

TIPS TO GET THE MOST OUT OF YOUR SHIMA-LIPO TREATMENTS

It is essential that you follow these instructions for optimal results from Lipo treatments!

DO NOT EAT TWO HOURS PRIOR OR AFTER TREATMENT

Eat cranberries if possible (not juice, it has too much sugar)

DO NOT DRINK ALCOHOL OR CAFFEINE (coffee, tea and cola)!

DAY OF TREATMENT – PRIOR TO TREATMENT

Drink 24 oz of water (coffee, tea or cola DOES NOT count as water)

Use our whole body vibration platform

Do not have a heavy meal prior to treatment (eat but do not over stuff yourself)

Do not fast prior to your treatment. Not eating will make your body go into starvation mode and your treatment results will not be as significant.

IMMEDIATELY AFTER LIPO

Liberal water intake: At least 36 oz within 4 hours after treatment, bottled water if possible.

YOU MUST PARTICIPATE IN AEROBIC EXERCISE – i.e. walk, run, cycle or vibration platform. The longer the exercise, the more likely the fat that was mobilized into the circulatory system will leave the body!

Drink during exercise if possible. You need to burn at least 500 calories. You can typically expect the following as a result of your hard work and effort (exercise).

30 min exercise = 40-60% of fat metabolized=FAIR results

45 min exercise = 60-80% of fat metabolized= GOOD results

60 min exercise = 80-100% of fat metabolized = EXCELLENT results

DO NOT DRINK ALCOHOL AND DO NOT BINGE EAT! You may experience hunger cravings because a lot of fat has been metabolized and your body is not use to that. Fight the hunger pains (if any) and stick to good eating habits.

DAY AFTER TREATMENT

Continue liberal water intake 8-10 glasses a day

Within 12 hours after treatment eat only low fat or no fat meals

Watch your appetite as it may be increased – **DO NOT** increase normal calories

Exercise if possible! Remember a large amount of fat has been dumped into the circulatory system and it's important to burn all that you can to prevent it from re-storing.

All free fatty acids not removed through urine or sweated out after treatment is reabsorbed.

PLEASE REMEMBER THAT YOU HAVE LOST A SIGNIFICANT AMOUNT OF FAT FROM ONE AREA OF YOUR BODY AND THE DRAMATIC CHANGE IS PERMANENT ONLY IF YOU DO NOT REVERSE IT BY:

DRINKING ALCOHOL

BINGE EATING (eat 4-6 meals daily and spread out your calorie intake)

EATING TOO MANY CARBOHYDRATES (white bread, white potatoes, white rice and pasta) **EAT** more green vegetables and fruits

6. **No Shows:** If you make an appointment and do not show up without calling our office 24 hours in advance, you risk forfeiting that appointment and there are no refunds.