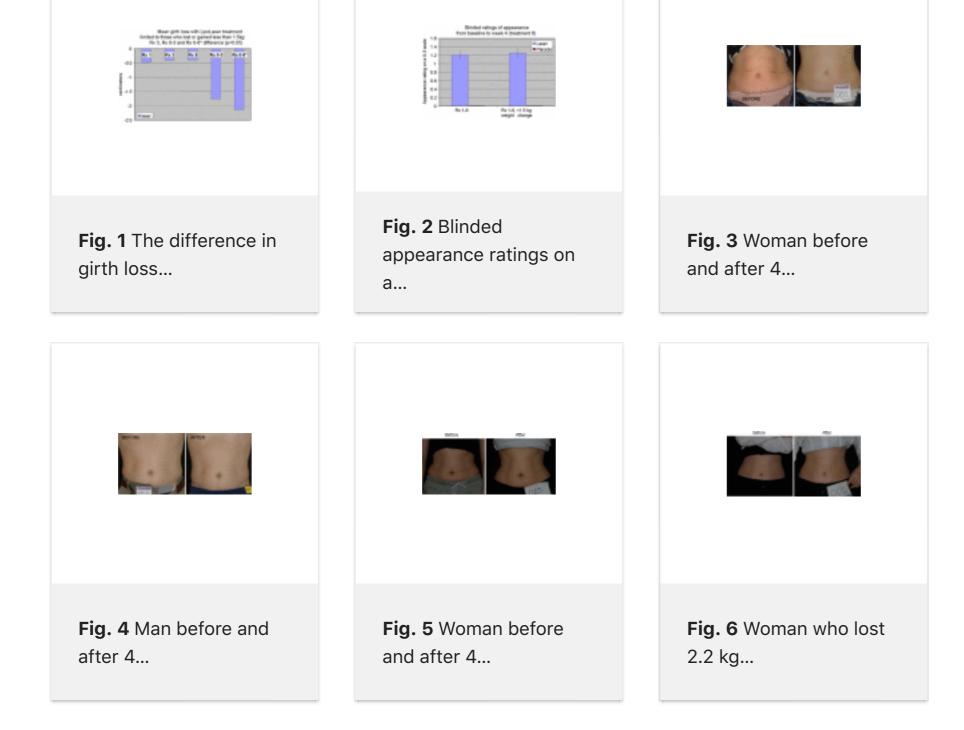


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Abstract			
scientific studies of its efficacy an body contouring are lacking. This	apy (LLLT) is commonly used in medical applications, but d the mechanism by which it causes loss of fat from fat cells for study examined the effectiveness and mechanism by which 635– ve body contouring intervention method.	PAGE NAVIGATION	
	women ages 18–65 years with a BMI <30 kg/m2 were randomized ubject's waistlines were treated 30 min twice a week for 4 weeks.	Abstract	
Standardized waist circumference	measurements and photographs were taken before and after ere asked not to change their diet or exercise habits. In vitro	Figures	
assays were conducted to determ	ine cell lysis, glycerol, and triglyceride release.	Similar articles	
of the study. Each treatment gave	nose with body weight fluctuations within 1.5 kg during 4 weeks a 0.4–0.5 cm loss in waist girth.Cumulative girth loss after 4	Cited by	
evaluation of standardized picture	2 vs. 1.35 ± 2.64 cm for the control group,p < 0.05). A blinded s showed statistically significant cosmetic improvement after 4	Publication types	
	studies suggested that laser treatment increases fat loss from des, without inducing lipolysis or cell lysis.	MeSH terms	
Conclusions: LLLT achieved safe and significant girth loss sustained over repeated treatments and cumulative over 4 weeks of eight treatments. The girth loss from the waist gave clinically and statistically significant cosmetic improvement.		Substances	
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