

HOW TO LOSE WEIGHT FAST | FAT REDUCTION WITH COOLSCULPTING

By Dr. Angela Merlo Posted March 4, 2019 In CoolSculpting

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HOW TO LOSE WEIGHT FAST | FAT REDUCTION WITH COOLSCULPTING

We are all guilty of it: searching for how to lose weight fast, even though we know the only truly effective way to shed the pounds, and keep them off is through a long-term commitment to an active and healthy lifestyle. Still, certain situations, like beach body season, or an upcoming event, make us wish for an exception to this rule of weight loss.

HOW TO LOSE WEIGHT FAST? IS IT POSSIBLE?

The weight loss industry capitalizes on the desire that most people have to lose weight fast. Whether it is a craze diet, a belly fat workout, or some diet pill, there are scores of options that promise miracles, but come up short. Even if you do lose weight fast, it is probably not fat you are losing. Moreover, it will not give you the maintainable change in physique that you are hoping for. So if you are still wondering how to lose weight fast, stop. You can't. It doesn't work that way.

While there is no great answer for how to lose weight fast, there are options for reducing fat, quickly, efficiently, and for good. These options are different from weight loss treatments and are backed by FDA approval and scientific studies.

HOW WEIGHT LOSS WORKS

If you really want to understand how to lose weight fast, it is helpful to understand the anatomy of a fat cell. The number of fat cells you have in your body, once you reach adulthood, is fixed. After adolescence, the body does not create or destroy fat cells.

Like the name suggest, fat cells store fat. Think of a fat cell like a balloon and the fat it stores as the air that goes into a balloon. When you gain weight, your body does not create more fat cells, it just expands existing fat cells to store more fat, much like blowing air into a balloon. When the body loses weight, it does not get rid of fat cells, it simply burns off some of the fat that was stored in the fat cell, much like letting some air out of a balloon. This is why it is so easy to gain back weight. The fat cells are still there in the body, just waiting to expand again with more fat.

HOW TO REDUCE FAT, FAST!

While commonly conflated with one another, weight loss is not the same as fat reduction. It is important to know the difference between the two to clearly understand the benefits of fat reduction over weight loss. Weight loss simply shrinks fat cells. This preserves the fat cell's ability to re-expand upon future weight gain. Fat reduction, on the other hand, literally removes a portion of fat cells from the body. Once removed from the body, fat cells do not grow back, leading to long-term results.

FAT REDUCTION TREATMENTS

Liposuction is the most popular way to reduce fat fast. While effective, many men and women want a non-surgical alternative to liposuction. Fortunately, advancements in cosmetic technologies have led to the development of non-invasive fat reduction treatments. These treatments safely and effectively tackle stubborn bulges, without surgery, scalpels, anesthesia, or lengthy recovery times. Best of all, the results are natural looking and long lasting, providing an effective and permanent¹ way to reduce fat fast.*

COOLSCULPTING

CoolSculpting is a great solution for non-invasive fat reduction. Millions of treatments have been performed worldwide, and raving [CoolSculpting reviews](#) and [CoolSculpting before and after images](#) prove that this non-surgical alternative really works. [CoolSculpting uses advanced cooling technology](#) to eliminate fat cells from the body by freezing them to death. Once frozen, the fat cells are excreted out of the body in the form of waste. It takes 12 to 16 weeks for the lymphatic system to collect and remove all the fat cells. However, once fat cells are excreted from the body they cannot return, leading to long-term fat reduction.*

[Learn more about CoolSculpting >>](#)

FAT REDUCTION TREATMENTS NEAR ME

Fat Reduction Treatments are not intended to replace healthy living but are ideal for men and women who struggle with stubborn bulges, such as belly fat, that resist diet and exercise. The best way to find out if you are a candidate for fat reduction, such as CoolSculpting is to contact Dr. Angela Merlo, the premier [CoolSculpting Lawrenceville provider](#) by filling out the online form below or calling 609-896-0800 to sign up for a complimentary consultation.

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