



DESTROY FAT CELLS

HOW TO MELT THE FAT

REGARDLESS OF THE MECHANISM USED (COLD, HEAT, ULTRASOUND OR INJECTIONS), NONSURGICAL METHODS CAUSE THE FAT CELL TO EITHER BREAK OPEN OR MELT, DUE TO HEAT, COLD, LASER ENERGY OR FAT-TOXIC CHEMICALS, AND BE EXCRETED VIA THE BODY'S NATURAL METABOLIC SYSTEMS. VISIBLE CHANGES USUALLY CAN'T BE SEEN FOR A FEW MONTHS SINCE THE DEATH PROCESS, FROM START TO FINISH, CAN TAKE AT LEAST THREE TO FOUR MONTHS, IF NOT LONGER, DEPENDING ON YOUR BODY TYPE AND METABOLISM.

THE FAT-MELTING MACHINES

freeze the fat



01

MELTING MACHINE

HOW IT WORKS: Although it's still not FDA-approved (approval is hoped for soon by the manufacturer), Zeltiq works by using a controlled method of cooling to remove fat noninvasively by causing cell death. During the downtime-free treatment, a suction cup-like device is adhered to areas like the stomach or waistline to target unwanted fat by sending cold to the cells. While it is said that just one treatment is needed (although you may require more), you're likely to see results in two to six months—results are not instant because it takes that long for the death cycle of a fat cell to occur and for the body to remove the residue. Keep in mind that Zeltiq may cause you to lose inches, but New York City dermatologist Rhoda S. Narins, MD, says you won't lose weight.

What the Doctor Says "It does work well to correct areas that are resistant to diet and exercise, on some of those areas that weren't targeted during liposuction or to correct an area where a patient is still not satisfied," says Reno, NV, plastic surgeon Tiffany McCormack, MD. "Zeltiq may have some lingering itching and numbness that generally resolve over time. While this procedure looks promising, it may not be for everyone. Surgical liposuction still may offer the best cost-to-benefit ratio," says Eugene, OR, plastic surgeon Mark L. Jewell, MD.

melt the fat with heat



02

MELTING MACHINE

HOW IT WORKS: While the main goal of most skin-tightening devices is to firm up slack skin, these machines actually work double duty to eliminate fat. Used off label, nonablative radiofrequency energy sends short yet intense pulses through the skin to target the dermis to potentially create new collagen and tighten existing collagen, simultaneously breaking up fat. As the energy is deposited into the fat cell, fatty acids are released, and the cell eventually dies. However, there is the risk of skin burns and damage to deeper tissue layers.

What the Doctor Says "The heat from these procedures that stimulates collagen production and skin tightening may destroy the fat cells in that area if the energy is great enough," says Dr. Narins.

"While the results are touted by some, they may not be better than those produced by liposuction. There is also the risk of burns and injury when tissue is heated to near-burn levels," says Dr. Jewell.

“ WITH RADIOFREQUENCY TREATMENTS, THERE IS THE THEORY THAT COLLAGEN MAY TIGHTEN AND FAT MAY BE MELTED BY THE EFFECT OF TISSUE HEATING. ”