



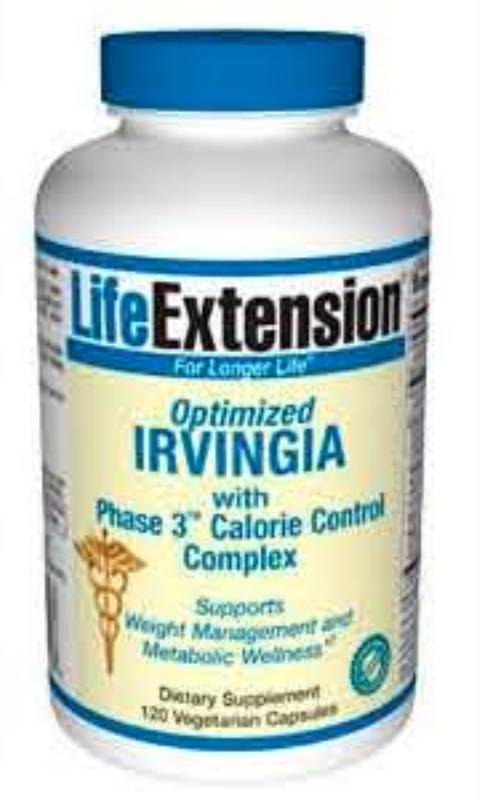
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A study was done over a 10-week period, and at the end of the study period, the Irvingia group lost an average of 28 pounds (13.1% decrease in body weight), shed 6.7 inches from their waistline, and had reduced their total body fat by an average of 18.4%.

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Dr. Oz: Saddlebags | Dr. Stuart Linders Plastic Surgery To Get Rid Of Saddlebags Forever

MARCH 8, 2011
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Dr. Oz: Saddlebags | Say Goodbye To Saddlebags For Good

Dr. Oz Saddlebags; Say Goodbye to Saddlebags with Dr. Stuart Linder's Double Layer Criss Cross Technique; In this segment today on Dr. Oz in case you missed it was [Dr. Oz: Saddlebags | Dr. Stuart Linders Surgery To Get Rid Of Saddlebags Forever](#). It's one of the most stressing sites a women can see in the mirror and that is Saddlebags those stubborn fat pockets that buldge out on your hips, thighs and your buttocks. Today Dr. Oz had some surprising news, it's a cutting edge procedure that will make your saddlebags disappear forever. Dr. Stuart Linder did this criss cross procedure on Rachel a mother of two boys and two girls, two dogs and two saddlebags.



Rachel has done what ever she possibly could to get rid of saddlebags by exercising and eating very healthy, but just can't get rid of those awful looking saddlebags.

Dr Stuart Linder is a certified plastic surgeon in Beverly Hills, California and claims that saddlebags are seen throughout the world with a lot of women.

Saddlebags are an area of fat that accumulates on the side of the leg that is genetic and resistant and the women who are in great shape just cant seem to get rid of it so it becomes a real problem. Dr. Oz explains why saddlebags are so resistant to

try to get rid of through diet and exercise. The fat in your buttock area; this fat is specifically designed to be there for long periods of time, in fact when you do things like lactate, you use up those calories selectively, they are designed for long time storage.

The fat in you belly; That fat is designed for quick release, so when you need to burn calories quickly it will supply you with what you need, they are very different kinds of fat and they both put weight on you, but irritate you for different reasons. When you go on a diet you will loose the belly fat first which is more important to loose medically because it lowers your blood pressure and cholesterol, all of those things, but the saddlebags on the thighs is the one to get you mad when you look in the mirror.

Dr Oz asked Stuart Linder why is this procedure considered cutting edge?"

Dr. Linder sees patients ever week who want to get rid of their Saddlebags. This area of fat on the body is extremely resistant and it's a genetic component as well. Even if a women is in great shape, she can still have Saddlebags because that is an area for long term storage of fat.

Dr Stuart Linder said that the Saddlebag Plastic Surgery is a procedure called the Double Layer Criss Cross Technique. We have two layers of fat on the lateral Saddlebag area: One is superficial fat and the other is deep area fat, and both areas are targeted. Dr Linder removes the fat permanently and contours the inner thighs and hip area.

Dr. Stuart Linder Double Layer Criss Cross Technique For Saddlebags

Dr Linder put Rachel to sleep with a local anaesthesia after being prepped, a small incision was made, simple!

Dr Linder says the surgery takes about 30 minutes and the recovery time is about 2 to 3 weeks. Rachel was put in compressive garments for a few weeks for the skin to tighten up.

Rachel looks amazing and looks dramatically different. Dr Oz says "The cost for Dr. Linder's Saddlebag Surgery is about \$2500 and up. If this is what would make you happy when you look in the mirror, and makes you feel like a million bucks I highly recommend it."

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