



Accurate Clinic

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How to prepare for, and optimize your benefits from, treatment with NLAL Body Contouring

The Basics

- Do not eat two (2) hours prior to treatment
- Do not eat two (2) hours after treatment
- Drink plenty of water before & after treatments, always consuming a minimum of 64 oz. of water per day.
- Follow a 1,000-calorie per day deficit diet during the entire phase of your treatments.

You may exercise during the 20 minute treatment, if you like, or use the vibration plate. You must exercise (or use the vibration plate) a minimum of ten minutes after the treatment for optimal results. We recommend following up with an additional period of exercise for maximum results.

In response to the NLAL therapy, your cells will be releasing free fatty acids equivalent to approximately 300 calories that need to be utilized during this period of exercise. Adequate exercise is necessary to optimize the inch-loss process.

The Diet

You must adhere to a 1,200 calorie per day plan (or at least a 1,000-calorie per day deficit diet) to achieve optimal results. We recommend the "Straight Medical Labs" meal replacement products for your breakfast, lunch and snacks. These perfectly portioned, "grab and go" healthy foods make your meal planning a cinch. They fit simply and affordably into your busy daily routine. Your evening meal consists of lean protein and an assortment of greens and non-starchy vegetables. For best results we recommend you avoid dairy, fruits, alcohol, simple carbohydrates, fatty and sugary foods during your weight loss phase. A complete sample menu and recipe ideas are available from your physician.

Stay well hydrated

Always consume a minimum of 64 oz. of water per day.

Remember: Adhere to the above prescribed protocol to reap maximum benefits and results.

For further information, please contact staff at Accurate clinic.