

## Individualized One-on-One Weight Loss



At Lighthouse Health & Body Makeover, your experience is what matters most and we want you to enjoy each moment you spend with us.

Whether you're looking to shed a few extra inches with our state-of-the-art Lipo Light procedure, or you're interested in one of our many amazing weight loss programs, we can help you get the body you've always wanted.

Since 1991, Lighthouse Health and Body Makeover, has helped thousands of people dramatically change their health. All of our programs are based on natural and organic supplementation with an emphasis on proper nutrition. We understand no two bodies are alike and we pride ourselves on catering to the individual. Dr. Goodman and the knowledgeable staff will work specifically on a program designed for you and your unique needs.

Each of our programs include a step-by-step guide for successful weight loss. Through a combination of healthy eating, amazing nutritional supplements, relaxing body treatments, and weekly sessions with our helpful staff, we can help you get the body you've always wanted and deserved!

Lighthouse Health & Body Makeover  
(801) 265-3400  
[www.Burnfatutah.com](http://www.Burnfatutah.com)

## Not Ready to Start a Program? Still Want to Lose Weight?

What's the "secret" to **lose weight** and **save money**, **calories**, AND **time**?

*It's replacing one meal a day with a delicious Solutions4 Nutritional Shake!*



**Save Money!** Cut out one-third of your grocery bills by replacing one meal a day with a delicious Solutions 4 Nutritional Shake

**Only \$3.00 per meal!**

**Save Calories!** One shake has only 180 calories or less! It's good for you, it tastes delicious – yet it's super low in calories and is all natural!

**Save Time!** One of the biggest obstacles to eating healthy is having the food ready and available. The Solutions 4 Nutritional Shake can be mixed anywhere in seconds!

### The Shake Comes in 4 Delicious Flavors:

Chocolate, **Strawberry**, **Vanilla** & **Orange Cream**

- Great Source of Protein & Amino Acids
- Mixes Instantly with Cold Water
- Soy, Lactose and Sugar Free
- No Artificial Sweeteners
- Contains 26 Essential Vitamins
- **Increases Energy!!**

## FREE Breakthrough Weight Loss Seminar



Are Your  
**Fat Burning**  
**Hormones**  
Working  
**FOR** you?



**OR**



**AGAINST**  
You?

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# Is Your Body Working Against You?

Have you tried every fad diet known but still haven't lost any weight? Or worse – did you lose weight and have it come roaring back shortly and quickly after?

The truth is, you might have a specific health issue that is standing in the way between you and your ideal body.

Would you like to experience any or all of the following?

- Weight Loss
- Rid Yourself of Food Allergies
- Increased Energy & Vitality
- Lower Cholesterol
- Improved Digestion
- Improved Physical Appearance
- Clearer Thinking
- Eliminate Headaches



We have a program that will meet your Physical AND Financial needs.  
Start losing weight today!

# It's Time to Get Your Body in Gear so you can Finally Lose Weight & Keep it Off!



Judy lost **27 pounds** with the help of Lighthouse Health and went from a **size 14 to a size 4!**

*"Before Club Reduce, I didn't have any energy – I couldn't get off the couch. Now, I'm so energetic I can't stand the thought of sitting at home!"*



## Here are just a few of the amazing services we offer in our office:

- Organic, All-Natural Skin Care products and facials.
- State-of-the-Art Lipo Light treatments to help you target inch loss immediately!
- One-on-One weekly coaching sessions to keep you motivated on your weight loss journey!
- Breakthrough Self-Mastery Technology to eradicate obnoxious emotional eating and cravings.
- An entire support team ready to help you lose weight and keep it off for good!

## Interested in losing 4" to 14" in one hour?

Within a single visit, you can lose half a dress size in 60 minutes with our full body wraps

Come in and get pampered from our staff and lose inches at the same time! Our full body wraps were developed by a UCLA Biochemist and are GREAT for slimming down arms, legs, tummies, thighs, and everything in between!

Make sure to ask about how you can experience one of these inch loss and cellulite reduction body wraps for yourself!

Suzanne lost **26 pounds** and can finally **keep up with her kids!**



*"I was constantly crashing and burning – I always needed a nap but that didn't stop the kids from running rampant. Now I can get the job done – I can function like a person should be!"*



Finally Lose Your Weight and Keep It Off!  
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715 E 3900 S #107  
Salt Lake City, UT 84107  
(801) 265-3400