



# "Is Stress Making You Fat?"

"Do You Find Yourself Eating To Help You Deal With Your High Level of Stress?"



The constant pressure of living in a fast-paced world has created an environment where we all suffer from stress.

Did you know that...

- ✓ Stress can be more fattening than chocolate!
- ✓ Your reaction to stress can halt fat burning for hours!
- ✓ Chronic stress can actually cause you to gain weight!

If you've tried and failed at weight loss more than once, it may not be your fault. To find out more about the "Stress Effect" and what kind of toll it's taking on your health, register for our BRAND NEW BREAKTHROUGH seminar where you'll learn not only what the "stress effect" is but also how it may be forcing your body to hold onto fat.

**You'll also discover a SIMPLE WAY to break free of your stress, tension and anxiety for good in just 20 minutes a day!**

If you are tired of being stressed-out, worn-out and fat...

If you are ready to finally uncover the truth about your weight problem...

If you want to get rid of those unwanted pounds for good without hunger or cravings...

Then REGISTER NOW for this amazing breakthrough seminar that will teach you why you haven't been able to lose your weight and introduce you to an amazing development that will show you how you can manage your stress.

Let's face it, your busy, fast-paced life isn't going away. You need tools to be able to cope with your stress, or you'll never be able to lose your weight and keep it off!

We have helped thousands of people lose their weight and regain their health.

However, we've noticed that many times people would lose their weight, get healthy and then fall back into the patterns that caused them to gain weight and become unhealthy in the first place.

We decided to do an exhaustive search for solutions for our patients, and we have discovered the answer for stress!

We found a doctor out of California who has helped thousands of patients lose their weight and keep it off using some AMAZING tools specifically designed to control stress.

We are THRILLED to introduce this technology to the people in the Salt Lake Valley who are desperately searching for answers for PERMANENT weight loss!

Please be one of the first people to join us in this amazing new seminar where we will reveal this incredible discovery to you!!

The seminar is FREE but seating is VERY limited so register now!

**[www.DietUtah.com](http://www.DietUtah.com)**  
**(801) 265-3400**

Lighthouse Health Dr. Todd Singleton, D.C.




## **\*\*FREE\*\***

### **Bonuses for Attending the Stress Seminar!**

**Bonus #1: Free-One-On-One Personalized Weight Loss Evaluation.** *Let's uncover the real reason YOU haven't been able to lose your weight!*

**Bonus #2: FREE Body Wrap** *Lose 4 to 14 inches in one hour. This is a health promoting, detoxifying wrap that helps you lose inches and get rid of toxins!*

*(Coupon good for TWO people. Offer valid only by redeeming this coupon at the seminar.)*

*Register by phone or online*  
 **Now!**

**Limited Offer!**



[www.DietUtah.com](http://www.DietUtah.com) (801) 265-3400