Patient Procedure Guide
Welcome to ZERONA® – the safe body contouring, low-level laser proven to remove fat and reduce inches without invasive surgery. There are no needles, no incisions, and no recovery time needed. ZERONA works by emulsifying fat which then releases into the body. The excess fat is then passed through the body during its normal course of detoxification.

Your Treatments, Step-by-Step
ZERONA treatment sessions are administered over a two-week (or more depending on the number of treatments) period of time. For added results, discuss additional ZERONA treatments with your physician.

1. Before your first treatment and after your last, your measurements will be taken and recorded. You can write your measurements on your ZERONA Patient Form to easily track your success.
2. Remove your clothes, leaving your undergarments or bathing suit on, and lay down on the table wearing the safety goggles. The technician will direct the ZERONA lasers at the target areas.
3. Each treatment is 40 minutes – 20 minutes laying on your back; and 20 minutes on your front.
4. For best results, it’s critical to schedule your appointments every other day (three treatments a week).

Achieve Your Maximum Success
By following these steps everyday, you will achieve the maximum results from ZERONA:

Take CURVA™ Supplements – Take twice daily and begin one week before your treatments, and continue for one week after. CURVA is a proprietary blend of Niacin, Omega 3, Milk Thistle, Gingko Biloba, and Green Tea extract, scientifically designed to aid in the detoxification process. The most important part of this supplement is B3-Niacin, which is a vasodilator and also breaks down triglycerides. Be sure to take this supplement with food.

Niacin opens up the blood vessels to increase blood flow and some people may experience flushing, which can be avoided by taking with food.

Hydrate – Drink half your body weight in ounces of water each day (but not over a gallon). To determine the correct amount, divide your weight in half and then divide that number by 20 (for example, to know how many 20 oz bottles of water to drink each day).

Eliminate Alcohol and Limit Caffeine Intake – Both dehydrate the body and you want to be as hydrated as possible. If you choose to have a caffeinated beverage, drink 2 additional glasses of water immediately afterwards.

Eat 4-5 Smaller Meals – The liver will be able to process food more efficiently. Stay away from processed foods – the liver needs to stop processing fat in order to process those foods.

Exercise – 30-45 minutes of moderate exercise each day. Walking, yoga, pilates and swimming are all good things to do. Anything too demanding like weight lifting or power walking will build up lactic acid and the body will burn sugar instead of fat. If you have been in a regular exercise routine for 6+ months, keep it up. Concentrate more on cardio less on weights.

Compression Garments – You should wear them at least 8 hours per day (i.e. Spanx or L’eggs Body Shapers). They help to push the liquefied fat into the lymphatic system and speeds up the processing of the fat and also helps with skin contracture.

Keep Your Appointments – Keep your scheduled treatments, with no more than three days between appointments.

What You Can Expect
After completion of the two week protocol clinical trials resulted in an average of 3.52 inches lost; with some patients losing as much as 9 inches. Many patients do not see noticeable results until after the last session. Don’t get discouraged and stay with the protocol. As with any procedure, results will vary and may be more dramatic from one patient to the next.