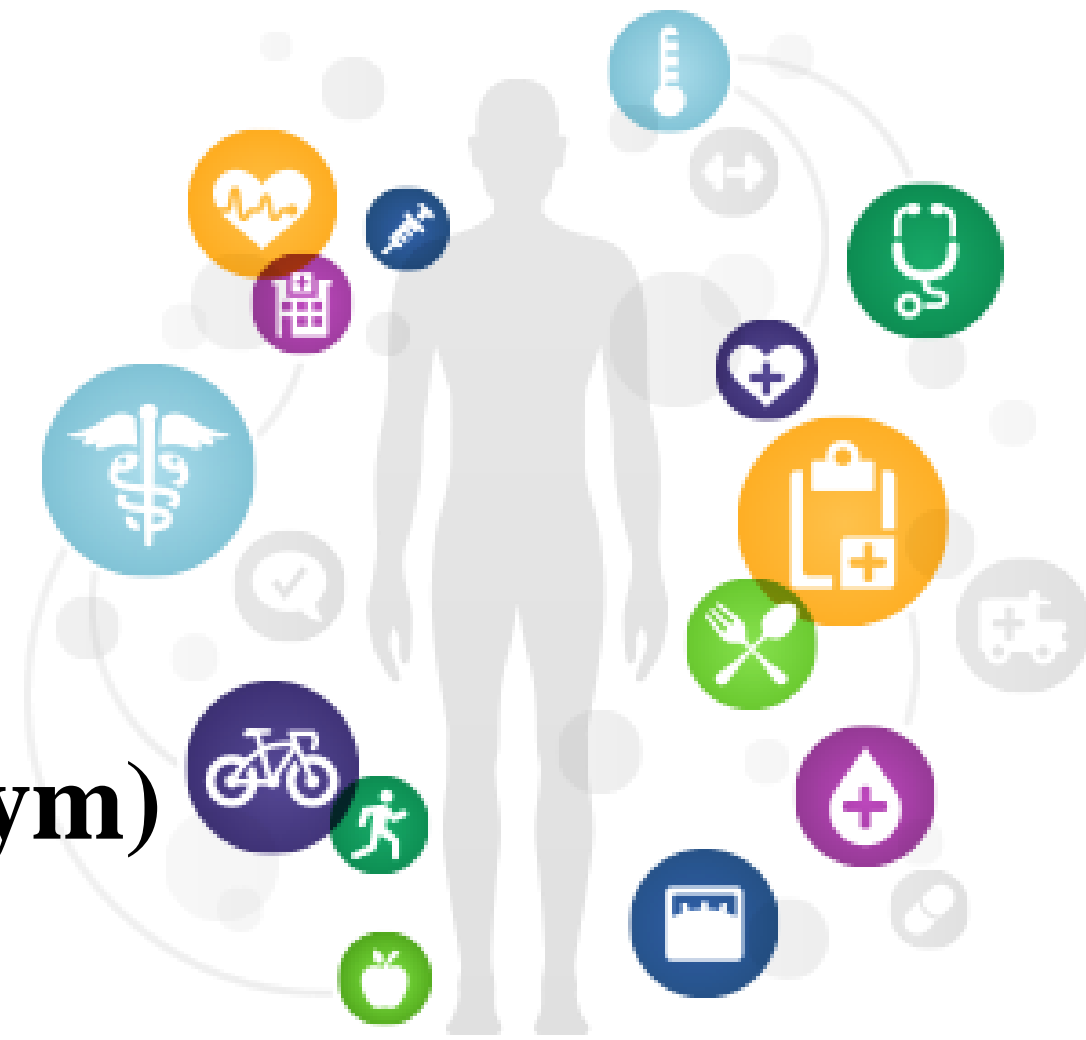


ION MAGNUM (Virtual Gym)

Dr. Sheetal Badami



BURN FAT & BUILD MUSCLE



**Average increase in
Muscle Mass 21%**



**Average decrease
in Total Fat 17%**

**Average decrease
in Visceral Fat 21%**

The only non-invasive treatment to build muscle and burn fat without downtime without anaesthesia

Strengthens muscles to improve metabolism

Reduces subcutaneous fat from targeted areas

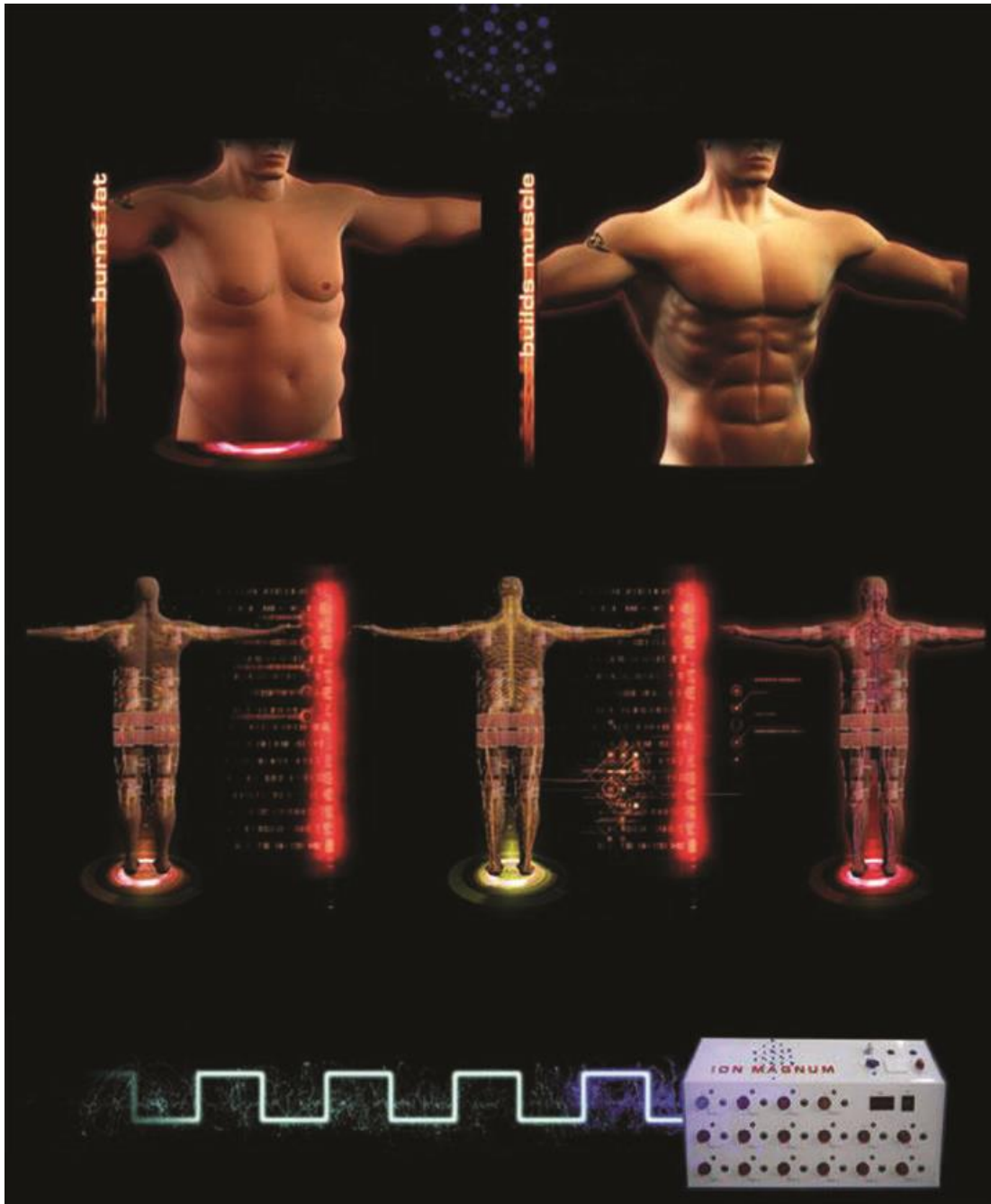
Only non-surgical technology to effectively reduce visceral fat

Along with treatment; dietary & lifestyle modifications is advised and treatment of any hormonal abnormalities or medical issues is planned

Treatments are done 2-3 times a week and takes around 1-1.30 hour

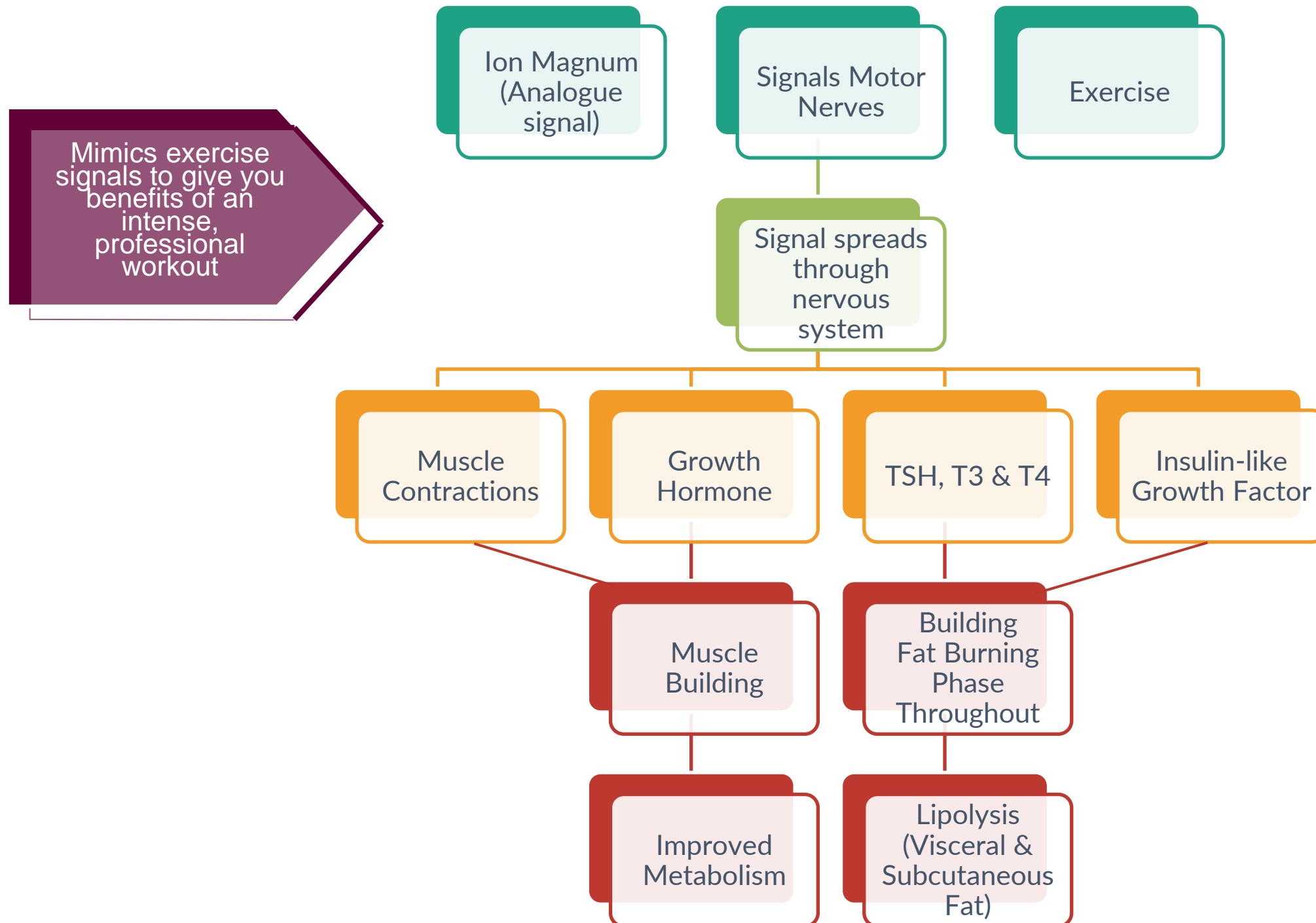
With The team of doctors led by Dr. Sheetal Define Aesthetics has helped more than 8,000 individuals for successful transformations since the year 2010.

INNOVATIVE TECHNOLOGY



- ❑ FDA approved
- ❑ Developed by Dr. Gerald Pollock who was also involved in the invention of the first pacemaker at London University, and Dr. Donald Gilbert, a molecular biology London University professor
- ❑ Originally built for muscle wasting conditions and Multiple Sclerosis and was then revised with upgraded electronics for Weight Loss.
- ❑ Bio Signalling technology: Pure analog multisine waveform which replicates the motor nerve signal
- ❑ Different waveforms of Ion Magnum result in muscular contractions of different types including deep slow-motion contractions like strength and resistance exercises and fast contractions like aerobic exercises.

HOW IT WORKS



ION MAGNUM v/s EXERCISE



Effortless Exercise with Ion Magnum	Regular Exercise
No limitation due to stamina or fitness level	Limitation due to cardio-respiratory stamina
Fat burning phase throughout	Either fat or sugar burning depending on Oxygen supply
No soreness or exhaustion	Soreness & exhaustion due to lactic acid production
Targeted fat loss	Not possible to have targeted results
Faster fat loss & muscle strengthening as 2-3 muscle groups are targeted together	Requires lot of time & efforts, single muscle exercise
Powerful detox makes sure continued fat burning and improves metabolism	Ceiling effect due to toxins after some time which slows the metabolism

ION MAGNUM v/s EMS Devices

Ion Magnum	EMS Devices
Signal driven, Analogue signal	Current driven, higher current (60 milliamp)
Signals the motor nerve	Stimulate & twitch the muscle
Contracts all muscle groups within the neuro-signal spread	Contracts only targeted muscle
Doesn't deplete ATP	Depletes ATP

ION MAGNUM v/s HIFEM

Ion Magnum	HIFEM
Uses Analogue signals to signal the motor nerve	Uses High Intensity Electromagnetic Field to depolarize the muscle
Contractions are similar to normal exercise	Supramaximal contractions that do not allow muscle to relax
Fat burning via Aerobic Metabolic Pathway	Adipocyte cell death due to stress-induced apoptosis
16 channels allow treatment of multiple areas simultaneously	Can target only one area at a time

WEIGHT LOSS TREATMENTS



Healthy weight loss



Breast lift & Bra fat reduction



Post-pregnancy fat loss



Abdominal fat reduction



Arms fat reduction



Childhood obesity



Hips & Thighs reduction



Double chin treatment



Back, knee & joint pain treatment

APPLICATIONS of ION MAGNUM

Insulin Resistance & Diabetes

- Improved insulin sensitivity
- Improved sugar control
- HbA1C reduced

PCOD & Infertility

- Improved hormonal balance
- Regularisation of menstrual cycle
- Return of ovulation

Musculoskeletal Pain

- Muscle strengthening without putting strain on joints
- Sports injury rehabilitation
- Post joint replacement rehabilitation

Fatty Liver

- Reduction in liver fat on USG
- Reduction in inflammation in liver

Multiple Sclerosis

- Boosts the motor nerve signal which is affected due to demyelination
- Improved muscular strength
- Slows down disease progression

Vaginal Rejuvenation

- Builds the collagen & increases the thickness of the vaginal wall
- Strengthens pelvic floor muscles & relieves Stress Urinary Incontinence.
- Helps improve sensitivity and sexual function

CASE STUDIES



Shrinivas Kulkarni, 37 years

Gained weight due to unhealthy lifestyle. Was not able to lose weight with walking & diet. Was diagnosed as Pre-diabetic. Suggested 30 treatments of Ion magnum Lost 16.4 inches & 7 kgs

	Before treatment	After treatment
Weight (kg)	99.5	93.6
Fat %	44.1	32.7
VF	27.5	22
Upper abdomen(cm)	117	98
Umbilicus (cm)	115	104
Lower abdomen (cm)	114	103
Insulin-Fasting(mlU/ml)	245.90	25.01
Insulin PP (mlU/ml)	132.70	15.42

CASE STUDIES



Pallavi Bankar, 47 years

Gained weight due to sedentary lifestyle.
h/o Hypothyroidism
Suffering from knee & back pain, was
diagnosed as pre-diabetic
Suggested 15 treatments of Ion Magnum
Lost 9.2 inches & 15 kgs

	Before treatment	After treatment
Weight (kg)	81.2	66.5
Fat %	37.2	33.5
VF	21.5	9.8
Upper abdomen(cm)	95	87
Umbilicus (cm)	104	96
Lower abdomen (cm)	114	107

CASE STUDIES



Manjeet Singh, 32 years

Hypercholesterolemia, HT, Knee pain

Was suggested 20 treatments of Ion
Magnum

Lost 21.4 inches & 12.6 kgs

Lipid profile improved, was able to again
run marathons

	Before treatment	After treatment
Weight (kg)	91	78.4
Fat %	31	25
VF	17.5	10.5
Upper abdomen(cm)	106	90.5
Umbilicus (cm)	110	91
Lower abdomen (cm)	111	92

CASE STUDIES



A 45 year old lady suffering from severe obesity & Diabetes Mellitus. She had gained weight after 2 pregnancies. She developed diabetes at age of 39 & she had very poor control of diabetes even on Insulin. She also had fatty deposits in her liver(Fatty Liver). Advised her 20 treatments of Ion Magnum

	Before treatment	After treatment
Weight (kg)	92.2	83.7
Fat %	42.1	32.7
Upper abdomen(cm)	108	98
Umbilicus (cm)	111	100
Lower abdomen (cm)	115	100
Diabetic status	On Insulin HbA1c- 10.8	On oral drugs HbA1c- 7.8
Sonography reports	Fatty liver	No evidence of fatty liver
other	Lower Back pain	Significant decrease in back pain

CASE STUDIES



42 year old gentleman had a controlled lifestyle till age of 35 with regular exercise & healthy diet. At 40 he started gaining weight and developed Hypertension. He tried diet control, yoga & walking; but could not lose weight. Visited many slimming centers & tried many alternative therapies without any result. At Define he was recommended him 15 treatments.

	Before treatment	After treatment
Weight (kg)	98	89
Fat %	34.9	25.8
Upper abdomen(cm)	107	93
Umbilicus (cm)	115	99
Lower abdomen (cm)	117	99

THE SMILES



Sultana Shaikh, 22 years
PCOD & Infertility
Lost 8.8 inches & 4 kgs
PCOD symptoms reversed &
was able to conceive



Kapil Oza, 37 years
Diabetes
Lost 8.5 inches & 4 kgs and
Sugar control improved and
HbA1C reduced



Rajni Dhiman, 44 years
Post-pregnancy weight gain &
PCOS
Lost 11.2 inches & 11 kgs
Menstrual cycle became
regular

THE SMILES



Uday Kenjale, 69 years
DM & Hypothyroidism
Lost 8 inches in 2 months
Before treatment: FF- 209, PP - 230
After treatment: F -114, PP - 125

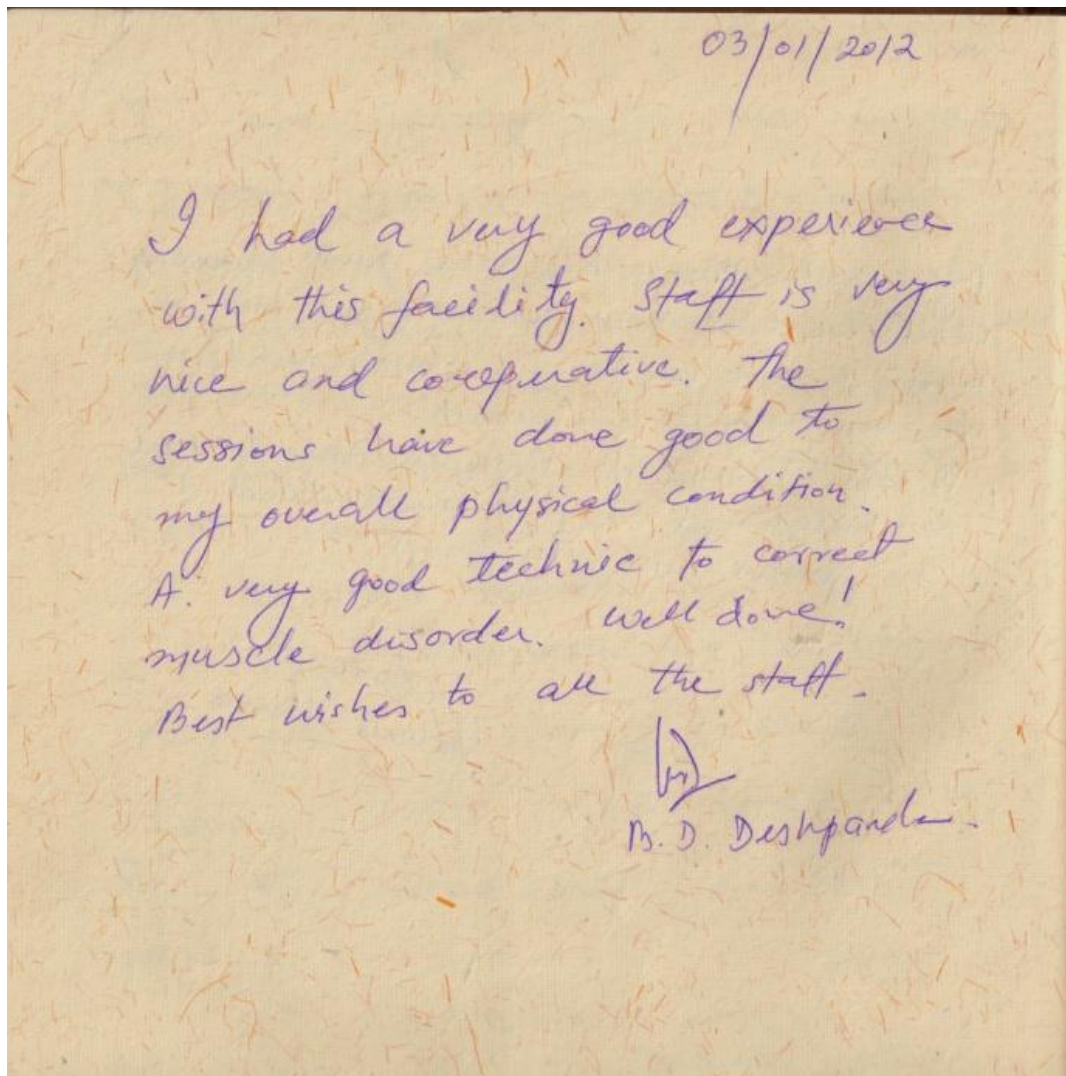


Preeti Bandewar, 37 years
Post C-section
Lost 6 inches fat from abdomen



Vidya Sawant, 37 years
PCOD & Divarication Recti
Lost 7.6 inches from abdomen
Symptoms of PCOD reduced

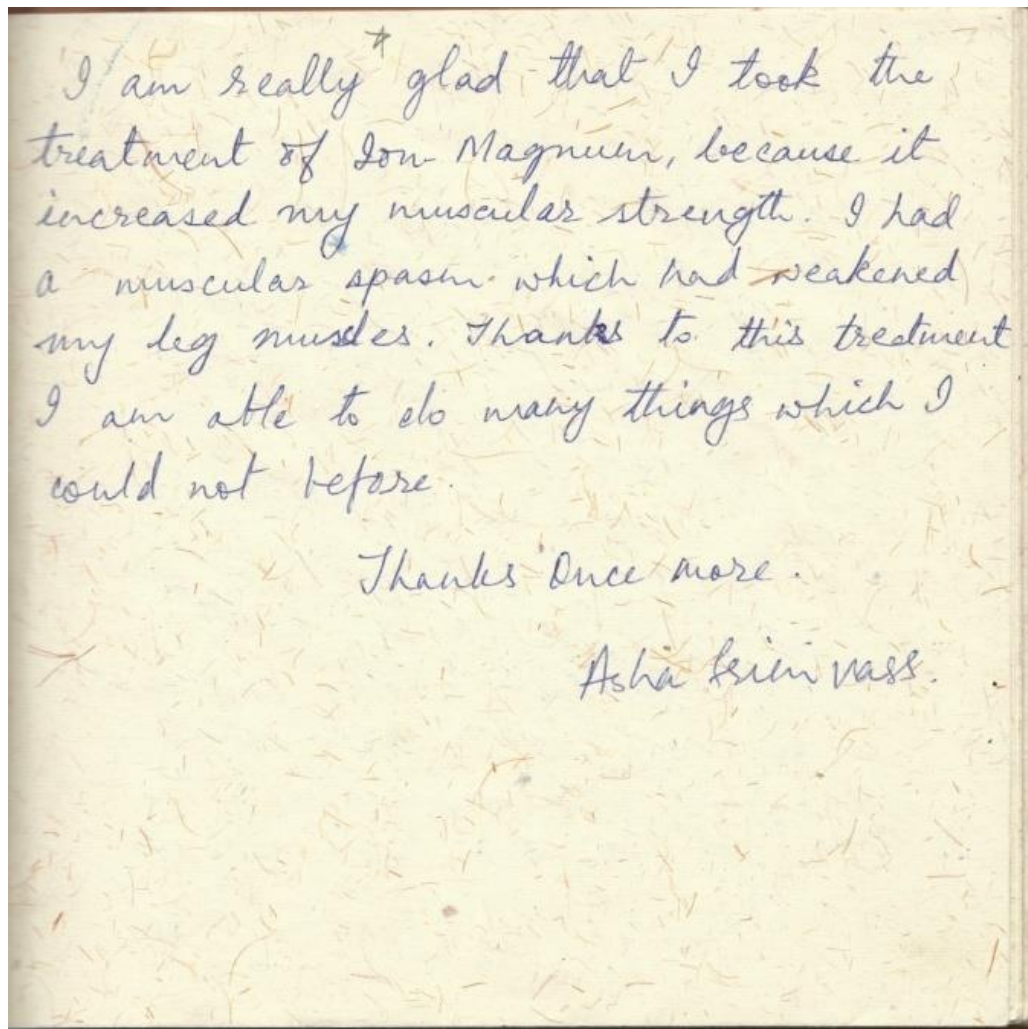
CASE STUDIES



Mr. Deshpande

A 55 year old man had left sided “FROZEN SHOULDER” because of injury while playing golf. He had severe pain during any activities of shoulder with restricted range of motion making it difficult to perform overhead activities. He also had muscular wasting and spasm around the shoulder girdle. He was treated with 10 sessions of ION MAGNUM. The muscle spasm reduced as due to the pumping action of the muscle during treatment also the range of motion and muscular bulk improved. By the end of the sessions, his pain was reduced, muscle strength increased and range of motion was restored.

CASE STUDIES



Asha Shrinivas

A 48 year old lady had severe Osteoarthritis of both knees. She had pain in knees during sitting, walking, ascending and descending stairs, squatting and all weight bearing activities of the knee. She also had reduced thigh muscle strength. She was then treated on ION MAGNUM for her thighs for 10 sessions, within 3-4 sessions her knee pain reduced and in total 10 sessions her muscle strength improved. Activities like squatting, walking and other weight bearing activities became painless and effortless, this also boosted up her confidence level.

SCIENTIFIC STUDIES



Adverse Effects of Sedentary Lifestyles: Inflammation, and High-Glucose Induced Oxidative Stress –A Double Blind Randomized Clinical Trial on Diabetic and Prediabetic Patients - Xanya Sofra, Sheetal Badami

<https://www.scirp.org/journal/paperinformation.aspx?paperid=102260>

The Importance of Systemic Balance in Safeguarding Health: A Randomized Double-Blind Clinical Trial on VLDL, Triglycerides, Free T3, Leptin, Ghrelin, Cortisol and Visceral Adipose Tissue - Xanya Sofra

<https://www.scirp.org/journal/paperinformation.aspx?paperid=102523>

How to get rid of visceral fat: a randomised double-blind clinical trial – Xanya Sofra

<https://www.magonlinelibrary.com/doi/abs/10.12968/joan.2020.9.7.268>

Gain Without Pain: Beyond Sport Effortless Exercise Solutions – Xanya Sofra

<https://www.aestheticnursing.co.uk/content/clinical/gain-without-pain-beyond-sport-effortless-exercise-solutions>

Study showing results of noninvasive obesity treatments- Dr. Sheetal Badami

<https://annualmeeting.conferenceseries.com/euroendocrinologists/abstract/2017/study-showing-results-of-non-invasive-obesity-treatments>

Liver repair of NAFLD patients following effortless exercise and the possible involvement of endogenous stem cells. J Diab Metab Disorder. 2022;9(1):36-47 - Xanya Sofra

[10.15406/jdmdc.2022.09.00235](https://doi.org/10.15406/jdmdc.2022.09.00235)

DEVICE SPECIFICATIONS

DEVICE

16 channels with 24 different waveforms composed with 4000 individual sign waveforms

Standard Accessories

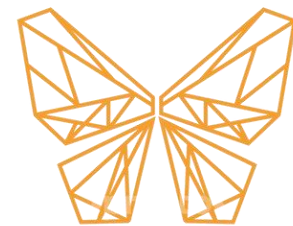
- 14 single and 2 double ultra-low noise silver-plated microphone cables
- Silver Thread Self Adhesive Pads
- Belts for Abdomen, Thigh and Arms

Optional Accessories

- Vaginal Rejuvenation - Hand held leads with handles and stainless-steel metal probes
- Facial Sculpting - Hand held leads with handles and surgical steel round metal plates



GET IN TOUCH



DEFINE
AESTHETICS
Body | Skin | Face



Consultancy for set up
Technical training



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