

Lynn Bryant & Molly Cook were doing everything right

The two Cedar Rapids women were working out. They were eating right. But their bodies were still holding on to fat. Frustrated, they decided to try the Zerona Laser, a new painless body-contouring procedure offered at Wholistic Wellness Clinic in Cedar Rapids.

The Zerona Laser offers fat and inch loss without being invasive. The octopus-like machine utilizes five low-light lasers that cause the body's fat cells to release their fatty content. By stacking treatments every other day over a two-week period, clients can lose an average of 3-4 inches without any pain, surgery or recovery time. (For more information about the Zerona Laser and research that has been conducted, visit www.myzerona.com).

"When I first saw the video of how the Zerona Laser forms a transitory pore in the fat cell, allowing the fat to come out, I thought, 'Wow, this is what so many people, including myself, have been waiting for—a fat dissolving device,'" says Dr. Terri Cooper, owner of Wholistic Wellness. "It works best on what I

call 'cortisol' or 'survival' fat—that stress fat around the tummy that often will not leave no matter what we do. The Zerona Laser helps dissolve that fat."

Dr. Cooper explains that, when doing the Zerona Laser, patients have to already be committed to an exercise program. "You may even have to kick it up a notch during the Zerona Laser," she says. During the two-week cycle, patients also must follow a natural diet—one free of artificial sweeteners, preservatives and additives, and very low to no sugar.

Not everyone, she adds, is a candidate for the Zerona Laser. A thorough health examination and body fat analysis is required first to determine if the Zerona Laser is a good match.

Both Bryant and Cook were initially skeptical about the Zerona Laser, but the more they learned, the more comfortable they were about making the investment (\$3,500 for the recommended 12 total sessions).



Here are their stories:

Lynn

At 54, Lynn Bryant had been on a path to become healthier and fitter. But despite eating better and working out regularly, she still had 10 to 15 pounds to lose. A good friend suggested liposuction, but Bryant didn't like the invasiveness of the procedure. When Dr. Terri Cooper of Wholistic Wellness recommended the Zerona Laser, Bryant was skeptical. "I thought, 'Oh boy, is this another gimmicky thing?' I was interested but I wondered if this was just some quick-fix device."

Bryant, a Cedar Rapids pharmacist, did her homework. After much research and conversation with Dr. Cooper, she decided to give the Zerona Laser a try. After undergoing 12 sessions last fall, Bryant is a believer.

"It is pretty amazing."

The sessions are conducted in a quiet room with soft music playing. Bryant lay under the machine for 20 minutes each side, three times a week for two weeks, then waited a couple of weeks before completing her

final six sessions. "It was easy," she says, reflecting on the process. But it was time consuming. Bryant says she had to change her work schedule to accommodate the 40-minute sessions,

as well as the time spent to go over her food diary, to have a half-hour Ion Cleanse afterward to pull out the toxins, and myofascial release rolling to help push the fat out of the system. All told, she spent about an hour and a half at Wholistic Wellness, and a half-hour to an hour at the gym to get in her workout.

The result: She lost 12.5 pounds and 6 inches in her hips, 6.5 inches in her waist and nearly 2 inches in each thigh.

Another benefit: "It's given me confidence," she says. "You look better so you feel better."

While Bryant believes the Zerona Laser was "well worth the money," she says anyone considering the procedure "must buy into the whole program."

"You can't depend on the laser alone. You have to follow the protocol. You have to be ready for your life to change."



Before



After

Molly

Molly Cook grew up with four brothers, all of whom were athletes. "I basically ate like them, but I wasn't doing any athletics," recalls Cook, now 50.

By age 18, the nearly 5-foot-7 Cook was 220 pounds. By age 19, after following the advice of one brother, an athletic trainer, and taking up running, Cook lost 75 pounds.



Before



After

But over the years, she would gain and lose that weight over and over, depending on what was going on in her personal life. "I never really dealt with the 'why' behind it," she says. "I never got to the core of it."

About four years ago, when her weight was once again over 200 pounds, Cook, who owns a graphics design business, turned to NET (Neuro Emotional Technique), offered at Wholistic Wellness, to get to that core. As she did the inner work, her body began changing and she ultimately lost 40 pounds.

Two years ago, she began a rigorous workout regimen with Julie Seckman, ACE certified personal trainer and nutritionist who works at Wholistic Wellness. Despite the intense workouts, Cook hit a plateau with her weight and fat loss. "It was so frustrating," she says.

"Disbelief" was her initial reaction when Seckman told her about the Zerona Laser. "I just thought it was a gimmick," she says.

After seeing the results Seckman received from the Zerona Laser, Cook decided to go for it. "To me, Zerona was the next logical step. I just turned 50. It was a gift to me to get me to where I was finally OK with my body."

The result: Cook lost 3 inches off her waist, 2.5 inches off her hips, half inch off each thigh and, within a month, her weight dropped 6 pounds. Cook is planning to do the Zerona Laser again. Her goal: to lose at least 3 pounds so that she no longer falls under "overweight" on standard height/weight charts.

"I'm positive that as the success stories about the Zerona Laser keep racking up, the machine at Wholistic Wellness will be booked solid," she says.

Want to learn more?

Contact Dr. Terri Cooper at Wholistic Wellness, 319.365.1141 or visit www.WholisticWellness.com or www.myzerona.com