

# Lose Weight and 2- 6 Inches from Waist, Hips, Thighs, Buttocks and reduce Cellulite Appearance

Vacu Stepper with FAT DETOX wrap is the non-surgical alternative to liposuction

## Why is fat detox important for losing and keeping inches lost off?

Unhealthy fats, like saturated fats in meats and dairy foods, trans-fats like those in many dairy foods, hydrogenated or partially hydrogenated oils like those in margarine, shortening and many snack foods, and oxidized fats, like those in all fried foods, collect into excess body fat. Sugary foods and highly processed foods (like fast foods) are so devoid of digestive enzymes that they end up collecting as excess fat. Further, if you are congested, your body tries to dump its metabolic wastes to get them out of the way - one of the places that receives metabolic wastes is excess fat.

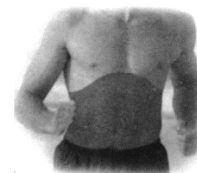
## Is your body showing signs that it needs a fat detox?

- Is cellulite collecting on your hips, thighs or tummy? (Cellulite is a combination of fat, water and trapped wastes beneath the skin.)
- Are your upper arms slightly flabby or your waistline noticeably thicker?
- Your hips, thighs, buttocks and waist stays the same no matter how much you exercise
- Does your face look jowl-y or puffy? Have your wrists and ankles thickened?

## Recommended Detox:

Full Body Detox – High Quality Chlorella (best are brands with broken cell wall for increased nutrition available from Biocare) Best done over 30 days detox program.

Fat Detox Wrap – Apply to fat reduction area overnight (most see 1-3 inches loss immediately). Additional wrap on the same area can only be applied after 72 hours. The FAT detox wrap is recommended before or during the first week of starting the Vacu Stepper sessions for effective results.



**The Vacu Stepper process** helps you lose Inches, reduce the appearance of Cellulite and helps to tone your buttocks and legs. It is an elliptical workout inside a chamber featuring a vacuum system that increases blood circulation. This allows concentrated fat to be burned and results in a loss of inches in the hips, thighs, stomach and buttocks. The Vacu stepper also significantly improves skin tone and texture in these problem areas. Must be less than 230 Lbs to use this.

The only way to burn fat is through exercise. The combination of gentle even movements on the Vacu Stepper unit and the vacuum inside the chamber activates the blood circulation and stimulates the fat burning process. This also assists in transporting the nutrient-rich blood throughout the lower part of the body.

*In addition to the loss of inches and reduction of cellulite, it increases blood circulation to help regenerate the formative and fatty tissues making the skin appear younger and smoother.*

The result is a reduction in the inches at the hips, thighs, stomach and buttocks. As the cells release the surplus fat and toxins, they are then burned in the lower part of the body.

**Bio Laser Weight Loss Program** helps you get back in control, decrease your appetite and balance your endorphin level. Processed foods have chemicals added that raise your endorphin level. As this drops there is a desire to eat more, making you more vulnerable to quick fix foods. **Emphasis is on Healthy Eating not dieting.** Body needs fuel (proper food) to keep it and the mind in good working order.



Bio Laser Weight Loss program is four sessions (1 session per week). Many have lost 2-10 lbs a week, during and after treatment programs.

---

## Biocare Quit Smoking Laser Therapy and Weight Loss Center

2200 W Bethany Home Rd #7A, Phoenix AZ 85015 • (602) 492-9877 • [www.biocaretherapy.com](http://www.biocaretherapy.com)