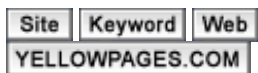


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Losing Weight With Laser Therapy

Local Dieters Say Get Rid Of Cravings, Stress

POSTED: 3:15 pm EST February 27, 2006

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If you could lose weight without craving your favorite foods and avoid the added stress, would you?

Local dieters say the answer may lie in the cold laser.

The laser works when a technician places the laser on pressure points, including the ears, nose, hands and wrists, Local 4 reported.

Jon Kozell of Waterford said he wanted to lose weight, but didn't have the time or energy. When he heard the laser -- which has assisted people in quitting smoking -- was being tested for weight loss, he decided to give it a try.

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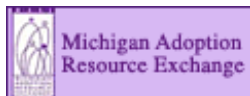
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"At first I was a little skeptical, too, but my buddy just kept ranting and raving about how successful he was. He quit smoking, and you know, just great success," said Kozell.

Kozell said he noticed a difference right away.

"It suppresses the appetite, and most of all, puts you back in control," said Kozell.

The laser increases endorphin levels, reduces stress and decreases cravings for nicotine and certain foods, according to the station's reports.

The Federal Drug Administration has approved the cold laser to treat carpal tunnel syndrome, but there have been no clinical studies to back up the claims of weight loss, Local 4 reported.

The laser therapy weight loss programs costs about \$500.

"For many of our clients, they will get that impact immediately," said Anne Penman of Anne Penman Laser Centers. "Particularly for chocoholics, it's almost instant. It will put you back in control."

There are two Anne Penman Laser Centers in Michigan, one in Waterford and Farmington Hills.

For more information, go to www.apltwaterford.com or www.annepenmanmi.com.

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