

## Lighthouse Monthly Promotions

# Leslie Montgomery

### 12-Week Candida Program

#### What She Won:

#### The Ultimate Easter Basket!

(Including: \$50 Gift Card to Harmons, 2 Hand Weights, 1 Healthy Eating Cookbook, Solutions4 Shakes, & a Shaker Cup)

\*\*\*Ask How You Can Win Too!\*\*\*



April Winner

#### What is your favorite part about coming in to Lighthouse Health?

*"The positive atmosphere and staff. Each appointment becomes my "me time". I love to come!"*

#### What has been the most significant change in your life since coming here?

*"I crave vegetables. Never in 1000 years would I have imagined that! And I enjoy what I'm eating!"*

#### What was your life like before you started a program?

*"I had poor self-esteem, trouble sleeping, and was a stress eater. I also had sugar and carb cravings."*

#### How do you feel now? How much weight have you lost?

*"I've lost 27 lbs and I feel great! My knees don't hurt as bad and I'm gaining control of my emotional eating!"*

#### What would you say to someone who is thinking about doing a program?

*"Do it! Commit yourself to being healthier, even if you've failed in the past."*