



Accurate Clinic

2401 Veterans Memorial Blvd. Suite16
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www.AccurateClinic.com

What is NLAL?

NLAL stands for **N**ear **L**aser Assisted **L**ight therapy. NLAL is the next evolution of standard liposuction. It is an advanced slimming technology for non-invasive body contouring treatment and it delivers immediate results! This is NOT a surgical procedure.

No downtime. No pain.

NLAL technology has been used safely since first FDA approved in 2001 and its effectiveness has been established by multiple research studies. Our NLAL treatment in the form of a belt worn on targeted body areas incorporates the latest technology to provide a natural and healthy way to lose inches from the waist, hips, thighs, upper legs, arms, even the chin.

NLAL provides body contour improvement without any scarring. The whole treatment is non-invasive, relaxing, pain free and soothing with minimal to no side effects for most people. Any side effects reported have been mild and transient with no damage to tissues and are thought to be related to the transient release of toxins stored in fat cells.

Who can have NLAL?

NLAL is for almost everyone, young or old, and whatever body shape. NLAL can help you quickly achieve the body shape you desire through painless, simple and cost-effective treatment of fatty deposits.

Health considerations

Anyone with pregnancy, lymphoma or leukemia, epilepsy, photosensitivity disorder, pacemaker, thyroid gland dysfunction, uncontrolled hypertension, uncontrolled diabetes, radiation treatments, kidney and liver disease, cardiac arrhythmias, or immunosuppression should not receive the NLAL treatment unless cleared by physician.

How does it work?

The NLAL wavelength of light safely penetrates the skin and is absorbed by fat cells. This light stimulation opens pores in the walls of fat cells, allowing their stored fat to be released into surrounding tissues. This released fat is then transported via the lymph system to the blood where it is then carried around the body to tissues including muscle where it will be "burned off" as a source of energy. This entire process involves normal physiologic processes and does not damage or destroy fat cells or any other tissues.

NLAL can deliver effective results in just one treatment. However, sustained results take place when NLAL is repeatedly used in conjunction with a healthy diet and exercise regime.

Why is NLAL so great?

NLAL works quickly! NLAL can deliver effective results in just one treatment, although 4 to 16 treatments (2-3/week) are best. Visible results may appear immediately and will improve over time.

The best part about the NLAL is there is no bruising, swelling, burning, or pain and no anesthesia is required. NO DOWNTIME! In fact, some patients describe it "as pleasurable as hot stone massage".

Another benefit you can get from NLAL is that it can boost collagen due to light and heat energy. NLAL assists in sculpting the body and making the skin firm. The process aids in renewed collagen to the treated area.

NLAL FAQ'S

Q: How long does each treatment take?

A: Twenty (20) minutes in total. NLAL treatment and exercise (or the use of a vibration plate) may be done concurrently or just after NLAL treatment to speed up the delivery of the released fat to the muscles to facilitate the calorie burning process.

Q: How are the measurement taken to monitor fat loss?

A: Three separate measurements are taken on the area treated at regular intervals. Additional measurement may be provided by body composition analysis to identify regional distributions of fat.



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Q: How many calories of fat will be released in a single treatment?

A: A single treatment will mobilize approx. 300-500 calories of fat; although tests have shown as high as 800 calories of fat or more may be released in the 24-48 hours subsequent to an NLAL treatment.

Q: What are the advantages of NLAL over invasive processes such as liposuction?

A: There are major advantages of NLAL vs. invasive processes including: no pain vs. severe pain; instant results vs. up to 16 weeks recovery time for liposuction; risk of infections with invasive surgery; cost advantages; no damage to the body including fat cells as opposed to total removal of cells, blood vessels with liposuction; Liposuction can cause post-operative numbness.

Q: How can one get the most benefit from their NLAL treatment?

A: Because the fat released into surrounding tissues by NLAL treatment must be transported to other tissues to be burned as energy, it is very important to stay well hydrated while doing NLAL. The better your hydration, the better the lymph system can perform optimally and transport the fat to the blood. We recommend that patients drink at least 64 oz. of water/day while doing NLAL therapy.

The fat released into the tissue by NLAL therapy must be burned off!

Otherwise the fat will simply be re-processed back into the fat cells and there will be no benefit from the treatment. In order to ensure that the fat is burned off, one must restrict their calories (food) ingested around the time of the NLAL so that the body will use the released fat as energy rather than recently eaten food. Therefore it is recommended that a person fast for 2 hours before and after the NLAL treatment. In addition, it is recommended that the patient maintain a calorie-restricted diet during the days before and after NLAL treatment to ensure that the patient's metabolism is directed at using fat as an energy source. A calorie deficit of 1000 calories/day is recommended for optimal response to NLAL.

Finally, to further insure that the released fat is burned off, it is recommended that the patient exercise during or soon after their NLAL treatment. A minimum of 10 minutes of exercise such as walking, cycling, swimming or running is advised. For those individuals whom such exercise is not feasible, the use of a vibration plate is provided during or just after the NLAL treatment. Studies have shown that use of the vibration plate is well tolerated by most everyone and the vibration process will contribute to the burning of calories and facilitate the benefits of the NLAL.

Q: Can a body wrap be used instead of exercise after the NLAL treatment?

A: A body wrap is a nice way of improving the hydration/texture of skin and it can also reduce water retention, but it offers no benefits for fat reduction. It certainly cannot be used instead of exercise because it does not burn calories. The only way to eliminate fat from the body is for tissues to burn it as a source of energy. The body has no other way to eliminate fat.

Q: How many treatments can the client have? When should they stop having treatments? How much rest time between courses?

A: The standard course is 4-14 sessions, 2-3 times per week for 8 weeks and 2 optional "top-up" sessions during the following 2 weeks can be undertaken. (There is flexibility to do one treatment per week if that is more suited to the client's schedule). We do only 2-3 treatments a week to allow the blood fatty acid levels to stabilize after each treatment. Further treatments can be undertaken after a 2 week break. This break is also to allow the body to return to its normal mode of action and can help the clinician to determine if the patient is actually making the changes to their diet and lifestyle that are required to maintain the benefits of their NLAL therapy. If a patient returns to clinic after the two weeks having gained all their lost weight back, further consultation is warranted to determine how to continue weight loss treatment.



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Q: What is the wave length of the NLAL?

A: 635nm – scatter & dominant

Q: What is the absorption rate of the NLAL?

A: The NLAL system has a far higher absorption rate as opposed to laser due to the refraction and strength of the beam. Typically the NLAL's LED adsorption is 70% compared to laser around 30%. This gives a much higher chance of better results in inch loss and fat reduction.

Q: Is NLAL safe?

A: The **NLAL** LED system is a safe system that will not harm the eyes, although we do recommend glasses are used for facial treatments as the strong light source could cause headaches or migraine if the client is susceptible. (With the laser products you have more safety issues and in most countries regulations restricting how you can treat.)

Q: Even if I am I shape, could I benefit from NLAL?

A: Yes. Many people who are in shape have specific areas of fat they would like to remove. NLAL is able to target these problems areas very effectively.

Q: Will my triglycerides go up if I do a blood test?

A: Yes. Triglycerides levels do go up temporarily during treatment, which may show up in blood work. Remember, you are breaking down your own body fat.

For more information:

www.NLALIPO.com