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Chapter 1:

Introduction

Do You Wish for a Better Body? Read on!

A genie grants you three wishes! Your fairy godmother wants to give you a complete makeover! You win the Publisher's Clearinghouse prize money! What do you want? Since you're reading this book, you probably want a better body.

We want to be svelte, sexy, firm and fit. We want smooth skin over a trim waist, hips and thighs and to be able to slip back into our skinny jeans. No bulges allowed! We want to feel confident at the beach and in the boardroom. Some of us wistfully envision our new bodies from our solid sitting position as couch potatoes, while others sweat through gym routines and Jazzercise classes, constantly eating carrot sticks and salads with no dressing.



We know there isn't a magic wand, but isn't there a way to get rid of some stubborn inches and smooth out, trim up and sculpt our bodies that doesn't require a second mortgage, going under the knife or killing ourselves on the Stairmaster?

Good news! Yes, there is a safe, less expensive and non-invasive alternative to liposuction! I'm Dr. Troy Don, and I've written this handbook to tell you about

the Zerona™ Laser, a low-level (cold) laser therapy that causes the fat contained in fat cells to liquefy, as it does during exercise.

“I am convinced that life in a physical body is meant to be an ecstatic experience.”

Shakti Gawain

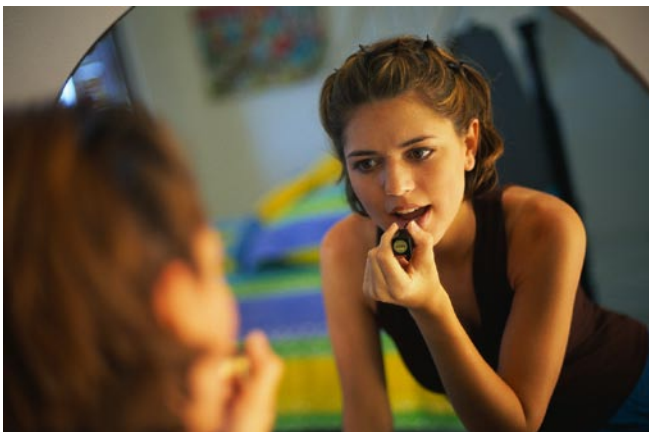
Because the Zerona™ Laser uses the natural processes of the body, it is safe and effective with no surgery down time and no scarring. My program includes specific nutritional products to help the process plus recommendations for some simple, effective exercises, and a healthy diet.

After six painless laser treatments over two weeks, you will find inches have disappeared in the right places—the waist, hips and thighs, or other areas you choose. The actual amount of inch loss depends on your body’s specific physiology.

I’ve been using lasers on my patients for well over five years with the most amazing results, and the results are more than gratifying to me and my patients. I am a big believer in using this non-invasive method to treat a multitude of health issues, including where I started, with spinal decompression. Sports injuries, back pain, scars and even sinus issues can be helped by using cold laser rather than having to take pills, change your diet or undergo risky surgery.

I am a 1996 graduate of the University of Southern California and earned my Doctor of Chiropractic degree from Southern California University of Health Science in 2000. In addition to my education, I think continuous learning is

extremely important. I keep up to date with all new technologies and therapies available through reading and attendance at post-graduate seminars. I think this book and my website, www.thezeronalaser.com, will show you my depth of knowledge in using cold laser technology for the best results.



Do You Really Need This?

Right or wrong, a lot of our self-esteem comes from how we see ourselves. If you see yourself veering into the “portly” section for your trousers or the “plus” sizes for your new blouse, or even leaving your pants unbuttoned after eating, your regard for yourself may be slipping a bit. Some of us feel fine about our bodies until swimsuit season arrives. How frustrating! We see those bulges even when others don’t. We feel the tightness in our waistbands and the straining seems in our slacks. We know better than anyone else just how good we really feel about ourselves.

If you feel your self esteem slipping, your energy level may be slipping as well. You may find yourself dragging into breakfast, then resentfully driving to work, then muddling through the day until you go home and grumble about cooking and housework. You might minimally interact with co-workers or friends, then go home to watch television, eat fast food and go to bed. All the while, you are saying to yourself, “I need to do something about this!”

Zerona™ can give you that extra jumpstart to start liking yourself again. No one is going to magically grant your wish for a better body (rats!), so take some steps to unblock your energy and elevate your self esteem. And, while you’re at it, impress your friends and potential friends with the NEW YOU.



Dr. Troy Don

I can empathize with your wish for a better body since not too long ago I had to lose 60 pounds to bring my weight down to a healthier level. Did I use Zerona™? I just wish it had been around when I was going through the ordeal of sweating in gyms, dietary changes and continually refortifying my self control. Even with Zerona™, you may need to make some changes to have the best results, including eating healthy, drinking plenty of water and exercising. If you want significant weight loss, Zerona™ is just one of the tools you should use, although it can give you a flying start!

My program is not just about laser treatments, as you will see in this handbook. To ensure the best results, I have put together a program that includes dietary and physical steps for you to follow.

This handbook should provide you with all the facts and answer your questions regarding this exciting treatment. I am spending the first chapters on the science and research behind Zerona™, so you will understand this is a technology that has a long history and terrific success. Please feel free to use this book as a reference to determine if the Zerona™ treatment seems right for you and also as an ongoing source of information during your treatment. If you still have questions, my staff and I will be right here to answer them.

Will Zerona™ Laser change your life? That's up to you. Here's what I believe you can expect to do as a result of your treatment:

- Smile at your reflection in the mirror
- Fit back into smaller-size clothes
- Feel that boost of self confidence to ace that job interview, impress that gorgeous guy or gal you've been eyeing, or sizzle by the pool in your new sexy swimwear

In other words, with Zerona™, you've just taken an important step toward improving your future!