

LHT Revolution is the **FIRST**
Family Weight Loss Franchise in the
country! We serve both **individuals**
and **families** through their weight loss
journey.

The program was medically designed
by experts with over 100 years
combined experience in the health,
wellness and supplementation
industries.

**“Recommended by over 20,000
Doctors and Dieticians worldwide!”**

**Offering the exclusive
“Leaner Healthier Teen
Weight Loss Program”**

*(as seen on Fox, CBS and
Good Day Sacramento)*

***Franchises and Coaching
Certification Programs Available**

***Employer / Employee Programs**



Founder
Cynthia Besson
with **LHT**
Graduates
Father and
Son Team
lost 95 lbs!



Individual & Family Weight Loss Transformation!



Revolution™
FAMILY WEIGHT LOSS CENTER

Are you Being a Role Model?



Call or go online to
LHTRevolution.com and
LHTFamilyweightloss.com
 for more information.
 (800) 528-0926



The Leaner, Healthier, Today Program

Includes Customization, Motivation, Participation & Celebration! Our customized weight loss program is tailored to meet your

needs or those of your family. Each plan is based on the individuals weight, health history, and personal goals.

FIVE main components of The LHT program are:

- 1) LHT 3 & Clean Program™
- 2) LHT Supplements
- 3) Individual & Family Counseling
- 4) Interactive Emotional Eating Technology Tool™
- 5) Maintenance Plan



The LHT 3 & Clean Program™: The 3 & Clean program was designed to help our adult clients lose weight faster than most traditional diet plans. The moderate ketosis (fat burning) program allows for quick, but healthy and sustainable weight loss results.

The 3 stands for 3 Supplements per day and the CLEAN MEAL means a meal that is prepared without ADDED sugar, salt, fat or starch.

The program is easy to follow and comes with a three day "QuickStart Plan" to help you detox and reduce your sugar and salt cravings.

***Teens-Tweens do a different program.** Please ask for teen brochure or visit our teen site at www.LHTRevolution.com.

LHT Revolution

Individual & Family Weight Loss Transformation

Interactive, Emotional Eating Technology Tool™:

Evidence is now revealing that excessive amounts of sugar may be the primary factor causing obesity, as well as many other chronic diseases, including diabetes, Insulin resistance and Syndrome X. The LHT 3 & Clean program™ is based on the research centered around the belief that excessive sugar consumption can lead to illness and obesity. In addition, many of us (including our children,) are eating out of stress, boredom, anxiety and frustration and aren't aware of it. At LHT we teach you and your family how to use our interactive emotional eating tool, allowing you to become more conscious of when, where, and why you eat and how to eat in a more healthy and nutritious manner.

Individual One-On-One & Family Counseling:

In this day and age where everything is computerized, we believe that people still want and need a personal touch, now more than ever. Statistics show that people are far more successful when they have a coach or accountability partner. We can send you a package in the mail and talk to you via teleconference if you'd like, but we pride ourselves on offering you a place to go and a face to connect with when you get there. Guess we're a little old fashioned!

Maintenance Plan: Let's face it, you've probably lost weight before, but if you're interested in this program, then you may have gained it back, Right? Hopefully not, but that's why we consider maintenance the most important part of our program. During your weight loss phase we will be teaching you the skills you and your family need to stay healthy. for life!

Weight Loss Vibration Machine: (as seen on CBS, ABC, Fox, Today Show, The Doctors)