



Pre & Post Procedure Guide

Treatments are typically provided in packages with multiple treatment sessions. We recommend that UltraSlim not be used for fat reduction more than every 5-7 days, as some clients are unable to void all of the liberated fat cell contents and the body may reabsorb some.

To be optimally successful, red light therapy requires that the client is in good general health and that their ability to process waste is not impaired. If you have liver, lymphatic, or kidney problems, or have any serious medical condition, ask your doctor before beginning red light therapy. Do not start light therapy if you are photosensitive or take a photosensitive medication. Light therapy is not for those who are pregnant or trying to become pregnant.

To further help optimize results, we have designed a program that ensures that the body of the client is given every chance to process the fat:

1. **Nutritional Supplements** aid in the natural detoxification process. We suggest time-release non-flush 500mg Niacin for once daily use, along with 1000 mg of Milk Thistle taken twice daily. Dandelion Herbal Tea or other supplements that provide liver support may also be beneficial. If you have health problems or take medications, always check with your pharmacist or doctor before taking any nutritional supplements.

2. **Hydration** is key to optimal cellular function and critical to the success of this procedure. Clients should:

a. Drink a minimum of 64 oz. of water each day (two liters). It is recommended you drink eight 8 oz. glasses of water throughout the day to maximize the body's hydration level.

b. We recommend that you discontinue the use of coffee or other caffeinated beverages during the course of the program because they are diuretics and cause dehydration. If you feel that you must have coffee, please keep your intake to a minimum. To compensate, drink an amount of water twice as much as the amount of coffee you drank (for instance, if you had one cup of coffee, you should drink two cups of water to re-hydrate your system). This would have to be in addition to the eight 8 oz. glasses of water you should drink each day.

c. Each drink of alcohol ties up your liver for about 1-2 hours, 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.

d. Alcohol is also a diuretic and is highly caloric (a 12-oz. beer, 5-oz. wine or 1.5 oz.-spirits is about 100 calories). Try to keep your alcohol consumption to an absolute minimum (complete abstinence would be preferable). If you do consume an alcoholic beverage, try to rehydrate by drinking one 8 oz. glass of water for each alcoholic drink. Again, this would have to be in addition to the eight 8 oz. glasses of water that you should drink each day.

3. **Lymphatic Stimulation** - The fatty material released by the fat cells will be processed by the lymphatic system. It is therefore critically important to help promote lymphatic system mobilization. There are several ways through which this may be achieved: the most basic and effective is light to moderate exercise. You should maintain a regular workout routine consisting of walking for 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 treatment). Strenuous exercise is not recommended as it reduces the hydration of the client. Massaging the treated areas is also helpful.

4. **Compression Garment** - Wearing a compression garment will also help the lymphatic system process the liberated fat and reshape the body. We recommend that you wear a compression garment such as compression pantyhose stockings, a girdle, corset, Spanx or Under Armour as tight as can be tolerated. We recommend you wear your garment for 12 hours a day, 4-7 days following each treatment. This may be worn at day or night, whichever you prefer. Select a garment that covers your treatment area. If you are treating your full body, we recommend a full body compression garment (at least the knee's to bra line). Inexpensive garments can be purchased at Marshalls, T.J Max, Wal-Mart, Target, and Kohl's. (Target has a less expensive version of SPANX under the brand ASSETS.) For men, a tight Under Armour or biking shirt will suffice. A popular place to purchase male garments is Big 5 or any sports store.

5. **Food Intake** – You should be under no misconception that undergoing red light therapy is a license to increase your food intake! On the contrary, we recommend that you maintain a low-fat 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 small meals per day. Avoid all sugars (sweet tea, sodas, sweets, or any items containing sugar or high fructose corn syrup), avoid all fats (including all fried foods), and avoid carbohydrates (pasta, potatoes, dried beans). Steamed rice is okay, without sauce. Salads and green vegetables are great (spritz is okay, but no dressings with fat and calories). Lean meats and fish are fine. The important take-away is that we are going to shrink your fat. To keep it that way, you need to maintain a good diet and limit each day's caloric intake to balance with the number of calories that you burn that day.

We recommend that hydration and nutritional supplements begin a week before you begin treatments and continue through the treatment period and for one week thereafter. We recommend that you massage the fat tissue during the 48 hours following each treatment. We recommend that compression garments be worn from the day of the first treatment until one week after the final treatment. Do not eat 1 hour before and 1 hour after your treatment. This will allow your liver to focus on processing the fat and not be distracted by processing your food. Drinking water is recommended before and immediately after.

What You Can Expect

The patented UltraSlim Cold Light® protocol yields immediate, measurable results. Many patients experience a combined loss of at least two inches of fat from their waist, hips, and thighs the very first hour with six 8-12 minute treatments. We also offer UltraSlim Single - Area Treatments for those who wish to treat only one body area (up to 17" x 23", excluding the face and neck). It takes roughly 2 1/2 inches of loss in a single area to reduce a pant size. Multiple treatments of each area should be expected to achieve this result.

To minimize fat reduction in the face while promoting collagen and elastin, UltraSlim Facial treatments are 20 minutes with the UltraSlim programmed for the appropriate bio modulation.

With facial treatments, expect to see your face appear 5 to 10 years younger with the complete series.

As with any procedure, results will vary and may be more dramatic from one client to the next. And results will vary depending on how well you follow the protocol.

Your Treatments, Step-by-Step

Before your first treatment and at your follow-up visit one week after your last treatment, your measurements will be taken and recorded to track your success.

1. Before your first treatment:

- a. Measurements must be taken and recorded on the approved Client Measurement Form.
- b. "Before" photos are taken.
- c. Our staff will ask about your client's dietary habits and emphasize the need for a balanced, low-fat, diet.

2. You will then receive your first treatment:

a. You must remove your clothes, leaving on undergarments to cover the areas that are not to be treated (such as a full-coverage bra and underwear). A bikini may also be worn during the treatment. Men may wear loose fitting shorts. The light is not effective through clothing.

b. The certified technician will position and direct the light at the target areas.

c. Each full body treatment session is scheduled for 1 1/2 hour, which includes treatment time, dressing/undressing, etc. UltraSlim treatments are 8-12 minutes per area and up to six areas may be treated within a 1 1/2 session. UltraSlim Single-Area Treatments are scheduled for 30-minute sessions (including paperwork, undressing, 8-12 minutes of treatment, and getting dressed). Facial treatments take 20 minutes.

d. We recommend that you leave after each treatment wearing your compression garment and follow the instructions to wear it 12 hours throughout the day until a week after the final treatment.

3. At each subsequent treatment:

a. Our staff will talk with you about compliance and positive reinforcement used to ensure future adherence to the program.

4. At the one-week follow-up schedule:

a. Post-procedure measurements are taken and recorded on the approved Client Measurement Form.

b. "After" photos are taken.