



THE LUNCHTIME WORKOUT



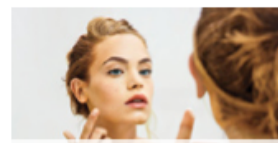
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BEAUTY

BY KATE SANDOVAL AT 4:07 PM

I Tried It: A No-Pain Fat-Shrinking Machine!

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I shrunk my fat cells! I think? As part of the *Young & Sexy, Always* story in this month's issue, I went to see Dr. Jame Heskett at her incredible fat melting factory called Wellpath. It's a spa with lots of high-tech fat destructing gadgets. To treat my most challenging fat spot--my tummy--Dr. Jame chose to use the Apollo Tripollar system (which shrinks fat cells with radio-frequency energy). So I dutifully went once a week for 6 weeks to have the magic TriPollar wand waved over my abdomen.

What it feels like: Basically, the treatment feels like you're being ironed. It's warm and a little like a massage. And it's totally not painful, although every once in awhile I felt a little too hot, so Dr. Jame would dial it back. The idea is that the hotter your skin gets, the better the radio frequency is working.

My immediate results: I did feel instantly slimmer. But then I seemed to believe that I had permission to eat more. This chocolate bar here, slice of cake there mind set meant that I didn't gain inches but I didn't feel like I lost a lot either. Although my before and afters (which I won't burden you with here) did show my tummy to be less paunchy and a tad trimmer.

These days: My stomach is definitely flatter. Since I was a kid, pot belly has always been my favorite area to complain about and yet this summer it hasn't been as much of an issue. BUT remember that part in the article on the top of page 44 (I dare you - look it up!) where Dr. Frank says that sometimes when you do these bulge blaster treatments, you may regain fat in other places? Well, now that I'm not obsessing about my tummy as much, I've had more time to ponder my back fat and inner thigh issues. Have I always had these trouble spots OR is my fat migrating to new places since my stomach is now a no-go zone?

Bottom line: TriPolar is good for a skinny person with a trouble spot. Curvy women like myself should probably start with the gym and a healthy diet. Then, if you hit your ideal weight and still have a trouble spot, maybe see a doctor to decide if this painless high tech option is for you (and expect to fork out up to \$3,500 for the 10 sessions you'll need). And, btw, if you ARE worried about belly fat, flip to p. 62. It's all about the dangerous kind of belly fat that makes the gym/healthy diet plan even more important.

-Elaine D'Farley, beauty director

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