



Orange County's Best-Kept Weight Loss Secret

For over 35 years, the people of Orange County, California have known the secret to safe, rapid weight loss without surgery: Lindora®.

Safe, rapid weight loss—without surgery, and without constant hunger.

Enjoy your own real, fresh foods—no “prepackaged” meals required. Have daily proof that you're burning fat!

About Lindora



Founded by Dr. Marshall Stamper, M.D., the first Lindora Weight Control Clinic opened in 1971 in Newport Beach, California.

People were amazed at how quickly they lost weight quickly with Lindora, and at how they did so without experiencing constant hunger or fatigue. Many people's health, outlook and quality of life were greatly improved with Lindora.

Lindora grew, opening clinics throughout the rest of Orange County and throughout Southern California—ultimately helping hundreds of thousands of people reach their weight loss goals.

Today, Lindora also offers Lindora Online™, the online version of their proven clinic program, Lean for Life®. Lindora Online has helped people from all over the world lose weight—no matter their weight loss goal.

[CHECK OUT THE SPECIAL OFFER >](#)

“Lindora's reputation in the industry is first class. It's an effective program, one in which caring medical professionals work with patients as partners to help them achieve their goals.”

- George Blackburn, M.D., Ph.D., Associate Professor of Nutrition Harvard Medical School

How It Works



Lindora's clinically-proven Lean for Life® program shows you how to turn your body into a fat-burning “machine!”

- **“Ignite” ketosis.** You will ignite your body's fat-burning response (called “ketosis”) by eating the right combination of healthy foods and following the Lean for Life™ program.
- **Get daily proof of fat burning.** Each day during weight loss, you will use a fat-burning indicator stick, which will show you proof that your body is in ketosis—and burning fat. When your white stick shows color, you're burning fat!
- **Adjust your metabolism.** Through the program, you will learn how to readjust your metabolism, so you can begin to eat more without gaining weight
- **Stay Lean for Life!** You will gain the knowledge and habits to help you maintain your new lean weight—and stay “Lean for Life!”

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“Lindora is the gold standard in the field of weight management, and it's second to none for one simple reason—it works.”

- John Foreyt, Ph.D., Director, Behavioral Medicine Research Center Baylor College of Medicine

What You Get

Your Lean for Life program offer includes:

A 10-week Lindora Online Program:

- The innovative, interactive 10-week Lindora Online™ program Guides you step-by-step, day-by-day through your program Shows you your progress each day with charts and graphs Offers a library of informative online videos Gives you private, one-on-one access to medical experts, 24/7 Includes you as a member to our supportive online community ...and more
- One **Lean for Life, Phase 1: Weight Loss workbook** by Cynthia Stamper Graff
- One pack of **Daily Action Sheets**
- One bottle of **50 fat-burning indicators**
- One private **coaching call with a Lindora Nurse Coach**
- 14 of our specially-formulated **nutritional protein bars**



PLUS, you also get your choice of one protein “pack” (56 servings)—a **\$100 value—FREE!**

Lindora proteins:

- Contain an ideal level of calories for energy and weight maintenance
- Offer optimal nutrition to help you avoid cravings, protect your lean muscle & keep you energized
- Are lower in fat & carbs than other energy bars or protein products!

Flash Clip featuring three collections

Choose your **FREE** protein collection:

LINDORA FAVORITES

[SELECT](#)

BOX OF CHOCOLATES

[SELECT](#)

ULTIMATE “UN-CHOCOLATE”

[SELECT](#)

Your Product Selection

“Lindora Favorites”

Can't decide which pack to try first? Just listen to our members! The Lindora Favorites pack includes the best-sellers that people can't get enough of, such as our rich, thick cheesecake; sweetly-satisfying peanut butter crunch and caramel nut bars; cool, frosty shakes and more.

Includes one box each of:	1 cheesecake
2 peanut butter crunch bar	1 creamy shake
2 caramel nut bar	1 island smoothie
1 variety pack bar	

As Seen On:



“I lost a total of 77 pounds and went from a size 20 to a size 6—and I've kept it off for nearly three years! I never thought I could feel this good again.”

—Heather



“I went from a size 52 waist down to a 34. Thank you, Lindora!”

—Javier



“Before I lost weight with Lindora, I wouldn't even walk to the corner. Now, I run six miles a day. I lost 37 pounds in 10 weeks and went from a size 14 to a size 4. Lindora changed my life.”

—Naomi

