

# Trade a Keg for a Six-Pack!

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Have you ever stood in front of a mirror holding in your tummy and wishing you had a six-pack abdomen? Possibly, even talking funny while doing that? Well...read on! An abdominoplasty (tummy tuck) procedure is useful for women and men who have excess skin and fat in their tummies, as well as loose abdominal muscles that need to be tightened.

A tummy tuck is designed to give the abdomen a firm and smooth appearance. It also will serve to tighten the abdominal muscles and trim the waistline. The best candidates are men and women who have excess fat and loose skin or muscle of their abdominal wall, from pregnancy or weight loss, despite diet and exercise. The incision at the lower part of the abdomen can be hidden in the bikini line.

Not every tummy needs a tummy tuck. Some people have minimal extra skin and abdominal weakness and require a mini tummy tuck, which requires only a small incision above the pubic area. Also, if you only have excess fat and your skin and muscles are tight, then perhaps liposuction may be all that you need. Liposuction is performed with a metal wand that is introduced through a tiny incision whereby unwanted fat is suctioned out. In just a few days, you are back to your regular activities.

Is a six-pack abdomen your fancy? Those endless hours at the gym have not paid off? Well, liposuction of an abdomen that is relatively firm can be performed in a way that creates a six-pack abdomen in about an hour. No implants are needed and the results are spectacular. You'll be surprised how simple it is.

