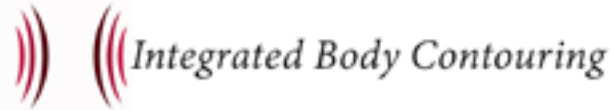


Integrated Body Contouring

BEFORE & AFTER TREATMENT



BEFORE TREATMENT

- No alcohol consumption 24 hours pre-treatment
- Avoid coffee, tea, or carbonated beverages prior to a treatment as these may cause bloating.
- Avoid heavy meals in the 2-4 hours before and after each treatment as this may confuse the body about what fat to metabolize.
- Avoid Fasting before treatment –body will go into starvation mode and the fat may become more resistant to laser treatment.
- No eating for one hour before or 3 hours after treatment.
- Burn an excess of 500 calories day of treatment
- GOOD hydration provides a healthy lymphatic system. Drink at least 8oz of water 1-2 hours before treatment.

AFTER TREATMENT

- The fat cells will remain porous for about 3 hours post treatment. It is important to maximize that time. Any activity that will increase your calorie burn or urination will increase your results.
- Try to burn 300-400 calories in the 3 hours post treatment.
- Maintain at least a mild level of physical activity post treatment.
- Drink about 4-6 oz of water every hour for the next three hours.

LIFESTYLE CHANGES FOR BEST RESULTS

- Drink $\frac{1}{2}$ your body weight in Oz per day. (e.g. for a 150 lb. person, drink 75 oz. of water daily)
- Decrease or cut out alcohol, fatty food and refined and processed sugars.
- Eat less than 50 grams of sugar per day for 3 weeks.
- Exercise to metabolize released “fatty” material as energy source within 3 hours of treatment. Goal should be at least 300-400 calories aerobically.
- Consider HIIT (High Intensity Interval Training) or Resistance Training to increase metabolism.

If you have any questions, do not hesitate to call our offices.

Joliet 815.439.2726

Naperville 331.249.3999

New Lenox 815.717.8355

Roselle 224.655.6555