



## **Before and After 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 ½ your body weight in Oz per day. (eg for a 150lb person, drink 75oz 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.