

## Preparing for Zerona Lipo Laser

- We believe it is best to prep your body for a week before treatment to maximize your results and then to follow our protocol.

Start this protocol a week before 1<sup>st</sup> treatment:

1. **No alcohol**
2. **Limit your caffeine (coffee, sodas.....1 per day)**
3. **Eat a healthy diet, decrease unhealthy fats and carbs and eat more protein.**
4. **Drink 64 oz of water daily.**
5. **The fat that the laser pulls out of the cell and your lymphatic system collects must be properly removed from your body by the digestive system and eliminated via bowel movements. Bowel movements are the last step to getting rid of the fat. So, if you are having trouble (you should be having 1-2 bowel movements per day) we need to help your digestive system work more smoothly. We advise you take Sculpt & Cleanse once a day in the evening.**
6. **Exercise is important for stimulation of the lymphatic system. You will be required to exercise 3 times a week on the day of your treatment following the treatment.**
7. **Our vibrational platform is an amazing exercise that can be done immediately following your treatment for a \$10 fee.**
8. **Taking Lipo BC 3x a day for one week before treatment will help to flush more fat and prep your body for Zerona. It enhances the transport of fatty molecules and breakdown of the fatty debris. Can be picked up at the office or sent.**