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FEBRUARY SPECIAL

HAVE YOUR CHOCOLATE & EAT IT TOO!

Buy a 4 session package of Emsculpt treatments & Enjoy 4 Get Lean IVs for FREE!

Call or text our clinic number to book your sessions now. Emsculpt helps tone & strengthen core muscles in your abds and glut regions to improve balance, posture & prevent injury. The Emsculpt treatment is a high frequency focused electromagnetic therapy. A 30min of treatment



on a muscle region is equivalent to 22,000 contractions. So if you apply the treatment to your abdominal muscles, 30min of Emsculpt equates to 22,000 crunches! Research has also shown this treatment to decrease the width of diasthesis recti, the separation of the abdominal muscles in the midline which can occur after pregnancy in women or in men with large abdominal girth.

You can also target your arms, thighs and legs! Get your Get Lean IV (BCAAs, methionine, B12) just before your Emsculpt treatment to maximize the benefits of each session of burning fat permanently and increasing lean muscle mass.

Our "Get Lean" IV contains:

BCAAs (Branched Chain Amino Acids): Leucine, Iso-leucine, Valine, and Methionine, with B12

Love Never Fails

You are worthy. You are valuable. You are loved. One of the conditions for loving yourself is taking care of your body. It is the only one you'll ever have and your most important physical relationship. Stress, a sedentary lifestyle, hormone imbalance and other medical conditions can take a toll on your waistline. Studies have shown that waist circumference greater than 35in in women and 39in in men are associated with earlier mortality. This increased "visceral" fat around one's midsection has been linked to chronic inflammation, prediabetes and other conditions. Here's how to measure your waistline::

- Locate your hip bone on your abdomen.
- Wrap a measuring tape around your body at this level. It should be snug but not pressing into your bare skin.
- The tape should be parallel to the floor. Relax, exhale and read the measurement.

What are the benefits of BCAAs?

BCAAs essentially are found in proteins from meats, legumes, and dairy products. Optimal intake is up to 7-9 g daily. This level is typically not satisfied in the average diet so supplementation is helpful. There are numerous benefits to BCAAs.

A Japanese Study in 2010 showed that these amino acids decrease post workout soreness and recovery time.¹ They also help decrease inflammation and are building blocks of lymphocytes, thereby supporting your immune system.² BCAAs also enhance release of a peptide that delays gastric emptying and suppresses appetite. This is one way that they enhance weight loss.³ Other research reports that during times of increased stress on the body when inflammation and cortisol levels are high, BCAAs have been shown to aid in hormone balance by decreasing cortisol levels and improving testosterone production in men and women.⁴

¹ Branched-chain amino acid supplementation before squat exercise and delayed-onset muscle soreness. Y Shimomura et al. *Int J Sport Nutr Exerc Metab.* 2010 Jun;20(3):236-44.

² Branched-chain amino acids and immunity. P Calder. *J Nutr.* 2006 Jan;136(1 Suppl):288S-93S. doi: 10.1093/jn/136.1.288S.

³ Multiple Factors Related to the Secretion of Glucagon-Like Peptide-1. XingChun Wang, Huan Liu, Jiaqi Chen, Yan Li, Shen Qu, " *International Journal of Endocrinology*, vol. 2015.

⁴ Hormonal adaptation and the stress of exercise training: the role of glucocorticoids. A Hackney, E Walz. *Trends Sport Sci.* 2013; 20(4): 165–171.