

When the Clients Speak...

(Here's what they say about Linda Fiveson)

Linda Fiveson



LONG ISLAND WEIGHT COUNSELING, INC.

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When the Clients Speak...

(RESPONSES TO: HOW AND WHY IS THE FIVESON PLAN WORKING FOR YOU?)

"Thank you for giving me the chance to live the life I've wanted to live for so long. Losing the weight was just the beginning of the changes I've wanted to make for so long but I was always too afraid of failing. Losing 45 pounds was wonderful but the most important part of your help was that you taught me that I was worthwhile!"
Richelle H.

"I would love to say thank you for creating such a safe and positive environment for me. Your nutritional guidance has set the tone for me to finally not feel "fat" anymore. You and your "Fiveson Foods" have truly been the greatest gift anyone has ever given me in my entire life. You have made a clear difference in my life and my journey of insanity with food and health. Thank you for giving me the best year in my life. I hope these testimonials make you smile from the inside out the way you and your staff have helped me smile!"
Anne C.

"When I first came to see you I was very overweight and was diagnosed with Diabetes. I lost weight and inches eating the way you showed me. I also started exercising like you suggested and shortly after my Diabetes went away. I feel much better about myself and feel like I have a new life!"
Rosalie F.

"Not judgmental, very kind
Always there to speak her mind.
More than a counselor, more like a friend
Upon her knowledge I do depend.
Her recipes and food make losing weight less demanding
With all her help, I have stopped expanding!"

Terri B.

"I am 56 years old and have been on a diet since I was 7 years old. My passion is food. I love to eat good food and lots of it. Linda Fiveson's program proved to be different than all the others I tried. It allows me to be creative, flexible and enjoy fantastic food. My husband couldn't understand how I could lose weight and do nothing but eat! Every one-on-one session with Linda gives me an opportunity to learn more about the interaction of foods and how they can assist in adding weight or burning it. Linda is about balancing her knowledge of healthy nutrition, real life experiences and her personal warmth to assist you through the weight loss process. I am happy I found her!"

Vikki C.

"Today was my first visit and even though I haven't lost an ounce yet I feel 10 pounds lifted off my shoulders! Linda really understood my struggle! I am sure I will write again to tell you how wonderful I feel!"

Anonymous

"I just passed my one year anniversary of the start of my weight loss journey and what a year it has been! I accomplished what I believed to be the impossible with your guidance and confidence in me. Now my daughter has begun her journey. It is wonderful to share the experience with her and hope that she will have the success I have had. You have changed my life! I am proud to go out and don't look for excuses to stay home. I love getting dressed in the morning and I walk with spirit! My cholesterol and blood pressure are back to normal. I am hardly ever tired and things that hurt before don't hurt now. I feel so good! My doctor approved your plan wholeheartedly. Here's to more anniversaries celebrating that special day I met you!"

Linda H.

"I am still AMAZED that I lost 25 pounds in 3 months! I've been on and off diets for 14 years. Linda's strategy of detoxing from carbs and sugar really works! After just 3 days your body does not even want it. I had no trouble getting through the first three days and I lost 9 pounds after 2 weeks! I could go on and on"

Bonnie C.

"Linda Fiveson has helped me lose a lot of weight - not by dieting but by showing, teaching, and helping me choose the right foods to eat. It is a plus that she also has her own fabulous line of food. Linda is very easy to talk to and she listens to everything you say!! One and only one thing makes Linda's diet

work and that is Linda Fiveson herself. There is no one like her and being her client has made me a better person. I love her!"

Fern Z.

"Linda's program is fabulous. Why? It's not a diet but a new lifestyle of healthy eating. It builds up your self esteem because you see results from all your hard work. If you truly follow her plan you will not feel any hunger pangs! There's nothing like it!"

Anonymous

"I've been heavy all my life. I always struggled with the yo-yo syndrome - up and down and up and down. I couldn't stand to even look at myself in the mirror. Thanks to Linda I've lost almost 65 pounds and kept it off for almost 4 years. I look years younger and feel like a new woman! I love how I look in clothes and my husband says I'm almost like the bride he married 35 years ago! I have 20 more pounds to go and I'm determined to see it through with Linda's help. She's the best!"

Sandy C.

"I'm new! In only 3 weeks I've already lost my round face and fit in clothes I haven't worn in 5 years! My sister-in-law was successful with Linda Fiveson and she is my role model!"

Janice

"Linda's great support has helped me succeed to lose my weight. I couldn't have done it without her guidance and experience! She motivated me to do what I "needed" to do in order attain my goal."

Anonymous

"When I first came to Linda Fiveson's Weight Counseling program I was at an all-time low in my dieting history. After being on numerous diets my whole life, I weighed in at 227 pounds despite the fact I had finally given up all my trigger foods the year before. Although I did have to let go of a lot of other foods on Linda's program I loved the flexibility of eating when I wanted, having ample foods to choose from and being given "permission" to eat more when I felt hungry - just more of what I was allowed! Linda described this to me as being in a box - but a "rubber box" - that had "give" to it so it wasn't restrictive and wouldn't lead to feelings of deprivation. Her program is a LIFESTYLE change and just like a diabetic, there are certain foods I am "allergic" to. It IS about giving up a lot but more important, it is about GETTING so much more. This is not just about weight loss. It is about freedom from obsession and increased self respect and worth. I'm very grateful to Linda Fiveson and her program!"

Dory K.

"I have started dieting and stopped twice before. This is my third go-around and why? I don't seem to be able to manage my weight without that pretty lady named Linda Fiveson! She gives me the incentive and "push" to keep trying - not every week - not every month - BUT every day. Today, in this fast paced world it is nice to have someone to talk to that gives the feeling that she's listening and really cares. Linda is "aces" in my book and since I'm a gambler you can't get better than that!!! "

Fran G.

"I wanted to say thank you for allowing me to finally find a way other than hormones to control my hot flashes which even supplements didn't help. I started eating your foods two months ago just as an addition to my own healthy eating. To my delight I found that my hot flashes lessened in frequency and intensity. Last week I experimented and went off your foodsKaboom...hot flashes were back! I quickly went back on your foods and my body is at peace again WOW! WOW! WOW!"

Sue A.

"No sugar really helps me. This diet works!!! Linda Fiveson's food is great too. The milk choc9olate mousse helps me through my chocolate cravings! Thank s Linda!" Anonymous

"I am a teenager who has wanted to lose weight for a while. With all of the parties that I have it has been very hard. I lost 8 pounds with Linda Fiveson and I don't feel deprived at all! Linda Fiveson is amazing and so is her plan! My mom loves her too! Blake F.

"The Fiveson plan is fabulous! Even though I didn't have a lot of weight to lose I wanted to be thinner. I tried other diet plans and was never successful. Linda counseled me one-on-one and offered a variety of delicious foods to help me. I lost the weight I wanted to and feel great. I am never hungry and feel fabulous. Thanks Linda!"

Rachel J.

"I really do feel this is a way of life and not a diet!" I love that I can have a drink and it doesn't "blow" the diet! Linda's muffins satisfy my carb crave in the morning too!" Anonymous

"Linda, you are a very special person in my life. You are a knowledgeable, giving, thoughtful and caring person. I am so appreciative of all the times you've been there to help me sort out my thoughts and deal with my weaknesses. You always find the right words to help me deal with my eating disorder. You are so supportive when life in the "low carb lane" seems too demanding. You always seem to come up with new recipes for me to feel empowered (even at those 6:45 A.M. winter appointments!) It is with your guidance and encouragement that I have been able to maintain my weight within a five pound range for over three years. This is an incredible miracle and you are my guardian angel!"

Shelley L.

"Linda Fiveson's approach to weight loss is healthy and very successful! I've been on many diets in my life but with Linda I've learned to not think "diet" but to realize this will be the way I will eat the rest of my life. With Linda I have learned how to eliminate sugar and flour from my diet. When I have a busy week going to Linda can make it easier especially when I go over to her refrigerators which are filled with the most unbelievable food that is all sugar-free and flour-free. I can buy Linda's pizza or "fake bread" and end a meal with mousse. There is no reason to ever feel deprived or frustrated with this way of life. I'm a very slow loser but all the pounds add up. There will be no more yo-yo dieting for me because everyday I tell myself this is not a diet but the way I will eat for the rest of my life. I have now inspired my husband and everyone else I come into contact with to follow this plan. So, thank you Linda for everything you do and all that you are! "

Eileen S.

"Linda Fiveson's plan has given me the freedom to wake up in the morning and be able to wear anything I want and look and feel good!" Anonymous

"Linda has changed the way I view food. I grew up as a carbohydrate addict! I didn't like fish, fruit or vegetables. As I stuck with Linda's plan I no longer felt deprived of carbs. I was able to completely cut processed sugar out of my diet. I feel her plan is NOT a diet but learning a new and healthy lifestyle. Over time my taste in foods actually changed and evolved. While I no longer feel the need for processed carbs (bread, pastries) I developed a craving for fruits and veggies. And, because I think that the chemical make-up in my body changed over time I found that I actually look forward to eating fish and veggies. I also physically feel better. I no longer have the highs and lows that you feel when you consume sugar. I feel healthier which leads me to continue easily to stick with Linda's plan."

Lori S.

"I have been coming to see Linda for 4 years and the reason it worked for me is I was sitting across from a real life success story which made mine seem possible to attain. No matter how much weight she lost she always knows what we are feeling and thinking and understands our urges. She is the driving force that keeps me in line. The one-on-one visits are always great. She knows you and understands you and can relate because she has been there. You are not one of many at that moment - you are her only client when you are talking with her. Not only can you buy her foods but she gives you the recipes to make them yourself. Her plan gives you a healthier and happier way to live!"

Maria M.

"Determination, enhanced by Linda's reinforcement has made the Fiveson plan work for me!"

Anonymous

"I have been fat since I was seven. When I began to see Linda Fiveson I had been working with a physical trainer but couldn't get my eating under control. Now, with Linda, for the first time in my 58 years I am succeeding. I weigh less than I did when I graduated from High School and wear a smaller size than I did when I was 16. Linda has made the difference! She is the first person to work completely with me around my lifestyle. She has taught me to move on when I slip up. Since this is not a diet but a way of life, there is no OVER. It goes on and I get back to the routine. She has taught me to think of eating out as a social occasion rather than an eating occasion. She has even helped me get rid of some of my cravings. I had been diagnosed with Diabetes and now my sugar levels have been normal With no medication. The support Linda gives me in her one-on-one sessions is very beneficial. She has taken away guesswork and temptation by eliminating certain foods from her program. If I have learned anything it is that diets don't work and changing your lifestyle is the key to success! Though I have lost weight and appear thin to those around me I am really a fat person in disguise. Whatever I did to make me overweight in the first place can make me gain weight again. Therefore, the lessons I learned through my journey must remain in my brain and become a part of my life. After all, nothing - and I mean nothing - tastes as good as being thin feels!"

Elizabeth K.

"Although we have never met I have been one of your supporters. One year ago I met one of your clients in my office for a professional consultation. He noted that he lost 60 pounds under your care. My wife had previously been a client of yours too. I was 30 pounds overweight and feeling very tired and unhappy with my appearance. In seeing the success of your client and his ability to maintain his weight without problem, I decided to follow your diet.

With our two older children getting married this year, and after seeing a picture of ourselves at the first engagement party, we decided it was now or never. I enjoyed the diet and the elimination of carbohydrates. Within a few weeks I began to watch my weight decrease. I felt immediately less tired and more invigorated. I don't miss anything I've given up and I enjoy the new-found energy. In my practice I see a large number of patients interested in body contouring and facial surgery. I am an advocate of getting them to reach an optimum weight prior to surgery. When they tell me they have tried every method but cannot lose the weight, I take pleasure in handing them your card with a short story of success."

Dr. R. L. S.

"I came to Linda in desperation to lose weight after having two kids and working full time. I am a compulsive overeater and never admitted it but bread and sugar set me off. I never imagined a life without bread. I thought I would die. Linda has given me so many options that I am able to stick to a healthy food plan without feeling deprived. My dad died of this disease at 53 years old. I want to live and be around for my 2 little girls. I want to be happy with myself!"

Anonymous

"Linda Fiveson has been my guardian angel for the past 9 months! Before Linda, I tried many different ways to lose weight but I always went back to my old ways and gained it back. At 23 years old I knew I needed to fix my life. Linda's plan was my cure. She is always positive and guides you back on track when you have a bad week. I have already lost 25 pounds and feel better than I ever have even though I am not at my lowest weight yet. Linda will continue to be my positive influence!"

Anonymous

"Linda Fiveson's plan was easy to follow. It truly became a way of eating and life change instead of a diet. There was plenty to eat and it was okay to have some Vodka too. You could eat out with no problem. Linda has her own line of great food but never pushed it. She even gives you recipes to help you along. Having been heavy herself, Linda understands the mindset of her clients."

Doris B.

"This is the ultimate weight loss program! WHY? Because it works on ALL levels - emotionally, socially, physically and intellectually! The support Linda gives you in all these areas help as well as the written materials she provides. Linda has been there too and this makes a difference! She is the only person I have ever lost weight with and I love, trust and believe in this philosophy and this woman!"

Anonymous

"I tried every diet around to lose weight in over a period of ten years and nothing worked! After meeting Linda I changed my entire way of eating. I do NOT diet! Sometimes I cheat a little on "an away weekend" but by the next week I am back on my healthy way of eating - no problem! I do not crave anything any more!!! I can cheat in moderation and then go back - no bingeing, no gorging. I was in constant pain with back problems and no longer have pain and am able to exercise. I feel great! Thank you!"

Bob S.

""When I first sat down to talk to Linda she guaranteed that if I followed her plan I'd lose weight. She was right. After countless tries with other programs I finally found my salvation! In 2 1/2 months I've lost 20 pounds. I feel great! My self confidence is returning and I'm proud of myself. Linda's healthy eating program has boosted my ego and self esteem. She's allowed me to find myself again and nothing feels better than that!"

Anonymous

"Linda Fiveson's program has made a big difference in my life. The difference isn't that I'm 50 pounds overweight. It's about loving and accepting myself and believing that I'm good enough! Linda is a godsend! She listens and it is like therapy. I tell her about the stress in my life and I think that knowing she accepts me makes me want to eat right and come back to talk to her. It's about letting go and being positive. Linda helps me reach that point!"

Diane N

"Linda helps me stay in the "box". I love all the foods that are on my plan and don't feel deprived. I have been able to maintain my weight within 3 pounds for the past 3 years. Prior to coming to Linda I was either "on the way up or on the way down". Now I am stable."

Anonymous

"Linda's plan is straightforward. Linda is straightforward too! You are responsible for what you eat. She gives you the plan and helps you along the way, both food-wise and emotionally. She is consistent even when you can't be. She becomes the voice in your head helping you shop right, cook right and eat out right. Through all the years I have been a client Linda has not changed her mantra or philosophy on weight loss. She is always ready for you to succeed. She helps you believe you can too! What is making the difference for me this time is the support and consistency, the personal attention and the undying belief that I can succeed!"

Anonymous

"I love that Linda's program has given me the ability to feel and be full and not always hungry! The variety of food you can eat is amazing and there is something for everyone! This all adds up to me losing pounds and inches with minimal exercise (due to time constraints). Seven of my friends and co-workers now see Linda and are enjoying the same weight loss that I have!"

A

Satisfied Client

"I have tried many different diets. Some have been successful but all have made me feel deprived. With Linda I feel satiated and in control. Her diet is easy to follow and you don't have to spend time measuring and weighing your food. I prefer to make my own meals but I do purchase Linda's muffins and Italian dishes to help satisfy my cravings. I have lost 35 pounds and plan on losing 15 more pounds by my one year anniversary.

Anonymous

The note below is transcribed from a message that was left for me
on my office Voice Mail just before Thanksgiving on
Tuesday, November 21, 2007 at 11:41 P.M!

"Hi! This is Karen Besner. Linda, I am calling during this holiday season because I want to thank you for giving my daughter the most unbelievable quality of life! She feels like a new person and it's because of you -- your guidance, your caring, your wisdom, your generosity and your friendship! She has found success because of you and ALL you have given to us."

"Linda, you are truly the greatest and I want to tell you that I am here for you and I would just love it if you would consider me a friend. If you ever need me for anything - even to run a chore - whatever it might be, I would help you."

"I would be so happy and honored if you would consider me a friend and help me to help you. I am sure you sometimes need a friend too."