

# From fat to flat

'I lost three inches off my stomach!'



Debbie, Wendy, Lesley and Frances tried four different tummy-toning treatments and gave us their verdicts



Debbie Rau, 37, from East Sheen, London, is a housewife with two children – Dominic, 11, and Anelise, five  
**HEIGHT:** 5ft 2in  
**WEIGHT BEFORE:** 10st 10lb  
**WEIGHT AFTER:** 10st 6lb

**MEASUREMENTS**  
**BEFORE:** waist, 35in; tummy, 41½in; hips, 41in; buttocks, 40½in  
**AFTER:** waist, 34½in; tummy, 38½in; hips, 40in; buttocks, 40½in  
**LOST:** weight, 4lb; waist, ½in; tummy, 3in; hips, 1in

**HOW:**  
**ARASYS** This is a new inch-loss system which works by sending a faradic (electrical) current to stimulate, tone and firm tummy muscles. It also reduces cellulite and breaks down body fat. A

about the treatment. It was quite strange – it felt like having wriggly worms in my tummy. At first I didn't want them to turn the machine up too high but I got used to it. The more often I went \*

Return to [www.mesodoc.com](http://www.mesodoc.com)

