



# NOT SO EXTREME **Makeover**

It's not a nip or a tuck, it's a whole new way to see yourself! Find out how FIT's editor-in-chief turned back the clock with the help of some new technology and a little common sense...

**By Rita Trieger**

# CELLULITE

No amount of exercise or dieting enabled me to smooth away the accumulating dimples on my hips, butt and thighs. But there did seem to be a glimmer of hope on the horizon - a new procedure from France called Mesotherapy.

Invented in 1952 by Dr. Michael Pistor, Mesotherapy is a technique where medication is injected into the mesoderm, the layer of fat and connective tissue under the skin. This medication melts the fat beneath the skin and shrinks the fat cells in the scarpus facia layer. The fat dissolves and -- just as when fat is broken down during weight loss -- is carried through the bloodstream and excreted. It's a permanent solution to cellulite but unlike liposuction, which completely removes fat cells causing misshapen areas if weight is gained back, Mesotherapy loosens the fibers of connective tissue enabling better circulation and a smoother, more even appearance if there is weight gain.

I wasn't carrying around that much extra weight but on my 5'1" frame every little hit counts, so on my first visit to Dr. Marion Shapiro's Madison Avenue office, I was hopeful. Dr. Shapiro - who is the most beautiful doctor I've ever met - took her time explaining the complete treatment plan. First and foremost you must follow a natural, healthy diet (she called it the "Garden of Eden" plan: lots of fruits, veggies and fish), drink lots of water, and maintain a regular exercise program.

Next step was an examination and an assessment of the affected areas. Dr. Shapiro determined that my cellulite was mostly second degree (there are three) and predicted good results. She recommended I have six treatments. (Most patients fall into the six to ten treatment range and only very severe cases require more.) After the exam she mixed up a small batch of the homeopathic medicines she would be using for my treatments, then tested a small area on my thigh to make sure I wasn't allergic. She explained that each patient has her own specific mixture, and ingredient amounts can be adjusted to suit the patient's needs. Thankfully I had no allergies so we set up a weekly schedule for my treatments.

## Getting started

On my first appointment I was a little anxious. As I waited for Dr. Shapiro, I wrapped myself in the standard paper robe and tried to relax. The doctor came in holding two rather large syringes that were attached to what looked like a plastic gun. (At this point I became really anxious!) Both syringes were filled with my special homeopathic blend. I lay on my stomach while the doctor quickly made the small injections all around my left buttock, hip and thigh area (the other syringe was for the right side). It didn't hurt as much as I'd imagined, in fact it was nothing more than a lot of pinching. Some areas were more sensitive than others, but she moved quickly and in less than 15 minutes my first treatment was complete. Arnica gel was smoothed over my skin to reduce swelling and relieve stinging and I was instructed to take Arnica capsules to reduce black and blues (the only telltale side effect).

Over the next six weeks this procedure was repeated and each week a different area was emphasized. I already noticed a difference by the second week and by the fourth week I was ecstatic. I could not believe how smooth and firm my butt and thighs looked! Even Dr. Shapiro admitted it was amazing. After my sixth treatment I felt like a new woman. I went right home and ordered a bright green bikini from J.Crew.

Looking back over the last few months I am still thrilled by my results. My skin is clear, my smile is bright and I'm looking at my computer without my glasses while wearing a pair of very short shorts. I didn't have to undergo any kind of extreme surgeries, there was little if any down time, and best of all it's still me ... but just a little bit better!

## For more information:

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