



Quick Start Instructions & Rules

Treatment Rules

- a. Women are asked to **wear bikini**-style bathing suits.
- b. Prior to each session, have your patients **remove creams**, oil or make-up over areas to be treated.

General Rules

1. Remember to take before and after **pictures**.
2. Typically **it will take 12 sessions** for significant and long-lasting results.
3. Patients must **keep their appointments** and make up any that they miss. This type of therapy is cumulative and consistency is important.
4. It is recommended that your patients **come every other day** to allow their liver time to process the extra fat.
5. Your patients should take a supplement to **support their liver**. Contact us if you need assistance with this.
6. Make sure your patients **drink plenty of water** before and after their treatments. They need to drink around 8 glasses of water per day to help flush the fat from their system.
7. There should be **no food** 1-2 hours before or after their appointments.
8. Some form of **exercise** for at least 10 minutes must follow each treatment to stimulate circulation and help process the fat that has been released.
9. Try to have your patients **reduce their overall caloric intake** while limiting starchy carbohydrates and simple sugars.
10. **Little or No alcohol** during the treatment process. Alcohol affects the liver and turns into fat which will work against this treatment, lessening the results.
11. We suggest that you offer **maintenance care** with any treatment package you establish for your patients. Most often this is a once per month program. Without this, some of your patients may slip back into their bad habits.