

Indy Laser Recommended ZERONA Protocol

If you are looking into ZERONA as an option to reduce your body's fat content you have come to the right place. Here are our recommendations to help maximize your investment in the new slimmer, healthier you.

- Be committed
 - Make sure you and your mind are totally committed to follow the total protocol
 - Make sure you are committed to a healthier lifestyle
 - Please don't waste your money and our time, there are no magic pills/machines, to lose fat and stay that way will require dedication and will power

- Hydrate yourself
 - Most people do not get enough water to stay properly hydrated
 - You need to be consuming 1/2oz of water per pound of body weight, per day
 - You will not bust, however it will help your body flush the fat released

- Eliminate Diuretics
 - Eliminate caffeine and alcohol from your diet
 - Caffeine and alcohol have a dehydrating effect on the body
 - We want your lymphatic system to be running at its peak performance, to aid in removing any waste released by the laser and diuretics inhibit this process
 - Not to mention, for many this is a source of a large number of empty calories
 - If you must have a caffeinated or alcoholic beverage LIMIT it to no more than 1 per day, and drink an additional 8oz of water that day.
 - Once you start, you find out how easy it is, and how much better you feel

- Eat smart and increase your metabolism
 - Limit high fat, carbohydrate, calorie, and sodium foods and drinks
 - Increase your fresh fruits and vegetables, whole grain, and fiber intake
 - Don't eat anything 2 hours before bed
 - Forget the old 3 meals per day and no snacking between! Eat something healthy every 2-3 hours, and don't skip meals.
 - When you wait too long between eating or skip meals you are actually slowing your body's metabolism (this causes your body to actually store up additional fat deposits)
 - You want to eat smaller amounts more frequently to force your body to speed up your metabolism.
 - Drink a glass of water 15 minutes before you eat a meal.
 - Put half the serving you think you want on your plate, eat slowly, and make yourself actually get up to get that extra portion. This gives your body a chance to register how

full you really are, and lets you better decide if you really need that extra helping or just want it.

- When it comes to sweeteners, stick with the straight up, old fashioned sugar! Yes, on the label it has more calories, however your body knows how to use and process it. The tricks the others play on your system can be counterproductive. Also, if you know it is sugar and contains more calories it will help you to limit your intake.
 - There is so much more that could go in this section, so if you have questions or don't understand any of this let us know and we can go into greater detail to find the right fit for you.
 - Stay away from extreme diets (no carbs, no fat, no meat, only shakes...) Most of these are temporary solutions and are not healthy, long term options. Your body needs carbs, fat, protein...in the right proportions.
- Be cardio active
 - To make the most of ZERONA, we need all of your systems working hard to eliminate the fat being released. The easiest most efficient way to remove it is to burn it as fuel through cardio activities.
 - Hitting the elliptical or treadmill at the gym, swimming laps in the pool or going for a run/walk around the neighborhood are great options. We recommend 30 minutes or more per day of cardio activities.
 - Although resistance/strength training and weight lifting can be an important component of a healthy lifestyle, our goal is to burn and eliminate fat, not building muscle. During this process your focus should be on cardio activities to aid in flushing your system.
 - Other little things that help are taking the stairs, parking further out in parking lot, playing with the kids at the playground or in the backyard. You would be surprised how big of a difference these little items can make.
- CURVA Supplement
 - CURVA is a supplement developed to accompany your ZERONA treatments. It is designed to improve cellular nutrition and blood flow, and burn liberated fat.
 - It contains:
 - Niacin: increases circulation and helps burn released fatty acids
 - L-Carnitine: increases metabolism of fat and supports muscle development
 - Ginko Biloba: increases energy, reduces cravings
 - Omega 3: improves circulation, promotes fat degradation
 - Green Tea Extract: antioxidant and anti-inflammatory
 - Should be taken twice a day, morning and evening after water and a meal
 - It can cause a flushing sensation, causing you to feel flush, hot, itchy, and red. This is not an allergic reaction, it is a "Niacin Flush", and very normal. To minimize this ensure you have eaten and had at least 8oz of water prior to taking.
- ZERONA Laser treatments

- The timing of treatments is very important, this is why we schedule appointments the way we do
- The laser opens a pore that allows the fatty contents to seep out to be processed by the lymphatic system
- To maximize the seepage we want to keep the pore open for the 14 days or more at a time
- This means we always try to schedule appointments 48-72 hours apart