

Fit Body Light Frequently Asked Questions

DISCLAIMER: The Fit Body Light System is not intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease or any other condition, and is not intended to affect the structure or function of the body. The product is cosmetic in nature and does not claim to impart any health benefits. The statements below have not been evaluated by the US Food and Drug Administration.

Where is the Fit Body Light made?

In the USA.

What is the warranty?

One year parts and labor. Shipping charges not included. Warranty voided by abuse, water damage, power surges, etc. LEDs last virtually forever. Used responsibly, the device will last many years.

What is 635nm LED Technology?

635nm (nanometers) refers to the wavelength of red light the device produces.

Are there other 635nm devices on the market?

There are many versions of 635nm devices on the market, some are classified as a medical device due to the fact they are laser-based, while others are LED-based. Laser-based 635nm devices require physician oversight and cannot be operated by a non-medical technician without direct physician supervision. This is due to the risk factors involved such as tissue damage or damage to the eyes. LED-based 635nm devices will not cause injury to patients or technicians, so they are much safer to operate.

What is the difference between laser light and LED light when it relates to this technology?

The light emitted by a 635nm device, regardless of whether the source is laser-based or LED-based, will deliver the same reaction within the tissue. This has been proven in a study done by world renowned physician Dr. Tiina I. Karu, Academician of Russian Academy of Laser Science, that indicated both types of light, laser and LED, became diffused upon entering the dermis. The light was diffused to the point where there was no negligible difference between the two types of light when it reached the subcutaneous fat cells (fat cells below the surface of the skin).

What does a Fit Body Light treatment feel like?

Wonderful! Your client will look forward to each treatment with excitement! It's so easy! Your client will lie down on a treatment table on top of one pad. Then the additional treatment pad will be placed over the treatment area. The system will be turned on and the patient will feel a slight warming sensation. The technician leaves the room for the ten minute treatment while the patient is happily enjoying a relaxation time.

What type of results can be expected?

The recommended Fit Body Light treatment protocol involves 10 treatments in a series, delivered every other day or every 3 days over four weeks. A healthy diet, simple exercise, and the treatments equal happy clients who typically report losing two to four inches in the waistline following a series. Some clients are so thrilled that they may want to continue with additional treatments.

How long will the results last?

Results will vary from client to client as everyone is different. However, once again if the client maintains a healthy lifestyle, including eating healthy and simple exercise results are expected to be long term. No eating fast food everyday!

Can anyone be treated?

Any adult who is not pregnant. The Fit Body Light treatment is safe and effective for any skin color or type. Of course clients are recommended to consult their physician before starting any type of diet or exercise program.

Contraindications:

Epilepsy

Pregnancy/Lactating/Breast Feeding

Liver/Kidney Disorder

Pacemakers

Uncontrolled Hypertension

Severe Thyroid Gland Dysfunction

Cancer/Radiation treatment

Immunosuppressive Disorders

Heart Disease/Cardiac Arrhythmias

Not recommended for individuals under the age of 18

Do clients need to follow a strict diet and exercise regimen?

The protocol associated with the Fit Body Light system involves simple to follow directions, but does not require a strict diet or strenuous exercise. Most businesses/practices will already have a weight loss program in place. If not, we can recommend some very successful programs to you to optimize results. The Fit Body Light protocol can help to motivate a person. Seeing is believing!

What areas of the body can be treated?

The Fit Body Light can be used on any part of the body; hips, waist, thighs, back, upper arms and neck. We find that 99% of our clients are looking for treatments in the abdominal area. No more muffin tops!

Will a 635nm device work on an obese client?

Yes, however it will take more than a series of ten treatments. Obese clients can benefit from a treatment involving a 635nm device. Just as with any other type of client, the improvement in appearance has a motivating effect, enabling the client to apply an effort that can provide exceptional results in the long term.

Is the Fit Body Light device safe?

Absolutely! The treatments are completely safe, painless, risk-free and there is no downtime. The light emitted by the Fit Body Light generates minimal warmth that is relaxing. The Fit Body Light was designed completely for the clients satisfaction.

What can a person do to optimize their results?

To achieve optimal results with the Fit Body Light treatments, the patient should follow the simple steps outlined in our protocol. Any individual who is committed to improving their appearance will have no problem following these guidelines.

Why did the early version of a 635nm light system have some patients who did not see a satisfactory result?

The first 635nm LLLT device was released with a lot of fanfare and promoted as a quick-fix fat reduction device, even without FDA approval of those claims. Since it was laser-based, it was primarily sold to physicians, but the level of training and education was less than satisfactory to the point where most physicians did not understand the entire process. As a result, patients were overpromised and most experienced less than acceptable outcomes. Patients expected to just sit under the light and their fat would be melted away, but that's not how 635nm LLLT works. It was not properly stressed with the patients that the right diet, a slight amount of exercise to stimulate the lymphatic system, and drinking plenty of water will dramatically improve their results. Additionally, the fact that the 635nm light source on this device was very weak, was positioned away from the patient's body (measured light energy dissipates at an exponential rate as the distance between the source and the target increases), plus the beam was moving and not focusing on one specific spot, creating a situation where very little light energy was delivered to the fat cells. Since that early version, studies have been performed and a better understanding of the complete process with and the steps that need to be taken to attain acceptable results has helped this segment of the market evolve into a proven and successful revenue-generating technology.

Do 635nm devices require FDA approval?

No. If the device is safe to operate and cannot cause injury to a patient or technician, the FDA does not have a reason to be involved in the approval or denial of use by any operator or technician wishing to utilize this type of technology. However, any device that makes a specific claim of improving a person's health or causing a change in human tissue must be approved by the FDA after being part of a clinical study to prove those claims. Clinical studies are expensive, will increase the sales price of the device, and may take years to conclude. The rules set down by the FDA affect the manufacturer of the device, restricting them on how they can advertise and promote their product within the marketplace, but do not have any effect on the operator/owner's ability to promote the treatment the device delivers. The majority of LLLT devices are not FDA approved and have been utilized in the aesthetics market for many years without negative issues or incidents, particularly in the European market.

For more information on the Fit Body Light and other cutting edge fitness products, visit our website elixa.com.

Elixa. Ltd. Albuquerque, NM
800.766.4544 or 505.293.4648
email: info@elixa.com

©Elixa and Phil Safier 2015

