

Lincoln's first business to use an Arasys machine works by burning fat without the hard work, exertion and soreness from exercising.

STORY AND PHOTOS BY LORI MCGINNIS

Shape Up

Deanna Persinger looks like she's enjoying some sort of new-fangled massage as she lies on a table at Shape Up! in downtown Lincoln. But what she says she's really doing is losing inches.

Persinger has been trying Lincoln's newest way of losing body fat — Arasys.

Arasys is a solution for people who have become frustrated because they have been unable to shape up through with dieting and exercising, said Jill Robertson, who brought the system to Lincoln in July. It burns fat without the hard work, exertion and soreness that come from exercising, she said.

The Arasys machine is an electrical device that is attached to the body through thin wires or leads. The wires are attached to damp sponge pads that are placed around an area of the body. The machine is turned on and the user lies back and relaxes.

Arasys uses light electrical current to stimulate the nerves that control the muscles, instructing muscles to fully contract in a way that they would contract during exercise. The result is increased blood flow, muscle building and fat burning, Robertson said.

Robertson operates Shape Up!, the first and only business in Lincoln to offer the Arasys method of fat burning, which is located downtown just above the Green Gateau restaurant. The number of people who have inquired about Arasys has been steady, but picked up dramatically when it was featured on the KLN TV channel 8 news several weeks ago.

Most people want to know just what Arasys can do for them, Robertson said.

"In 10 sessions people drop one size and it's not uncommon to drop two sizes," she said.

Arasys was invented in 1994 in London by Gerry Pollock, the co-inventor of the first pacemaker, and Donald Gilbert, a cellular biologist. While invented to help treat muscle-wasting diseases, in the early 2000s it was discovered it has cosmetic benefits as well. People using it were seeing more muscle tone and inch loss, Robertson said.

The machine uses waveforms similar to those used in the pacemaker. Approved by the Food and Drug Administration, the machine targets specific muscle groups to build muscle, Robertson said. It not only burns fat while building muscle, but it reduces cellulite and increases metabolism and stamina so people have more energy.

Arasys bypasses the need to burn glucose and prevents the buildup of lactic acid, which makes the body tired and sore, Robertson said.

The machine usually is used on trouble areas like the abdomen, buttocks, thighs, knees and arms. When treating the abdomen area, the Arasys treatment is like the squa-

lent of 900 sit-ups but does not leave the user tired, she said. Users can actually see the muscle contract as they use the machine.

"You'll see your stomach pull in and you'll say 'oh my gosh!'" Robertson said.

According to the Arasys web site, clinical tests done in 2004 indicated four people in a test group lost an average of 9.9 inches after 10 treatments compared to an average 2.4 inches for a another test group of four who worked out 10 times at a gym.

Once Persinger learned about the method, she signed up for a session. She said she noticed a difference after one 50-minute session, and then signed for nine more.

"My thighs that have always rubbed together have not rubbed together as much," she said. After several treatments, she said "my hanging stomach is not hanging anymore."

Persinger opted for Arasys after being unsuccessful with other weight-loss methods. Not only does she like the results she has gotten, she likes the process. Lying on a table and getting the procedures is very relaxing, she said. She described the feeling as tingly.

"It feels like you're in a hot tub," she said.

Robertson wasn't looking to learn about Arasys when she stumbled upon it during some Internet surfing. She was intrigued by what she read and continued researching it. She was interested in offering the procedure as part of a new business but first wanted to make sure it worked.

Robertson traveled to Oklahoma City, the nearest location of an Arasys machine. She tried the procedure and noticed a difference right away. She said she lost 5 inches after that first treatment and was able to buckle her belt a notch tighter.

She bought a machine and company representatives came to Lincoln to train her. After 10 sessions in six weeks,



she said she lost 13 inches and 10 pounds. Her pants size dropped from a 12 to an 8.

In one of the most dramatic results she has seen in her business, one client lost 8 inches after one session, Robertson said.

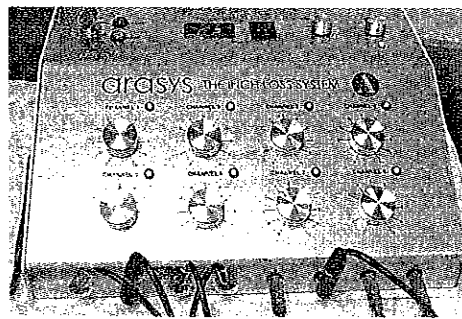
The first session costs \$125, then after that packages are available. Three sets of measurements are taken prior to the start of the first session then retaken later. Roberts recommends continued treatments two to three days a week, as the quicker they are done the faster the results.

As might be expected, users of Arasys are urged to watch what they eat.

"If you're going to eat cheeseburgers and French fries you're probably not going to notice anything," Robertson said.

Jackie Hoehner of Lincoln had just signed up and planned to try Arasys "to jumpstart my New Year's resolutions." Her goal, she said, was not to lose a lot of weight but rather to look better in her clothes.

"I've spent more money and gotten less" for other weight-loss methods, she said. **L**



Top: Jill Robertson operates Shape Up!, the first and only business in Lincoln to offer the Arasys method of fat burning. Right: Customer Deanna Persinger receives a treatment from Shape Up! staff member Kristi Johns. Above: Arasys was invented in 1994 in London by Gerry Pollock and Donald Gilbert.

