

October 2017

# Pain-Free LIFESTYLE



## Monthly Dish

### 6 Scary Reasons Your Thyroid could be Interfering with your Healing Process



Thyroid disorders are becoming so common that they affect more than 20 million Americans – or more than 12% of the population. If you don't suffer from a thyroid disorder yourself, you probably know someone who does! Unfortunately, most people find that thyroid medications fail to alleviate all of the symptoms of their disorder. To make things even worse, an underlying thyroid condition can make it difficult to heal from other health conditions like chronic pain or neuropathy! To help your body heal, you'll need to improve your thyroid's health through natural supplements, dietary strategies, and treatments. Keep reading to find out how poor thyroid function can interfere with your body's natural healing process...

#### Cardiovascular Problems

Hypothyroidism is associated with a wide variety of scary cardiovascular diseases. Low thyroid function can contribute to high blood pressure, high cholesterol levels, and even heart failure! With your cardiovascular system in this state of chaos, what can you do to improve your health and help your body heal? To start with, we recommend the Solutions4 Cardio Health Essentials! This incredible healing product packs in heart-healthy supplements like l-arginine, l-citrine, and CoQ10! Each time you use it, you'll improve your cardiovascular health and set your body up for successful healing.

#### Low Energy & Fatigue

If you suffer from hypothyroidism, you probably know what it's like to suffer from chronic fatigue. When you don't have enough energy, it's hard to make healthy choices throughout the day! If you're tired, you're more likely to reach for a sugary treat to boost your energy levels and help you make it through the day. You're also less likely to make it to the gym! To successfully change your eating habits and your level of physical activity, you'll need to improve your thyroid's function. You can do this by taking the Solutions4 Thyroid/Adrenal Support supplement and following your doctor's other recommendations.

#### What's Inside Pain-Free Lifestyle?

**The Inside Story:** "6 Scary Reasons Your Thyroid Is Interfering with Your Healing Process!"

• **Product Spotlight + Coupon:** Thyroid/Adrenal Support!

• **This Month's Pain-Free Patient:** Congrats Diann!

• **Break Time:** Sudoku and the World's Best Caramel Apple Recipe!

• **Ask Dr. Goodman** "How can I say 'no' to Halloween candy? Is there something I can have instead?"

• **Sidebar:** "5 Weird Ways That Stress Makes You Sicker!"

#### Event Listings & Info



Get rid of your KNEE PAIN without drugs or surgery!

You could be suffering from Neuropathy and we can help! Pick up the phone and call (Phone Number) now!

Bring in this coupon and receive a FREE One-on-One Evaluation!



#### Rewards for Referrals

To: \_\_\_\_\_  
From: \_\_\_\_\_

I had an amazing experience with Dr. Goodman at Lighthouse Health and I know you will too! They have some incredible solutions for neuropathy and back pain.

Present this coupon and receive a [FREE One-On-One 7-Point Evaluation] with the doctor.

To Schedule an Appointment for the FREE Evaluation, Call (801) 265-3400 Today!



Refer a friend Today for a FREE Nutritional Shake

All you have to do is give them this Free Evaluation coupon! When they bring it in, we will contact you and you'll get a FREE Solutions 4 Nutritional Shake!

## October Events



### Weight Loss Events

#### REJUVENATION CLASS

Offered Twice Weekly, Every Tues. & Wed.

This Breakthrough Rejuvenation Class will teach you how to get better sleep, have more energy, lose weight, reduce your stress levels, and maintain a positive outlook in life! You'll be able to make big changes in your life based on the information you receive in this class alone. Come alone or bring a friend. Register online at [lighthouse.weightseminar.com](http://lighthouse.weightseminar.com)!

#### Dates

Tuesday, Oct. 6, 6:30      Wednesday, Oct. 7, 6:30  
 Tuesday, Oct. 13, 6:30      Wednesday, Oct. 14, 12:30 PM  
 Tuesday, Oct. 20, 6:30 PM      Wednesday, Oct. 21, 6:30 PM  
 Tuesday, Oct. 27, 12:30 PM      Wednesday, Oct. 28, 6:30 PM

Call us at 1-888-Burn-Fat to Learn More!

Bring your friends and family to our FREE Weight Loss Support Group (every Monday at 6:30 PM)! Come get the support you need!

### Cooking Classes

#### Halloween Cooking Class!

Wednesday, October 14, 5:30 PM

Come learn how to make a healthy and delicious treat that you can hand out to trick-or-treaters this Halloween! Your friends and family members will love it.

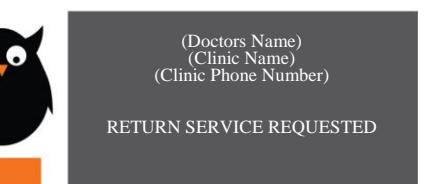
#### Candida Cooking 101!

Wednesday, October 30, 5:30 PM

This class introduces fun and simple Candida recipes. You'll be surprised how delicious the basics can be! Come learn little-known tips for tasty, clean eating!

### REGISTER NOW!

(Clinic Information and Phone Number)



### Find the Lemon!

Find the hidden lemon somewhere in this newsletter!

Be the first one to find it and we'll give you a **FREE Luxana Light Bed Treatment!** Normally a value of \$115! The Luxana Light Bed will help improve your circulation and reduce your pain! Call Lighthouse Health at (801) 265-3400 to redeem your prize!

\*This prize is non-transferable and cannot be exchanged for product.

#### Help Has Arrived for Neck and Back Pain!

We're so sure we can help you Resolve your pain with Affordable solutions that we have a special offer for those who Suffer from serious back and Neck pain and pain related To a herniated or bulging disc.



To take advantage of this offer: call our office at (Office Number) and mention this ad!

Make sure to bring a friend and join us for this Free, In-Office Club Reduce Events!



## 5 WEIRD WAYS THAT STRESS MAKES YOU SICKER!

High stress levels can negatively affect your health for a number of reasons:



1. Stress raises your blood sugar levels. Cortisol triggers your body to release glucose into your bloodstream for a quick burst of energy. High blood sugar levels cause inflammation, which can exacerbate chronic pain and neuropathy.

2. Stress makes you crave unhealthy snacks. When you're stressed, you're much more likely to eat something you'll later regret.

3. Stress causes fat storage around the stomach and liver. This abdominal fat significantly increases your risk of developing cardiovascular disease or type II diabetes.

4. Stress can make you neglect your health. When you're stressed, you probably don't take time to prepare healthy meals, exercise regularly, or schedule enough sleep. These habits increase your risk for developing painful degenerative diseases.

5. Stress robs you of sleep. Sleep is absolutely essential for health and healing! Your body requires 7-8 hours each night.

Under chronic stress, optimal health may be out of reach. So relax! Take time for yourself to pursue an activity that you love. Find ways to lower your stress levels – whether that involves a spiritual practice or some other calming activity. Be optimistic about your future! You've embarked on a journey that will change your life.

## This Month's Pain-Free Star



Meet Diann: After 10 treatments, her feet feel much better and she's able to walk again!



### WHAT WAS LIFE LIKE BEFORE YOUR PROGRAM?

"I've had neuropathy for the past three years, and medical doctors told me there was no cure. I had to constantly ice my feet and take painkillers, even throughout the night."

### HAS YOUR LIFE CHANGED AT ALL SINCE YOUR PROGRAM?

"In just 10 sessions here, my feet are feel much better. This clinic has changed my life. I'm able to walk again, and I'm able to go to bed without an ice pack. With continued treatment, I'm confident that the last of my symptoms will go away completely. If you're considering treatments here, take the chance and believe in the staff! It will change your life."

We can't wait to feature YOU as next month's Pain-Free Patient! Keep setting your goals and working hard and you could be featured here!

## Ask Our Doctor!



"How can I say 'no' to Halloween candy? Is there something I can have instead?"

With Halloween right around the corner, you know that the sugar craze is about to begin. Your friends are preparing delicious desserts, your kids are looking forward to trick-or-treating, and your partner is helping themselves to portions of caramel-covered popcorn. With all of this going on around you, how do you say no? To stay away from artificially colored and flavored sweets, you can try making healthy alternatives instead! You may be surprised to know that these alternatives are often tastier than their grocery store counterparts. With a little creativity, you can make a variety of delicious treats with all-natural ingredients! Look for recipes sweetened with raw honey or pure maple syrup. For low-calorie treats, try sweetening recipes with the Solutions4 Fiber Sweetener. For a nutritional boost, try sneaking pureed veggies into your treats. Let your creativity run wild and enjoy a happy Halloween!

Though homemade Halloween treats are much healthier, it's still important to eat them in moderation. On most days, you'll find that nothing is more satisfying than a piece of fruit or a Solutions4 Nutritional Shake!



## October's Featured Solutions4 Product: Vitamin B12!

Do you find yourself unexplainably tired during the day, but aren't sure why? Need an extra boost in the morning or afternoon? Then Vitamin B12 could be the key nutrient missing from your diet.

Vitamin B12 is essential to the functioning of the brain, nerves, and circulatory system. This essential vitamin is known to insulate nerve cells and help the body build new, healthy cells!

Vitamin B12 also helps to stabilize the red blood cells responsible for carrying oxygen to the entire body. Lozenges are provided in a sublingual form for quick-and-easy absorption. For best results, chew the sublingual twice, then let it dissolve under your tongue.

You can always find more detailed information about Solutions4 products on your Club Reduce membership site.

### \$2 Off Vitamin B12!

Bring this Coupon in to Receive \$2 OFF Vitamin B12!

Cannot be combined with any other offer. Coupon expires 10/31/2016

## "6 Scary Reasons Your Thyroid Is Interfering..."

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### Constant Cravings

When your thyroid doesn't produce enough hormones, you might start to feel tired and hungry before it's even lunchtime! To keep your energy levels artificially high, you may reach for a soda or a bag of chips to stay alert. When you get home in the evening, you probably won't have the energy to cook a healthy meal, so you'll pop something in the microwave or order a pizza. The next day, you'll repeat this vicious cycle all over again!

### Chronic Discomfort

Your body relies upon thyroid hormones to perform a variety of essential functions. Without these hormones, a variety of uncomfortable symptoms can crop up. You may experience constipation, dry skin, numbness in your toes, or an increased sensitivity to cold. These uncomfortable symptoms make you far less likely to make it to the gym, take the stairs at work, or consider going for a midafternoon walk.

### Brain Fog

Many people with thyroid disorders experience "brain fog" – a state of feeling mentally frazzled, confused, or forgetful. It is sometimes described as feeling like a "thick fog" is invading the brain, making it difficult to focus on anything in particular. This lack of mental clarity can make it difficult to live a healthy lifestyle. Many healthy choices (planning meals, scheduling enough sleep, finding time for the gym, etc.) require a great deal of preparation and planning! Improving your thyroid's health can make a world of difference in these areas.

### Muscle Weakness

Your muscles can become weak when your thyroid produces too many or too few hormones. If this happens, you may experience weakness around the hips and shoulders, painful muscle cramps, and/or slow reflexes. When you're dealing with these uncomfortable symptoms, it's very difficult to find the strength to exercise. To get your body back on track, you'll need to address your underlying thyroid condition. This will improve your muscle strength and alleviate many other symptoms, setting you up for weight loss success!

## Breaktime

## World's Best Caramel Apples!

"IF IT DOESN'T CHALLENGE YOU, IT DOESN'T CHANGE YOU."

This healthy caramel apple recipe is even better than the original, but without the junk! These caramel apples will serve 6-8, so don't forget to share with friends and family!

#### Ingredients:

2 cups pitted dates, soaked in water for 4 hours  
1/4 cup raw almond butter  
4 teaspoons fresh lemon juice  
Pinch of sea salt  
1 teaspoon vanilla extract  
6-8 small organic apples  
Unsweetened coconut flakes  
6-8 sticks poked into apple cores

#### Directions:

1. To begin, add soaked dates to blender along with raw almond butter, lemon juice, salt, and vanilla. 2. Blend until smooth. 3. Pour this mixture onto a nonstick baking mat and spread thinly. 4. Dehydrate in the oven at 140° for 2-3 hours, leaving the oven door ajar to let out excess moisture. 5. When the surface of the caramel is dry, remove from the oven and cut into rectangles. 6. Carefully lift each square of caramel off the baking sheet and mold around the surface of an apple. 7. Roll in coconut flakes and enjoy!



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### Healthy Tip:

Drink half your body weight in ounces of water each day. Staying hydrated encourages detoxification and facilitates healthy weight loss!



### Did You Know...?

You can save 10% on all of your favorite Solutions4 supplements when you order online!

Ask a staff member for details on how you can take advantage of this amazing offer!

