

## Client Procedure Guide

Thank you for selecting **UltraSlim** for non-invasive body slimming and skin rejuvenation! We use FDA-cleared light therapy systems to treat targeted areas of your skin and underlying fats cells. These light therapy systems emit a very special type of red light which causes the skin to produce collagen and elastin, and reduces the size of subcutaneous fat accumulations.

The collagen naturally results in smoother, younger-looking skin with less appearance of lines, wrinkles, and dark spots. The elastin works with the collagen to tighten the skin, for a younger, firmer appearance.

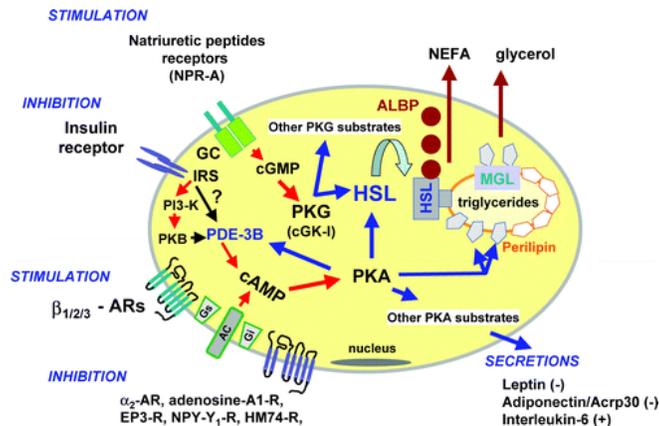
In 2011, **UltraSlim** staff developed a unique method of fat reduction using only our special red light treatments. With only 32 minutes of treatment, ladies lose an average of 3.5" from their waist, hips, and thighs – and men lose an average of 3" from their chest and abdomen. Over 98% of patients lose at least two inches of fat at their first visit. These unprecedented results are immediate, painless, non-invasive, and dramatically effective.

The United States Patent and Trademark Office awarded patent **US 9044595 B2** for our amazing **UltraSlim** invention, **"System and method for reducing lipid content of adipocytes in a body."** This is the first and only patent ever for fat reduction using red light.

In addition, **US 20140249607 A1** **"Fat reducing device and method utilizing optical emitters"** and other patent applications are now pending in the U.S. and 146 other countries.

### How Does Cold Light Work?

We refer to certain types of red light therapy as "cold light", since red light therapy operates at the cellular level and does not generate heat as part of its action mechanism. The cascading photochemical mechanism is extremely complex:



There are no needles, no incisions, and no recovery time. These technologies are all based on modulating a specific type of red light. The modulated red light tricks the mitochondria in the nucleus of the fat cell into creating a transitory pore in the cell membrane, allowing the fatty acids and triglycerides to escape into the interstitial space.

The liberated fat cell contents is then drained by the lymphatic system and processed by the liver as part of the body's normal course of detoxification. The pore in the fat cell will close in about 48-72 hours and the liberated contents will be expelled in the client's stool over the next few days.

Patients look younger and lose fat with **UltraSlim** without diet or exercise.

## Program Description

Treatments are typically provided in packages with multiple treatment sessions. We recommend that **UltraSlim** not be used for fat reduction more than twice a week, as some clients are unable to void all of the liberated fat cell contents and some may be reabsorbed by the body.

**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. **If you have liver, lymphatic, or kidney problems, or have any serious medical condition, ask your doctor before beginning red light therapy. Do not start light therapy if you are photo-sensitive or take a photo-sensitive medication. Light therapy is not for those who are pregnant or trying to become pregnant.**

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 is recommended, but not mandatory, and includes:

1. **Nutritional Supplements** aid in the natural detoxification process. We offer time-release non-flush 500mg Niacin for once daily use, along with 1000mg of Milk Thistle taken twice daily. If you have health problems or take medications, always check with your pharmacist or doctor before taking any nutritional supplements.
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 that you discontinue the use of coffee or other caffeinated beverages during the course of the program because they are diuretics 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 12-oz. beer, 5-oz. wine or 1.5 oz.-spirits is about 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 8 oz. 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. You should 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. We offer whole-body vibration therapy, which has been shown to achieve significant lymphatic stimulation.
4. **Compression Garment** - Wearing a compression garment will also help the lymphatic system process the liberated fat and reshape the body. We recommend that you wear a compression garment such as embolism pantyhose, a girdle, corset, Spanx or UnderArmour as tight as can be tolerated, as many hours a day as can be tolerated. We offer compression garments for ladies and gentlemen.
5. **Food Intake** – You should be under no misconception that undergoing red light therapy is a license to increase your food intake! On the contrary, we recommend that you maintain 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 small meals per day. 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.

## What You Can Expect

The patented **UltraSlim Cold Light®** protocol yields immediate, measureable results. Expect to lose at least two inches of fat from your waist, hips, and thighs the very first hour with four eight-minute treatments. We also offer **UltraSlim Single-Area Treatments** for those who wish to treat only one body area (up to 17" x 23", excluding the face and neck).

To minimize fat reduction in the face while promoting collagen and elastin, UltraSlim Facial treatments are 20 minutes with the UltraSlim programmed for the appropriate biomodulation.

With facial treatments, expect to see your face appear 10 to 15 years younger with the complete series.

As with any procedure, results will vary and may be more dramatic from one client to the next. And results will vary depending on the technology and protocol that you use.

## Your Treatments, Step-by-Step

Before your first treatment and at your follow-up visit one week after your last treatment, your measurements will be taken and recorded to track your success.

1. Before your first treatment:
  - a. Measurements must be taken and recorded on the approved Client Measurement Form.
  - b. "Before" photos are taken.
  - c. Our staff will ask about your client's dietary habits and emphasize the need for a balanced, low-fat, diet.
  - d. Our staff will also discuss the need for mild physical exercise and ask you to commit to, at minimum, walking 30 minutes each day.
  - e. All subsequent appointments are booked.
2. You will then receive your first treatment:
  - a. You must remove your clothes, leaving on undergarments to cover the areas that are not to be treated (such as a full-coverage bra). Cover the areas that the fat is to remain and expose to the light the areas where the fat is to be drained. ***The light is not effective through a client's clothing.***
  - b. The certified technician will position and direct the light at the target areas.
  - c. Each treatment session is scheduled for one hour, which includes treatment time, dressing/undressing, etc. UltraSlim treatments are 8 minutes per area and up to four areas may be treated within an hour session. UltraSlim Single-Area Treatments are scheduled for 30-minute sessions (including paperwork, undressing, 8 minutes of treatment, and getting dressed). Facial treatments take 20 minutes.
  - d. We recommend that you leave after each treatment wearing your compression garment and with instructions to wear it throughout the day until a week after the final treatment.

3. At each subsequent treatment:
  - a. Our staff will talk with you about compliance and positive reinforcement used to ensure future adherence to the program.
4. At the one-week follow-up schedule:
  - a. Post-procedure measurements are taken and recorded on the approved Client Measurement Form.
  - b. "After" photos are taken.

**NO CHARGEBACKS:** IF YOU PAY BY CREDIT OR DEBIT CARD, THEN YOU HEREBY AGREE THAT YOU WILL NOT CAUSE A CHARGEBACK FOR ANY REASON AND THAT YOU WILL INDEMNIFY AND HOLD US HARMLESS AGAINST ALL COSTS INCURRED. YOU AGREE TO REPAY THE ENTIRE CHARGEBACK AMOUNT PLUS FIVE THOUSAND DOLLARS LIQUIDATED DAMAGES AND ALL LEGAL FEES AND COST INCURRED TO SUE YOU AND COLLECT THE CHARGEBACK, LIQUIDATED DAMAGES, AND/OR LEGAL FEES AND COSTS.

**Informed Consent:** The **UltraSlim** protocol includes the use of a specific type red light emitted from a FDA-cleared light therapy system which is cleared for use with 126 Joules/cm<sup>2</sup> emitted 17 cm from the skin.

I understand this is an elective, cosmetic procedure and that the prescribed series of treatments is required to achieve desired results. I ASSUME ALL RISKS AND ACKNOWLEDGE THAT NO GUARANTEE HAS BEEN MADE TO ME CONCERNING THE RESULTS OF THIS PROCEDURE. I understand that I must follow the pre- and post-treatment regimen. Failure to follow the outlined Client Protocol may result in failure to achieve the desired results. I am not now, and do not expect to become pregnant during the course of my treatment. The staff has explained the procedure and its risks, benefits and alternatives, including not doing the procedure, and have answered all my questions.

**"Lose Two Inches In One Hour Or Your Money Back":** If you purchase a package of two or more one-hour UltraSlim\* sessions and you do not lose at least two inches from your waist, hips, and thighs during your first hour of treatment, then you may cancel all of your scheduled treatments and receive a full-refund upon request. If on that date you do not request a refund and cancel all other treatments, then you thereby waive any claim for a refund. Refunds will not be made for any other service, for any other reason, or at any other time. All sales are final. Payments collected by other parties (e.g., Groupon) cannot be refunded by UltraSlim.

**Service Description**

**Price**

_____	\$ _____
_____	\$ _____
_____	\$ _____
<b>Total Charges</b>	\$ _____

Any special terms, conditions, or discounts: \_\_\_\_\_  
 \_\_\_\_\_

I have received a copy of this document, have received satisfactory answers to all of my questions, I consent to treatment, and agree to the terms herein. This is the entire agreement. I understand that, to be effective, any modifications or special terms herein require approval in writing by an officer of Eastern Shore UltraSlim.

\_\_\_\_\_  
 Client Name

\_\_\_\_\_  
 Location

\_\_\_\_\_  
 Client Signature                      Date

\_\_\_\_\_  
 UltraSlim Signature                      Date