



This ZERONA treatment should be used in conjunction with a healthy diet, exercise and nutritional program. If you are not currently exercising you should consult your regular health care professional before beginning a program to determine if your body is physically able. Although clinical results were obtained with subjects changing none of their everyday habits, we recommend a few changes while you are undergoing the program. By following these suggestions you will maximize your individual results by putting your body in the best physical state for eliminating the liquefied fat. Remember these changes are only necessary until the day of your final measurements. Please follow the plan to maximize your result.

Supplements:

We recommend “flush free” Niacin, vitamin b3 (available at Vitamin Cottage, Whole Foods, Vitamin Shoppe, GNC, Vitamin World, and other specialty supplement stores), and L-carnitine, 250 mg of each once a day. Niacin should be avoided for people who have liver problems, diabetes, ulcers, gout, or who are taking high blood pressure medications. Tell the Doctor if you are concerned about this supplement.

Exercise:

30 minutes of light to moderate cardiovascular exercise (walking) daily is recommended to maximize benefit/result. Muscle contraction increases lymphatic circulation by 10-15X and will expedite the elimination of liquefied fat.

Compression garments:

A spandex compression garment is recommended to be worn between sessions to maximize benefit/result. This garment assists fat removal by providing a constant pressure to the lymph system, pushing the fat out and stimulating lymphatic circulation. The garment covers the area from your bra line to your knee and should be worn between 2-8 hours a day, although closer to 8 is ideal. These garments can be found online, in department stores or at Super Target (called “Assets by Sara Blakely”) in the hosiery department.

Liquids:

A minimum of 3 liters (or 12-13 eight oz. glasses) of pure filtered water daily is recommended to maximize benefit/result. No alcohol is to be consumed during the series. A healthy functioning liver is needed to metabolize and package the fat for removal. Drinking alcohol would decrease the liver’s ability to perform the detoxification. Coffee intake (only if necessary) should be reduced to 1 cup a day, and an extra glass of water should be added before and after. Coffee and alcohol, as well as diet pills and other pills containing caffeine are considered diuretics and will dehydrate you. If your body is dehydrated it will retain water as well as the liquefied fat, causing poor response to the treatments.

Fiber:

If you are not making regular bowel movements each day you should add extra fiber to your diet in order to regularly eliminate the liquefied fat. We recommend adding 2 servings of raw vegetables, an apple, or a fiber supplement daily if you feel you have problems with regularity.

Bowels:

Please be aware you may notice a change in bowel movements to due to process of fat elimination. You could see bowel movements increase, darken, and possibly include oily or floating characteristics although you should not experience a sense of urgency.