



Your pharmacist's
secret to losing
weight doesn't
come in this bottle.

The secret is
very simple:
Controlling the
cravings that drive
you to eat the
wrong foods,
at the wrong times,
in the wrong
amounts.

And the medically-
proven secret to
controlling those
cravings is also
very simple:
controlling your
blood-sugar level.

And the secret to
controlling your
blood-sugar level
is even simpler:

Food.

Not drugs.

Not herbs.

Not fasting.

Not meetings.

Not shakes,
or hoodia, or hooey.

The heart of
the problem is
the heart of
the solution:
food.

You're probably wondering why no one else is telling you about the importance of food in controlling blood sugar to control your cravings to lose weight.

That's because most people just don't know.

But your pharmacist does.

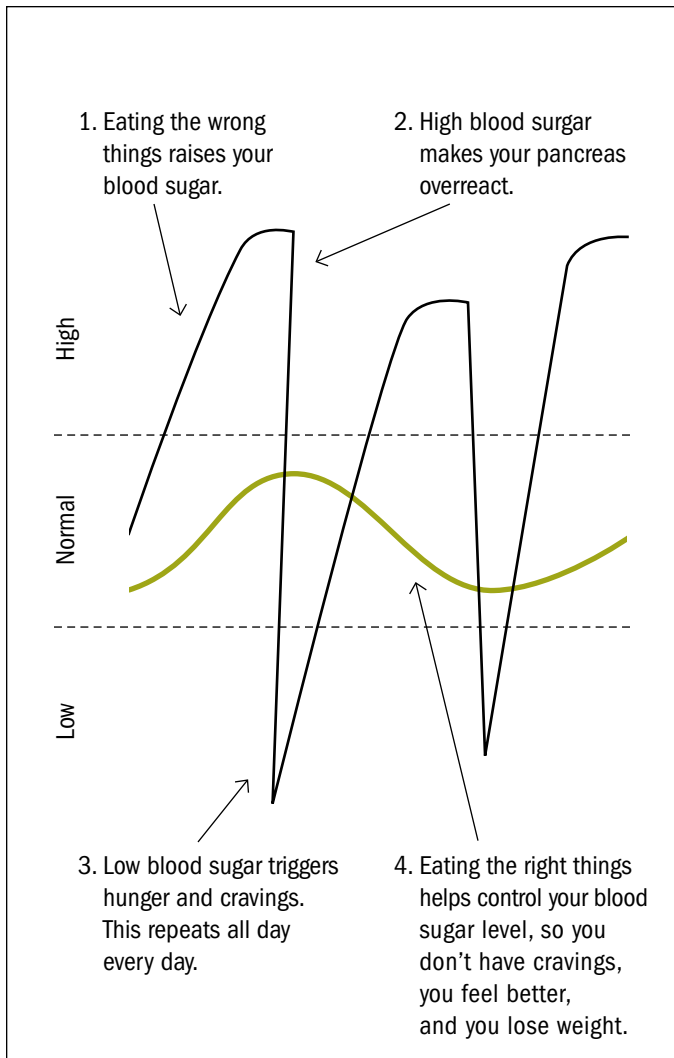
It took a medical scientist to figure out: What's working against you—and your efforts to lose weight—is a biological condition of your body.

It's really not
your fault.

It's your
blood-sugar level.

Your blood-sugar level is what makes food irresistible.

And it took the combined efforts of that scientist working in a little town in Alabama and a nutritionist working in a little town in California to create a program that overcomes it—so you not only lose weight, you feel great in the process.



The thing these two amazing people combined to conquer is your fluctuating blood sugar level.

They understood that your pancreas can overreact to high-blood sugar when you eat sugar-rich foods, which creates cravings for more food and leads to unhealthy weight gain.

They discovered that when you control your blood-sugar level, you can lose an amazing amount of weight quickly.

Our weight-loss program is called Lite for Life.

It doesn't require you to take diet pills, eat herbs, attend group sessions, or exercise—although we do encourage exercise.

It doesn't even require that you buy or eat diet food.

It does require that you do two very important things.

1.

It requires that you commit to eating sensible things in sensible portions on a sensible schedule to stabilize your blood-sugar levels.

This is the secret to eliminating the cravings and binges that stand between you and losing up to 16 pounds in 8 weeks.

2.

And it requires that you get the help of a personal nutrition counselor who'll help you through every step of the program so you lose weight quickly.

This is the secret to turning healthy eating into a daily habit—so you keep the weight off.

You can now do
this in a very
convenient place.

At The Medicine Shoppe
Pharmacy near you, where
“Caring beyond prescriptions”
is our commitment to your
health and healthcare.

And it’s where your Lite for Life
nutrition counselor will work
closely with your pharmacist and
your doctor to help you stabilize
your blood-sugar level, lose weight,
and feel great.

So drop in and
ask your Lite for
Life counselor to
show you how
quickly you can
get started.

Layla Flower
Nutrition Counselor

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