

# Doctor Helps His Wife Lose Weight & Gain Health



According to the U.S. Department of Agriculture (USDA), Americans consume one hundred and fifty-six pounds of sugar each year. Most people feel the urge to seek out something sweet and devour it. As a country, we love sugar!

Like many Americans, Marykaye Goodman of Utah craved sugar from the moment she woke up. She would often eat candy first thing in the morning. However, nothing seemed to calm the cravings. Along with the cravings, came weight gain.

"There were so many components to deal with concerning my weight... I tried so hard to lose weight, but I just couldn't do it on my own," Marykaye remarked. "Mentally, when you're overweight, you think, 'this just isn't me...' and you want to tell people that...and that you didn't get that way on purpose."

"When I was at my heaviest, I was embarrassed about how I looked and I didn't feel like the person I saw in the mirror," she expressed, "I couldn't wear a swimsuit without a ruffled skirt around it for over 10 years." She often felt uncomfortable in her own body.

Luckily for Marykaye, her husband, Dr. Chad Goodman, studied nutrition in chiropractic school. He has gone on to pursue rigorous postgraduate studies in the field of nutrition and has investigated how it relates to weight gain, fatigue, and hormonal imbalances.

Dr. Chad Goodman explains, "It can feel hopeless... like nothing you can do will change your body. However, that just isn't true! There is hope! My own wife tried lots of diet and exercise plans and still couldn't lose weight. But she is finally down 60 pounds and has kept it off now for several years."

"The tools I used to help my wife lose her weight are the same I use daily to help my patients lose weight here at Lighthouse Health in Salt Lake City. I realize there are dozens of weight loss programs out there, but what I have to offer is unlike anything else out there. So what are we doing that's so different?"

Dr. Goodman continues, "Well there are TWO main things we do differently than those commercial weight loss companies. First we uncover the cause of your weight gain and come up with the solution that's right for you. We

find out why your body is holding on to weight despite your best efforts. For example, your weight gain could be hormonal, maybe your sleep patterns are interfering with your weight loss, maybe you're exercising wrong... putting too much stress on your adrenal glands so you can't lose weight. We want to figure out what's going wrong physically, so that your body can finally shed those unwanted pounds."

"I've also found that nearly all my overweight patients are emotional eaters. We use breakthrough technology to put an end to emotional eating. Yes, you can finally conquer your uncontrollable cravings and take charge of your body! This is exactly what I did with my wife, Marykaye, to help her lose 60 pounds," Dr. Goodman relates.

"I don't crave sugar anymore!" exclaimed Marykaye, "Your habits change, your thoughts change, and your relationship with food changes... with this program, the support, and all of the tools I was given...it made all the difference. I have my vitality back. I can put on clothes and not have to suck in... and I don't have to be as selective when buying clothes because I can fit into whatever I choose! It's a great feeling!" Marykaye added, "Don't lose hope. It can happen for you too. You just have to have the right tools... and Lighthouse Health has those tools."

Dr. Goodman adds, "I simply can't express in words how wonderful it has been to help my wife and patients go from overweight and sick to fit, vibrant and healthy. It's my mission to help others lose their weight and find vibrant health!"

The system that helped transform Marykaye Goodman is thoroughly explained in a book called, "Weight Loss for Life in 10 Easy Steps." You can obtain a copy at NO COST by attending an amazing and FREE seminar that teaches these principles. (See below for more details.)

"If you've tried everything and still can't lose weight, please don't give up. You didn't fail your diets...those commercial diets failed you! Together, we can get to the bottom of your weight problem and conquer your emotional eating. You're not alone. You can get where you want to be... feel the way you want to feel. Don't be left to wonder what might have been."

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