

# Medical Spas: Weigh Less, Feel Better

It is the beginning of another year and time to fulfill resolutions to look and feel your best. As we age and enter our 30's our hormones are in a downward decline making it more difficult to stay fit and look young. It is believed that our hormone levels decrease by approximately 5% every year after the age of 30. Considering that testosterone is responsible for building lean body mass and muscle, it is no surprise as we grow older it is harder and harder to stay in shape even with a good diet and workout routine.



Testosterone is not a hormone only for men but also females. Even though females have approximately 10% of the amount of testosterone than that of men it plays such a big role in mental and physical well being. When testosterone levels drop, people may have symptoms of mental cloudiness, low sex drive, no energy and gaining weight in the mid-section. The replacement of testosterone may be in the form of gels, creams, injections or pellets.

The most physiologic way to replace testosterone is by means of **Sotopelle therapy**. Sotopelle therapy involves a simple procedure where the bio-identical hormone testosterone is placed directly under the skin by a medical doctor to allow the slow release of hormones, avoiding the peaks and troughs as seen with the other methods. The body simply takes the hormones as it needs it. Through Sotopelle therapy the bio-identical hormones last approximately 3-6 months.

Most individuals experience an almost immediate relief of symptoms of mental cloudiness, fatigue and no energy; however, for some it can take up to two weeks. When testosterone is rebalanced to the optimal levels as you were in your 20's, workouts begin to show better results in muscle definition by increasing lean body mass.

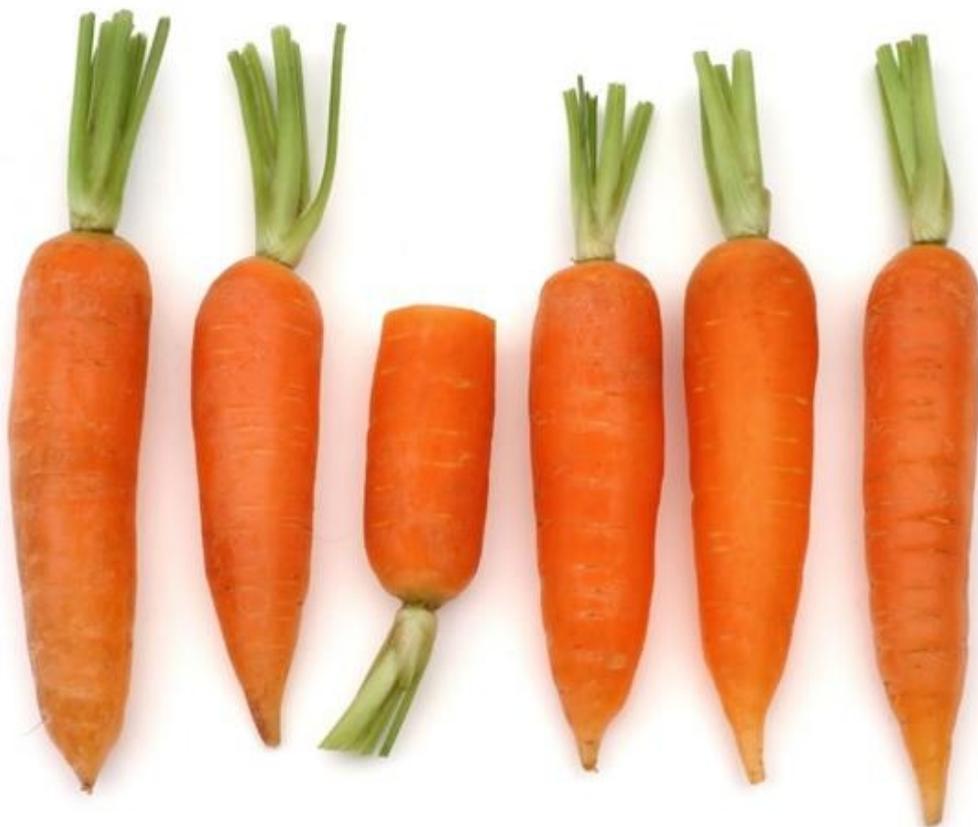
Testosterone is just one of the few hormones that may be replaced through Sottopelle Therapy. Estrogen (estradiol) for example plays a big role in looking younger and is sometimes considered the “fountain of youth” as the skin improves with more elasticity and less dryness. Estradiol is the estrogen that is cardio protective unlike the synthetic derivatives that are composed primarily of Estrogen - Estrone has not only been proven to cause an increase in heart disease but also ovarian cancers. To determine if you are a candidate for **Bio-Identical Hormone Therapy** a comprehensive medical history, physical exam and evaluation of hormone levels obtained by blood will determine your unique clinical picture.



Another new treatment on the horizon to look your best and get rid of those troublesome fatty areas such as the love handles, belly pouch, fat around the bra strap is the **Inch Loss System**. The Inch Loss System uses nano-technology to create muscle contractions without pain or sweating. The muscles are contracted involuntarily through the inch loss machine causing tightening and shrinking of muscle fibers resulting in inch loss. The Inch Loss System has a diuretic effect as well as stimulating the removal of waste products through its inherent lymphatic drainage which assists in ridding the body of excess fluid. Bodily circulation is greatly improved and notable results in cellulite reduction have been reported. There is no glucose burn which results in very little lactic acid being released, so there is no muscle soreness after an inch loss system workout. It is not unusual to have up to one inch loss with each treatment.

To enhance the results of the Inch Loss System it is common to use a combination of therapies especially **Mesotherapy**. Mesotherapy is used on specific targets areas where your body stores excessive fat. It assists your body in breaking down existing stored fat cells through a formulated mix of vitamins, minerals and amino acids. The mixture is injected into the fat and connective tissue which make up the middle layer of skin called the mesoderm. Mesotherapy is an in office procedure and requires no anesthesia or downtime. The Inch Loss combined with Mesotherapy has a

synergistic effect as Mesotherapy helps break down the fat cells as the Inch Loss System assists in ridding the body of the excess fat by increasing circulation and lymphatic drainage. In general, after four sessions you will not only see inch loss but visible improvement of the treated area - smoother skin and fat reduction.



If you want to look your best on both the inside and out, you'll definitely want to do your research and find that Medical Spa that houses a full-time on-staff physician specializing in Bio-Identical Hormone Sottopelle Treatment in combination with Mesotherapy and the Inch Loss System. There is no need to live with the symptoms of mental cloudiness, low sex drive, no energy and gaining weight in the mid-section anymore. Improve your health and look great!

**By Dr. Jean Claude Nerette**

Jean owns and operates Bellissimo Medical Spa & Salon. At Bellissimo we provide an all-inclusive facility where you can receive salon services, as well as a visit with a Board Certified Physician for all your medical and health care needs.

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