



A MESSAGE FROM LINDA FIVESON

Each day more and more people are opening their minds to the idea that they really CAN lose weight. This includes those who have tried countless times before and not found success and those who have never made an attempt for fear of failing.

With increased awareness comes the realization, that in spite of the causes, we ALL can respond favorably to certain fundamental changes in our eating lifestyles. Naturally, a shift of such magnitude requires an educational process, a method whereby one's mind and body can undergo reprogramming.

My purpose is to serve as an example of someone who has *accepted the challenge* of relearning the principles necessary to lose weight and most importantly, to **KEEP IT OFF! I believe the reason I was given the opportunity to accept this challenge was so I could ultimately guide others towards a healthier lifestyle. I am happy and proud to say that close to one hundred thousand people have benefited from my nutritional program!**

It is often said that "Experience is the best teacher." I have been blessed with the ability to share my knowledge, resources, emotional support and in-depth understanding of nutrition and human nature. During our consultation I provide guidelines of the regime that worked for me and offer ideas and recipes which will help foster a new way of thinking. These will ultimately become an automatic part of each client's nutritional plan which I monitor and assess on an ongoing basis. This is based on personal lifestyles, cravings and eating patterns.

There will always be a plethora of "QUICK LOSS" diets that promise miraculous results. I simply offer my clients the opportunity to take advantage of my time-proven, successful method of healthy eating and weight loss. It worked for me and continues to work for others when given the chance!

I am here to listen, share and advise as always.

Linda Fiveson

Linda Fiveson is a Nutritionist in Woodbury, N.Y. In addition to counseling she sells her own line of foods which are all free of flour, gluten, sugar and preservatives.

For more information call (516) 692-5100.