



We're a company that specializes in getting people fit and healthy. We present free lectures to educate the public on ways to increase energy, lose weight, achieve health and get out of pain. We also offer:

**Weight Loss Seminars:** "My friends laughed when I said I was going to attend a free weight loss seminar, but the day I put on my size 6 jeans, they wanted to attend too!" Sign up online at [www.BurnFatUtah.com](http://www.BurnFatUtah.com) or call us to register at 265-3400. You'll learn about new breakthrough technology available for weight loss. Seminars held weekly in our office.

**Personal Training:** How do you know if you are exercising properly for your body type? Come in for a one-on-one personalized exercise program, designed specifically for you.

**Vitamins and Supplements:** There are so many toxins in our environment that everyone should be taking vitamins and/or supplement. But how in the world can you know exactly what your body needs? We have a state-of-the-art machine that will test precisely what your body needs. It will even test the vitamins you are presently taking to see if they balance your body or not. This is truly life-changing technology!

**Energy:** You should feel vibrant and energized every day! Do you? If not, we have the answers. Life is too short not to be excited every day simply because you feel so great!

**Sleeping:** Do you go to sleep and wake up 8 hours later refreshed? If not, why? You should be getting peaceful and restful sleep every night. If you aren't, you'll always struggle with your weight and your energy levels. There are reasons you can't sleep. There are solutions available....we have them!

**Body Type:** Have you ever wondered why some people gain weight around their middle section, while others gain on their hips and thighs? There is a reason for that. Learn what body type you are and learn what you need to do to be the body size you desire!

**Fat Burning:** Did you know you have 6 fat burning hormones that should be working for you? Are yours working for you or against you? Learn how to get your body into fat burning mode!

**Hormone Balance:** Do you suffer with hot flashes or irregular cycles? Come in to get tested on our computerized Hormone Analysis Program! There is hope. Don't suffer any longer!

**Body Wraps:** Developed by medical doctors, these amazing wraps guarantee 14 inches lost per session!

**Massages:** We offer specialized massages that aid in weight loss and increased vitality!

**Infrared Saunas:** We have a special sauna that is used specifically for weight loss and detoxification!

**Fat Tracking System:** We have a computerized tracking system you can do from the comfort of your own home that will tell you whether your body is burning fat or storing fat day by day! It's fabulous!

**Aches and Pains:** If you are in pain you won't lose weight or get the energy you need. We offer state of the art Spinal Decompression (lowest prices around!). Check out the video at [www.PainFreeUtah.com](http://www.PainFreeUtah.com).

**Lighthouse Health - 715 East 3900 South, #107 • Salt Lake City, UT 84107 - (801) 265-3400**  
[www.BurnFatUtah.com](http://www.BurnFatUtah.com) , [www.DietUtah.com](http://www.DietUtah.com) , [www.LaserSpotReduce.com](http://www.LaserSpotReduce.com)