



## BLI SLIM Protocol

**To be optimally successful**, red light therapy requires that the client is in **good general health** and that their ability to process waste is not impaired. To further help optimize results, we have designed a program that ensures that the body of the client is given every chance to process the fat. The program includes:

1. **Nutritional Supplements** aid in the natural detoxification process. We recommend 500mg once daily of Niacin ("non-flush" or "time release") and 1000 mg of Milk Thistle twice daily.
2. **Hydration** is key to optimal cellular function and critical to the success of this procedure. Clients should:
  - a. Drink a minimum of 64 oz. of water each day (two liters). It is recommended you drink eight 8 oz. glasses of water throughout the day to maximize the body's hydration level.
  - b. We recommend to clients that they discontinue the use of coffee or other caffeinated beverages during the course of the program because they are a diuretic and cause dehydration. If you feel that you must have coffee, please keep your intake to a minimum. To compensate, drink an amount of water twice as much as the amount of coffee you drank (for instance, if you had one cup of coffee, you should drink two cups of water to re-hydrate your system). This would have to be in addition to the eight 8 oz. glasses of water you should drink each day.
  - c. Each drink of alcohol ties up your liver for about an hour, making it unavailable for processing your liberated fat. For best results, avoid alcohol, fatty foods, ibuprofen, acetaminophen, and other substances which put a strain on your liver.
  - d. Alcohol is also a diuretic and is highly caloric (a 12oz. beer, 5oz. wine or 1.5 oz. spirits is 100 calories). Try to keep your alcohol consumption to an absolute minimum (complete abstinence would be preferable). If you do consume an alcoholic beverage, try to rehydrate by drinking one 8oz glass of water for each alcoholic drink. Again, this would have to be in addition to the eight 8 oz. glasses of water that you should drink each day.
3. **Lymphatic Stimulation** - The fatty material released by the fat cells will be processed by the lymphatic system. It is therefore critically important to help promote lymphatic system mobilization. There are several ways through which this may be achieved: the most basic and effective is light to moderate exercise. Clients must maintain a regular workout routine consisting of walking for 30 minutes every day or the equivalent. Light exercise at the gym will also be beneficial, as will a series of lymphatic massages (typically on the day following each treatment). Strenuous exercise is not recommended as it reduces the hydration of the client. Massaging the treated areas is also helpful.
4. **Compression Garment** - Wearing a compression garment will also help the lymphatic system process the liberated fat and reshape the body. It is recommended that the client wear a compression garment such as embolism pantyhose, a girdle, corset, Spanx or Under Armour as tight as can be tolerated, as many hours a day as can be tolerated. Inexpensive compression garments are available at stores such as WalMart, Kohls, TJ Maxx, and sporting goods stores. Embolism hose are available at stores such as Walgreen or CVS.
5. **Food Intake** – The client should be under no misconceptions that undergoing red light therapy is a license to increase your food intake! On the contrary, we recommend that you go on a low-fat diet. This allows your kidneys, liver and lymphatic systems to more effectively purge the excess fat as it is converted to energy. We recommend a diet consisting of five meals per day totaling 1200 calories. Avoid all sugars (sweet tea, sodas, sweets, or any items containing sugar or high fructose corn syrup), avoid all fats (including all fried foods), and avoid carbohydrates (pasta, potatoes, dried beans). Steamed rice is okay, without sauce. Salads and green vegetables are great (spritz is okay, but no dressings with fat and calories). Lean meats and fish are fine. The important take-away is that we are going to shrink your fat. To keep it that way, you

need to maintain a good diet and limit each day's caloric intake to balance with the number of calories that you burn that day.

We recommend that hydration and nutritional supplements begin a week before you begin treatments and continue through the treatment period and for one week thereafter. We recommend that you massage the fat tissue during the 48 hours following each treatment. We recommend that compression garments be worn from the day of the first treatment until one week after the final treatment.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. This product is not intended for individuals under the age of 18.

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