

What makes us different from any other weight loss program available?

We'll figure out why you're overweight and fix the problem. Continue reading to discover why this is the last weight loss program you'll ever need...



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. We will leave no stone unturned and together we will solve your weight loss problems!

Vitality Scan & BioScan to assess your overall health.

You'll also receive Vitality Scan and BioScan Assessments. These are the most advanced overall health assessment tools available! They check your metabolism, biological age, overall brain health and cognition, hormonal and emotional balance, immune system, and so much more! These tools will help us determine which program will best suit you!

Online Tools at Your Fingertips to track your goals and progress.

Easily track your daily calorie intake, lifestyle goals, and weight loss progress! Through the website, you can order supplements, watch previous cooking and exercise classes, read the monthly newsletter, and more! You will also have access to Cook'N, where you can collect and save healthy recipes!

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 our Support Group, Cooking Classes, and SMT Classes at no extra charge until you hit your goal weight.

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!



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!



DON'T JUST
LOSE WEIGHT...

Change Your Life
and Feel Great!

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



club
REDUCE

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.

At Lighthouse Health, you will receive a one-on-one personal evaluation with our doctor who will use a Symptom Assessment, Vitality Scan, and state-of-the-art Bio-Scan 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 to assist in your weight loss. These services will help to detoxify your body and speed up the weight loss process. We'll help you overcome emotional eating and other negative thinking with the help of Self-MasteryTechnology (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 weight!

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.



Lipo-Light for advanced slimming and toning.

Naturally slim, shape, and tone your body! Our Lipo-Light utilizes LED technology for spot fat reduction, healthy inch loss, and body contouring - almost anywhere on your body. The LED energy targets and essentially "shrinks" the fat cells! It's non-invasive, safe, and great for minimizing the appearance of cellulite.



Exercise with Oxygen Therapy (EWOT) accelerates fat burning and increases metabolism.

Exercise with Oxygen has been shown to increase weight loss by an additional 20% and can make an individual feel 20 years younger! It dramatically increases oxygenation of tissues and cells, stimulates the immune system, and slows down the aging process.



Infrared Sauna to help you detoxify and burn calories without exercise.

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. 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. Ten minutes of Whole Body Vibration is equal to an hour of exercise!

Luxana Light Bed for skin rejuvenation and toning.

With this uniquely powerful device, you can dramatically improve the appearance of fine lines and skin tone, and reduce blemishes. The combination of red and blue light activates natural responses in the skin to counteract the aging process. This gentle, penetrating natural light safely and gently firms your skin, refining pores and smoothing away wrinkles, acne, age spots, and skin discoloration for a younger and healthier look and feel.



Tools to Develop New, Healthy Habits

Self-Mastery Technology (SMT) to acquire the habits of naturally thin people.

SMT uses a combination of light and sound to promote optimal brainwave activity, and these sessions are specifically designed to help you lose weight and keep it off! SMT is so relaxing that it naturally reduces the stress hormones that cause cravings and weight gain.



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...

Support Classes and Weight Loss Groups for an extra boost of encouragement.

We offer a variety of classes, including exercise classes to help you get healthy and fit! We also encourage you to come to our Weight Loss Support Group - meet other people with similar struggles and triumphs and share your own trials and/or healthy tips!



Cooking Classes to make healthy eating even easier.

We host monthly cooking classes! Our Club Reduce Chef will walk you through how to make simple and delicious recipes so that you can recreate them at home! Each class features a new healthy recipe and helpful cooking tips. Eating healthy never tasted so good!

Self-Mastery Technology (SMT) Classes to cultivate healthy habits.

Each week you can attend our SMT classes and experience breakthrough light and sound technology to learn how, what, and when to eat so your new habits become a lifestyle. Increase your knowledge, reduce stress, and retain motivation to reach your goal weight. SMT will help you develop the characteristics of naturally thin people—for life!

