



"Acknowledging the good that you already have in your life is the foundation for all abundance." – Eckhart Tolle

(Doctors Name)
(Clinic Address)
(Clinic Phone Number)

RETURN SERVICE
REQUESTED

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 Body Wrap!**
Normally a value of \$125! Call Our Office to redeem your prize!

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

Make Sure to **Bring a Friend** and Join Us for These **Free, In-Office Club Reduce Events!**



Call Our Office to Find Out How You can Win

A 15-Piece Cuisinart Knife Set & a 17-piece Kitchen Aid Kitchen Tools Set!

Winner will be drawn on November 30th



NOVEMBER EVENTS



WEIGHT LOSS EVENTS

WEIGHT LOSS CLASS

Offered Twice Weekly, Every Tues. & Wed.

This Breakthrough Weight Loss Class will teach you exactly what is keeping you from your goal weight and what you can do to start taking control of your life! Come alone or bring a friend. (Attendees have reported losing 5 pounds just by implementing the information in this class!) Register online at [lighthouse.weightseminar.com!](http://lighthouse.weightseminar.com)

Dates

Tuesday, Nov. 2, 6:30 PM Wednesday, Nov. 3, 6:30 PM
Tuesday, Nov. 9, 6:30 PM Wednesday, Nov. 10, 12:30 PM
Tuesday, Nov. 16, 6:30 PM Wednesday, Nov. 17, 6:30 PM
Tuesday, Nov. 23, 12:30 PM Wednesday, Nov. 24, 6:30 PM
Tuesday, Nov. 30, 6:30 PM

Call us at 1-888-Burn-Fat to learn more!
For a limited time only, we're offering this Breakthrough Weight Loss Class for FREE!

FREE BODY WRAP COUPON

Bring a friend with you to Lighthouse Health's Breakthrough Weight Loss Class, and you will both receive **FREE Body Wraps!**

If you haven't attended our Breakthrough Weight Loss Class, now is a great time to come! If you have already been in, come for a refresher class!

Bring in this newsletter and a first-time guest and receive: a **FREE Body Wrap** for you and your guest!

We look forward to seeing you soon!

Register online at lighthouse.weightseminar.com or call 1-888-Burn-Fat now!

*Offer expires 11/31/2015
*Coupon has no cash value.
*Guest body wrap for new patients only.

Do you Suffer From...

- Unexplained Weight Gain?
- Exhaustion or Fatigue?
- Depression or Anxiety?
- Difficulty Sleeping?
- Mind Fog?
- Low Libido?

For more information, call (801) 341-2576 or visit www.ThyroidHelpUtah.com

Could Your Thyroid Be the cause?

If you have any of these symptoms or you feel like your current medication isn't working...

Attend a **FREE** Thyroid Focus Group

What's The



SKINNY

Monthly Dish

6 Reasons Why You Should Avoid Overeating This Thanksgiving!

If you're like millions of other Americans, Thanksgiving means eating until you're so uncomfortable that you can't stand the thought of food. But does it have to be this way? Overeating may seem fun, but it often comes at the cost of other fun holiday activities. There's no reason why Thanksgiving dinner needs to be so unpleasant! Here are 6 reasons why you should avoid overeating....

The Food Coma

We all know what it's like to feel lethargic after an overly large meal (hence, the "food coma" that follows Thanksgiving dinner). What you don't realize is that a food coma is far from harmless – it's actually your body shutting down non-essential functions, prioritizing the arduous act of digestion over everything else. There's no reason to put your body through this uncomfortable ordeal!

Weight Gain

Weight gain and overeating go together like turkey and mashed potatoes (or in this case, mashed cauliflower) – you can't have one without the other. You might think that you can get away with a second helping of your grandma's green bean casserole, but Thanksgiving is just the start of the holiday season. If you can't say "no" now, when will you learn?



What's Inside the Skinny

-The Monthly Dish:

"6 Reasons Why You Should Avoid Overeating This Thanksgiving!"

-Product Spotlight + Coupon:

S4 Digestive Enzyme Blend!

-This Month's Skinny Star:

Congratulations Kayla!

-Ask Dr. Goodman:

"I always overeat on Thanksgiving. What can I do to curb my cravings?"

-Break Time:

Sudoku and a Pumpkin Spice Smoothie Recipe!

-Sidebar:

"5 Sneaky Ways to Eat More Vegetables This Thanksgiving!"



November's Skinny Contest!



This month's contest winner will be whoever loses the most weight (lbs.).

Contest Rules:

1. Come into our office anytime in the month of November – the sooner the better! Let our staff know you'd like to enter this month's contest.

2. Return to our office on the last day in November (the 30th) before 7:00 p.m. for your final weigh-in.

1 FREE LIPOLIGHT SESSION AND \$50 OFF SOLUTIONS4 PRODUCT!

REWARDS FOR REFERRAL

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!

To: _____
From: _____

I had an amazing experience with Dr. Goodman at Lighthouse Health and I know you will too! They have some amazing services – like inch-loss body wraps and all-natural, organic skin care. When you attend their Free Breakthrough Weight Loss Class, present this coupon and receive a **FREE One-On-One Evaluation** with the doctor. (Normally it's \$125! This coupon represents a **HUGE** savings!)

To Register for the **FREE** Class, Call (801) 265-3400 or Go Online to Lighthouse.Weightseminar.com Today!

5 Sneaky Ways to Eat More Vegetables This Thanksgiving!



1. Make pumpkin-based smoothies.

Pumpkin pie smoothies are one of the most delicious treats you can make during the holiday season! Check out our recipe on page 3.

2. Add vegetable puree to your favorite desserts.

You can sneak pureed spinach into brownies, pureed beets into berry pie, pureed carrots into pumpkin pie, and so much more! Let your creativity run wild with this fun way to make Thanksgiving even healthier.

3. Replace mashed potatoes with a cauliflower or sweet potato mash.

Potatoes may be a vegetable, but they're not the healthiest choice. For something equally delicious, try mashing sweet potatoes or cauliflower instead. Your friends and family may not even notice the difference!

4. Make a vegetable-based pasta and sauce.

Have you ever heard of zucchini noodles? There are tools you can buy that let you turn your favorite vegetables into long, stringy noodles! Try pairing zucchini noodles with a squash-based sauce for something light, refreshing, and satisfying.

5. Replace heavy casseroles with vegetable side dishes.

With so many healthy Thanksgiving choices, there's really no excuse to fall off the wagon. Try pairing your traditional turkey with roasted Brussels sprouts, roasted squash, or any number of other seasonal vegetables!

This Month's Skinny Star

Meet Kayla – She lost 23 pounds and learned how to eat healthy for life!

What was life like before your program?"

I did a 12-Week Candida Program. Before the program, I was feeling unhealthy, slow, heavy, and unhappy."



How has this program changed your life?

"It's definitely been a lifestyle change! The most important thing I learned is how to eat healthy and stick with it. I feel great, and I've lost 23 pounds!"

We can't wait to feature YOU as next month's Skinny Star! Keep setting goals and working hard, and you could be featured here!

Ask Our Doctor!



"I always overeat on Thanksgiving. What can I do to curb my cravings?"

First of all, it's important to realize that you can enjoy the Thanksgiving holiday without overeating. Thanksgiving is all about gratitude, family, and good food – but it doesn't have to be about binge eating. There are plenty of delicious, healthy foods that you can eat in moderation and really enjoy. If you're worried that you'll be tempted to overeat despite all of this, there are a few steps you can take to curb your cravings:

1. Take the Appetite Peasner before you sit down for Thanksgiving dinner. This can help ward off intense cravings before they begin.

2. Allow yourself a healthy treat, but don't overdo it. Consider making a healthier pie with an almond-based crust, a homemade coconut-based ice cream, or some other lightly (and naturally) sweetened dessert.

3. Focus on other aspects of the experience. Enjoy some quality time with friends and family members, rather than obsessing over food. You'll be surprised when you realize how much fun you can have without eating foods you'll regret! It is 100% possible to have a happy holiday without falling off the wagon.



November's Featured Solutions4 Product:

You eat food, but your body doesn't absorb food. It absorbs nutrients. Food has to be broken down into individual nutrients (amino acids, fatty acids, simple sugars, etc.) before your body can use it. When you're optimally healthy, your body should produce its own digestive enzymes to facilitate this process.

However, many people don't produce enough digestive enzymes to effectively absorb nutrients from food. Though this happens for a variety of reasons (inflammation, aging, low stomach acid, stress, etc.), the end result is the same – your body becomes unable to absorb all the nutrients from food. This means that you may suffer from malnutrition, even if you're eating the healthiest diet possible!

The Digestive Enzyme Blend can be especially useful when you overeat or eat foods that are hard to digest. It can even help you beat the Thanksgiving food coma! The extra enzymes help your body to avoid many of the uncomfortable symptoms that accompany poor food choices. Though it's better to make healthy choices in the first place, this supplement can be very helpful if you slip up once and a while.

\$2 Off Digestive Enzyme Blend!
Bring this Coupon in to Receive \$2 OFF Digestive Enzyme Blend!
Cannot be combined with any other offer. Coupon expires 11/30/2016



"6 Reasons Why You Should Avoid . . ." -from page 1

Non-Stop Cravings

Overeating is rarely a one-time thing. Usually when you overeat, you choose foods that are fatty, sugary, buttery, or salty to satiate a craving. These foods are actually addictive, and giving into cravings will only make them worse. To nip cravings in the bud, you have to learn to say "no" and make healthier choices. Begin by preparing healthier foods this Thanksgiving. You'll feel satisfied sooner and you'll have an easier time saying no to seconds.

Digestive Discomfort

Overeating wreaks havoc on the digestive system. When you eat more food than your body can handle, you'll experience the uncomfortable symptoms of indigestion, gas, bloating, constipation, or even diarrhea. These symptoms are the last thing you want to worry about when you're spending the holiday with friends or family! To have a more enjoyable experience, put your plate down once you're full. You can always have more food later!

Fewer Nutrients

Your body is only capable of digesting so much food at once. If you overload your system, you won't get the full nutritional benefit out of each food on your menu. You could prepare the healthiest Thanksgiving meal possible – and still end up with too few nutrients if you overeat. To get the maximum nutritional value out of your healthy (and painstakingly prepared) meal, listen to your body when it lets you know you're full. You can also take the Digestive Enzyme Blend to ensure that you're getting 100% nutrition from your Thanksgiving dinner.

Lack of Control

Giving in to the desire to overeat reinforces the mindset that healthy eating is "just too hard." Each poor choice that you make adds up and contributes to the feeling that you can't control what you eat or how you behave. When you consciously make good choices instead, you'll build confidence in yourself until you know you can succeed! Wouldn't you rather go forward with optimism, confidence, and peace of mind? If you can navigate Thanksgiving dinner without giving into temptation, you'll find that the rest of the holiday season is just that much easier!

Breaktime

World's Best Caramel Apples!

With Thanksgiving just around the corner, you're probably craving your favorite holiday treats. Fortunately, there are several healthy alternatives that you can eat instead! This Pumpkin Spice Smoothie tastes like your grandma's pumpkin pie, but doesn't contain anything you (or your body) will regret! You can whip up this delicious, healthy recipe for a luxurious breakfast, a mid-afternoon snack, or a guilt-free dessert. With recipes this good, navigating the holiday season will be a cinch!

Ingredients:

2 frozen bananas, sliced
½ cup pumpkin puree
½ cup coconut milk
¼ tsp. vanilla extract
¼ tsp. cinnamon
Pinch of ginger
Pinch of cloves
Pinch of nutmeg

Directions:

1. Place everything in a blender.
2. Blend until smooth.
3. Serve immediately and enjoy!



Healthy Tip

Think of vegetables as the main dish (not a side dish) at every meal. Eat these first, then move on to other foods if you're still hungry.

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!



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"Your happiness is a reflection of your health."