

# Breakthrough new fat-melter: Better than liposuction!



**Now you can melt fat fast without exercise or surgery!**

**E**ndured diet after diet, even tried working out, yet pockets of plump won't budge? Think liposuction is the answer but afraid of the ouch and inconvenience? There's now another option: A new technique called Zerona Laser Lipolysis promises to shape your silhouette far faster and painlessly! Here's what you need to know to decide if it's right for you:

## ● How does it work?

Erchonia lasers—low-level laser beams approved by the FDA—are used to blast fat by shining a painless, cool laser light directly onto

targeted areas. "Within minutes, this creates thousands of tiny holes in the cell membranes of unwanted fat, allowing the fat to leak into the bloodstream and be flushed out of the body," explains internist Elizabeth VanderVeer, M.D., medical director of the VanderVeer Center in Portland, Oregon. "Other tissues like muscle, bone, nerves and skin are not damaged."

## ● What do I have to do?

Most patients are advised to have six 40-minute treatments over two weeks. In each session, 20 minutes is spent lying on the back, and 20 minutes on the tummy, as the lasers are focused on fat deposits.

## ● What are the typical results?

The average woman sheds only a few pounds, "yet she trims a total of 3 1/2 to 9 inches off her waist, hips and thighs," says Dr. VanderVeer. "It isn't a one-shot deal, either. You can do it again if you want to lose more inches. And because the process gets rid of abdominal fat—the stuff that

## To supercharge any slimdown . . .

Pair up with a friend and compete to see who can stick with a healthy diet and reach her goal first! A University of Pittsburgh study found that women are almost three times more likely to lose weight—and keep it off—if they buddy up with someone who helps challenge them.

produces the hunger-triggering hormone leptin—it curbs appetite."

## ● How soon can I go back to work?

Zerona is noninvasive and pain-free, so there is no bruising, no bandages and no sutures, which means you can go back to work immediately.

## ● How much does it cost?

Approximately \$1,800 to \$2,200 for six treatments, depending on where you live. To find a trained physician near you, go to MyZerona.com.

—Brenda Kearns

## Health News!

### Easy way to learn portion control

Noshing on pre-measured 100-calorie snack packs for one week can train your brain to know what an ideal portion is like, according to new research.