



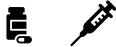
REDUCING STUBBORN FAT

Self-Help, Traditional Medicine & Ivy Collaborative Support



1. What Stubborn Fat Can Feel Like

You eat clean and train consistently, yet a layer of fat around the abdomen, flanks (“love handles”), thighs, or arms will not budge. Clothes fit differently in the midsection even when the scale moves. Strong muscles stay hidden under a resistant fat layer. Genetics, hormones, stress-related cortisol, and a high density of alpha-2 fat-cell receptors in these areas make them far harder to mobilize than fat on the face, arms, or legs. This is body composition—not a failure of willpower.



2. Self-Help Strategies	3. Traditional Medicine Options	4. How Ivy Collaborative Can Help
- Keep a modest calorie deficit with adequate protein - Strength-train major muscle groups 2–3× weekly - Walk and move daily; add NEAT (steps, standing) - Prioritize 7–9 hours of sleep; manage stress - Limit late alcohol and ultra-processed extras - Track waist, photos, and how clothes fit—not only scale weight - Know the spot-reduction myth: crunches tone muscle, they do not burn the fat covering it - Seek a medical evaluation if fat is concentrated centrally or health markers are changing	- Lifestyle counseling and registered-dietitian support - Screen for thyroid, insulin resistance, PCOS, or other metabolic drivers - Address sleep apnea, depression, or high cortisol when present - Medication only when medically indicated for weight or metabolic disease - Surgical body contouring for selected candidates after shared decision-making - Physical therapy or core rehab when diastasis or back pain coexists - Understand limits: diet and exercise improve health but often leave receptor-dense “stubborn” pockets - Ask about non-surgical, FDA-cleared body-contouring options	- EMSculptNEO — only FDA-cleared device that reduces fat and builds muscle in one session - Synchronized RF heats fat to trigger permanent fat-cell elimination; HIFEM+ delivers ~20,000 supramaximal contractions - Clinical averages: ~30% less subcutaneous fat and ~25% more muscle thickness in treated areas* 30-minute sessions; typical course is 4 visits, about 1 week apart; no downtime - Common areas: abdomen, flanks, buttocks, thighs, arms, calves (BMI generally ≤35) - Physician-directed plans with Dr. Jocelyn Bayliss, MD - Complements—not replaces—nutrition and training - Comfortable Augusta office; complimentary consultation

5. Helpful Links

Self Help	Traditional Medicine	Ivy Collaborative
sleepfoundation.org medlineplus.gov/insomnia.html Routine • Environment • Stress tools	mayoclinic.org (insomnia) aasm.org CBT-I • Evaluation • Meds	ivycollaborative.com EmsculptNEO Therapy Schedule your consultation

6. Contact Ivy Collaborative Healthcare

2100 Central Ave, Ste 6, Augusta, GA 30904 | 706.364.3461
Complimentary consultations available • Non-invasive solutions for lasting support



You do not have to manage sleep issues alone—support is available.

