

# FREQUENTLY ASKED QUESTIONS

## **What can I expect during each session?**

During each session, you will be placed lying down on a comfortable treatment table. Infrared LED light pads will be positioned in strategic places on your body according to what areas you would like focused on. Each 30-minute session includes a relaxing TGI meditation track with calming blue light therapy glasses. Following with a 10-minute session on the whole body vibration machine to stimulate lymphatic, circulation, and muscles.

## **How does it work?**

The unique light emitted from our device causes the fat cell membranes to temporarily alter the permeability of the cell wall. This brief change allows some of the fat contents to seep out to where it can then be processed by the body. The process also increases collagen and elastin in the skin while creating a slimmer appearance.

## **What happens to the fat?**

After being released, the fat is broken down into free fatty acids and glycerol and enters the blood stream. Once in the blood stream, the fatty acids can be either used as fuel or quickly eliminated by the body.

## **What happens to the fat cells?**

No harm is done to the fat cells; they simply shrink to a fraction of their original size.

## **Why do you recommend a liver support?**

Your liver is the ultimate filter to remove toxins and nutrient byproducts from the body. The fast release of fat requires a strong liver and therefore a high quality liver support is recommended.

## **What area of the body can be treated?**

The treatment can be effectively used on essentially every part of the body where localized fat deposits exist that are resistant to diet and exercise. This includes the back, waist, hips, thighs, upper arms, and chin.

## **How soon will I see results?**

Some results are seen after just one treatment, however, results can vary depending on body type, age, metabolism, diet, exercise, and most importantly, how hydrated the body is.

**Disclaimer:** These statements have not been evaluated by the Food and Drug Administration. We do not make any claim to diagnose, treat, cure, or prevent any disease.

## **How long-lasting are the results?**

The results can be very long-lasting. However, this method does not destroy fat cells but releases some of their contents. If your caloric intake is significantly higher than you require, your body will eventually store fat again. For this reason, we recommend a maintenance program of once or twice per month after the desired results are attained, along with continued healthy diet and exercise.

## **What risks are involved?**

There are no risks or side effects involved. Infrared LED light therapy is a safe alternative to invasive procedures such as traditional liposuction.

## **Are there any contraindications for its use?**

Although the treatment is very safe, there are the usual contraindications which include: Pregnancy, Active Cancer, Pacemaker, HIV/AIDs, and Hepatitis C.

## **Do I have to follow a diet?**

We recommend for better results to reduce your caloric intake, keep a healthy diet (nutritional counseling during consultation), and increase your water consumption to a minimum of half your body weight in ounces per day.

## **Do I have to exercise?**

Each of your treatments will be followed by a 10-minute whole body vibration session to stimulate lymphatic, circulation, and muscles, and also help burn the fat that has been released.

## **Does this therapy help with cellulite, stretch marks, and loose skin?**

Clients undergoing this therapy have noticed an improvement with cellulite and stretch marks, as well as skin tone and texture. We have had multiple clients report that their cellulite and/or stretch marks had completely diminished after several treatments.

## **What research has been done?**

Infrared LED light therapy is based on over forty years of research starting with NASA experimentation and culminating with the aesthetic and orthopedic industries today. Following the recent discovery that 635nm light has an effect on fat cells, this new technology has created an explosion in the body sculpting industry.

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