



Laser Treatment Center

Tips, Advice & Information

A DOCTOR'S VIEW OF HOW TO SHED EXTRA POUNDS OR GET RID OF BULGES THIS SPRING

by Dr. Cooperrider

Some of you may notice that I'm looking thinner recently. Well, for an old dude (as my ten year old would say) I couldn't be healthier. It's because I'm into my second month of an experiment that I started to see what would happen if I burned at least **1,000 CALORIES EXTRA EVERY DAY WITHOUT MODIFYING MY DIET**. I'm so tired of hearing that "DIET AND EXERCISE" is the only proven way to lose weight. I've tried it and it's hard! And I like to avoid medications (though I don't mind using new machines-more on this later. ☺)

What I'm doing, once it is set up, is EASY! My not-so-secret SECRET is to continue with my normally sedentary activities of web-surfing and reading medical journals and novels and even snacking, but I do it WHILE I'M WALKING. This involves 2-3 hours of 2 MPH walking uphill on the treadmill every day, IN THE LIVING ROOM.

Who has time for this?? There's no way that I would have ADDED this on to my daily routine as "EXERCISE," so I had to find out how to INSERT it without adding any time on. For this I took my cue from primitive hunter-gatherer societies. When you see videos of these people, you see that they are often eating as they are walking and "gathering." I realized then that this is the key, INSERTION rather than ADDITION! It is not specifically for weight loss, because it's so good for overall health that you will most likely live longer and be healthier even without losing weight. (Just don't cross the street in front of a truck!) However, it can be predicted that if you were to burn 1,000 cal per day or 7,000 per week, one would shed 2 lbs. a week. In my case it worked out to about 1.5 lbs. a week or 6 lbs. a month, but that's not bad. It would be 72 lbs. a year! Plus it's been shown that if people of-a-certain-age go on a diet without exercising, they will break down their muscle as fuel-not good!

Also, once you have followed this program for a while, you will dissociate the activity of the bottom half of your body with what your brain is doing. And, it's SCALABLE AND MAINTAINABLE, because once you reach your desired weight (given reasonable hip and knee joints) you will keep doing it at a reduced level or at the same level if you enjoy eating more.

After you have arrived, you will not stop your daily walking because it will have become so ingrained in your routine that it will feel odd to be sitting while doing these tasks. In fact, I've just burned about 400 EXTRA calories walking while writing this, not counting the energy I used with my fingers on the keyboard (at least 20 calories more! ☺) My main challenge with this extended treadmill use right now is how to not drive my wife crazy with my incessant walking in the living room. It's like living with a hamster!

OK, so what if this isn't something you want to do or what if it works to a degree but there are stubborn bulges of fat here or there. Those of you who know me know that we don't do invasive cosmetic surgery like liposuction in my office. Heck, people have died during or after lipo. Accordingly I personally only want to be responsible for non-invasive treatments, ideally painless and with zero risk of death! Well, there is a brand new technology on the market from researchers at Harvard that we have now in the office called Zeltiq. It's quite a breakthrough as it works by controlled chilling of fat, rather than heating like a laser. Technically it functions by stimulating the fat cell suicide mechanism called, in scientific terms, apoptosis. In testing prior to FDA approval it has reliably produced a 20% decrease in belly, love handle, and back fat in one PAINLESS hour-long treatment.

Sound too good to be true? (This is starting to sound like an infomercial! ☺) Well, it's not a cure for obesity nor will it work if you're too thin. However, some of the earliest results have lasted 3 years now, so it seems to be the treatment of choice for those who want to avoid surgical or laser liposuction. It doesn't take away as much in one treatment, but it appears to last just as long, and you can repeat it again for another 20% if desired. There is no recovery time-you can do whatever you want afterward. Combined with good exercise habits in the future, it will be gone for good!!

May 2, 2010

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