



# REMEDIES THIS GOOD ARE WORTH THE WAIT!

We know that pain is a frustrating burden. We want to help! This treatment could change your life! Just as a reminder, your appointment is scheduled for:

**Monday, February 24th at 2:30pm**

To ensure you get the care you're seeking, we will give you a call if an opportunity for a sooner appointment becomes available!



"I came to see Dr. Singleton about 3 months ago because I was experiencing neuropathy pain in my feet. I was having a really hard time with it. I knew I needed to exercise more than I was, but it was hard to walk. Three months later and my feet are feeling good... fabulous in comparison to what they've been for quite a while. I am walking a lot now. So, I am excited. I feel great about what's transpired over the last three months." -Kathleen



"I had been experiencing terrible pain in my legs for a long time. There was also too much weight on my body. At 73 years old, I came to Lighthouse for help. Now I don't have any pain at all! I am feeling really good. And in just the few weeks I've been here, I have lost over 50 pounds! I am very happy with the progress I've made. My feet feel much better. I can move around, exercise, and lift things more easily. As long as I continue, I know I'll feel great!" -Ned



"My feet were in constant pain due to my neuropathy and type II diabetes. I couldn't walk for any longer than 5 min. I had to take multiple breaks and then I'd be in agony for the rest of the day. I have experienced a whole world of difference! What used to be agony is now manageable.. I now walk 10-15 min. 3-4 days per week, which I haven't been able to do for four years! I feel wonderful and much better since I've started a program at Lighthouse. What I've experienced so far has been phenomenal!" -Gaynelle



For more testimonials or information, visit [LighthouseHealth.ClubReduce.com](http://LighthouseHealth.ClubReduce.com)

If you will be unable to keep your appointment, please call 801-265-3400.