

PROTOCOLS FOR ALL PATIENTS DURING THEIR TREATMENTS

1. Treatments cannot be scheduled closer than 48 hours together. We do see better results when 2 to 3 treatments are done in a week's time.
2. Do not eat 2 hours before or 2 hours after each treatment.
3. Exercise immediately after each treatment (you will be doing 10 minutes whole body vibration in the office)
4. Maintain a healthy diet of low carbohydrates / low fat that is designed, at a minimum, to maintain your weight and not cause you to gain weight.
5. Drink at least 80-100 ounces of water per day (0.5 ounces of water for each pound of body weight) the day of your treatments.
6. Take the CN - LIVER supplement product (or any liver cleanse that's a good quality) once a day as directed on the bottle.
7. Reduce or eliminate alcohol consumption while receiving these treatments (alcohol interferes with liver function, reducing its ability to process fatty acids).
8. No lotions or creams on the body parts you will be treating.
9. What to wear during treatment. Bathing suit or under garments if your comfortable wearing just that. Keeping in mind wherever you want to lose inches, or increase collagen, the light has to be emitting on the skin.