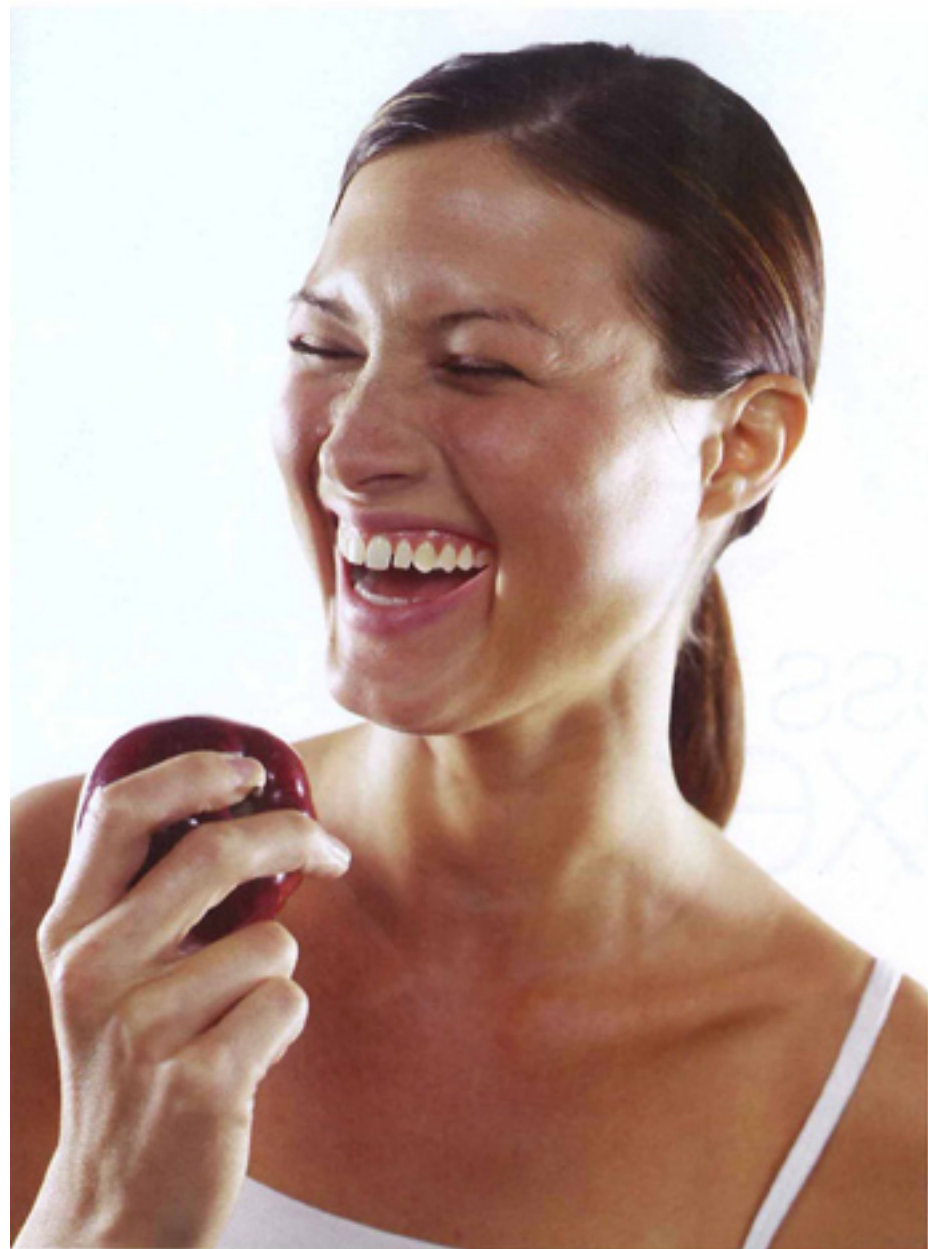


A proper diet is key in maintaining a slim waist line.



What is BMI? It is a ratio of weight in relation to height. Current U.S. dietary guidelines classify BMI as follows: less than 18.5 is underweight, 18.5 to 24.9 is within the healthy weight range, 25 to 29.9 is moderately overweight and 30 or more is severely overweight or obese.

### The whys of weight gain

Recent statistics show that 127 million Americans over the age of 20 are overweight. For guys between the ages of 18 and 39, obesity rates have doubled in the past 10 years. After smoking, obesity is the leading cause of preventable death. America's problem with bulging waistlines has reached pandemic proportions, according to federal health officials who warn that obesity is becoming society's number one killer. Yet as doctors wrestle with the problem, economists have been pondering which corporations and industries benefit from the trend. They have also been assessing what changes in the overall economy have contributed to making us fat in the first place.

It turns out, economists say, that changes in food technology—producing tasty, easy-to-cook food, such as French fries—are partly to blame for plus-sizes. Ditto for labor changes—we used to be paid to exercise at work, now we pay to exercise after work. Add in there evolving family member roles, and you've got wider waist lines. While there are still some fabulous women chefs, many have generally turned to the workforce and away from the kitchen, and although super dads who cook meals daily are still around, some men have overall stayed away from the stove. A combination of the latter has resulted in a boom of industries that are able to cheaply and efficiently meet the demands of our busy lives, namely the cookie industry, the fast-food industry, potato chips and soda, as well as the chain-restaurant industry, with its heaping portions of low-priced, high-calorie foods. Quick food may be a solution to our fast-paced lifestyles, but what are we to do in the meantime?

### Fighting fat

We've come full circle with the same questions. How do we combat fat, and is there a way to do so fast and effectively? Exercise is certainly a solution. One hour of exercise adds an hour to our lives, but as Bruce Willis so eloquently stated, "Why do you need all these hours of extra life if we have to spend it all exercising?" And what about all of us who do not have the time or the inclination to exercise?

Instead of trying to provide a simple and quick answer to all of these pertinent questions we thought to simply ask movie stars how they do it. Ask them confidentially, too, because they probably don't want anyone else to know their secret to a shapely physique.

It took a lot of effort and several phone calls before one of the "stars" directed us to a novel technique, which is designed to burn fat, build muscle and help you lose inches, as well as jump-start your gym regime or increase stamina for those who do like to exercise. Apparently the treatment enhances your health through detoxification and oxygenation—crucial parts of the therapy that produce dramatic cellulite-reducing benefits. Although the procedure and related results sounded too good to be true, we took the plunge with faith in technology and made contact.

### Possible solution

The celebrity sent us to a spa where we underwent a fat burning and inch loss treatment. It felt like an "electronic corset" that squeezes you and makes you feel as if you are doing thousands of effortless situps. It was truly a unique experience where you feel as if you are exercising, albeit without strain, pain or sweat. Within a half an hour I had lost two inches off my waist, down to 30 inches. My partner lost 2.8 inches on her waist and 3 inches off her abdomen. I was delighted to find out the next day that my waist measured 29.5, an extra half an inch less, although I am not sure whether the additional half inch was related to the treatment. Nevertheless, that night I slept well and in the morning, I felt rejuvenated and healthy.

Excited, we called our source back to find out more about this "miracle" therapy. It's called Arasys, a cutting edge electronic device designed to provide a no-sweat, high powered workout for muscle building and body shaping. Developed at London University by the coinventor of the first pacemaker, Gerry Pollock, Arasys is an effective procedure to shape up.

### How it works

The science behind the device is absolutely fascinating. After 17 years of research the inventor developed the Arasys waveform, which is proven to resonate brain signals to nerves that control muscles, providing the clean muscular contractions you get during body building or exercising. Arasys is made up of 1,000 complex waveforms, which were built into the device by Pollock. The Arasys signal has the clarity and accuracy that resembles the biological signal for muscle contraction, which renders the device unique.

*continues*

Losing inches is a major challenge, as our fast-paced society leaves little room for exercise.



The Arasys signal has the clarity and accuracy that resembles the biological signal for muscle contraction, which renders the device unique.



Now let's review some biology. Muscle cells do not receive or understand brain signals. Only muscle neurons understand the brain signal that Arasys has been designed to resonate. The action of signaling the nerve-controlled muscle causing a muscular contraction is a far more complicated process than muscle stimulation alone.

Unlike most electrical muscle stimulators the Arasys signal targets the neuromuscular connection, the area where a motor neuron attaches to a muscle. The neurotransmitter acetylcholine, which transfers nerve substances, is released from the nerve's core when its impulse reaches the neuromuscular connection. A wave of electrical changes is produced in the muscle cell as the acetylcholine binds to the cell's surface. Calcium is then released from the area in the cell

that is involved in the production of proteins and phospholipids—building blocks of cellular membranes. Each impulse from a nerve cell causes calcium release to bring about a muscle contraction that simulates the effects of physical activity.

### Multiple uses

The Arasys device is helpful for those who have little time on their hands to conduct a full workout at the gym. Its technique enables users to achieve results of a lengthy exercise session in far less time. Yet the device is not only applicable to those of us who run around all day only to pick up dinner on our way home when we're running late. Arasys may also benefit people who have a limited capacity to move about, are not able to go out in search of physical activity, have a medical condition that inhibits movement or are too weak to exercise but could sure use its benefits. The device may also assist people back to health, not just provide beautifying results. Those who are under medical care, of course, should check with their doctor before making any changes that may deviate from their daily routine.

In summary, Arasys works through a sophisticated and complex manner beyond muscle stimulation, as its technology creates full muscle contractions that are analogous to the movement produced by regular exercise. ■

*Gerry Pollock continues to conduct research and development on a variety of science-related projects at the Innova Science Park, a European community funded research center.*

*Born in Paris, France, Danielle Delon freelances in her place of birth, as well as in Miami, Florida, conducting nonfiction reviews on cosmetic devices, face creams and serums. She has been published in a number of magazines including health and housekeeping publications. Delon specializes in women's health and fitness, alternative medicine and investigative scientific journalism. She graduated from the University of Paris with a bachelor of arts in journalism.*

stimulating  
**collagen- and elastin-**  
producing mechanisms

BY NANCY TRENT



The advanced, red light-emitting diode helps diminish the visible appearance of fine lines, wrinkles and age spots by promoting collagen firmness.



"Consumption of these amino acids in protein-containing foods and/or via dietary supplements, as well as vitamin C and iron intake, will help to assure that you've got everything you need to make collagen and elastin," explains Dr. Bruno.

### Methods to increase skin-enhancing proteins

Another way to stimulate collagen and elastin is by effecting inflammation. Lasers, peels and topicals "insult" or injure the skin, says Sharrone Morisson de La Bassetiere, educator/lead medical esthetician at New York's TriBeCa MedSpa. "On a very basic level, the skin needs structural proteins to repair itself so it produces elastin and collagen."

At TriBeCa MedSpa, estheticians control such skin-related "injuries," i.e. treatments, to minimize negative side effects and maximize benefits. Over the course of weeks or a month,

the skin thickens, the dead layer of cells thins, more elastin and collagen fibers are created, fewer wrinkles appear and the skin becomes more vibrant.

Some of the latest techniques designed to produce collagen and elastin include:

**Radiesse.** Delivers tiny calcium-based microspheres that form a "scaffold" to support and stimulate the growth of the person's own collagen. It rebuilds the skin's foundation and restores a youthful look without risks associated with permanent collagen implants. It treats nose and lip folds, nose bridge, jaw line, cheekbone contouring, fine lines and oral junction points (corner of mouth).

**Titan.** A non-ablative laser that treats the deepest layer of the skin, the reticular dermis, Titan is indicated for skin laxity, sagging and toning. Best results can be observed three-to-six months post treatment. Heat disrupts the bonds linking the collagen triple helix and the collagen coil "relaxes," resulting in a shorter, thicker strand.

**Perfector.** A computerized device that lifts facial muscles, rejuvenates and restores youthful freshness, the Perfector combines microcurrents that oxygenate, firm and detoxify the skin with nanotechnology, which regenerates and builds skin and muscle tissue. Perfector achieves dramatic results through resonating biological signals that regenerate cells, building new muscle and skin tissue while stimulating cell energy, as well as collagen and elastin production.

**Revitalight.** A safe and effective use of advanced light-emitting diode (LED) technology, Revitalight is designed to provide anti-aging results. When focused on a concentrated problem area, the red LED light helps diminish the visible appearance of fine lines and wrinkles, as well as age spots on the face, neck, hands and body by promoting collagen firmness.

### At-home and in-facility treatments

For at-home use, the ilift handheld electronic device uses a combination of infrared rays, both negative and positive ions, and micromassage, which increases the skin's elastin and collagen. Infrared rays and micromassage stimulate tissue metabolism that in turn increase elastin and collagen production. Negative and positive ions push the active ingredients of ilift's companion serum below the dermis, where they help turn

*continues*