



How laser therapy can help you burn fat and feel better.

The therapeutic energy supplied by the laser acts to fortify several systems in your body. This can help stimulate better health. Your body responds to laser therapy very similar to its response to exercise. Your autonomic nervous system, digestive system, circulatory system, and endocrine system are a few of the systems that may improve with laser therapy treatments. Some other typical benefits include:

A Better Functioning Metabolism: After several laser treatments the body's metabolism begins to improve and tends to work more efficiently, meaning it can burn calories and fat faster and more efficiently than before.

Reduction in Stress: Chronic stress, which is all too common in our society, impairs the overall health of the body-including the metabolism and hormonal balance-and is a major weight-gain factor. Laser therapy does a wonderful job of alleviating stress.

Reduced Appetite: Excess eating and poor eating habits are, of course, primary culprits to weight gain. It's impossible to gain weight without eating too much food, or too much bad food. Enhanced metabolism due to the release of stored body fat, which is fuel for the body, will help moderate the appetite and make it easier to develop better eating habits. This is the time to incorporate better eating habits: Less food - more frequently, better hydration, and increased protein intake.

Elevated Mood: Laser treatments stimulate the release of natural chemicals called endorphins in your body that promote a pleasant sense of calm well-being. This can help improve energy levels and combat depression which, like chronic stress, often leads to weight gain.

In general, people feel relaxed and refreshed for several days after receiving laser treatment. It is often described as a pleasant sense of calm well-being. Their circulation and moods improve. They usually enjoy better sleep at night and often experience more energy during the day. And they find it easier to develop better

eating habits that lead to trimmer bodies. All this without going on extreme diets or taking dubious medications.

Just like getting good exercise, one laser treatment-while it may feel good- won't have a lasting impact on the body or metabolism. It's a process that normally requires at least eight treatments. Twelve is about right for most people. Eight treatments may have an effect on the body that may last for up to three or four months. Twelve treatments can have an effect that lasts up to nine months. With the proper eating and exercise advocated in this program, the effects could continue indefinitely. In this way, laser therapy can be viewed as a way to effectively jump-start your metabolism and enhance the effectiveness of the other components of this program. Your goal should be to utilize the next several weeks to create 'new-normals' in terms of eating habits, daily movement and cellular hydration.

Lasting Results: Gradual weight loss promotes greater reduction in fat mass and body fat percentage, as opposed to rapid weight loss regimens. Generally speaking, it is safe to lose 0.5% total body fat per week, or 2% body fat per month. With laser sessions, this can happen at a faster rate. The key is to stay safe with good nutrition, increased muscle mass and better hydration.

Remember, fat loss is different from overall weight loss. The number you see on the scale is a combination of body fat, lean muscle mass, organ weight, blood volume and skeletal mass. You can actually lose fat and increase lean muscle mass but not register a single pound lost on the scale. This is why we ask you NOT to weigh yourself as you have in previous programs you might have been on.

If you see and feel your waistline shrinking and your clothes fitting better, but your overall body weight is unchanging, fear not – you are on the right path!

We first make our habits - then our habits make us.

~ John Dryden

