

FAT attack

BY CHANTEL SIMMONS

Liposuction is the queen of fat removal. But if the downtime, cost and pain are more than you're willing to handle, here are four other options that'll toss your saddlebags for good.

MINI-LIPO/INFUSION LIPOLYSIS

#1

How it works: In Infusion Lipolysis, (IL) the doctor injects medication into your thighs to break down fat.

Then the Mini-Lipo (ML) uses ultra-thin cannulas to remove fat. Finally, you use transdermal creams daily for 10 weeks to break down and block new fat and to tighten your skin.

Pros: ML is much less traumatic to the skin than regular liposuction because the cannulas are so thin. "You can go back to work the next day," says Dr. Stan Gore. "We recommend patients work out right afterward to continue burning fat." Only a local anesthetic is required, there's no risk of fat escaping into the blood stream, and blocking lungs or "grooving" (indentations caused by sucking out too much

fat), which are two risks of regular liposuction. As well, you'll have only minimal swelling and bruising, no downtime and instead of wearing a support garment for six weeks, you only need a tensor bandage for a few days.

Cons: ML only removes half the fat of a regular liposuction session (one pound versus two).

Cost: \$3,000 for IL/ML, transdermal cream for 14 weeks and a year of followup sessions.

Results: You'll see results in two weeks (versus 10 weeks for lipo). Most clients can expect to lose at least an inch from the circumference of their thighs and drop a dress size.

Added bonus: "With traditional lipo, there's a risk that by removing fat under the butt, your butt can droop. But with IL, the skin gets tightened, so you get a butt lift – for free!" says

Dr. Gore. One of Dr. Gore's patients (see photos below) says the downtime was so minimal she was able to keep the procedure a secret from her husband. "He gradually noticed a difference in the way my clothes fit, but he just thought I had just been working out more."

Where to go: Lipidoctor Medical Slimming Clinics, 1-800-WHY-BODY or lipidoctor.com for locations.



EXERCISE AND NUTRITION

#2

How it works: "Exercise combats fat by altering the body's metabolism," says Jeff Boris, a master trainer

for the Certified Professional Trainers Network and the Canadian Centre for Activity and Aging. To eliminate saddlebags, you need a combination of cardio and weights. Work out at 85 per cent intensity for 30 minutes three times a week. Twice a week, do 30 minutes of weight training, including three sets of 12 reps of each leg exercise in your gym. Just a three-pound increase in muscle mass can boost your metabolism by seven per cent.

Pros: Exercise helps you feel better, look younger, detoxify and improve your muscle tone and physique.

Cons: The thigh, butt and hip areas are most resistant because they contain more fat-storing enzymes. Inner and outer thigh exercises are a waste of time, since it's impossible to spot

reduce fat, and trying to tone these muscles is futile, says Boris. However, targeting the larger muscles of the thighs, butt and hips with lunges and squats is far more effective.

Results: "With a more traditional approach to exercise and nutrition it would take at least six weeks to see a significant decrease in the fat. By incorporating a cleansing diet (Boris recommends the Isagenix 9-Day Cleansing and Fat Burning System), you can lose up to two inches from your hips and thighs within two weeks. **Cost:** Gym membership, \$45–55 a month, plus initiation fee (in some cases); personal training sessions for six weeks, \$1,080; 9-Day Cleansing & Fat Burning System and personal coaching, \$110.

Where to go: For a wellness consultation, contact Jeff Boris at wellnessource@sympatico.ca or go to jboris.isagenix.com.

#3

How it works: Pegged as the "Coffee Break Lipo," this non-surgical procedure injects a fat-dissolving natural substance derived from soy bean lecithin into the skin to target

LIPODISSOLVE

localized fat and cellulite deposits, explains Dr. Martin Braun of Vancouver & Delta Laser and Skin Care Centre. It also reduces cellulite and tightens skin. One to four treatments are needed, two to six weeks apart. Areas with stubborn fat deposits (such as love handles and saddlebags) respond best to the injections.

Pros: Lipodissolve can help improve cosmetic irregularities, such as "grooves" (caused by liposuction).

General anesthetic and sutures are not required, and there's minimal pain. You can return to work and activities immediately after a treatment.

Cons: Side effects can include mild swelling, bruising, bleeding and itching. Lipodissolve isn't as effective if you're overweight.

Results: You'll start to see an improvement in your stubborn-fat areas after just four treatments.

Added bonus: Lipodissolve can also reduce cellulite and improve your skin's texture.

Cost: \$200–\$400/treatment.

Where to go: Vancouver & Delta Laser and Skin Care Centre, 604-708-9891, vancouverlaser.com or ask your doctor.

XENICAL

#4

How it works: Xenical is a doctor-prescribed weight-loss drug program that blocks one-third of the fat you eat from being digested. The program works on the basic principle that to lose weight no more than 30 per cent of your diet should be from fat. Since the pills make the elimination process physically unpleasant, you won't want to eat more fatty foods than you're supposed to. The program also contains a food guide, sample meal plans and a daily journal to keep track of your eating habits. Plus, you get unlimited consultation with a dietitian through the program's toll-free hotline.

Pros: On average, most users lose one to two pounds a week for the first year. No exercise is required but 30 minutes a day helps.

Cons: This plan won't work if you're on Atkins (say sayonara to those cheese and pepperoni dinners) and it's only recommended if you have a BMI of at least 30. You need to take three pills a day, and stick to a 1,500-calories-per-day-diet for optimal results.

Cost: If you're overweight, your insurance plan may cover the cost of this program. Otherwise, it will cost about \$130 a month.

Where to go: xenical.com for more information, or speak to your doctor to see if you qualify for the program.