

# FORMOSTAR

FAR INFRARED BODY WRAP

## CASE STUDY WITH THE FORMOSTAR FAR INFRARED BODY WRAP SYSTEM



Wrap One



Wrap Twelve

### 36 YEAR OLD LADY - WEIGHTLOSS

Mrs B put on weight after having her children. She has tried for a number of years to get back to a Size 10/12 but has had problems doing so. She wanted to increase her metabolism and reshape and was committed to improving her diet and exercise. She commenced Formostar sessions in October. Her weight was 81.2 kgs, Size 16. After 6 sessions she weighed 79.2 kgs and had lost a total of 38.5 cms from 8 tape points. After 10 sessions she weighed 74.3 kgs and had lost 51 cms. She stopped sessions over the Christmas period. Since then she had 4 more sessions and lost a further 3.9 kgs, totally 10.8 kgs and now weighs 70.4 kgs and wears Size 12 clothes. Her eating habits have improved to include a variety of foods and more, but smaller meals each day. She has a personal trainer once a week, walks twice a week for 30-40 minutes and has a walking machine at home. Her energy levels have increased. Maintenance treatments appear to be crucial to continuing the weightloss.

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### **Marian O'Brien**

"I have lost 22 kgs. Going on a diet is not my kind of fun but eventually I made the decision that I wanted to be a Size 10-12 again instead of a Size 16 not only because I had a wardrobe of clothes I couldn't fit but I wanted a better quality of life.

Jenny Craig had worked for me on another occasion so I decided to enrol. I also decided to try the Formostar if nothing else but to give me some pain relief and was amazed when I woke up the day after my first treatment with a noticeable decrease in fluid around my calves and no pain. I was hooked.

The thing that I discovered was that like previous diets I had done, I did not plateau with doing the Formostar in conjunction with my diet. When I went to weigh in, they asked me what else I was doing because it was unusual to consistently lose 7-800 grams every week for such a long period of time on the diet.

I joined the gym and could workout because I didn't have the pain, so that helped with my results as well.

I would have achieved the weightloss eventually with the diet programme and introducing some exercise but the Formostar accelerated my results so I reached my goal much sooner than I expected and the whole dieting process was not nearly as painful.

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### **Fuschia DeLange – Weightloss & Pain Relief**

“Formostar has changed my life and changed my body. After the birth of my two children I had so much back pain that I couldn’t pick them up which was pretty tough. I also struggled to lose weight.

Initially I did the Formostar to get pain relief but then the weight started to come off. The more relief I got, the more energy I gained and the more weight I lost. I’m now able to go to the gym or for a run without pain”.

“I’ve lost 30 kgs with the help of the Formostar and gone from a Size 16 to a Size 10. I have so much more confidence and I feel great. I couldn’t have done it without my Formostar sessions.”

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### **Sarah Wood – New Mum, Weightloss**

Sarah had two babies in the space of 13 months. She wanted to gain a healthy body again, reduce weight and assist with stretch marks and dermatitis spotting on her upper arms. In addition, she was losing her milk supply.

“After the 3<sup>rd</sup> wrap I was getting 180 mls of milk and it was great to be breastfeeding again. During week three there was a huge change in the appearance of my stretch marks (they were pale silver and didn’t itch anymore either), the dermatitis and spotting on my arms had all but gone and my pants were hard to keep up.”

Sarah incorporated 20-30 minute treadmill sessions 3-4 times per week. She lost 5.6 kgs and 59 centimetres in 12 wraps over 4 weeks.

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### **KELLY MACZKOWIACK – PAIN RELIEF AND WEIGHTLOSS**

Kelly received 9 Formostar wraps to assist her in losing weight and for pain relief. She was in a car accident several months earlier and was experiencing significant back pain. She felt immediate relief after the first couple of sessions. After nine sessions she had hardly any back pain at all, her skin felt better, she had more energy and felt refreshed and rejuvenated. She also lost around 4 kgs which was a bonus.

“Now when I have a few aches and pains I can have a session on the Formostar and it helps immensely”. “I highly recommend using the Formostar”.



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### **Kiesten McCauley– WeightLoss & Pain Relief**

“I was completely sceptical that Formostar could live up to its own hype, which is why I am so surprised at the results I have experienced first hand”.

After 12 sessions Kiesten was a dress size smaller. Her clinic, Belle Affair in Queensland, had suggested improving her diet and exercise but she chose not to change a thing.

“It wasn’t just the weightloss which delighted me, the lower back pain I had endured for 22 years was gone, my skin looked great and I felt more energy thanks to Formostar’s detoxification effects.”

“I’m almost 20 sessions along now and continue to lose weight and enjoy the healthy feeling of wellbeing”.



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### **Deb Westland – Arthritis & Weightloss**

“I was a very fit person until I got diagnosed with a debilitating arthritic condition in my chest and spine. I couldn’t exercise without severe pain and breathing difficulties.”

“From my first Formostar treatment I experienced an improvement in pain and energy levels – to experience some weightloss was an added advantage. My energy levels improved considerably and my pain levels are now minimal”.

Deb felt she couldn’t do without the Formostar so she put one in her business – Lyte Laser in Unley, South Australia.