



What is i Lipo?

i Lipo is a revolutionary new system used for body-contouring. **The i Lipo system is the latest generation of FDA-cleared laser for circumferential reduction.**

History:

Cold laser technology has been in use over 30 years for different modalities like pain management. By accident, it was found out it also shrinks fat. Studies confirmed it and the FDA-approved it for body-contouring.

We are the sole physician provider of the iLipo in Northern Virginia.

How does it work:

Photobiomodulation means the laser causes a change in the biochemistry of the fat cell. The laser energy serves as a catalyst setting off a chemical process that leads to fat breakdown. Then, the body's own metabolic system takes over and processes the fat, as it would naturally. The difference is that we are specifying which *area to target* specifically for spot reduction.

How it works: 36 lasers stimulate the fat cells and lower the pH just enough to stimulate the lipase enzyme to break down large triglyceride molecules into smaller fatty acid components. The small fatty acid molecules then slip out of the fat cells and are picked up by the lymphatic system. The lymphatic system is also stimulated by a diode laser to enhance the mobility and circulation of the released fat in the body. Every 20-minute i Lipo session releases approximately 400 calories of fatty acids into the body. Then, you must exercise to burn off 400-calories of energy for a permanent reduction of fat cells. The cells literally spill out their content and go from grape-size to raisin-size. A post-treatment exercise is required to burn off the released energy and to prevent it from getting restored. Drinking water helps in the lipolysis. Due to the caloric load that is released into the system, only one area will be treated per session. We don't want to overload the body with too many calories where you'd have to spend hours in the gym to work it off. We want your success ☺. You will need to burn off a total of 400 calories within a few hours of the i Lipo session.

The results are effective, permanent and non-invasive. The fat cells left behind are shrunken, collapsed, yet active and viable. i Lipo does not kill, freeze, destroy or vacuum out fat cells: they remain healthy and viable, albeit shrunken. This is appreciated during menopause since part of the endocrine function of fat cells is the production of estrogen which is decreased during menopause.

Eight sessions of i Lipo are recommended for full effect. There is a cumulative additive effect of i Lipo where on average, 1% of your girth's circumference is lost per session. In 8 sessions, you lose 8-10% of your girth. 3500 calories equal one pound of fat which is voluminous but not heavy. i Lipo is a body-contouring system, not a weight-loss system. Fat takes a lot of space, but does not weigh much. An analogy is a pound of feathers which takes a lot of space but does not weigh much. Body contouring is measured in *inches* lost and in *dress sizes* lost, rather than in *weight* lost.

It is recommended you do 1-2 sessions per week for 8 sessions total. How many sessions you do depends on the end-point look and results you desire.

Areas that have subcutaneous fat can be treated. Female breasts are excluded. You can treat any of these areas: neck (not over thyroid), upper arms, trunk, abs, mid-section, hips, thighs, etc... We treat one area at a time.

Please come to your appointment prepared:

1. Do not eat a heavy meal for at least 2 hours prior to the session
2. Do not eat a heavy meal for at least 2 hours after the session
3. Drink half of your body weight in fluid ounces (if you weigh 100 lbs, drink 50 oz of water or green tea daily)
4. Wear comfortable exercise clothes
5. We will be palpating your groin area to localize the lymph nodes – wearing bathing suits or comfortable underwear is recommended
6. The i Lipo session takes 30 minutes. You will then be on an exercise bike for 30 minutes, for a total of one hour spent with us.
7. Currently, the i Lipo is offered at the following locations:
 1. Alexandria
 2. McLean location
 3. Leesburg location

8. To view a videoclip of the i Lipo, go to: <http://www.liquidliftcenter.com/ilipo.php>
9. It has been featured on The Doctors Show on February 3rd, 2012.
10. It has been featured on The Today Show on February 20, 2012.

11. i Lipo is safe. If you have any underlying medical problem, please discuss with your medical provider. You must be able to exercise for 30-minutes post treatment. Individuals with thyroid problems can get erratic results. Anyone with a history of cancer, anyone under 18, any individuals with HIV + must get clearance from their medical provider. Anyone with lymphoma or leukemia, epilepsy, photosensitivity disorder, pacemaker, may not receive the i Lipo treatment.

12. There are fat-burning supplements which you can try one at a time under your physician's guidance. We have a neutral stance on these, but list them as a courtesy.
 1. Gamma Linoleic Acid (recommended by Dr. Oz, alone for 30-days)
 2. L-carnitine
 3. Niacinamide
 4. Chitosan
 5. Calcium Pyruvate
 6. OxyLite pro (recommended by my patients- caffeine-based)

13. Please abstain from drinking alcohol. The liver must process the released fatty acids. If you drink alcohol, it adds to the liver detoxifying burden. The liver will then put the lipolysis process on back-burner to detoxify the alcohol.

14. Please fill out the consent and registration form and bring it with you to your appointment.

We hope to assist you in achieving your ideal body shape using modern medical technology at its finest.

Best,

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