

[VANITY fare]

The Lean Creme

BY
ROBERT ELLSWORTH

Hiding your love handles under bulky T-shirts and masking your ass behind baggy sweats is not an option this time of year—it's bathing-suit season, dude! But do you dare go bare? For that cringe-inducing moment when you need to strip down in the locker room, there might be an easy, effective solution that doesn't involve going under the knife or injecting illegal steroids. A lean, mean slimming cream by Prescribed Solutions' Body of Knowledge promises a tighter tummy right out of the bottle. This cutting-edge topical preparation is designed to target problem areas of body fat accumulation, including that pesky paunch.

Sounds too good to be true? Of course it does. After all, who can forget such belly busters as the seaweed slimming soap? But skeptics take note: A French survey showed that two slimming creams were able to reduce women's thighs by 2 cm in just two weeks, and Body of Knowledge was one of them. Even the American Society of Plastic Surgeons was blown away by the results of a study that showed this cream can lead to a loss of up to 2 inches in treated areas. The active ingredient is aminophylline (used in pill form as a prescription asthma drug!), similar in fat-burning action to ephedrine and clenbuterol, a once popular bodybuilding supplement in the '80s. In clinical trials, Body of Knowledge's proprietary "Reducing Complex"—consisting of lecithin, caffeine, butcher broom, TEA-hydroiodide, escin and tripeptide-3—resulted in 75 percent of the patients experiencing a significant decrease of 0.2–1.2 inches in buttock circumference and 50 percent showing a weight decrease of 1.3–3.1 pounds after 60 days. Body of Knowledge is nongreasy, nonsticky and penetrates instantly, allowing you to get dressed immediately after application. Its proprietary complex strengthens microcapillaries and activates the enzymes that break down fat, reducing



For those of us who don't have Olympic athlete Michael Phelps' natural waistline, Body of Knowledge provides a little help.

the amount your body stores.

"Body of Knowledge is an amazing product that has shown great results," says Dr. Edwin Mirzabeigi of West End Medical Aesthetics. "Another advantage is the fact that this product is customizable. Special condition-specific boosters can be added to this product by the physician to address specific skin problems and concerns."

Special permeation enhancers have been included to achieve a rapid and effective absorption, unlike other creams where over 80 percent of the ingredients remain on the skin, often causing irritation. Devoid of any of the stimulant-like activity, appetite suppression or potentially toxic effects of aminophylline/theophylline-based formulas, this cream is a healthy, totally safe and highly effective product that can be used long-term with no adverse side effects.

Still, that doesn't give you carte blanche to binge on burgers and fries. To optimize results, you must keep a healthy diet and maintain a consistent workout regimen. "I advise my patients to use this product twice a day for a minimum of 60 days, maintain a healthy diet and commit to an exercise regimen. The key to success is consistency," offers Mirzabeigi.

At \$135 a bottle (\$10 additional for booster), Body of Knowledge doesn't come cheap, but it's a hell of a lot more economical than liposuction.

For more information, visit prescribedsolutions.com or westendmd.com.