

## Lighthouse Monthly Promotions

# Brandy Arnott

*12-Week Candida &  
Neuropathy Programs*

What She Won:  
Free Concert Tickets!

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



*July Winner*

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

*"The people! Everyone is so thoughtful and sweet! The body wraps and sauna are fantastic too!"*

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

*"I've lost 34 pounds so far and am only 11 pounds away from my goal! Even better than that...  
the neuropathy in my feet is finally getting better too!"*

**What did you learn from doing a program with Lighthouse Health?**

*"Through the cleanse, I learned that I am an extremely emotional eater!"*

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

*"Do it! Do it now! Don't wait!"*