

Blog #4 – Steps to take before starting your treatment

The Zerona™ body sculpting treatment is a great way to look slimmer and feel better quickly. Before you start your treatment, however, I suggest several preliminary steps that will help make it even more effective and give you a greater return on your investment.

Hydration

To get the best results from Zerona, one week prior to your treatment you should start hydrating your system. Since the laser treatment liquefies fat and allows a way for the fat to exit the cell into extracellular space, it is very important to effectively stimulate the lymphatic system to start pumping the fat out of your body and help your digestive system eliminate the fat. Drinking plenty of water is key to this process.

Why is water so important? Your body is estimated to be about 60 to 70 percent water. Your blood is primarily water and all parts of your body, such as your brain, muscles, and lungs all contain a lot of water. Water composes 75 percent of all muscle tissue and about 10 percent of fatty tissue and acts within each cell to transport nutrients and disperse waste. Drinking plenty of water helps your body control body temperature, cushions and protects your organs, sends oxygen to your cells and protects your joints.

I recommend 64 ounces a day. Or, you can follow the rule of thumb to drink half your body weight in ounces. In other words, if you weigh 200 pounds, drink 100 ounces of water a day. Here are some other tips:

- Drink an additional 8 ounces of water for every 20 minutes you exercise.
- Drink the same amount of water for each alcoholic beverage you consume.
- Drink another 8 ounces of water for every hour you travel by air.
- Add another two servings of water per day if you live in an arid climate.

Have a water bottle full and at your side all day long. Add lemon or lime for a bit of flavor. Hydration doesn't have to be all water, although it is by far the best source for fluid intake. Other good beverages include milk, herbal teas, low-sodium broth, 100% fruit and vegetable juices and sports drinks. Although soft drinks can count toward your daily intake, remember to look at the added sugar and calories you are ingesting. Caffeine is fine in small amounts.

Niacin and Other Supplementation

My procedure includes Niacin and possibly other supplements to increase your satisfactory Zerona™ results.

Niacin supplements help oxidize the fat to be eliminated. Niacin, a water-soluble vitamin, also known as nicotinic acid or vitamin B₃, and its derivative Nicotinamide are used by the body to form coenzymes, NAD and NADH.

NAD serves as an oxidizing agent, that aids in the breakdown of fats and carbohydrates, which ultimately can lead to the production of adenosine triphosphate (ATP) your cells' energy source. So niacin helps to oxidize the fat and makes it easier to get it out of the body versus getting reabsorbed by the cell.

Niacin is also a vasodilator, which dilates and expands blood vessels (veins, arteries). With the relaxation and dilation of nearby blood vessels, it is possible for the fatty acids and triglycerides sitting in the extra-cellular space to be absorbed into the blood stream.

I may recommend other dietary and health supplements if necessary to help the Zero-na™ process:

- L-Carnitine: a naturally occurring amino acid which plays a vital role in the metabolism of fat. It functions as a transporter of fatty acids into the mitochondria, the metabolic furnace of the cell.
- Pro-boitics: Provides natural bacteria to aid in digestion, bowel function, vitamin synthesis and other essential functions
- Total Trim: Aids in digestion, appetite, satiety, metabolism, thermogenesis, fat mobilization-breakdown and calorie-burning.
- DSF Formula: Stress supplement, energy booster.
- Total System Detox: Aids in detoxification and system flushing.

More information on supplements will be supplied later.

Digestion & Elimination

The human digestive system is a remarkable series of processes that help us break down the food we eat into smaller molecules for more processing and helps us excrete waste. Through passage from the mouth's salivary glands, to the stomach's acids, to intestinal bile and other digestive juices, and finally to the rectum, our body supplies various enzymes to break down what we ingest.

Another essential system is the lymphatic system, which through organs, ducts and nodes transports "lymph," a watery clear fluid that helps the body with these functions:

- Collects and returns interstitial fluid, including plasma protein to the blood, thus helping maintain fluid balance
- Defends the body against disease by producing lymphocytes,
- Absorbs lipids from the intestine and transports them to the blood.

The liquefied fat that escapes into the extracellular space from the Zerona™ treatment is picked up by the lymphatic system and transported to the digestive system for elimination. If your body is irregular and blocked up, the lymphatic and digestive system cannot work as effectively.

A healthy diet and regular elimination are essential in the success of Zerona™. If you eat three meals a day, you should have three bowel movements a day. Bowel movements are the final way fat is eliminated from the body.

This is so important that Dr. Don insists potential patients get their systems in order before he will agree to Zerona treatment. Patients who are considered constipated will be given recommendations to help evacuation along. These might include the following:

- The addition of many servings of fiber, raw fruits and vegetables to cleanse your system
- Increased hydration
- Massages
- Exercise such as walking
- The elimination of all caffeine or other diuretics (unless this is part of your doctor's prescribed medicine for your health conditions).

If those things don't work, he may recommend you be evaluated for under-active thyroid (which helps regulate metabolism) or underlying digestive infections (e.g., dysbiosis, parasites, tapeworms).

Detoxification

Detoxifying our systems has been popular for centuries and is a central element in holistic medicine. Through our regular diets, fats, cholesterol, mucus, organic toxins and inorganic chemicals can accumulate in some organs and tissues. Even though the accumulation is not necessarily health restricting, it can lead to problems throughout the body.

Basically, detoxification means cleaning the blood. It does this mainly by removing impurities from the blood in the liver, where toxins are processed for elimination. The body also eliminates toxins through the kidneys, intestines, lungs, lymph and skin. However, when this removal is compromised, impurities aren't properly filtered and every cell in the body is adversely affected.

Cleaning through detoxification can alleviate symptoms such as fatigue, slow elimination, irritated skin, allergies or infections, bags under the eyes, menstrual difficulties or even mental confusion.

Detoxification is an important part of the Zerona™ treatment since toxins in your body can slow down the process. All of the elements of Dr. Don's process help in your body's detoxification, but help yourself as well by eliminating alcohol, coffee, cigarettes, refined sugars and saturated fats. Here are some other natural ways to help rid your body of toxins.

- Drink green tea
- Eat more fiber
- Take Vitamin C
- Indulge in a hot sauna
- Exercise
- Drink at least 2 quarts (32 ounces) of water a day

These steps will make you feel great AND enhance your Zerona™ results!