

Client Procedure Guide

Thank you for selecting UltraSlim® for your non-invasive body contouring and skin rejuvenation! We appreciate your business and will help you to succeed. Every patient loses fat instantly without dieting, exercise, drugs, or surgery. We guarantee that you will lose at least two inches in one hour or your money back.*

UltraSlim® is painless, non-invasive, and dramatically effective. We use a special type and dose of red light to shrink fat cells and produce collagen, which naturally results in smoother, younger-looking skin with reduced appearance of lines, wrinkles, and dark spots. Increased elastin works with collagen to tighten the skin, for a younger, firmer appearance.

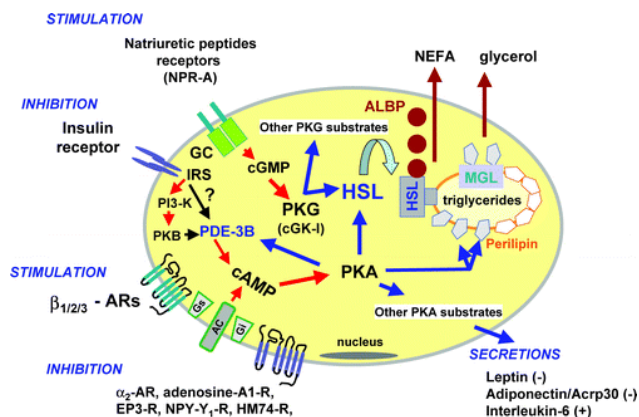
With only 32 minutes of treatment, ladies lose an average of 3.5" from their waist, hips, and thighs. Men lose an average of 3.5" from their chest and abdomen. In clinical trials recorded at ClinicalTrials.gov (NCT02867150), patients averaged 1.6 liters of fat loss at each treatment. Over 98% of patients lost at least two inches of fat at each visit, and every patient lost at least 717cc of fat at each visit (1 5/8").

Our co-founder Terry J. Ward, M.H.A. invented this unique method of instant fat reduction in 2011, while working at our body contouring clinic in Orlando, Florida. Using only phototherapy treatments, UltraSlim® is the only technology for instant fat reduction. Other body contouring technologies kill fat cells with extreme cold, heat, radio waves, or ultrasound. Those cell-killing technologies take months to show results, which are underwhelming, and risk a long list of side effects and adverse outcomes. UltraSlim has instant results and no side effects.

UltraSlim devices are manufactured by Ward Photonics LLC in Cocoa Beach, Florida. The FDA has cleared the devices for body contouring (K160880) and skin treatments (K150336). The United States Patent and Trademark Office has awarded three patents and related patents are pending in 146 countries.

How Does UltraSlim® Work?

We trademarked the term "UltraSlim" to describe our unique phototherapy, as heat is not part of its action mechanism. The cascading photochemical mechanism operates at the cellular level and is extremely complex:



There are no needles, no incisions, and no recovery time. Our technology is based on modulating a specific type of narrowband non-coherent light. The modulated light tricks the mitochondria in the nucleus of the fat cell into creating a transitory pore in the cell membrane, allowing the fatty acids and triglycerides to escape into the interstitial space. The liberated fat cell contents are then drained by the lymphatic system and processed by the liver and kidneys as part of the body's normal course of detoxification. The pore in the fat cell will close in about 48-72 hours and the liberated contents will be expelled in the client's waste over the next few days.

Program Description:

First, we develop an individualized care plan to achieve your specific goals. Your care plan may include a series of UltraSlim body contouring treatments, whole body vibration, hydration, a compression garment, and nutritional supplements.

We recommend that UltraSlim not be used for fat reduction more than twice a week, as some clients may be unable to void all of the liberated fat cell contents. Once weekly is preferred for most patients. In this example, the patient had five treatments, once weekly. Some patients lose more, some lose less.

A "non-invasive facelift" includes a series of 6 skin treatments (3 per week for 2 weeks) with 20 minutes to both sides of the face. Monthly maintenance treatments are recommended to retain a more youthful appearance.

Phototherapy requires good general health and that the ability to process waste is not impaired. If you have liver, lymphatic, or kidney problems, or have any serious medical condition, ask your doctor before beginning phototherapy. Do not start phototherapy if you are photo-sensitive or take a photo-sensitive medication. Phototherapy is not for those who are pregnant or trying to become pregnant.

Optimize Results

To optimize results, we have designed a program that ensures that the body of the client is given every chance to process the liberated fat. The program is recommended, but not mandatory, and includes:

1. **Nutritional Supplements** aid in the natural detoxification process. We suggest time-release non-flush 500mg Niacin for once daily use, along with 1000 mg of Milk Thistle taken twice daily. If you have health problems or take medications, always check with your pharmacist or doctor before taking any nutritional supplements.
2. **Hydration** is key to optimal cellular function and critical to the success of this procedure. Clients should:
 - a. Drink a minimum of 64 oz. of water each day (two liters). It is recommended you drink eight 8 oz. glasses of water throughout the day to maximize the body's hydration level.
 - b. We recommend that you discontinue the use of coffee or other caffeinated beverages during the course of the program because they are diuretics and cause dehydration. If you feel that you must have coffee, please keep your intake to a minimum. To compensate,

drink an amount of water twice as much as the amount of coffee you drank (for instance, if you had one cup of coffee, you should drink two cups of water to re-hydrate your system). This is in addition to the eight 8 oz. glasses of water you should drink each day.

- c. Each drink of alcohol limits your liver's function, making it unavailable for processing your liberated fat. Try to keep your alcohol consumption to an absolute minimum (complete abstinence would be preferable). For best results, avoid alcohol, fatty foods, ibuprofen, acetaminophen, and other substances which put a strain on your liver.
3. **Lymphatic Stimulation** - The fatty material released by the fat cells will be processed by the lymphatic system. It is therefore critically important to help promote lymphatic system mobilization. There are several ways through which this may be achieved: the most basic and effective is light to moderate activity. You should maintain a regular workout routine consisting of walking for 30 minutes every day or the equivalent. Light exercise at the gym will also be beneficial, as will a series of lymphatic massages (typically on the day following each treatment). Strenuous exercise is not recommended as it reduces the hydration of the client. Massaging the treated areas is also helpful. We offer whole-body vibration therapy, which has been shown to achieve significant lymphatic stimulation.
4. **Compression Garment** - Wearing a compression garment will also help the lymphatic system process the liberated fat and reshape the body. We recommend that you wear a compression garment such as embolism pantyhose, a girdle, corset, Spanx or UnderArmour as tight as can be tolerated, as many hours a day as can be tolerated. We offer compression garments for ladies and gentlemen.
5. **Food Intake** – You should be under no misconception that UltraSlim phototherapy is a license to increase your food intake! On the contrary, we recommend that you maintain a low-fat diet. This allows your kidneys, liver and lymphatic systems to more effectively purge the excess fat as it is converted to energy. We recommend a diet consisting of five small meals per day. Avoid all sugars (sweet tea, sodas, sweets, or any items containing sugar or high fructose corn syrup), avoid all fats (including all fried foods), and avoid carbohydrates (pasta, potatoes, dried beans). Steamed rice is okay, without sauce. Salads and green vegetables are great (spritz is okay, but no dressings with fat and calories). Lean meats and fish are fine. The important take-away is that we are going to shrink your fat. To keep it that way, you need to maintain a good diet and limit each day's caloric intake to balance with the number of calories that you burn that day.

We recommend that hydration and nutritional supplements begin a week before you start treatments and continue through the treatment period and for one week thereafter. We recommend that you massage the fat tissue during the 48 hours following each treatment. We recommend that compression garments should be worn 8 hours a day from the day of the first treatment until one week after the final treatment.