Body Contour Wellness Center

**To be optimally successful,** That requires that the client is in **good general health** and that their ability to process waste (liberate fat cells’ contents) is not impaired (i.e. liver, kidney and/or bowel dysfunction). If these two things are in check, then the therapy works for everyone without any additional things added to the protocol. To further help optimize your results though, we have designed a program that ensures you process the most liberated fat the most efficiently (which gives you most inches lost and most weight lost) and enables you to completely reshape your new slimmer body. The program includes

# Procedure Preparation Guidelines

**For a minimum of 3 days prior to your first session:**

* If at all possible, when you drink, please drink water only – especially refrain from soda, caffeinated beverages and alcohol
* Limit intake of sugars, breads, pastas and heavily processed grains (especially white sugar and white floured carbohydrates)
* Make sure you are or have been having regular bowel movements daily
* **MANDATORY**: Begin taking 200mg of “non-flush” or “time-released” Niacin (B3) every morning and 1000mg of Milk Thistle every morning and evening which will aid in your processing the drained fat cell contents during and after your session (please Note: these can be purchased at any food store, Walgreens/CVS/Drugstore, Walmart, etc.) – Ideally begin taking these two products 7 days prior to your first session for optimal results.
* You may also begin taking at this time Oxypowder to optimally assist with normal bowel function, fat processing and natural detoxification.

Making sure you follow these 5 simple guidelines above will allow your body to easily liberate and process the fat cells’ contents and to achieve maximum results from your first session.

**For a minimum of 2-Hours prior to your first session:**

* Drink at least 16oz of water
* Do not eat any food
* Do not apply any lotions or make up on areas that will be treated (it is easiest just not to apply anything the morning of; makeup may be worn on your face if your face is not being treated)

**What to bring to your session:**

* At least 16oz of water and a piece of fruit (to replenish blood sugar levels), as you will get thirsty and a little hungry post-procedure sessions
* Females need to bring a 2 piece bathing suit or sports-bra & underwear to wear during sessions\*
* Males need to bring a pair of sports-athletic shorts to wear during sessions\*

**Please Note:** pictures will and have to be taken before your procedure 1st session and after your last session (if doing package) of skin regions that will be treated, as we have to legally store these in your file. We have taken the necessary security measures to ensure that all your information is protected against loss, misuse or alteration of data. Your information is only viewed by our highly qualified and trained staff. Your personal contact information, including but not limited to your email, phone numbers and address are never sold or rented.

**Protocol Guidelines**

1. **SlimXXslim / Dietary Supplements** dramatically aid in fat utilization for energy, fat storage inhibition and fat elimination through natural detoxification mechanisms. We recommend using our SlimXXslim – with double Anti-oxidants for optimum results. Follow usuage instructions per label.

**Every morning upon awakening on an empty stomach**

200mg of “non-flush” or time-released” Niacin (B3)

1000mg of Milk Thistle

**Every evening before bed\***

1000mg of Milk Thistle

\*if you are experience constipation while undergoing your Lipo sessions, then increase your Oxy-powder, every evening, until regular bowel movements are occurring. If you are experiencing loose stool or diarrhea, then decrease your Oxy-powder by 1 capsule, every evening, until regular solid daily bowel movements are occurring.

**Please Note:** You may continue to use the SlimXXslim products even while not undergoing any Lipo Sessions for optimal maintenance of your achieved results.

1. **Hydration** is the key to optimal cellular function and critical to the success of this procedure. Clients should:
2. Drink a minimum of 64oz (up to 1/2oz of water per lb. of body weight) of water each day (alkalized water is best for optimal results) We recommend alkalized water because it separates clusters of cellular material thus enabling your body to flush the waster easier. This type of water (pH of 8.0 and above) has been proven to facilitate hydration faster than any other fluids.
3. We highly recommend that you discontinue the use of coffee or caffeinated beverages during the course of the program because they are diuretic and cause dehydration**.** If you feel that you must have coffee, please keep your intake to a minimum or switch to a lower caffeine content beverage green tea, yerba mate or Zevia soda. To compensate, drink twice the amount of water compared to the amount of caffeinated beverage consumed. For instance, if you had one cup of a caffeinated beverage, you should drink two cups of water to re-hydrate your system.
4. Each alcoholic beverage alters liver function for about an hour, making it unavailable for processing your liberated fat. For best results, avoid alcohol, fatty foods, ibuprofen, acetaminophen, and other substances which put a strain on your liver. Alcohol is also a diuretic and is highly caloric (a 12oz beer, 5oz wine, or 1.5 spirits is 100+ calories). Try to keep alcohol consumption to an absolute minimum (complete abstinence would be preferable). If you do consume an alcoholic beverage, try to rehydrate by drinking 8oz glass of water for each alcoholic drink. Again, this would have to be in addition to the eight 8oz glasses of water that you should drink each day.
5. **Lymphatic Stimulation –** The fatty material released by the fat cells will be processed by the lymphatic system. Therefore it is critically important to help promote lymphatic system mobilization. There are several ways this can be achieved. The most basic effective is light to moderate exercise. Clients must maintain a regular workout routine of walking 30 minutes every day or the equivalent. Light exercise at the gym will also be beneficial, as will a series of lymphatic massages (typically on the day following each session). Strenuous exercise is not recommended as it reduces the hydration of the client. A lymphatic massage to treated areas is also helpful. You may also massage the softened fatty tissue in the treated areas yourself on the following day after each session.
6. **Compression Garments –** Wearing compression garment(s) dramatically assists the lymphatic system to process the liberated fat and also aids in reshaping your body (the fatty tissue softens with therapy, so it can be easily reshaped, contoured with compression garments). The compression garment(s) you wear must cover or compress the areas that are treated during your sessions. If you do not currently own compression garments (i.e. medical compression garments or under armour), then is highly recommended to use our Medical compression garments. Compression garments are to be worn at least up until 1 week after your last procedure session and they are easily worn, at the minimum, while sleeping but they may also be worn under your cloths during the day too if you would like. The more you wear your compression garments, the more you can reshape your new slimmer body.
7. **Food Intake -** the client should be under no misconceptions that fat loss therapy is a means as an excuse to increase your food intake! We also recommend that you go on a low-fat/sugar diet. This allows your kidneys, liver and lymphatic systems to more effectively purge the excess fat as it is converted to energy. We recommend a diet consisting of five meals per day totaling 1200 calories (limited caloric intake is advised because your body will be processing the liberated fat as energy, so along with the nutraceutical package, you will not experience hunger like you might think). Avoid all processed sugars (sweet tea, sodas, sweets, or any items containing sugar or high fructose corn syrup), avoid artificial sweeteners (truvia, stevia, xylitol, and/or erythitol are ok if tolerated) avoid all fats (including fried foods) except up to 2 tsp. Of either extra virgin olive oil or hemp oil and CLA and Fish Oil are ok to take. Avoid many carbohydrates (breads, pasta, white potatoes, dried beans, and corn products), sweet potatoes and gluten free grains (brown rice, wild rice, quinoa, millet, etc.) are ok at 1 serving per day without sauces. Berries and green apples are ok at 2 servings a day. Salads and green vegetables are great (spritz is okay, but no dressings with fat and high calories). Lean proteins (turkey, lamb and grass fed beef, bison, tofu and tempeh are best) and fish are ok too.

**Additional Dietary guidelines for Optimal Fat Loss & Body Contouring Results**

* NO FOOD after 9pm (especially sugars or carbohydrates) go to bed before 11pm with at least 6 hours of sleep daily.
* NEVER drink anything w/ meals to allow for proper digestion of the food (30 before or after meals at least)
* Drink 16-20oz of water immediately upon awakening everyday and then do 30 minutes of light exercise (i.e. walking), all before your first meal.

Always keep in mind that we need your best efforts at compliance in order to give you the best results of shrinking your fat. By maintaining a fairly good diet and limiting each day’s caloric intake to balance out the liberated fat from the red light therapy that will be used for energy, along with following the additional program guidelines, ensures you to get the new slimmer body desire.

These statements have not been evaluated by the Food and Drug Administration. This protocol is not indented to diagnose, treat, cure or prevent any disease. This protocol is not intended for individuals under the age of 18.