

Pre/Post Treatment Instructions

1. Avoid eating two hours before and after treatment sessions and avoid heavy meals on the treatment days.
2. Drink plenty of water.
3. Limit carbonated drinks, coffee, and tea during treatment period.
4. Avoid fasting (fasting may delay results and the body's ability to break down fats)
5. Within two hours of a treatment, perform 30-45 minutes of cardio-vascular exercise in order to create the energy demand that will facilitate metabolism.

Possible side effects include diarrhea, increased urination, flu-like symptoms, and increased hunger. If you have any concerns, please don't hesitate to contact our office..

Other Instructions:
