

What Makes Us Different



Our goal is to help you find out what’s keeping your body from burning fat and then help you balance your body naturally to keep the weight off! Traditional diet plans take a one-size-fits-all approach and never uncover why your weight got there to begin with. We take a different approach.

You will receive a one-on-one personal evaluation with our doctor who will use a Symptom Assessment to help uncover the reasons you’re not losing weight, and determine the best plan of attack. We’ll help you discover what foods trigger a negative reaction in your body and direct you to better fat-burning options. Essentially, you’ll find out how to become a fat-burning machine!

We also provide proven body contouring and therapeutic services - such as Detoxifying Body Wraps, Whole Body Vibration, and Infrared Sauna - to assist in your weight loss. These services will help to detoxify your body and speed up the weight loss process. We’ll also help you overcome emotional eating and other negative thinking with the help of Self-Mastery Technology (SMT), an amazing tool that uses light and sound to reduce stress and provide motivation.

And most importantly, you will have a personal weight loss coach to hold you accountable and guide you through your program step-by-step, providing necessary support. After all, accountability breeds success!

Diet-Based Therapies and Weight Loss Programs

Step-By-Step Daily Guidelines and Proven Eating Programs

resulting in weight loss and increased energy.

You will be given exact steps to follow on a daily basis, including what to eat to lose weight and feel great! Delicious recipes are provided for you, or you can choose meals based on your program’s “Foods to Enjoy” list. These programs and food guidelines were put together after many years of successfully helping thousands of patients get healthy, achieve their desired energy levels, and get to their goal weights



Organic Weight Loss Supplementation

to speed weight loss and control cravings.



In order to heal the body and lose weight, your body needs high-quality supplementation. Some of the many benefits include:

- Increased energy
- Reduced hunger pangs
- Less nervous tension
- Help breaking down cellulite
- Help breaking down & oxidizing fat
- Help with depression
- Lessened appetite
- Less gas and mucus
- Immune system boosters
- Increased “fat burning” enzymes

Body Contouring and Therapeutic Services



Detoxifying Body Wraps

for increased inch loss and diminished cellulite.

Unlike other wraps you may have heard about, this wrap was developed by a bio-chemist from the UCLA medical center. Our wraps increase circulatory and lymphatic flow, which leads to inch loss, cellulite reduction, body contouring, and cleansing of the tissues. In fact, it’s typical to lose 4-14 inches in just one treatment! These results are completely safe and can be permanent. This painless, relaxing treatment is quite possibly the best 60 minutes you will ever spend on yourself!

Infrared Sauna

to help you detoxify and burn calories.

An Infrared Sauna can help you burn up to 600 calories in half an hour and produce as much sweat as a six-mile run! The sharp increase in blood and lymphatic flow helps your body transition into fat-burning mode, and the boost to your circulatory system helps you stay there. The more toxins you flush from your body, the better your body will be at burning fat. A visit to our sauna is enjoyable and comfortable—you’ll love how relaxing weight loss can be.



Whole Body Vibration

to speed up your weight loss with effortless exercise.

Whole Body Vibration accelerates weight loss by stimulating all the cells in the body to function at a higher rate, which in turn increases metabolism. In fact, ten minutes of Whole Body Vibration is equal to an hour of exercise! It also improves muscle strength in the same way as regular exercise and it increases circulation to targeted areas, giving any cellulite problem areas a smoother look. You can also improve your balance and coordination while increasing your energy and stamina! This low-impact workout will have you looking your best in no time.

Tools to Develop New, Healthy Habits

Personalized Accountability Coaching

If you could have lost weight on your own, you would have!

Thousands of people have lost weight using this system and now it’s your turn! In order to lose weight, you need to surround yourself with positive and supportive people. You will meet with your Accountability Coach one-on-one every week and you’ll also speak to him/her in between visits. You may have questions, roadblocks, and/or weak moments. Your coach is here to support you and ensure your success! Call or text them or our office any time you need. Together we will get you to your weight loss goal!



But Wait, There’s More...



Symptom Assessment

to find out why you haven’t reached your desired weight.

Our incredible Symptom Assessment will help us and help you understand your health and body better! This amazing tool features detailed questions about your symptoms and medical history. The results will give us insight on how to best help you reach optimal health and your ideal weight. We will leave no stone unturned and together we will solve your weight loss problems!

Online Tools at Your Fingertips

to track your goals and progress.

Through the online member website, you can easily track your daily calorie intake, lifestyle goals, and weight loss progress! On the site, you can also order Solutions4 supplements, read the monthly newsletter, find answers to frequently asked questions, and more! You will also have access to Cook’N, a recipe software that allows you to collect and save your favorite healthy recipes!

You also have access to our cooking class and exercise videos! Our Club Reduce chef walks you through each yummy, healthy recipe step-by-step and also offers helpful cooking tips so that you can recreate these delicious meals in your own home. Our exercise videos feature simple, at-home workouts to help you slim down and strengthen your body - without having to go to the gym!



Our “Stick-with-You-Guarantee”



We will address every aspect of your weight loss, and by doing all of these things together, YOU WILL SUCCEED! This will truly be the last place you will ever need to go to lose weight. In fact, we are so sure you will succeed, that we have a “Stick-with-You-Guarantee!”

If you do not get to your desired weight by the time you finish your program, we will continue to work with you by allowing you to attend weekly SMT Sessions and Whole Body Vibration Sessions at no extra charge until you hit your goal weight. You’ll also continue to have 24-hour access to our Club Reduce staff!

Then once you are at your goal weight, we offer incredible customizable Maintenance Programs with as little or as much support as you need... thus catering to every budget and lifestyle. We are here for you and will stick with you for as long as you need!



All-Natural Supplementation

We provide only the highest quality supplementation to help you lose weight and maintain optimal health! Solutions4 is an all-natural doctors-only line of ultra-high quality products. Solutions4 products are free of fillers and all ingredients are sourced locally (with the exception of the top quality protein found in Nutritional Shakes, which comes from an organic, grass-fed, free-range dairy in New Zealand). These groundbreaking products are a perfect addition to your weight loss program!

Solutions4™

Solutions4 Detox Kit



This kit is designed to deep clean your body from the inside out. Each kit comes with three potent, synergistic supplements to ensure that your detoxification is extremely effective, and that the results are long lasting.

Body Purifier: Purifies your bloodstream, cleanses your lymphatic system, and relieves your body of congestion and mucus.

Intestinal Cleanser: Breaks down waste build-up in the colon and ensures that it is successfully eliminated.

Fiber Blend: Facilitates the detoxification process, ushering toxins out of your body to be eliminated ASAP!

Digestive Enzymes

Helps your body to digest and assimilate all nutrients necessary for proper, healthy, and permanent weight loss. It alleviates digestive discomfort, restores energy to your body, and helps your body absorb vitamins, minerals, and other nutrients from food.



Cellulite Cleanse

Prevents the formation of new cellulite and breaks down current cellulite, assisting in its removal from your body. It also eliminates waste materials as a natural laxative, reduces water retention, and appeases your appetite naturally.

Appetite Appeaser

Balances blood sugar levels in your body, helping to appease your appetite naturally and increase your energy. It also supports the body's cleansing system, reduces hunger pangs, and breaks down fat deposits.



Solutions4 Nutritional Shake

Our shakes are loaded with the healthy protein, fiber, probiotics, omega-3 fatty acids, and digestive enzymes that your body needs to lose weight safely and effectively.

You can use these shakes as a meal replacement or as a delicious post-workout recovery beverage. They are available in four flavors: chocolate, vanilla, orange, and strawberry. You can also try blending a scoop of the shake with fruit or a handful of leafy greens!



It's Time to Finally Lose Your Weight!

If you haven't been able to lose weight on your own, you're not alone. We've helped thousands of patients lose their weight... and now it's your turn! Together we will help you **FINALLY** lose your weight and keep it off!



How can you get started on the path to success? It's so simple! Just follow this easy, 3-step process!

1. Attend our Breakthrough Weight Loss Class to learn exactly what is keeping you from your goal weight and what you can do to start taking control of your life! After the class, schedule Step 2.
2. Meet with our doctor for your one-on-one personalized weight loss evaluation, where they will advise you on the steps you can take to achieve your weight loss and body contouring goals!
3. Start on your individualized Weight Loss Program and regain your health and happiness!

Choose Your Class Date:

Classes are held weekly in our office.

Call [(555) 555-5555] for times and to register!

Or register at

[YourWebsite.WeightSeminar.com]

Note: Please register for the class in advance, as seating is limited.

[YOUR LOGO HERE]
[Your Street Address]
[Your City, State, and Zip]
[Your Hours]
[(555) 555-5555]

DON'T JUST LOSE WEIGHT...

Change Your Life and Feel Great!

**INCREASE YOUR ENERGY,
IMPROVE YOUR MOOD,
AND SLEEP BETTER!**



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