



# Tummy trimmer

Alexander Tan wears a bodysuit to bed for eight weeks and comes away pleased

**S**INCE I turned 30 a few years ago, I have been growing sideways. Attempts at working out at a gym lasted only a few months as I just didn't have the discipline to maintain a fitness regime.

Still, I longed for a flat and firm stomach. So I resorted to dieting, applying "slimming" creams and various other methods to achieve this result, but to no avail.

I blame my failure to shed my "love handles" on my two vices – a love of food and just plain laziness.

Two months ago, a friend asked me to try on a hypoallergenic garment, made in Italy from Texenergy fabric, that was said to have been shown to have a slimming effect and was anti-cellulite to boot.

She said it worked for her and that guys could use it too. "It helps to trim the tummy and waist," she said.

The bodysuit is made of fabric that has strands of copper, zinc and silicon, interwoven with soft microfibre. The combination of the fibres creates a tiny electrical current that stimulates micro-circulation in the veins, helping to eliminate localised fat in adipose tissue.

So I decided to give it a try, wearing the suit nightly after a bath for a minimum of eight hours. Yes, I went to bed wearing my new "companion".

The suit is easy to put on and adheres to the body without compressing. It is also comfortable, thanks to a three-dimensional production technique that creates a seamless garment with a differentiated weaving structure.

After a few weeks, I realised that my stomach and love handles were smaller and my trousers were a little loose around the waist.

My observations were confirmed when a female colleague told me that I looked like I had lost some weight.

When I told her about the Texenergy bodysuit, she wanted to know more.

## How it works

The garment actually exploits

the benefits of metallotherapy, an ancient treatment that involves the application of metals on various parts on the body to heal.

Copper and zinc have been proven to have antimicrobial properties. Silicon has effective soothing and protecting properties. When combined, the three metallic components help release enough beneficial energy to improve microcirculation that aids in the drainage of body fat.

In addition, the fabric has the ability to treat some specific disorders of the body.

Use of the bodysuit for eight hours daily for a period of eight weeks is advised for maximum benefit.

To purchase the Texenergy bodysuit, visit Panmedic Sdn Bhd at 66, Jalan Mega Mendung, Bandar Park, off Old Klang Road, 58200 Kuala Lumpur, call 03-7981 0970, fax 03-7981 9359 or email: [texenergy@panmedic.com](mailto:texenergy@panmedic.com)



## Elastic band kit

**TEXENERGY** also offers three elastic bands of different lengths – 35, 65 and 100cm – which can be applied to any part of the body for the treatment of pain.

The tension of the bands is adjustable owing to a practical velcro closing strip that allows them to be joined, giving a length of up to two metres.

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