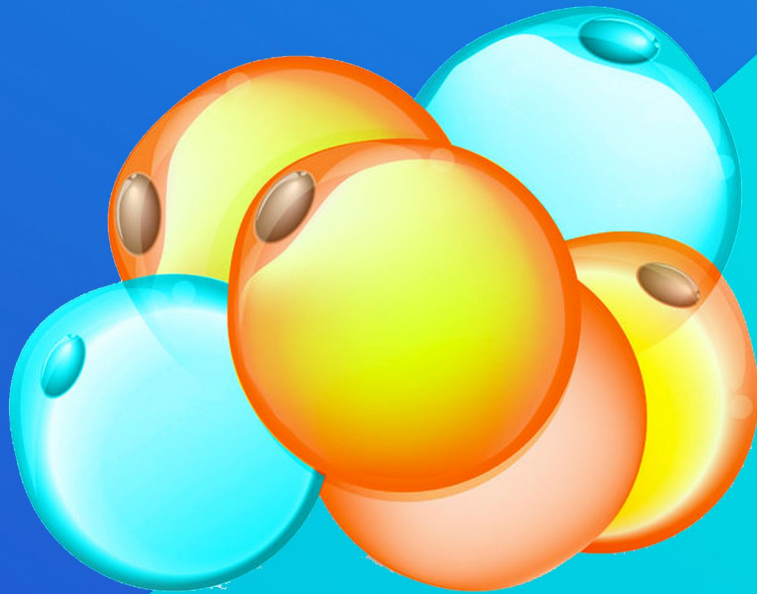


GUIDE TO FAT FREEZING



fatFreezer

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Introduction

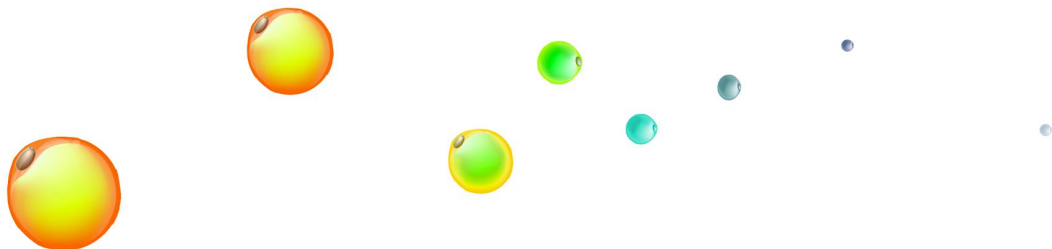
What is Fat Freezing?

Fat Freezing is a non-surgical fat reduction treatment that uses controlled cooling to eliminate stubborn fat that will not shrink through diet and exercise alone. No general/topical anesthesia or pain medications are required. There is no downtime and you may resume normal exercise and activity immediately. Results will gradually develop over 2 to 4 months following your treatment. Fat Freezing will remove 20-40% of the fat from the treatment area. Areas can be retreated if necessary in the future.

Freeze Your Fat For a Hot Body

Another hot summer season approaches. It is probably coming faster than the weight loss you'd like to have to feel good or at least halfway decent in wearing your bikini or bathing suit, right? Your focus of course is on creating successful weight loss pictures. To get your trimmed and toned physique, you're probably doing it through the common methods of proper dieting, and sweating through rigorous workouts or other kinds of physical activity. You'd explore just about anything within reason if it offered you a quick and easy way to burn fat and calories. But what if you could be even more successful going in the opposite direction?

What if you could actually freeze your fat? Well now you can. It's through a hot new process called Cryolipolysis. The Fat Freezer is a at home procedure that is being looked at as a quick alternative to liposuction. It cools fat cells in your body through use of a plate like device. Lipolysis then naturally breaks them down for you.



Proper use guidelines:

WARNING! It is unsafe to use the FatFreezer, its accessories, detachable parts and materials in ways not described in the instructions for use.

Before use:

Make sure that the FatFreezer works correctly by turning on the machine briefly before using it. Make sure that the FatFreezer is properly connected. Make sure that the all accessory parts are properly attached. Check and maintain the cleanliness of the parts in direct contact with your skin via the protective membrane. Avoid placing the device near a strong magnetic field or static electricity. Avoid placing the device near high frequency equipment.

During Use:

WARNING! Do not clean or maintenance the FatFreezer while the equipment is in use.

WARNING! Do not position the FatFreezer so that it is difficult to disconnect the power cord of the adapter. Maintain the proper positioning of the FatFreezer with the CONTROL PANEL face upwards. This will allow quick access to the OFF button and quick access to removing the DC plug from the device. Select the desirable "Time" option. Once the time has been reached, turn off the FatFreezer and disconnect it from the power cord.

NEVER use the FatFreezer twice (back-to-back) on the same area of your body in a single session.

WARNING! Stop using the FatFreezer if you experience unusual pain. Immediately press the "OFF" button to stop the machine and disconnect it from the power cord.

WARNING! Stop using the device if you notice any abnormalities (for example: liquid inside the device, inability to turn on as intended, or an unusual sound with the fan).

After use:

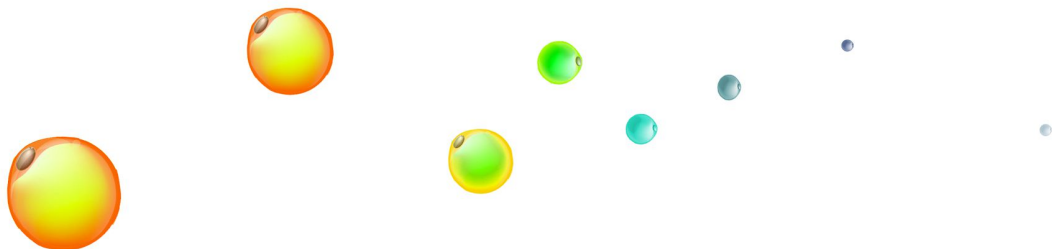
Let the FatFreezer set for 10 minutes after turning it off and disconnecting it. This allows time for the metal plate to return to normal (room) temperature.

Clean the FatFreezer by wiping over it with a soft cloth.

You may use an organic solvent (for example: antiseptic solution, etc.) to clean the device.

After using the FatFreezer, you **MUST** wait 2 hours before using it again.

Keep the original box and wrapping to store the FatFreezer and to transport it



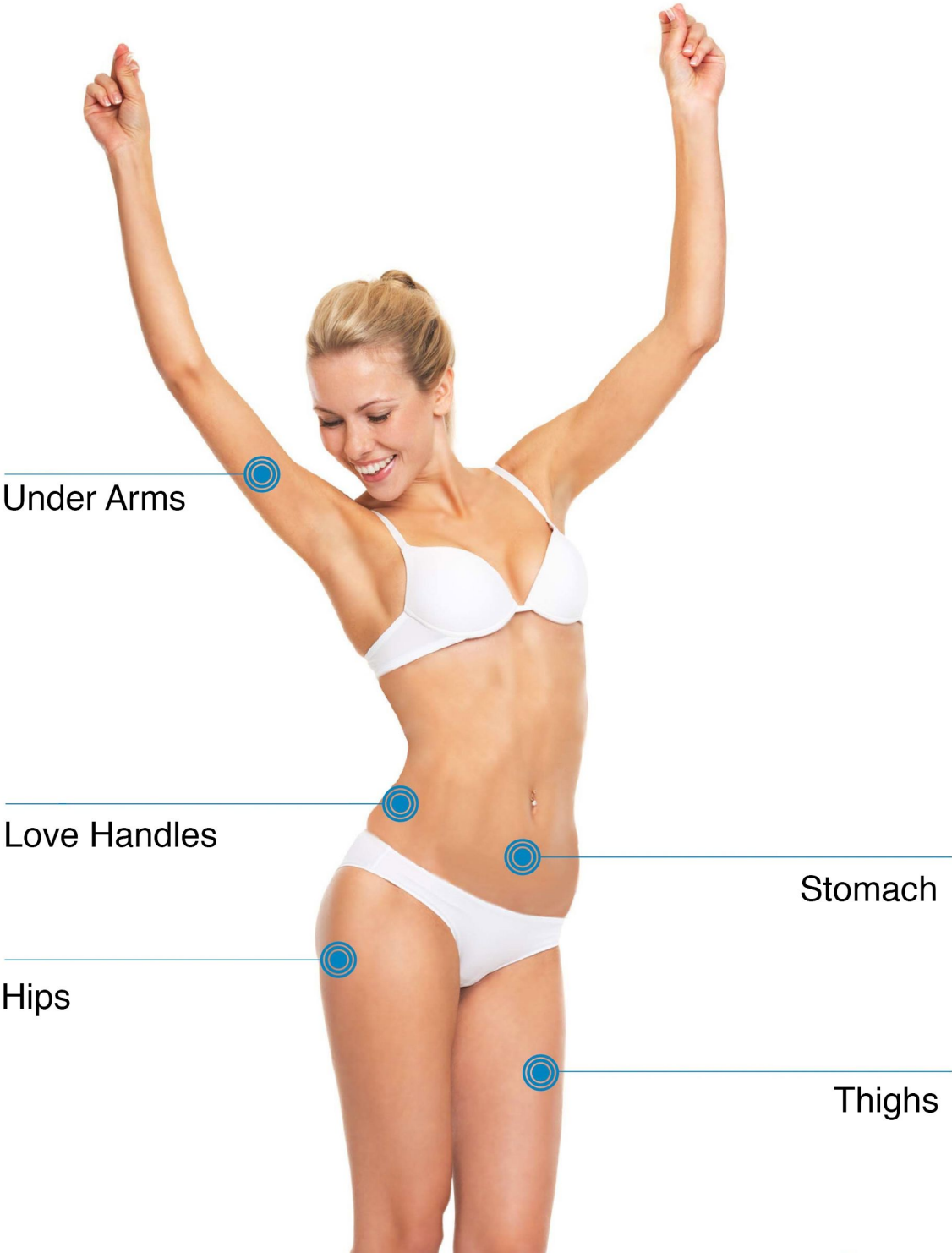
The Fat Freezer uses scientifically proven cold lipolysis technology that works by delivering energy (cold) through an area of the skin that helps dissolve the fat cell deposits beneath that area by “freezing” them away. FatFreezer provides a non-invasive safe and simple way of reducing pockets of fatty tissue in designated areas of the body.

Numbness at the site is common, resolving over 2-3 days. There typically is minimal recovery time after Fat Freezing. You will be able to return to your normal daily routine immediately after the procedure. It is common for the treated area to feel bloated and to look swollen for the first three weeks after Fat Freezing. Compression tights such as yoga pants or Spanx may feel good to wear during this period. You may experience a temporary dulling of sensation or itching/tingling/off sensation that can last for few days.



Where to use the Fat Freezer?

The Fat Freezer can be used on numerous parts of your body. You can use the Fat Freezer almost anywhere BUT your face. The Fat Freezer can be used on your underarms, love handles, Thighs, Hips, Buttocks and the most popularly, the stomach. Make sure the Fat Freezer device is properly secured to body part with a Fat Freezer pad between skin and plate. Although everyone's body is different, the stomach is commonly divided into 6 sections.



How Do I Maximize my Treatment Results?

Weight gain will prevent you from appreciating your full results. Maintaining a healthy diet and exercise routine after your procedure can help prevent this. Just like liposuction, The Fat Freezer kills and eliminates fat cells from the treated area. If you are eating more calories than you are burning off through normal activity and exercise, the extra calories will be stored as fat in other locations in your body. This is the perfect time to evaluate your eating and exercise habits and to make changes if merited to optimize your result. Our providers are happy to provide advice and counselling to help you make changes or assess proper caloric goals if you feel that you may benefit from them. Avoid the use of anti-inflammatory medications such as ibuprofen, naproxen and Celebrex for six weeks after the treatment. The inflammatory response in your body is the mechanism which removes the fat cells and inhibiting the body's ability to mount a response may slow the progress of your result following Fat Freezing.

The results of Fat Freezer may be temporary but maintaining a healthy lifestyle and diets can maintain the results of the Fat Freezer device. We recommend drinking 3 Liters of fluids daily, including citrus based drinks. Please use in conjunction with our diet plan.



Benefits of Freezing Fat Away with Fat Freezer

Nothing sucks like having stubborn fat. Sometimes other methods such as exercises may not work in removing stubborn fat as you expect. Fat freezer is a new revolutionary procedure that is designed to aid women and men get rid of their unwanted bulges in their bodies that do not respond to other methods. The process freezes fat cells in the body forcing to destruct themselves naturally; a process called apoptosis. Vacuum is used to cool the fat away from the body between two plates, and fat is frozen to a precise temperature for one hour. The best thing is that at such temperatures, no blood vessels, nerves or skin is damaged. There are many benefits you can get by going for fat freezing. Some of the benefits

Freezing fat

It's Noninvasive

One of the biggest benefits of the Fat Freezer is that it is a noninvasive, nonsurgical procedure, meaning that you won't have to worry about extensive downtime afterwards. It works using a treatment method called cryolipolysis, which freezes fat cells in the targeted area while leaving the surrounding tissue unharmed. Then, your body naturally eliminates those cells over the next several weeks, leaving you with the leaner, more contoured figure you want. Although some side effects such as redness, swelling, bruising, itching and minor discomfort are common, these are typically mild in nature and should gradually resolve themselves as your body continues to heal.

It's Quick and Simple

The length of time that your Fat Freezer procedure takes will depend on the size of the area being treated. However, most treatment sessions generally last about 60 minutes, making this procedure relatively quick and easy to work into your busy schedule. You can also expect to be able to return to work or your normal daily activities shortly after your Fat Freezer session.

If you're planning on having multiple areas treated, Dual Sculpting can help you save even more time by using two Fat Freezer devices during a single treatment session.



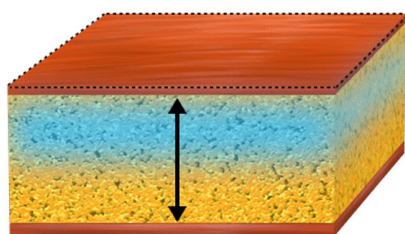
Fat bulges in the abdomen.

Delivering cool energy.

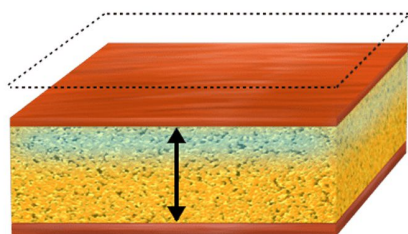
Fat cells destroyed.

Number of fat cells are decreased in abdomen.

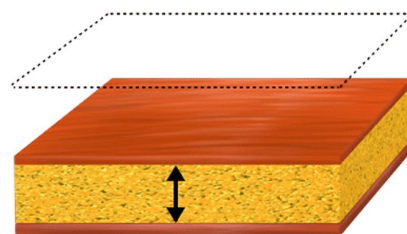
0_{DAY}



30_{DAYS}



90_{DAYS}



Offers Natural-Looking Results

The goal of any cosmetic procedure is to help you look like yourself, just enhanced. CoolSculpting offers very natural-looking body contouring results that will gradually reveal themselves over several weeks, just like you would gradually tone your body through exercise. And because it doesn't require surgery, you won't be left with any scarring.

Keeps You Motivated

While CoolSculpting isn't a replacement for adopting healthy eating and exercise habits, it can help to enhance your results. In fact, many men and women find that seeing the transformation that CoolSculpting can help them achieve is yet another motivating factor to stick to their healthy diet and exercise routine.

It's important to keep in mind, too, that maintaining healthy lifestyle choices is key to maintaining your same great results. Although CoolSculpting permanently eliminates the fat cells that it targets, it is possible to gain new fat deposits in the future.

Boosts Self-Confidence

It's no secret that when you look good, you feel good, and that's exactly what CoolSculpting can help you do. You may be feeling discouraged if you're just not seeing the kinds of dramatic results you'd expected from your great diet and exercise plan, but this likely has nothing to do with your work ethic. In fact, we have very little control over where our bodies choose to store and lose fat, which can make our efforts in the gym seem to fall short.

CoolSculpting can make your clothes fit better and help you see the transformation that you've been looking for. For many people, this boost of self-confidence fosters a more positive body image and even an improved quality of life.



Sample Meal Plans

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
breakfast	Scrambled Eggs * 8 oz. or more, water * ½ a banana * 1 scrambled egg white, 1 scrambled egg with yolk.	Orange Chicken * 8 oz. or more, water * ½ an orange * ½ cup shredded chicken breast, warm or cold – yes for breakfast.	Smoothie * ½ cup plain fat free yogurt * ½ a banana * 3 frozen pineapple slices * 1 tsp. coconut flavor * 8 oz. or more, water	Scrambled Eggs * 8 oz. or more, water * ½ a banana * 1 scrambled egg white, 1 scrambled egg with yolk.	Orange Chicken * 8 oz. or more, water * ½ an orange * ½ cup shredded chicken breast, warm or cold – yes for breakfast.	Smoothie * ½ cup plain fat free yogurt * ½ a banana * 3 frozen pineapple slices * 1 tsp. coconut flavor * 8 oz. or more, water	Scrambled Eggs * 8 oz. or more, water * ½ a banana * 1 scrambled egg white, 1 scrambled egg with yolk.
snack	* 1 cup fat free flavored yogurt * 8 oz. or more, water	* 1 large apple * 8 oz. or more, water	* 1 large orange * 8 oz. or more, water	* 1 cup fat free flavored yogurt * 8 oz. or more, water	* 1 large apple * 8 oz. or more, water	* 1 large orange * 8 oz. or more, water	* 1 cup fat free flavored yogurt * 8 oz. or more, water
Lunch	Spicy Chicken & Pasta * ¾ cup spinach pasta(the green colored pasta) * ¼ cup chicken breast chopped * 5 TBS fat free salsa * 8 oz. water * ¼ of an apple	Crunchy Turkey Salad * ½ cup cooked broccoli * ½ bag dry BAKED Ramen Noodles - boiled * ½ bag dry BAKED Ramen Noodles crunched up * ½ cup snow peas * 1 orange chopped * 3 thin slices of peppered turkey lunch meat chopped. * 1 tsp. lite sesame seed dressing, or vinaigrette. * 8 oz. water	Chicken Sandwich * Two slices whole wheat toast * ½ chicken breast * 1 slice low fat cheddar cheese * 10 large spinach leaves * Mustard * 8 oz. water	Peanut Butter Pasta * ¾ cup angel hair pasta - cooked * 1 TBS. low fat peanut butter <i>Mix peanut butter in with warm pasta so it melts</i> * ½ cup broccoli * ¼ of an apple * 8 oz. water	Crunchy Turkey Salad * ½ cup cooked broccoli * ½ bag dry BAKED Ramen Noodles - boiled * ½ bag dry BAKED Ramen Noodles crunched up * ½ cup snow peas * 1 orange chopped * 3 thin slices of peppered turkey lunch meat chopped. * 1 tsp. lite sesame seed dressing, or vinaigrette. * 8 oz. water	Chicken Sandwich * Two slices whole wheat toast * ½ chicken breast * 1 slice low fat cheddar cheese * 10 large spinach leaves * Mustard * 8 oz. water	Spicy Chicken & Pasta * ¾ cup spinach pasta(the green colored pasta) * ¼ cup chicken breast chopped * 5 TBS fat free salsa * 8 oz. water * ¼ of an apple



Sample Meal Plans

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
s n a c k	* 1 cup strawberries * 8 oz. water	* 1 large banana * 8 oz. water	* 1 large orange * 8 oz. water	* Large handful leafy spinach * 8 oz. water	* 1 cup strawberries * 8 oz. water	* 1 large orange * 8 oz. water	* Large handful leafy spinach * 8 oz. water
d i n n e r	Summer Salad * 3 oz. chopped chicken breast * ½ cup grapes * ½ cup strawberries * ¼ cup celery – sliced * ½ cup pineapple slices * 1 TBS non-fat ranch dressing * 8 oz. water	Spinach Salad * 1 cup spinach leaves * 2 tangerines, chopped * 5 almonds * 4 thin slices of peppered turkey lunch meat – chopped * ½ cup cooked broccoli * 1 tsp. lite sesame seed dressing or vinaigrette * 8 oz. water	Jamaican Jerk * ¼ lb. ground turkey * 3 mushrooms sliced * 1 cup celery chopped * 2 TBS. Jamaican Jerk Seasoning * 1 cup spinach * 2 tsp. lite vinaigrette <i>Mix all ingredients together</i> * 8 oz. water	Chicken and Veggie's * 3 oz. grilled chicken breast – shredded * ½ cup cooked broccoli * 3 cooked asparagus * 1 thin slice sharp cheddar cheese * ½ cup seedless grapes * 8 oz. water	Spinach Salad * 1 cup spinach leaves * 2 tangerines, chopped * 5 almonds * 4 thin slices of peppered turkey lunch meat – chopped * ½ cup cooked broccoli * 1 tsp. lite sesame seed dressing or vinaigrette * 8 oz. water	Jamaican Jerk * ¼ lb. ground turkey * 3 mushrooms sliced * 1 cup celery chopped * 2 TBS. Jamaican Jerk Seasoning * 1 cup spinach * 2 tsp. lite vinaigrette <i>Mix all ingredients together</i> * 8 oz. water	Chicken and Veggie's * 3 oz. grilled chicken breast – shredded * ½ cup cooked broccoli * 3 cooked asparagus * 1 thin slice sharp cheddar cheese * ½ cup seedless grapes * 8 oz. water
s n a c k	* ½ cup honey blended Greek strained yogurt and 5 almonds * 8 oz. water	* ½ orange * 8 oz. water	* 3 frozen pineapple slices * ½ cup honey blended Greek strained yogurt and 2 almonds * 8 oz. water	* Large handful leafy spinach * 5 almonds * 8 oz. water	* ½ cup honey blended Greek strained yogurt and 5 almonds * 8 oz. water	* ½ orange * ½ cup honey blended Greek strained yogurt * 8 oz. water	* 3 frozen pineapple slices * 8 oz. water

TIPS:

- Every meal should include at least 8 oz. of water.
- MAIN RULE: if hungry –eat more from the block. This is the minimum for each.
- Lunch is to be finished no later than 1:30pm. If lunch is eaten after 1:30 pm, pasta, or any white carb. portion is to be deleted.

Daily caloric intake, as well as protein measured in grams.

<i>1191.5 Calories</i> <i>72.1 g. Protein</i>	<i>1208.5 Calories</i> <i>48.2 g. Protein</i>	<i>1286.5 Calories</i> <i>83.9 g. Protein</i>	<i>1186 Calories</i> <i>71.1 g. Protein</i>	<i>1374.5 Calories</i> <i>53.7 g. Protein</i>	<i>1231 Calories</i> <i>84.4 g. Protein</i>	<i>971.5 Calories</i> <i>77.2 g. Protein</i>
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Daily minimum average per week recommended: 1207 calories



Disclaimer

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