

## Laser Fat Reduction At The Laser and Skincare Clinic

### Laser Fat Reduction, a New Way to Get Rid Of Stubborn Body Fat



#### Laser Fat Reduction is:

- **Simple** - Non surgical - no operation, no hospital.
- **Effective** - Treats fat and cellulite also.
- **Proven** - Laser Fat Reduction results confirmed by scientific studies and happy clients
- **Safe** - Laser Fat Reduction is completely safe and painless.
- **Affordable** - A fraction the cost of liposuction and other risky procedures.
- **Quick** - Takes just 30 minutes per treatment.

**Laser Fat Reduction** is a revolutionary medical treatment of fat and cellulite on men and women. Laser Fat Reduction provides a safe, painless, non-invasive and fast treatment for body contouring.

Treatments are only 30 minutes and cause no discomfort, pain, swelling or bruising. Our standard programs consist of two weekly, 30 minute treatments for 6 to 12 weeks. Our treatments are for both men and women that wish to look their best and want a faster, safer and more cost effective way to lose inches and contour their body without undergoing cosmetic surgery.

#### A typical session is performed in the following steps:

1. Patient lies down on the table.
2. The laser paddles are placed directly against the skin on the target area.
3. Each area is treated for 10 minutes and then the paddles are moved to the next area. This is repeated three times for a total of 30 minutes.
4. The patient walks, jogs, or exercise for 10 minutes following the laser procedure to get their heart rate up and increase lymphatic flow.
5. The patient can now go back to work and get on with their day. No pain, no recovery and no surgery.

We do recommend that after treatments patients drink 24 oz of water to re-hydrate their body and to help the process work.

#### Why Try Laser Fat Reduction?

Laser fat reduction is the future of body contouring and weight-loss. It is designed to target obesity through non-invasive treatment and is considered one of the most

innovative methods to remove adipose fat. It reduces cellulite and fat on problem areas and is clinically proven as a safe and effective treatment for body contouring.

This treatment is very effective in improving cellulite and localized fat in the abdomen, love handles, hips, thighs, buttocks, arms, and neck.

### **How Does Laser Fat Reduction Work?**

The laser fat reduction system works by focusing the laser into fat cells where the fat is then released through the cellular wall and then liquefied and drained out through natural Lymph drainage. (See *“The Science behind Laser Fat Reduction”* section below)

### **Is Laser Fat Reduction Painful?**

Unlike Liposuction, this treatment is totally pain free and requires no shots, surgery, or anesthesia. Laser fat reduction carries no side effects, risks, or long recovery times. Patients can go back to their normal routine shortly after the procedure.



### **Can You Provide Some Background on Laser Fat Reduction?**

While laser treatments first were used for new skin regeneration and cell activation following surgery, it was later discovered that by changing the lasers calibration, it could fight cellulite and fat on problem areas. After continued clinical studies, it has been recognized that the laser fat reduction is a safe and effective treatment reducing excess fat and cellulite and body contouring.

### **How Does The Body Get Excess Fat?**

The food we eat is supposed to serve a purpose whether it is a protein that regenerates lean tissue, a carbohydrate that gives energy, or a fat that protects an organ; but when there is a leftover amount of food that the body hasn't used, it gets turned into extra fat. This fat gets stored into fat cells, which cluster together to form adipose tissue or fat tissue. Everyone has fat around their organs for protection--for instance, surrounding the liver, the bowels and around the heart. While women have more of this tissue in their lower body (until menopause), men have it around their waistline.

Everyone needs some amount of fat to survive, but when the fat cells become too excessive, the body starts to place the extra fat in places like liver cells, muscle cells and heart cells, which doctors believe may be causing health problems.

The majority of our adult population suffers from the appearance of excess fat and/or cellulite. The aging process affects the metabolic, endocrine and vascular systems, which may result in an inability to efficiently discharge waste products. Lymph drainage and microcirculation are particularly affected. The resulting accumulation of waste products

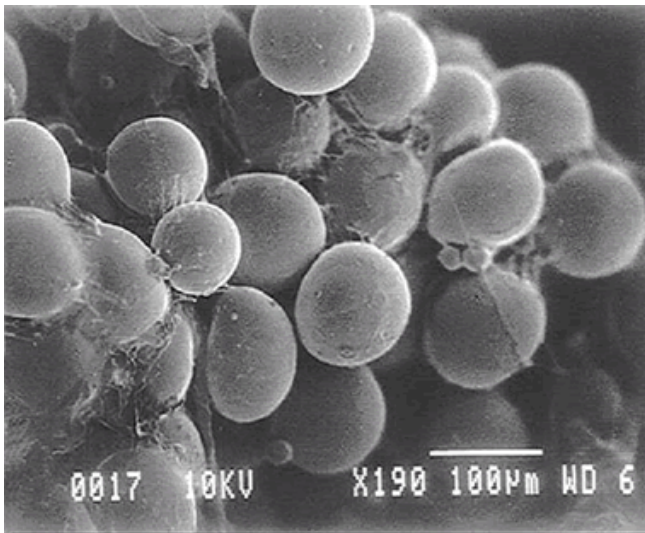
causes alterations in connecting tissue and the fat cells which are held in a framework of collagen. Fat cells enlarge, impact blood vessels and cause edema or swelling. Diet and exercise alone rarely clears the cellulite and whereas liposuction helps to reduce localized fat, it is not effective for cellulite. Numerous thigh creams, massages, vibrators, botanical wraps have been tried in North America, all with virtually no long term results.

The fat cells are displaced upwards into the lower dermis and the fibrous bands that normally maintain skin tension become less elastic and trap the displaced cells. The cottage cheese appearance is caused by the restriction of fibrous strands as they pull down the skin at their attachment points.

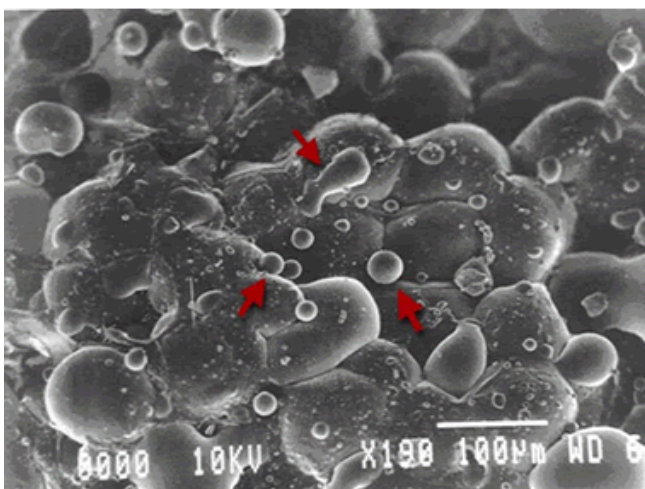
### What Is Cellulite?

Cellulite is the appearance of an unattractive dimpled skin or “dimpled fat” on or around the outer thighs, buttocks and other body areas where large areas of fat are found in close proximity to the skin. Women are more affected by cellulite formation than men, especially on the thighs. Cellulite formations start in puberty in women as hormones change. Most women over age 18 have some degree of cellulite. In men, loose fat on the chest (pectoral) area and the thighs can resemble cellulite.

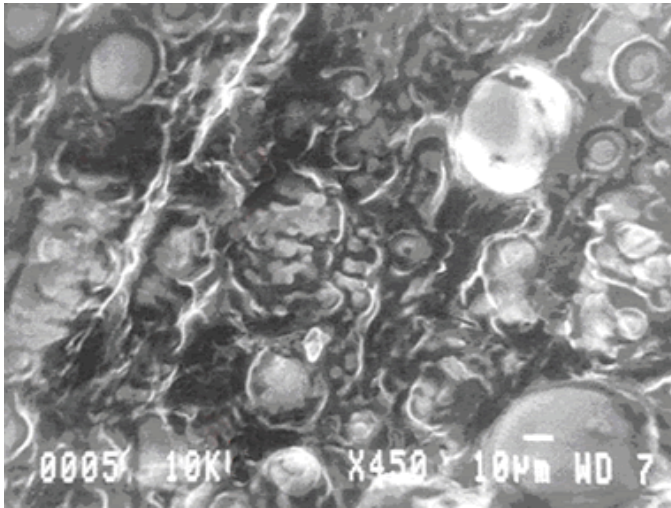
### The Science behind Laser Fat Reduction



**Figure 1** -- Before application. The fat cells (adipocytes) have round shape; contours are regular having a grape-cluster shape. Picture magnification of 190X.



**Figure 2** -- After application of the laser for only 4 minutes, many fat cells (adipocytes) are already liquefied. There is preservation of some cell membranes, but many have lost their original shape as liquefied fat exits. Arrows point out fat particles coming from inside to outside of the fat cells. Picture magnification of 190X.



**Figure 3** -- Application of the laser beam for 6 minutes shows that there are almost no round fat cells. There has been almost total disruption of the fat cell membrane and the fat cells have lost most of their fat content.