

Would you like to...

- ♥ Make healthier and wiser food choices?
- ♥ Lose weight and finally keep it off?
- ♥ Learn the difference between the chemistry of food and the calories?
- ♥ Become more aware of your eating habits and make changes in your food choices?
- ♥ Have the freedom of feeling like you are eating normally?
- ♥ Get motivated and develop a positive plan, strategies and attitude?
- ♥ Increase your energy?
- ♥ Get a diet-related medical condition under control?
- ♥ Improve your body image and self esteem?
- ♥ Learn how to shop wisely rather than emotionally?
- ♥ Eat out without fear, guilt or remorse?
- ♥ Finally find success?
- ♥ Enjoy looking in the mirror and liking what you see?

CALL TODAY

TO SCHEDULE A PERSONAL CONSULTATION

(516) 496-2300

Food Psychology

Sometimes we need a new way to think about an old problem. Other times, we just need a little encouragement or support.

Whether your goal is to lose or maintain your weight, change your eating habits or simply feel better about yourself, I can help you achieve it.

As a fellow "foodie," I know firsthand, what it is like to struggle with food and eating issues.

My Program is flexible and it's personalized for each client. You will learn how to eat healthfully and make choices that will benefit you physically, mentally and emotionally. And, the best part? You will never feel like you are on a diet!

In just a short time you will feel more energetic and motivated. You will also feel healthier and happier knowing that you finally committed to healthy eating that can last the rest of your life!



CONSULTATIONS

by appointment only

Linda Fiveson provides...

- ◆ Personalized one-on-one attention
- ◆ Empathy and understanding because she's been there and still is...
- ◆ Assessment of eating habits and lifestyle
- ◆ Realistic goals and a plan to reach them
- ◆ An individualized program
- ◆ Continued monitoring and coaching
- ◆ Strategies for making lifestyle changes
- ◆ Motivation motivation, motivation...
- ◆ Healthy recipes
- ◆ Monthly Newsletters and articles
- ◆ Ongoing guidance and support

FIND SUCCESS...

one choice at a time!

Do you need support?

Linda Fiveson has been a nutritional counselor since 1982. It was her own successful weight loss of 140 pounds that led her to become the Nutritionist of choice for thousands of people in the tri-state area. She has kept her weight off for over thirty years.

Linda provides individualized counseling for people who want to eat healthy as well as lose weight. Her clients learn to enjoy eating without ever feeling deprived. There's no weighing or measuring food or points to count — just a life-style plan with many healthy food options!

Not only did Linda Fiveson pioneer the concept of No Flour, No Sugar, No Gluten and No Refined Carbohydrates as the nucleus for her famous Weight Loss Plan, she has been credited with creating the exclusive recipes for her well-known and very popular line of foods. These are **NOT** a requirement for the program—they just make life a little easier!

FIVESON'S FOOD!

FORMULATED FROM LINDA'S "OWN"
PERSONAL RECIPES

NO flour, sugar, gluten or refined carbohydrates!


Assorted blintzes, muffins, breads, pancakes and cheesecakes, steak, chicken, turkey, veal and seafood entrees, various soups, squash fries, turnip latkes, soufflés and other vegetable dishes, mousses, custards, puddings, cakes, cookies, and fruit options...

OVER 100 MENU CHOICES!

New items added often!

OPEN 6 DAYS A WEEK— DELIVERY AVAILABLE

CALL FOR HOURS AND ORDER SHEETS.

**LONG ISLAND WEIGHT COUNSELING, INC.**
633 JERICHO TURNPIKE
SYOSSET, NEW YORK 11791

Linda Fiveson

**Nutritionist
and
Weight Loss
Counselor**



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www.lindafiveson.com