

PREPARING FOR CAVITATION – RADIO FREQUENCY TREATMENTS

Few Days Prior To Session

- Liberal water intake: >1 liter/day
- Do not binge eat
- Do not do a whole 24 fast unless otherwise talked about.
- Do not drink alcohol night before treatment
- Do not drink caffeine or carbonated drinks 3-4 hours prior to session
- Do not have a heavy meal prior to the session
- Do not eat 2 hours prior to session

Post Treatment Advice

- Drink plenty of water after each treatment
- Do not heat for one-hour post treatment
- Avoid alcohol, tea, coffee and carbonated drinks for at least for 24 hours post treatment – the longer you leave them out, the better the results

In addition to help with overall inch and weight loss:

- Follow low fat and reduced carbohydrate diet
- Avoid animal fat, butter and cheese
- Include some protein with every meal
- Increase consumption of fruits and vegetables
- Exercise regularly
- In some cases intermittent fasting may be suggested.