



TARGETED FAT LOSS

THE CLINICALLY PROVEN, NON-SURGICAL
LASER PROCEDURE FOR FAT REDUCTION



ALIGN INTEGRATED MEDICAL

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CONTENTS

INTRODUCTION	4
Chapter 1. WHAT IS THE ZERONA Z6	5
Chapter 2. HOW DOES THE ZERONA Z6 HELP ME LOSE FAT?.....	7
Chapter 3. IS LOW LEVEL LASER THERAPY SAFE?	10
Chapter 4. WHAT IS THE DIFFERENCE BETWEEN ZERONA AND COOLSCULPTING?	12
Chapter 5. WHAT IS THE DIFFERENCE BETWEEN ZERONA AND LED OR RED LIGHT THERAPY?	14
Chapter 6. WHAT IS THE DIFFERENCE BETWEEN ZERONA AND TRADITIONAL LIPOSUCTION	16
Chapter 7. IS THERE ANY RESEARCH BEHIND THE ZERONA Z6?.....	18
Chapter 8. HOW QUICKLY DO YOU SEE RESULTS AND HOW LONG DO RESULTS LAST?.....	20
Chapter 9. OTHER BENEFITS OF THE ZERONA Z6 PROCEDURE.	27
Chapter 10. GETTING STARTED ON YOUR JOURNEY TO PROVEN, PERMANENT FAT LOSS	29

INTRODUCTION

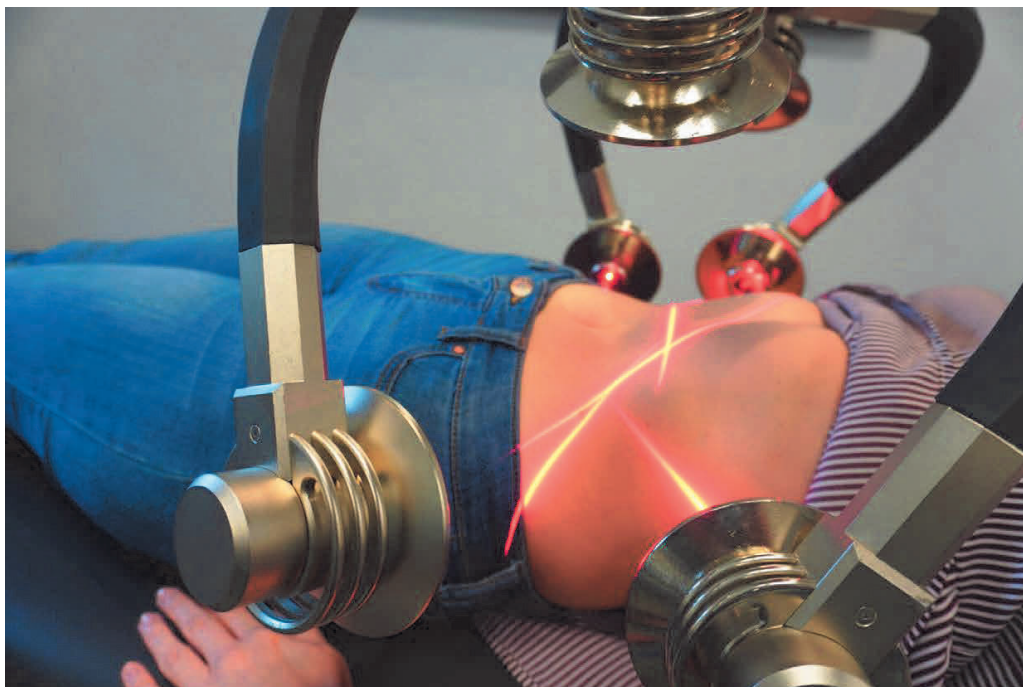
There has been a tremendous amount of interest over the past few years around low level laser therapy. Patients want to know how it work, if it is safe & effective and what types of conditions it can help with. This type of therapy uses lasers to treat a wide range of medical conditions without the need for surgery. Due to its many benefits, including reduced pain and recovery time, as well as its ability to target specific areas with precision it's no wonder why low level laser therapy has become so popular.

From dermatological conditions, to pain, and non-invasive fat reduction the field of low level laser therapy applications has grown tremendously.

In this guide we will explore some of the most common questions around low level laser procedures for non-invasive fat loss and provide greater insight as to what it is and how it may be able to help you.

CHAPTER 1: **WHAT IS THE ZERONA Z6**

The Zerona Z6 laser is a low-level laser therapy device. It is a non-invasive body contouring treatment that is designed to help reduce body fat and contour the shape of the body.



The Zerona Z6 laser works by emitting low-level laser energy that penetrates the skin and causes the fat cells to release their stored contents. It can result in a reduction in the size of

the fat cells. The body then naturally eliminates the fat through the lymphatic system.

The Zerona Z6 laser is FDA cleared for the treatment of the waist, hips, thighs, and upper arms. The treatment typically involves a series of sessions. Each session lasts around 40 minutes, during which the patient lies down and relaxes while the laser is applied to the targeted areas.

It is important to note that the Zerona is designed to help reshape and contour the body by reducing localized pockets of fat. It is also important to maintain a healthy diet and exercise routine to maximize the results of the treatment.

The Zerona Z6 laser is considered a safe treatment for body contouring and has been cleared by the FDA for this purpose. The low-level laser energy used in the Zerona Z6 is non-invasive and does not produce any heat, making it a safe alternative to traditional surgical procedures.

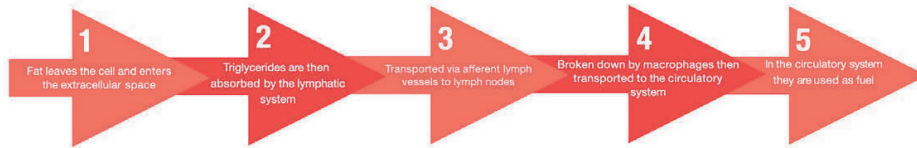
It is also important to note that the Zerona Z6 laser is not recommended for everyone. It is not suitable for people with certain medical conditions, such as liver disease, as well as pregnant or breastfeeding women. It is always best to consult with a licensed medical professional before undergoing any new medical treatment.



CHAPTER 2: **HOW DOES THE ZERONA Z6 HELP ME LOSE FAT?**

Zerona Z6 laser is a non-invasive cosmetic procedure designed to reduce fat cells in the body without the need for surgery or drugs. The procedure uses a low-level laser that targets adipose cells under the skin, causing them to release their stored content, primarily triglycerides, which are then metabolized and eliminated by the body's natural processes. This article will explain the mechanism of action behind how the Zerona Z6 laser works to help reduce fat.

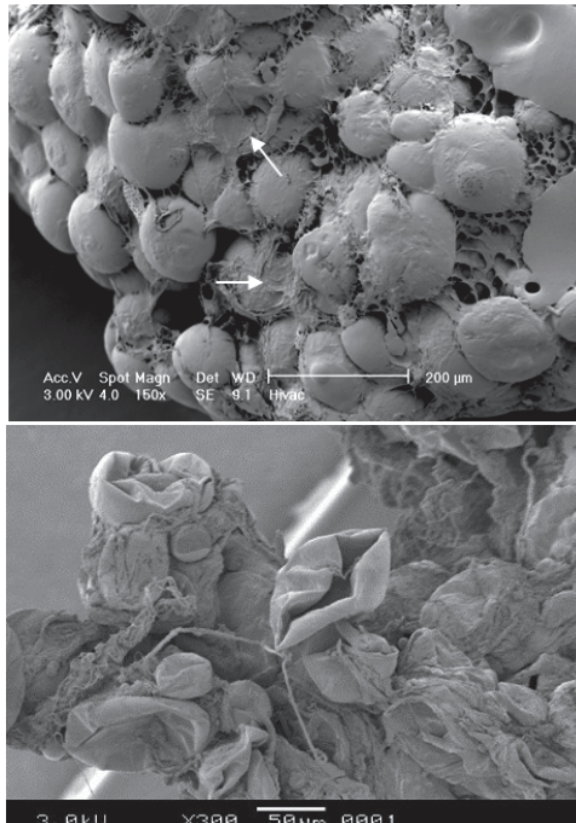
It uses a low-level laser diode that emits a specific wavelength of light energy that targets adipose tissue, also known as fat cells, under the skin. The laser penetrates the skin without causing any damage to the surface or the surrounding tissue. The adipose cells are sensitive to the specific wavelength of light energy emitted by the laser and absorb it, causing the cell membranes to become more permeable. This increased permeability allows for the release of the stored content within the cells.



The released content consists mainly of triglycerides, which are a type of fat molecule that can be metabolized by the body for energy. The triglycerides are broken down into glycerol and fatty acids, which are then transported to the liver through the bloodstream. The liver metabolizes the glycerol and fatty acids, converting them into energy that can be used by the body or eliminated through the urinary system.

The laser targets only the adipose cells and does not affect the surrounding tissue, such as muscle or bone. This makes the procedure non-invasive and safe. The laser's low-level energy does not cause any discomfort or pain, and patients can return to their daily activities immediately after the procedure.

Zerona Z6 laser procedures are typically administered over a period of two weeks, with each session lasting about 40 minutes. Patients lie down while the laser is positioned over the targeted area, such as the waistline, hips, or thighs. The laser is then turned on,



Scanning Electron Microscopy (SEM) and Transmission Electron Microscopy (TEM) reveal the transformation from a voluminous state to a deflated one.

and the patient relaxes while the laser does its work. After the session, the patient is free to go home and continue their daily routine.

The ZERONA Z6 laser treatment is most effective when combined with a healthy diet and exercise routine. The procedure is not a substitute for a healthy lifestyle but can help jump-start weight loss by targeting stubborn areas of fat that may be resistant to diet and exercise alone.

The ZERONA Z6 laser treatment has been studied extensively, and clinical trials have shown that patients can experience an average loss of 3.5 to 4 inches in circumference from the treated area. The results vary depending on the patient's age, sex, body mass index, and other factors, but most patients report noticeable improvements after just a few sessions.

CHAPTER 3: **IS LOW LEVEL LASER THERAPY SAFE?**

Unlike other invasive surgical procedures such as liposuction, which require anesthesia and surgical incisions, the Zerona Z6 laser is non-invasive and does not require any anesthesia. This means that there is no need for incisions or injections, reducing the risk of infection, bleeding, and scarring. The treatment is carried out in a controlled environment, and patients can be fully awake and aware throughout the procedure.

Additionally, unlike other surgical procedures, there is no downtime or recovery period required after a Zerona Z6 laser treatment. Patients can return to their daily activities immediately after the treatment, without any restrictions or limitations. This makes it a convenient option for those with busy schedules or who cannot afford to take time off from work or other commitments.

Moreover, the Zerona Z6 laser has an excellent safety record, with no known risks or side effects associated with the treatment. The low-level laser technology used in the procedure is entirely safe and has been extensively studied and tested for

its efficacy and safety. The laser energy is non-ionizing, meaning it does not cause any damage to the DNA or cells in the body.

It is important to note that the ZERONA Z6 laser is not a weight loss procedure, and it is not recommended for those who are severely overweight or obese. It is designed to target stubborn areas of fat that may be resistant to diet and exercise, such as the waistline, hips, or thighs. It is recommended that patients maintain a healthy diet and exercise routine to maximize the benefits of the treatment and maintain their results over the long term.

Patients who are pregnant or breastfeeding should not undergo the ZERONA Z6 laser treatment. While there is no known risk associated with the procedure, it is always essential to consult with a healthcare professional before undergoing any cosmetic procedure.



CHAPTER 4: **WHAT IS THE DIFFERENCE BETWEEN ZERONA AND COOLSCULPTING?**

While the Zerona Z6 and CoolSculpting are both non-invasive body contouring treatments, they use different technologies and have different methods of action.

Zerona Z6 is a low-level laser therapy treatment designed to target and reduce fat cells in specific areas of the body. During a Zerona Z6 treatment, laser energy is applied to the skin, causing the fat cells to release their contents, which are then naturally eliminated by the body's lymphatic system. CoolSculpting, on the other hand, is a cryolipolysis treatment that uses cold temperatures to freeze and destroy fat cells in specific areas of the body. During a CoolSculpting treatment, a device is applied to the skin, which delivers cooling to the targeted area. The cooling causes the fat cells to crystallize and die. CoolSculpting treatments are typically administered in one or more sessions, with each session lasting around one hour.

Unlike the Zerona Z6, CoolSculpting has some potential risks and side effects to be aware of. Some of the risks associated with CoolSculpting include:

Pain and discomfort: During the treatment, patients may experience sensations of pulling, tugging, or pinching, as well as intense cold or stinging sensations. After the treatment, patients may experience pain, swelling, and bruising in the treated area.



CoolSculpting can cause temporary numbness in the treated area, which may last for several weeks after the treatment.

In some cases, the skin in the treated area may become sensitive or irritated, leading to redness, itching, or hives.

In some cases, CoolSculpting can lead to paradoxical adipose hyperplasia, a condition in which the treated area actually increases in size due to an overgrowth of fat cells.

Other potential side effects include swelling, bruising, firmness, itching, and skin discoloration.

The Zurona Z6 on the other hand has no known side-effects.

It is also important to note that Zerona Z6 treatments typically cost far less than CoolSculpting.

CHAPTER 5: **WHAT IS THE DIFFERENCE BETWEEN ZERONA AND LED OR RED LIGHT THERAPY?**

Zerona Z6 laser and LED or red light therapy are both non-invasive cosmetic procedures that use light energy to target and reduce body fat. However, there are some key differences between the two technologies that can affect their effectiveness.

Zerona Z6 laser is a low-level laser therapy that uses a specific wavelength of light to create a temporary pore in the fat cell membrane, which allows the fat to escape and be eliminated by the lymphatic system. The Zerona Z6 laser is FDA-approved for non-invasive fat reduction and has been shown in clinical studies to be effective in reducing body fat and circumference.

On the other hand, LED or red light therapy uses scattered light to stimulate the body. This may lead to some health benefits, but it is not specifically targeted at reducing body fat.

In clinical studies of the ZERONA Z6, LED or red light therapy was actually used as a placebo or sham treatment, which allowed the ZERONA Z6 to clearly demonstrate it as a superior option for non-invasive fat reduction.

Overall, the ZERONA Z6 laser is more effective than LED or red light therapy for reducing body fat and circumference, because it specifically targets fat cells and has been shown to produce measurable results in clinical studies.



CHAPTER 6: WHAT IS THE DIFFERENCE BETWEEN ZERONA AND TRADITIONAL LIPOSUCTION

Zerona Z6 and traditional liposuction are both body contouring treatments that aim to remove unwanted fat from specific areas of the body. However, they use different methods and technologies, and have different levels of invasiveness and potential risks.

Zerona Z6 is a non-invasive treatment that uses low-level laser therapy to target and reduce fat cells in specific areas of the body. During a Zerona Z6 treatment, laser energy is applied to the skin, causing the fat cells to release their contents, which are then eliminated by the body's lymphatic system. The Zerona z6 has no known risks or unwanted side-effects.

Traditional liposuction, on the other hand, is a surgical procedure that involves removing fat cells from the body through a cannula (a small tube) inserted into the skin through small in-

cisions. Liposuction can be performed under local anesthesia, sedation, or general anesthesia, depending on the extent of the procedure and the patient's preferences.

Because liposuction is a surgical procedure it is more invasive and carries greater risks. Some of the potential risks of traditional liposuction include:

Infection: Any surgical procedure carries a risk of infection, which can be serious if left untreated.

Bleeding: Liposuction can cause significant bleeding, which can lead to complications if not properly controlled.

Fluid accumulation: After liposuction, fluid can accumulate under the skin, causing swelling and discomfort.

Nerve damage: Liposuction can cause temporary or permanent nerve damage, leading to numbness, tingling, or other sensory changes in the treated area.

Skin irregularities: Liposuction can sometimes cause skin irregularities, such as bumps, dimpling, or asymmetry.

Blood clots: Liposuction can increase the risk of blood clots, which can be life-threatening if they travel to the lungs or other organs.

It is also important to note that Studies conducted with the Zerona Z6 have demonstrated fat loss results comparable to traditional liposuction.

CHAPTER 7: **IS THERE ANY RESEARCH BEHIND THE ZERONA Z6?**

Not only is the Zerona Z6 FDA cleared for non-invasive fat reduction but it has the gold standard of peer-reviewed, double-blind, placebo controlled studies to support its effectiveness

One study published in *Lasers in Surgery and Medicine* in 2013 found that Zerona treatment resulted in a significant reduction in waist circumference and total body fat compared to a placebo group.

A larger study published in *Obesity Surgery* in 2019 found that Zerona treatment resulted in a significant reduction in body weight, BMI, and waist circumference compared to a control group receiving no treatment.

Another study published in *Lasers in Medical Science* in 2016 found that Zerona treatment resulted in a significant reduction in waist circumference, hip circumference, and body fat per-

centage compared to a control group receiving sham treatment.

Overall, there is strong evidence supporting the ZERONA Z6 laser as an effective treatment for body contouring and non-invasive fat reduction.



CHAPTER 8: **HOW QUICKLY DO YOU SEE RESULTS AND HOW LONG DO RESULTS LAST?**

Patients will often see objective results in just a single treatment! Hard to believe but it's true. Which is why we offer a 1 treatment challenge guarantee. To find out more about this simply call our office.

The total number of Zerona Z6 sessions you will need depends on various factors, including your individual anatomy, the amount of fat you want to reduce, and your overall health and lifestyle habits. In general, an initial course of Zerona Z6 treatments can consist of anywhere from six, to twelve sessions, scheduled over a period of a few weeks.

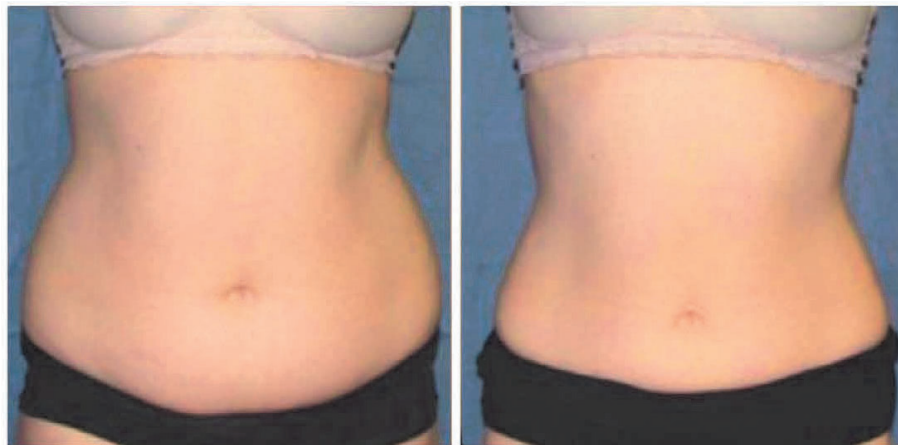
After each session, it is important to drink plenty of water and engage in light movement to help flush the released fat from your body. Your provider may also recommend other lifestyle

changes, such as a healthy diet and regular exercise, to help optimize the results of the treatment.

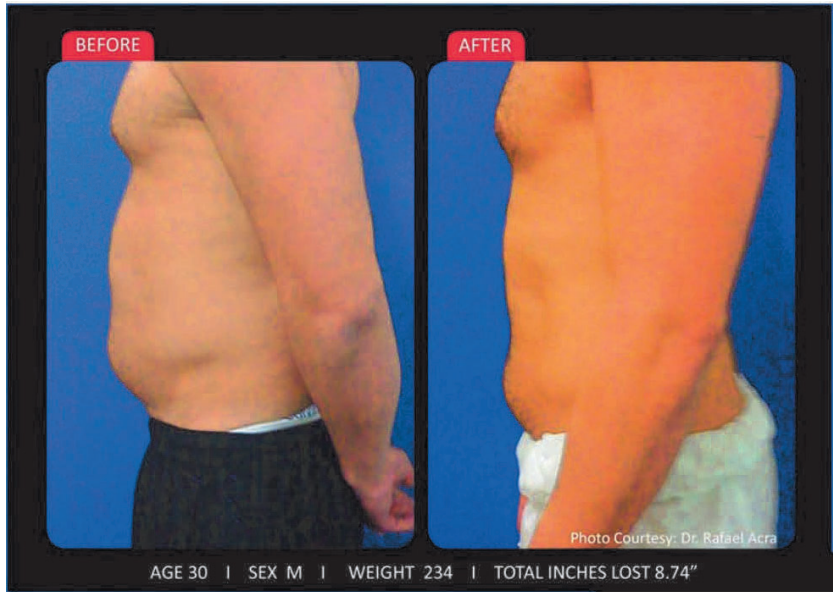
It's important to note that while ZERONA Z6 has been shown to be effective in reducing body fat and circumference in clinical studies, results can vary depending on individual factors. It's important to consult with a licensed professional to determine the number of ZERONA Z6 sessions that are right for your individual needs and goals.

The duration of results from ZERONA Z6 laser therapy may vary from person to person and depends on various factors such as lifestyle, diet, and exercise habits. While the ZERONA Z6 laser can reduce fat cells, it does not prevent new fat cells from forming in the future. Therefore, maintaining a healthy lifestyle with proper diet and exercise is crucial to maintaining the results of the ZERONA Z6 laser therapy.

Some studies have reported that the results of ZERONA Z6 laser therapy can last up to six months or more. However, as with any non-invasive body contouring procedure, individual results may vary, and there is no guarantee of specific results or duration of results. It is important to discuss your expectations and goals with a qualified healthcare provider who can provide you with realistic expectations and help you determine if ZERONA Z6 laser therapy is the right option for you.

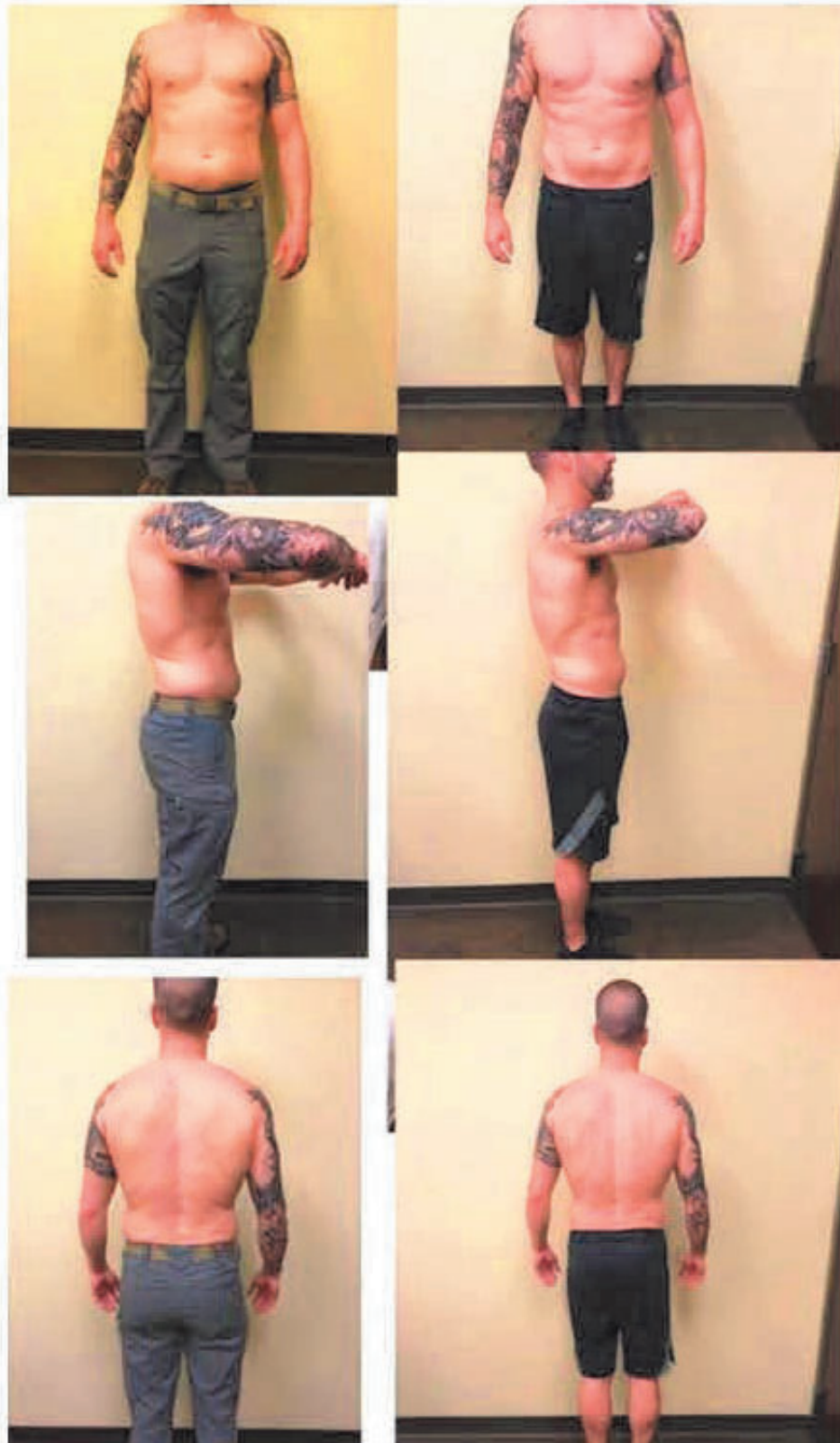


10 SESSIONS. 12.5" LOST.





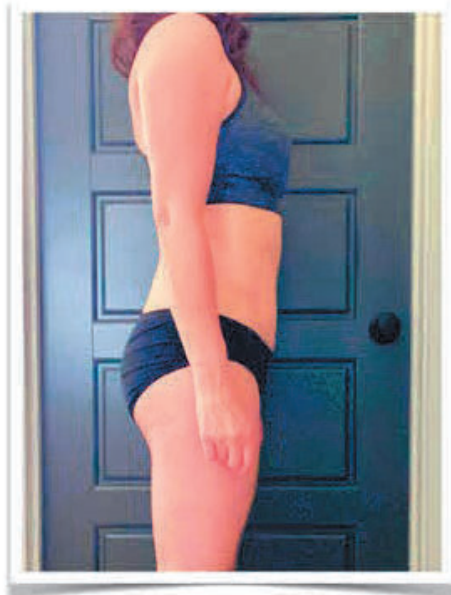
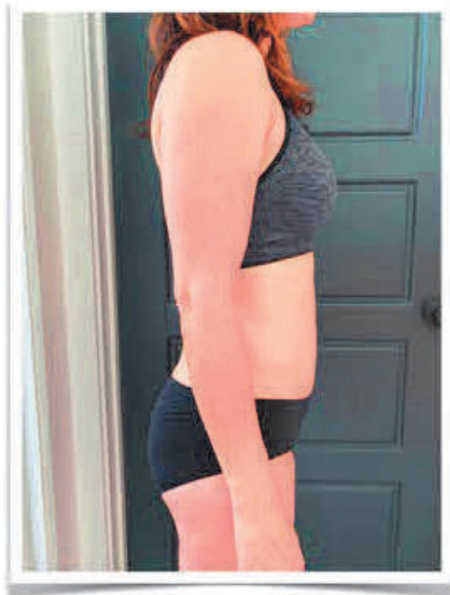
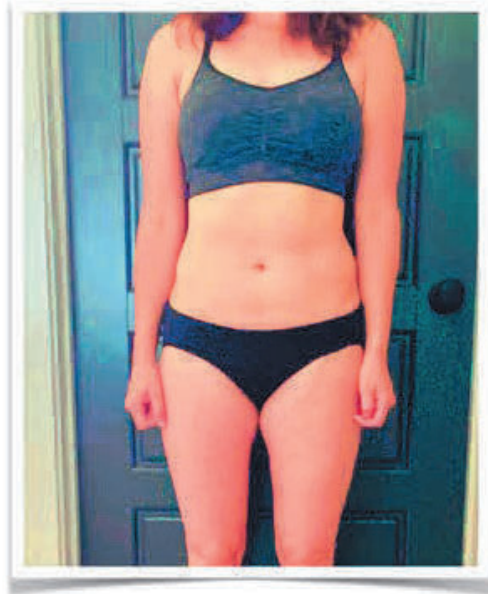
9 SESSIONS. 10" LOST.



2 SESSIONS. 3.25" LOST.



9 SESSIONS. 12.75" LOST.



8 SESSIONS. 6.5" LOST.

CHAPTER 9: **OTHER BENEFITS OF THE ZERONA Z6 PROCEDURE**

As the Zerona Z6 laser utilizes low level laser therapy to achieve non-invasive fat reduction, there are a few other potential benefits to it. Specifically Low-level laser therapy has been studied for its potential therapeutic effects on various health conditions, including the gut microbiome and systemic inflammation.

A study published in *Lasers in Medical Science* in 2019 investigated the effects of Low level laser therapy on the gut microbiome and inflammation in patients with type 2 diabetes. The study found that it improved the gut microbiome composition and reduced systemic inflammation, indicating a potential therapeutic effect on metabolic disorders.

Another study published in the *Journal of Photochemistry and Photobiology* in 2017 investigated the effects of Low level laser therapy on systemic inflammation in rats with sepsis. The study found that it reduced inflammation markers and improved the survival rate of rats, indicating a potential therapeutic effect on systemic inflammation.

These studies suggest that low level laser therapy may have potential therapeutic effects on gut microbiome and systemic inflammation, among other health benefits.

Perhaps one of the most exciting aspects of the Zerona is it's ability to be applied to targeted areas allowing patients to focus on specific problems areas. This is a powerful benefit of the Zerona Z6 and it's technology.



CHAPTER 10: **GETTING STARTED ON YOUR JOURNEY TO PROVEN, PERMANENT FAT LOSS**

Getting started is easy. Simply call our office to schedule your initial consultation and Zerona Z6 treatment. During this appointment we will discuss with you what your overall treatment goals are, and how we can help you best achieve them.

Here's what you can expect during that first appointment:

During your first Zerona Z6 treatment appointment, your provider will ask you about your medical history, lifestyle habits, and any medications or supplements you are taking to determine if Zerona Z6 is safe and appropriate for you.

Once you have been cleared for treatment, the provider will take baseline measurements of the target areas of your body using a measuring tape. This will allow you to track your progress throughout the course of the treatment.

You will then lie down on a treatment bed, and the Zerona Z6 laser will be applied to the target areas of your body for about

20 minutes on each side. During the treatment, you will not feel any pain or discomfort, but you may feel a mild warming sensation as the laser energy is absorbed by your skin and underlying tissues.

After the treatment, you can return to your normal activities immediately. It is important to drink plenty of water and engage in light exercise to help flush the released fat from your body.

Overall, your first Zerona Z6 treatment appointment is typically straightforward and painless, with no downtime or recovery period required. It's important to follow your provider's recommendations for lifestyle changes and adhere to the recommended treatment schedule to optimize your results.

[Click here](#) to find out more about our clinic and the Zerona Z6 laser.