

Woman's World

THE WOMAN'S WEEKLY

Stressed? Fat? Read this!

It Worked for Her: **WEIGHT-LOSS BREAKTHROUGH**

BEFORE



Think you can't lose weight?

That's what Jean Allen thought, too—until a little beam of light gave her the willpower she needed to get back into a size eight!

Ever since she'd hit middle age, Jean Allen of Estero, Florida, had struggled with her weight. At 49, she'd already traded in her size eight pants for 10s . . . then 12s. And when her "fat" clothes got tight, too, she knew she had to do something.

But she wasn't a gym person—and she'd already given up on her willpower.

So when she heard about a weight-loss center in Fort Myers that used laser therapy, she looked into it.

What have I got to lose?

A technician explained that cold lasers would be directed at 37 points on her body—sort of like acupuncture, without the needles. The beams would help her body release endorphins, and also create balance in her body's energy pathways or "meridians."

"When your body is in balance, your cravings will stop," the technician claimed. "You'll lose weight because you simply won't feel like eating the wrong foods anymore."

At \$400 for four sessions, it wasn't cheap—but neither was replacing her old clothes, Jean decided. What have I got to lose?

At her first treatment, Jean

relaxed in a recliner while a technician pointed beams of light at the tips of her fingers and toes, and at points on her knees and elbows.

She didn't feel any different, but that night when she went out to dinner . . .

"Wings or fried cheese sticks?" her husband, Matt, asked.

That's when it hit her: Her cravings were gone. "Neither!" she cried.

Over the next few days, she told Matt, "It's like my cravings just vanished!"

It wasn't a magic bullet—but she felt the treatments gave her the willpower to eat

smaller portions, and stay away from sweets. She also started walking for exercise.

Within a week, Jean dropped five pounds. A month later, her size 12s were hanging on her. Today, five months later, she's easily wearing a size eight.

Of course, it's possible that the laser treatments did little more than give Jean some extra motivation to lose weight. But she insists it was more than that. "It's amazing that a little light could make such a huge difference," Jean admits. "But when I look in the mirror, I know it's true."

—Deborah Bebb

Did you know?

Acupressure—stimulating the body's pressure points with finger pressure—can be as effective as acupuncture, but without needles.

Can laser treatments really stimulate weight loss?

Yes, according to European studies. And while there are no U.S. clinical trials yet, many people—including Fort Myers osteopath Eugene Williams, D.O., who dropped 24 pounds in a month—vouch for it.

How it works:

✓ When stimulated with a laser beam, specific points on the body signal the brain to release endorphins

✓ Increased endorphins reduce production of the stress hormone,

cortisol, in turn reducing cravings.

Laser weight loss is brand-new, and so far, it's only offered by a handful of centers. For more information, call 888-645-2737 or log on to www.aplitweb.com.