

How to Lose Bra Fat Without Surgery

6 PROVEN ways that will help you SAFELY lose bra fat without surgery



the **LASER IMAGE**
company

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Letter From The Author

We all know that no matter who we are there is always some part of our bodies that we are just not happy with.

I have helped clients that have struggled with this specific issue, and I wanted to share some of the ways that they fought the battle against their own back fat and won.

I want to give you a little background information on myself so you know that what I am going to educate you on is not only from my own personal experience but also from that of patients and friends who I have worked with.



I have been in beauty industry since 2002 and have been internationally trained at the School for Estheticians and Cosmetologists in Stockholm, Sweden. I have a masters in fashion, print and beauty makeup. My main work experience is with top plastic surgeons in the Los Angeles area.

My passion for the health and wellness of our bodies has led me to engross myself in my different facets and has led to the creation of new advanced skin and body treatments. We realized that a combination approach to address a patients concerns leads to better results and a high satisfaction rate.

Diet

We all already know that a healthy diet and cooking up cleaner recipes will not only make us feel good but it will promote weight loss which is the main cause of that annoying bra fat. Stay away from sugars, candy, sodas, white bread, white rice and pasta. Cut the alcohol intake as well as it is filled with calories and sugars.

Most of us know what we are not supposed to eat but let me give you some tasty healthy suggestions on what you actually can eat. Some of these you may already know but others will be a surprise like the first on our list, eggs. **Whole Eggs** – are incredibly nutrient dense and can help you get all the nutrients you need on a calorie restricted diet. **Leafy Greens** - include kale, spinach, collards, swiss chards and a few others. They are low in both calories and carbohydrates, but loaded with fiber.



Salmon - is loaded with high quality protein, healthy fats and also contains all sorts of important nutrients. **Tuna** - is another low-calorie, high protein food. **Cruciferous vegetables** - include broccoli, cauliflower, cabbage and brussel sprouts. Like other vegetables, they are high in fiber and tend to be incredibly filling. **Cottage Cheese** – calorie for calorie is mostly just protein.

Boiled Potatoes - contain an incredibly diverse range of nutrients, a little bit of almost everything we need. They are particularly high in potassium a nutrient that most people don't get enough of. **Apple Cider Vinegar** - has been shown to increase the feeling of fullness when taken with meals. Some others that we know are good **Avocados, Nuts, Lean Meats, Fruit** and **Berries** but did you know that a nibble of **Dark Chocolate** can slow down digestion



Exercise

Beginner Exercises

- Walking
- Light Aerobics
- Elliptical Training

Intermediate Exercises

- Jogging

Advanced Exercises

- Running

Exercise is important for any healthy lifestyle, but what should I do?

The goal is to increase your heart rate which will stimulate blood flow, boost your metabolism and burn fat.

Start simple with even a leisurely walk around your neighborhood 3-4 times a week. If possible steadily increase the duration, starting at 20 minutes and working your way up. It is always best to see your physician before you start any exercise program to make sure you are healthy enough to proceed.

Another important issue to consider is injury. If you have not led an active life then your body may be prone to injury so start with low impact exercises.

Shop Your Body

Your bra causes back fat.

Many women mistakenly think that back fat is caused by bands that are too small. Actually bands that are *too big* are to blame. When the bands are too big, they don't stay in the correct place on your back, which is parallel to or a little lower than where it is in front; the bands ride up and create dreaded back lumps.

...Back fat can be eliminated by choosing the right bra. You don't have to be a larger woman to have back fat. A lot of women have it until they found the right bra. Back fat is more obvious when you're wearing the wrong size bra. Try going down a band size and up a cup size. You want a bra that fits snug and low around the less fleshy part of your rib cage at the base of your bust line. Wearing the bra lower on your back with a smaller band size will completely eliminate the back fat.

Okay, this won't really get rid of fat, but it'll certainly help you feel more comfortable in your skin. Flattering clothes will help you feel more confident so that you feel less stressed while dressing. Instead of getting caught up in the size you're wearing, always focus on how you feel in the clothes you're in 😊

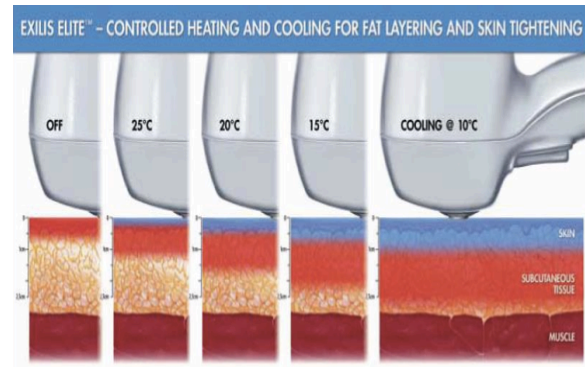


Exilis Laser Lipo Treatment

For many of us, the bumpy back fat that seems to pop out whenever we put on a bra can be quite unattractive. Resistant to exercises and diet, spot fat on the back can be a nuisance, under the best of circumstances. This dreaded back fat that bulges around the bra could now be easily fixed through a non-invasive procedure called EXILIS. And the best of all, Exilis is completely non-surgical!

Ideal for treating smaller pockets of fat, EXILIS provides fat reduction, skin tightening and even cellulite reduction resulting in a smoother back. Most of us hate to admit it but we are ideal candidates. Those of us who just have a bit of extra skin or fat, who don't wish to have surgery, should look into [EXILIS](#).

Several treatments are needed to get the best results. We recommend 4-6 sessions spaced out once a week. EXILIS is nice in that it's inexpensive, effective, it doesn't hurt, and patients appreciate the fact that it's nearly painless – it feels like a warm message.



Exilis Technology

Exilis uses radio frequency (RF) and ultrasonic waves, essentially sound waves, to treat the skin. What makes it unique is it uses mono-polar radio frequency that can specifically target different layers of the skin. The laser continually monitors skin temperature to treat the back area with maximum heat while still being safe. It allows the radio frequency waves to go deeper and exert more energy to dissolve more of the fat cells.



CoolSculpting

Benefits of CoolSculpting

- Decrease Body Fat
- Target Specific Areas of Concern
- No Downtime
- No Surgical Scars
- Treat Bra Fat, Abdomen, Love Handles, Inner and Outer Thighs
- Contour the Body
- FDA Approved

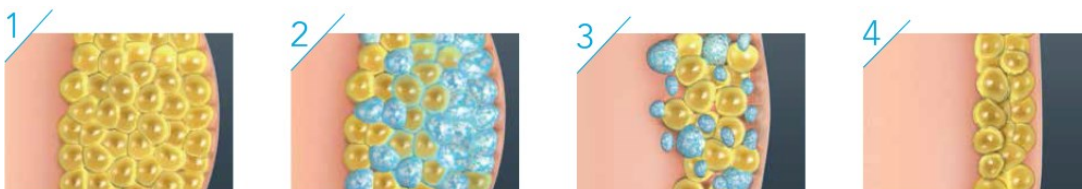


This Treatment Freezes Fat

The CoolSculpting procedure is FDA cleared to permanently eliminate fat cells by safely and effectively freezing away unwanted fat for good without surgery. This treatment can target problem areas such as arms, abdomen, thighs, back and even neck. CoolSculpting has no downtime, is safe and effective on any body area and is virtually painless.

Some interesting points you should know about [CoolSculpting](#)

- CoolSculpting technology safely delivers precisely controlled cooling to gently and effectively target the fat cells underneath the skin. The treated fat cells are crystallized (frozen), then die. Over time, your body naturally processes the fat and eliminates these dead cells, leaving a more sculpted you.



- Patients have seen a 25% reduction in fat in the area being treated. Change will start to be seen in 3 weeks with full results being seen 3 months after the procedure.



B12 and Lipoplex Weekly Injections

Benefits of B12 Injections

- Boost Energy
- Increases metabolism to burn fat
- Removes and transports fat out of the body
- Increases activity of nervous system
- Essential for acceleration of cell renewal
- Enhances red blood cell production
- Assists in stress management
- Improves concentration and memory

**Looking to kick start your metabolism?
Then look no further**

[Vitamin B12 and Lipotropic injections](#) both boost energy and increase the bodies metabolism helping form new healthy cells in the body. Many added benefits are seen with the Lipo-Plex (aka. Lipotropic injection). These added ingredients are actually “fat-loving”. The substances are able to help the liver metabolize fats and remove them from the blood stream.

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Conclusion

Back bulge around the bra area isn't fun to deal with, but you can feel more confident in your own skin with just a little extra effort...

Changing your **Diet**. I know, I know... you've heard it before. But diet is the number one determining factor that will dictate if a person is at an ideal weight or overweight. Always choosing healthier foods and cooking up cleaner recipes are essential in your battle against back bulge.

Exercise! If you're serious about getting rid of fat, you've got to start getting serious about cardio. For even more intense cardio, opt for interval training that alternates between periods of pushing your body and recovery, since it offers an "after burn effect."

Try **Exilis** treatment, a state of the art non-invasive laser technology that melts fat with no downtime, and no pain! Exilis causes fat cells to shrink, tightens the skin tissue, and stimulates new collagen production in the process.

With the **CoolSculpting** fat is frozen and permanently removed from the body. No surgery, downtime and spot reduce those trouble areas.

B-12 and **Lipoplex injections** also help you lose the unwanted fat with help of these vitamins that boost energy and increase the metabolism to burn fat. It helps remove and transport the fat out from your body. These added ingredients are actually "fat-loving".

Dress Your Size and don't be obsessed about the number on your clothes. Dress in something flattering and that will make you feel more confident and less focused on your flaws, no one is perfect 😊

Try these tips I have given you, and get the results you want faster!