



Patient Protocols for Zerona Treatments

1. Drink half of your body weight in ounces of water each day - But not over a gallon at one time.
 - a. Divide weight in half. That is the amount of ounces of water necessary per day.
2. Eliminate alcohol and limit caffeine to 1 8 oz cup per day.
 - a. Both caffeine and alcohol dehydrate the body and you want to be as hydrated as possible.
 - b. If you choose to have a caffeinated beverage, drink 2 additional glasses of water immediately afterwards.
 - c. If alcohol is consumed it tells the body to stop the fat burning process.
3. Eat 4 - 5 smaller meals a day.
 - a. The liver will be able to process food more efficiently
4. Stay away from processed foods - they cost your body a great deal more to digest, absorb, and eliminate them than they offer your body in nutritional value.
5. Exercise 30 - 45 minutes of mild to moderate exercise each day.
6. Compression garments should be worn *at least* 8 hours per day (i.e. Spanx or L'eggs Body Shapers).
 - a. Very important as this helps to push the liquefied fat into the lymphatic system and speeds up the processing of the fat.
 - b. Also very helpful with skin contracture.
7. Take Lipo BC supplements twice daily.
 - a. Consists of pharmaceutical grade supplements that help in the processing of fat.
 - b. Most important part of this supplement is B³-Niacin, which is a vasodilator and also breaks down triglycerides.
 - c. Be sure to take this supplement with food. Niacin dilates the blood vessels and some people can experience flushing, which can be avoided by taking with food.
 - d. May have up to two Lipoplex injections weekly to maximize effect.