

## Mesotherapy – An Innovative Approach to Health & Beauty

**Mesotherapy an innovative non-invasive approach combing the best of naturopathic medicine and cosmetic medicine creating health and beauty from the inside out.**



It seems that everywhere we look now a days in media especially in advertising, we are bombarded with messages of creams, potions and lotions, and new and innovative ways in which to rid the body of fat and cellulite. In recent times, it has been found that a French system called mesotherapy can provide a very safe and productive alternative method for treating local deposits of fat and treating mild to moderate cellulite conditions. Initially utilized in France in the 1950's, mesotherapy is not a new technique; however, it is an emerging technique making its way across the great pond and into North America. This technique provides a system in which medications which are naturally derivative are introduced into the skin and underlining tissues in order to provide a local effect. The types of medications that are used are specific for creating a breakdown of fat, actually by acting almost like a detergent to absorb the fat and to create a local bursting or destruction of the fat cells. In recent media coverage there has been a lot of discussion of one of these particular components called phosphatidyl

choline a derivative of Soya

letchicin. Other cocktails that might be utilized could also include herbal and homeopathic extracts which can be used to stimulate the microcirculation, increase the lymphatic fluid functions and provide for detoxification and drainage, and an alteration of the PH of the tissues. These are all important elements when dealing with breaking down fat from tissue.

At [Pinewood Natural Health Centre](#), we strive to provide through proper assessment and diagnose to provide the most effective and customized approach to dealing with the localized fat or cellulite condition. Our approach is comprehensive and is integrative. This means that we can pull upon mesotherapy as our principal modality, but in any one treatment strategy we may actually be utilizing upward of two or three other techniques in which to achieve better outcomes. The advantage to a client or patient that uses our clinic or facility for weight loss or body contouring and sculpting is that plans and program are customized to the client's needs. Also what is unique about what Pinewood offers is that we will also treat internally the metabolic differences that may also be contributing to the condition. So for example it might be that we need to look towards the use of the bio-identical hormones, such as derivatives of, thyroid, adrenal, and the reproductive hormones to provide balance as it is well known that during times of hormonal change men and women can contend to gain weight in

these very specific problem areas such as the abdomen, the flank, arms, buttocks, thighs and the saddle bags, etc. Unlike invasive cosmetic or surgical procedures there is very little side effect and very little down time from our treatment strategies. A patient can come in on their lunch hour and truly have a lunch hour makeover and be able to return back to their full activities of the day including getting back to work. Treatments are usually sold as packages; the average treatment time is an hour to an hour and 15 minutes and during that time the patient is literally pampered, but with other techniques such as, lymphatic drainage massage, infrared sauna treatment, localized vibration or massage treatments and a series of injections.

A treatment package consists of anywhere from 5 to 10 treatments. Most of our patients find that after 5 treatments they can generally see a dramatic result. Sometimes, we need to extend past 5 treatments just given the difference between patient responsiveness. For cellulite, treatments depending on the grade and severity of cellulite anywhere from 5 to 8 treatments might be more or less the norm. These treatments are usually done every 7 to 10 days for the initial series of four, every week following treatments may be done once every other week and subsequently, if maintenance is required it is once every month.

Mesotherapy provides a safe effective alternative as a body sculpting and contouring technique to going under the knife in order to help you achieve the body shape you desire. More importantly, to help you feel more health from within, and with health from within we are able to assess a new and profound level of confidence about ourselves and how we present ourselves to the world.

- Michael Rahman, BSc, ND