

SCHEDULE AN APPOINTMENT

COLONOSCOPY

GAS & BLOATING

GLUTEN ALLERGIES

PEDIATRIC GASTROENTEROLOGY  
More than 20 years of Gastroenterology experience

MEET DR. MERLO

PATIENT REGISTRATION

PAY ONLINE

## CoolSculpting in Lawrenceville & Princeton | Fat Freezing



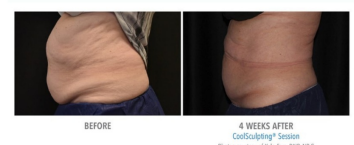
CoolSculpting is a non-invasive fat treatment that utilizes cryolipolysis. It is a safe, non-invasive procedure that requires no downtime. Visible reduction in fat looks natural and results are scientifically proven to be long-lasting.

Learn more about CoolSculpting by scheduling a complimentary consultation with Dr. Angela Merlo, the premier CoolSculpting Lawrenceville and Princeton provider.

### Benefits of CoolSculpting

- Most popular non-invasive fat treatment in the world
- No needles, scars, or stitches.
- FDA cleared
- Long lasting results
- Targets bulges that resist diet and exercise
- 35-minute treatment
- No downtime
- Sculpters attractive contours
- Great for men and women

### CoolSculpting before and after\*



CoolSculpting before and after images demonstrate how dramatically fat freezing can transform your physique when the procedure is performed by a skilled and experienced provider. As with any cosmetic procedure, results may vary.\*

[See more CoolSculpting before and after images >>](#)

### CoolSculpting Treatment Areas

With CoolSculpting, you can transform your appearance with a slim, sculpted physique. With this highly versatile treatment, nearly any stubborn bulge can be frozen away. Currently, CoolSculpting can target:

- Belly Fat
- Love Handles
- Thigh Fat
- Upper Arm Fat
- Back Fat
- Chest Fat
- Arm pit Fat
- Double Chin & Neck Fat
- And more...

### How Does CoolSculpting Work?

CoolSculpting freezes fat cells utilizing a process known as Cryolipolysis. During the treatment, stubborn bulges are exposed to controlled cooling, which freezes subcutaneous fat cells without harming the overlying skin. Once fat cells are frozen they are gradually excreted from the body in the form of waste. Once processed out of the body, the fat cells cannot grow back, leading to long-term results. 1

### How Much Does CoolSculpting Cost?

CoolSculpting cost fluctuates per person, depending on the unique variables of the patient's individual treatment plan. During your free consultation with Dr. Merlo, CoolSculpting prices will be discussed in detail. If fat freezing is right for you, Dr. Merlo will help you customize a treatment plan tailored to your needs and budget.

[Learn more about the factors that determine CoolSculpting cost >>](#)

### CoolSculpting Side Effects and Risks

CoolSculpting is a safe, non-invasive procedure. Long-lasting side effects are rare. However, after your treatment, you may experience temporary and mild redness, tenderness, swelling, or bruising isolated to the treatment area. These are symptoms of an immune response and suggest your body is hard at work collecting the frozen fat cells for disposal.

### CoolSculpting Near Me

When searching for the best CoolSculpting Lawrenceville or Princeton provider, it is important to remember that CoolSculpting is a technique sensitive procedure. This means that your provider heavily influences your experience and fat reduction results. That is why discerning patients choose [Dr. Angela Merlo](#). Unlike most CoolSculpting providers who delegate this sophisticated procedure to their aestheticians, Dr. Merlo performs all CoolSculpting consultations and treatments with the same personal attention and commitment to excellence as her medical practice. Her unparalleled expertise equates to exceptional results.

Freeze away stubborn fat for a slimmer, sculpted body. Get started by scheduling a complimentary consultation with Dr. Merlo of the [CoolSculpting Treatment Center of New Jersey](#), by filling out the online form below or calling 609-896-0800.

Fields marked with an \* are required

Name \*

Email \*

Phone \*

Message \*



## STUBBORN FAT: HOW TO GET RID OF BULGES THAT RESIST DIET AND EXERCISE

#Dr. Angela Merlo Posted April 5, 2019 in CoolSculpting



### SCHEDULE A COMPLIMENTARY CONSULTATION

Schedule by phone (609) 269-4281 or online below

Enter Name...

Email...

Enter phone...

Please tell us which areas you would like to target and the best time to contact you to schedule your free consultation...

**SUBMIT**

Getting rid of stubborn fat is much more complicated than the weight loss industry would have us believe. The popular adage of "calories in, calories out" is debunked as modern discoveries show us, that when it comes to fat, our body is a chemistry lab, not a bank account. There are numerous factors that affect a person's ability to lose weight, many of which are beyond the individual's control. These factors include genetics, gender, your microbiome, and more.

Find out why some individuals struggle with stubborn fat – bulges that cling to your body despite your best efforts. Learn the physiology of diet and exercise resistant fat. And discover proven solutions for reducing bulges that refuse to budge.

### WHAT IS STUBBORN FAT?

Stubborn fat refers to localized fat deposits that do not respond to diet and exercise. Most people have a few problem areas with diet and exercise resistant fat, no matter their lifestyle or activity level. This is because not all fat is the same.

After puberty, the number of fat cells within our body, and their distribution throughout our body remains fixed. Hormones, genetics and gender influence how many fat cells you end up with, and where the body stores those fat cells. Women's bodies typically distribute more fat cells to the lower body (hips, thighs, buttocks.) Men's bodies are more likely to store excess fat cells in the belly, flanks, chin, and chest area.

### WHY DO STUBBORN FAT DEPOSITS RESIST DIET AND EXERCISE

Fat cells have two types of receptors: Alpha-2 and Beta-2. Certain fat cells have more Alpha-2 receptors than other fat cells and vice versa. Alpha-2 receptors tell cells to store fat for future use. Beta-2 receptors tell cells to release fat into the bloodstream for immediate energy. When you diet and work out, fat cells with more Beta-2 receptors respond, breaking down and releasing the fat. Fat cells with more Alpha-2 receptors resist diet and exercise, telling the cells to keep hold of the fat.

Areas of the body with greater fat cell distributions also have cells with more Alpha-2 receptors. Biologically, it makes sense. With women, the body distributes more fat cells with Alpha-2 receptors to the hips, thighs, and buttocks, to create an energy reserve in preparation for pregnancy.

[Related Article: CoolSculpting Results: Real Patient Before and After >>](#)

### WHAT STUBBORN FAT MEANS FOR YOU

Because stubborn fat deposits are composed of cells with more Alpha-2 receptors, it may be impossible to get rid of those bulges, no matter how much you diet or work out. Furthermore, spot reduction or exercises that claim to target a specific area of the body is a common myth that is perpetuated by the weight loss industry. Crunches do not target belly fat. This, unfortunately, means that for many people with stubborn fat deposits, those bulges will be with them their entire lives.

### HOW TO REDUCE STUBBORN FAT

Fortunately, with modern advancements in [body contouring](#), there is finally an effective solution for getting rid of diet and exercise resistant fat. Treatments such as [liposuction](#) and [CoolSculpting](#) effectively reduce localized fat deposits by actually reducing the number of fat cells in the problem area. [These fat reduction treatments are not weight loss solutions.](#) They do not entice fat cells to release fat. Instead, they reshape the body by removing fat cells from the body completely. And because the number of fat cells within our body remains fixed after adolescence, once fat cells are removed from the body they cannot grow back. This results in a long-lasting reduction of stubborn fat deposits, such as belly fat, love handles, double chins and more.

[Learn how CoolSculpting works >>](#)

Learn more about CoolSculpting and how to reduce stubborn fat deposits that resist diet and exercise by scheduling a complimentary consultation with Dr. Angela Merlo of the CoolSculpting Treatment Center of New Jersey. Contact Dr. Merlo online or by calling 609-896-0800.

### SCHEDULE A COMPLIMENTARY CONSULTATION

+25% OFF a CoolSculpting Package

Enter Name...

Email...

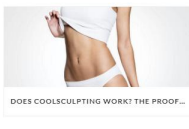
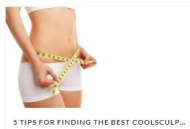
Enter phone...

Please tell us which areas you would like to target and the best time to contact you to schedule your free consultation...

**SUBMIT**

CoolSculpting, Get Rid Of Bulges, Stubborn Fat

### RECOMMENDED POSTS



#### SCHEDULE AN APPOINTMENT

Call (609) 269-4281 or schedule online

#### LAWRENCEVILLE

2 Princess Road  
Lawrenceville, NJ 08648  
Phone: (609) 269-4281  
Fax: (609) 896-1330

#### PRINCETON

10 Forrestal Road South  
Princeton, NJ 08540  
Phone: (609) 269-4281  
Fax: (609) 896-1330

#### DISCLAIMER

\*\*\*\*Results may vary. Dr. Merlo and the CoolSculpting Treatment Center are reputable for complete customer satisfaction for completed treatments. Unless otherwise noted, testimonials provided are from patients of the CoolSculpting Treatment Center who have undergone complete treatments. Before and after pictures depict real patients who have undergone complete CoolSculpting treatments by certified CoolSculpting providers. However, results may vary per client. No treatment is promised to provide permanent results. A guarantee is neither provided nor implied.