



**CONTOUR
LIGHT®** - Red Light
Therapy

PRE & POST Protocols for OPTIMAL RESULTS.

- **Do not eat 2 hours before or 2 hours after treatment.**
- **No creams or lotions on any body parts you're going to have treated.**
- **(This will block the light)**
- **Proper Hydration (AND WHY)**
- **By properly hydrated, we suggest to all patients that they drink half their body weight in ounces on the day of treatment**
- **Tell patients to drink 2 - 8 oz glasses of water every hour from when they wake up to the time of their treatment to properly hydrate the fat cells and 2 glasses per hour until bed to help flush the lymphatic system.**
- **After the treatment, the patient is required to complete a 10 minute vibration plate session**
- **In order to flush the liquified fat into the lymphatic system so the body can get rid of it**
- **ANY and all exercise is encouraged any time of the day before or after treatments.**
- **Maintain a healthy low carb diet on the days of your treatments for OPTIMAL RESULTS**
- **Stay away from fats, sugars, complex carbs**
- **AVOID ALCOHOL DURING THE COURSE OF TREATMENT**



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- **Alcohol interferes with liver function, therefore reducing its ability to process fatty acids**
- **Treatments can be done 2-3 times per week until treatment course is complete**
- **Many medical professionals may provide a liver cleanse product during the course of extended treatment to help aid the liver in processing the fat**
- **Again, Proper Diet/Nutrition IS A KEY FACTOR FOR CONTOUR LIGHT SUCCESS**
- **Contour Light is not a substitute for eating healthy or exercising.**