50%?**
- Did you know that **24** teaspoons of sugar decreases immune function by **92%?**

Let's put this into perspective. What if you and your child ate a candy bar and drank a soda and then you went grocery shopping? What if the person that used your grocery cart before you had a bad cold or worse yet the flu, and their germs are all over your grocery cart, especially the handle. Then you touched your mouth or your child's mouth with your hands like we all do after pushing the cart around the store. Because you and your child's immune systems are suppressed up to 6 hours because

of the candy and soda you both just ate, you have just raised the probability of contracting someone else's cold or flu big time. Ick!

So, all you little "Sugarholics" out there, if you want to lose weight and stay healthy, you might want to cut out as much sugar out of you and your family's diet as you possibility can.

P.S. Calling all ladies who want to lose weight! If you constantly seem to be fighting the 'battle of the bulge' you should check out my **Ultimate Weight Loss Solutions DVD** and my **Self-Hypnosis and Positive Affirmations CD's**. Visit my **Products page** at [www.LindaAllred.com](http://www.LindaAllred.com) to read all about how you can become that slim, trim and vivacious woman you've always wanted to be TODAY!

### **Closing**

That's it for now. Be on the lookout for my December 15<sup>th</sup> ezine where I will give you my "Sugar Secret Tip #2." I promise you that you will be blown away with what you learn. Tip #2 is truly the best kept sugar secret on planet Earth. The good news is no one can fool you any longer about this secret and you will be on your way to solving your "waist management" problems as your waist line will get smaller as you become a smart "Nutrition Detective".

Love and hugs,

Linda

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