

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

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Sugar Tip # 2: For the Holidays

Hello,

Where did Linda spend Thanksgiving? With my husband, Don, son, Brian, daughter-in-law, Robin, grandson, Bryce, granddaughter, Jordan and my grand dog, Rex, at my son's home in Pelican Pointe in Gonzales, LA. After a wonderful Thanksgiving feast, the guys and I headed to Jonesville, LA to our duck camp. No, I did not go duck hunting, but I got to enjoy some wonderful quality time with my favorite guys. They did the usual things you do at a duck camp, but I brought my laptop and continued to work on my fabulous ***Weight Off NOW Self-Hypnosis Home Study Systems*** soon to be released on my brand new website. Stay tuned for news of when my new site will be live.

Isn't this picture of Bryce and my grand dog a hoot? You notice of course, that Rex is not put into a cage while he travels. No, he has his own padded seat belt strap so that he can sit next to Bryce on the return trip home to Baton Rouge. What a life!

I'd like to take this opportunity to wish all of my valued readers and clients, a joyous holiday season and may 2009 be one filled with good health, happiness and prosperity.

Linda's Healthy Lifestyle Tips

My December 1st Ezine "Are You A Sugarholic" was a hit, and it was just in time for the holiday season. I cannot tell you how many people got in touch with me to say that the "Sugar Secret Tip #1" blew them away. They had no idea that the average American adult and child consumes approximately $\frac{3}{4}$ lb. of sugar daily which equals 5 pounds of sugar a week! I had some of my valued readers threatening to buy every member of their family their very own five pound bag of sugar to show them why they may have a "waist management" problem. Not to worry. I am going to teach you a fun "Nutrition Detective" game that every member of your family will enjoy. Especially after you read "Sugar Secret Tip # 2" below which is truly the best kept sugar secret on planet Earth and will change your life forever.

The good news is now NO ONE can fool you any longer about this sugar secret and you will be on your way to solving your "waist management" problems and watch your waist line get smaller as you become an even smarter "Nutrition Detective" through learning my "Sugar Secret Tip 2."

"Sugar Secret Tip # 2":

Answer this question: do you know how many grams it takes to equal a teaspoon of sugar? I had no idea until I went to a Juice Plus+® Health Lecture years ago and Judy Stickler, a RN from California, gave me this clue. She told us that 4 grams of sugar equals 1 teaspoon. Learning this information caused me to become a smart Nutrition Detective. Today no one can trick me anymore about the hidden sugars in the foods I eat because I religiously check the label contents of the foods I buy.

For example, what if the Nutrition Facts Chart (food label) on a can of fruit cocktail said 23 grams of sugar, and the can contained two servings of ½ cup each (1 cup total). Do you know how many teaspoons of sugar are in that can? What if the Nutrition Facts Chart on a 20 oz. bottle of Coke said 27 grams of sugar and it contained 2 ½ servings? Do you know how many teaspoons of sugar are in that bottle of Coke?

Well, guess what? No one can trick you anymore because you now know the hottest "Sugar Secret Tip" on planet Earth. All you have to do is divide the number of sugar grams by **4** to find out how many teaspoons it contains per serving. Why? Because **4** grams of sugar equals one teaspoon, so remember the number **4**. See below.

- Fruit Cocktail: Twenty-three grams of sugar divided by **4**, equals 5.75 grams of sugar in one serving which is a 1/2 cup. But what if you ate the whole can? You would need to double the sugar count (5.75 grams times 2 equals 11.5 teaspoons of sugar) in the whole can.
- 20 oz. bottle of Coke: Twenty-seven grams divided by **4** equals 6.75 teaspoons of sugar per serving. But I bet you drink the entire bottle. If you do, then you need to take 6.75 grams times 2.5 servings, which equals 16.88 teaspoons of sugar in that bottle. WOW!

Let me ask you another question. Would you take a 20 oz. glass of plain water and put 16.88 teaspoons of sugar in it and drink it? That is what you are doing to yourself if you drank that Coke.

Another reason not to eat sugar is it has NO nutritional value and it causes you to crave even more sugar, even if it is 'artificial' sugar and has no calories. Perhaps it would be a good thing for you to consider cutting down, or better yet, eliminate all sweetened drinks. In addition, sugar (even as little as 2 teaspoons) can cause the body's micronutrients to change radically, throwing your blood chemistry out of balance.

So from this moment forward, you do **not** have permission to put any food items into your shopping cart until you check the Nutrition Facts Chart and divide the number of sugar grams by **4** to find out how many teaspoons of sugar you are eating. And, just as important, don't forget to check how many **servings** are in that food item too. Remember: by becoming a smart Nutrition Detective, every sugar calorie you save will add up in lost pounds and inches around your waist and hips at the end of the month.

Bonus Bite: Here is a great website that can teach you how to read the Nutrition Fact Chart on all food items. Learning how to read food labels will change the way you shop and eat, and you will soon be the slim and trim lady you have always wanted to be. Simply click here and you are on your way to learning more about how to make healthy food choices. I liked it and it was fun too.
<http://www.realage.com/NutritionCenter/foodlabels.aspx>

For those of you who have resisted taking my FR*EE "Are You Addicted to Sugar?" quiz, you might want to now that you know "Sugar Secret Tip #2." Visit my website at www.LindaAllred.com and click on Take the "Sugarholic Quiz" on the navigation bar to access this quiz.

So are you ready to play the "Nutrition Detective" game? Here is how. Buy each family member a 5 pound bag of sugar and place it on the kitchen table with their name on it. Place a large bowl in front of their bag with a teaspoon and every time they eat something, they have to read the Nutrition Fact Chart and find the clues of how many teaspoons of sugar they just ate by dividing the total sugar grams by **4**. Then they have to take that many teaspoons of sugar out of their bag and put it in their bowl. The person that has the most sugar left in their bag at the end of the week wins. Why? Because the average American adult and child consumes approximately $\frac{3}{4}$ lb. of sugar daily which equals 5 pounds of sugar a week! This is a great visual to help your family members understand about the hidden sugars in the drinks and food we eat. These are hot tips that I teach my private weight loss clients, but I want you to succeed too!

Keep your eyes on your email inbox because you're not going to want to miss January's **Living Well With Linda** ezine because I am going to teach you about the hidden sugars in the starches/carbohydrates you eat too. You will learn another important clue about how many grams of carbohydrates turn in a teaspoon of sugar which I know is going to shock you. So don't throw away those 5 pound bags of sugar yet. There is more to come. WOW! I am so excited that all of you are going to grow up to be smart "Nutrition Detectives."

P.S. I just wanted to give you a heads up. If you were thinking about ordering my **Ultimate Weight Loss Solutions DVD** or any of my **Positive Affirmations/Self-Hypnosis CD's** as Christmas gifts or for yourself, there will be a **price increase in 2009**, so now is a good time to save yourself some money and give yourself an early Christmas present. Click here 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 January ezine where I will give you my "Carbohydrate Secret Tip #1." This is going to be one of the first pieces of good news you'll get in the New Year to help you get in gear early and be on your way to solving your "waist management" problems.

Love and hugs,
Linda

Linda Allred is a Wellness Coach for Women and Certified Hypnotist, and has been assisting women in their desire to achieve their weight loss goals for over 17 years. She has compiled her first in person training sessions into her breakthrough program **Weight Off NOW Self-Hypnosis Home Study System**, which will be available in January 2009. Thousands of people have already benefited from her Hypnosis and Positive Affirmations Self-Improvement CD's and have learned to live their BEST life through her programs!

For more information on Linda's products or how she can help you become the same wonderful you on the outside as you within, please visit www.LindaAllred.com, email her at Linda@LindaAllred.com or call her at 225-275-2451.
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