

Dr. César Lara Partners with Dr. Drew to Share Breakthrough Emerald Green Laser Technology for Fat Reduction

Dr. César A. Lara, M.D., a distinguished physician-level expert in obesity medicine and BHRT with over 30 years of experience, teams up with Dr. Drew Pinsky to showcase the FDA-approved Emerald Green Laser—a non-invasive solution for fat reduction.



Tampa, Florida Aug 19, 2025 ([Issuewire.com](https://www.issuewire.com)) - In an era when consumers are seeking non-invasive, scientifically backed solutions for body sculpting, Dr. César A. Lara, M.D., a board-certified leader in obesity medicine, has joined forces with nationally recognized physician and media personality Dr. Drew

Pinsky to bring awareness to one of the most advanced fat reduction tools available today—the FDA-approved Emerald Green Laser.

In a recent, [in-depth interview](#), Dr. Drew sat down with Dr. Lara to explore how the Emerald Green Laser is transforming the way patients approach stubborn fat loss. The discussion covered the science behind the technology, the remarkable patient outcomes, and the role this innovation plays in supporting long-term health.

A Science-Driven Approach to Fat Loss The [Emerald Green Laser](#) by Erchonia® operates at a 532nm wavelength, delivering low-level, non-thermal energy that gently penetrates the skin and targets fat cells. This light creates microscopic temporary pores in the fat cell membranes, allowing stored fatty material to be released and metabolized naturally by the body's lymphatic system.

Unlike invasive procedures such as liposuction, the Emerald Green Laser involves no needles, no heat, no downtime, and no pain—making it an attractive option for those seeking safe, comfortable body contouring. It is also FDA-cleared for overall body circumference reduction in individuals with a BMI of up to 40, opening the door for broader patient eligibility.

Proven Results in Weeks, Not Months

Clinical studies have demonstrated measurable inch loss in as little as two weeks, with continued improvements over a standard series of treatments. For many of Dr. Lara's patients, the laser serves as a powerful jump-start—breaking through weight loss plateaus, enhancing motivation, and complementing lifestyle changes. A Meeting of Medical Minds Dr. Drew, known for blending evidence-based medicine with accessible health education, expressed admiration for Dr. Lara's patient-first approach.

“What impresses me about Dr. Lara is that he doesn't just chase the latest trend—he integrates technology that has real science behind it, and he does it in a way that's individualized and compassionate,” Dr. Drew said.

Dr. Lara echoed the sentiment: “This is not about quick fixes—it's about providing safe, effective tools that work in harmony with the body's natural systems. The Emerald Green Laser fits perfectly into that philosophy.”

Beyond Aesthetics—Supporting Whole-Body Wellness While many patients initially seek the Emerald Laser for cosmetic improvements, Dr. Lara emphasizes its potential wellness benefits. “By reducing stored fat, we can help improve metabolic health, support cardiovascular wellness, and boost overall vitality,” he explained.

This whole-body approach reflects Dr. Lara's decades-long mission to treat not just symptoms, but the root causes of weight gain and health decline. By pairing innovative tools like the Emerald Laser with personalized nutrition, hormone optimization, and behavioral support, he delivers results that extend well beyond the mirror. Here's the full interview with Dr. Drew and Dr. César A. Lara, where they dive into the Emerald Green Laser technology—its mechanism, results, FDA approval, and how it fits into a patient-focused wellness approach: See the full Interview here-[Dr. Drew and Dr. Lara Interview](#)

About Dr. César A. Lara, M.D. With over 30 years of clinical experience, Dr. Lara is board-certified in Obesity Medicine and holds advanced certification in [Bioidentical Hormone Replacement Therapy](#) (BHRT). He is renowned for blending compassionate care with evidence-based strategies in weight

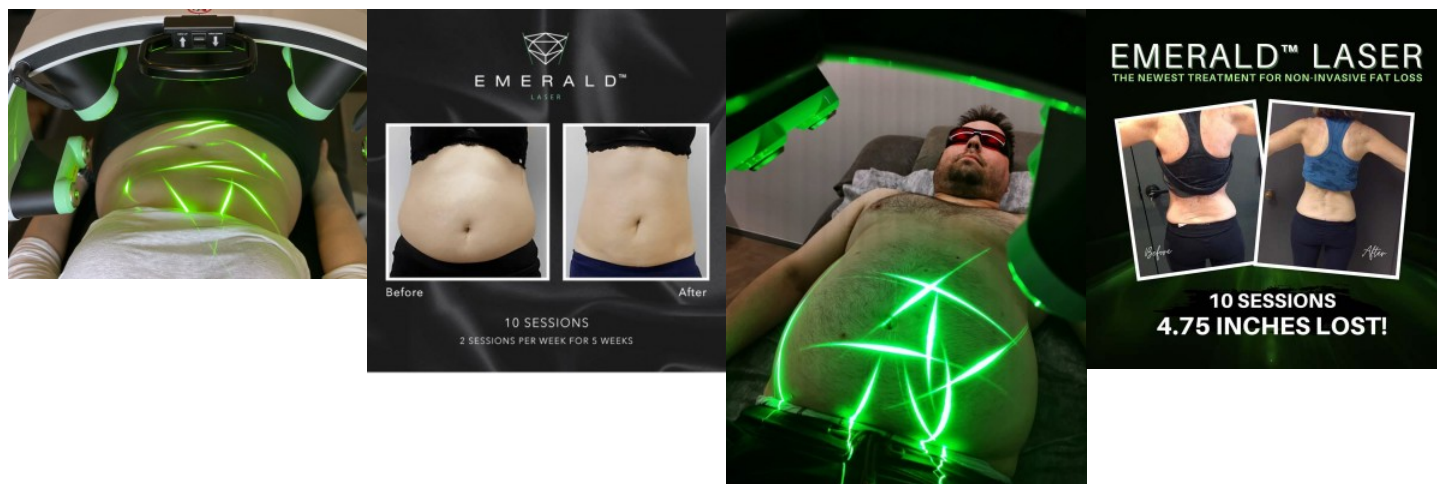
loss, age management, and preventive health. "The Emerald Green Laser isn't about quick fixes—it's about harnessing proven science to work with the body's natural processes. When paired with personalized care and lifestyle support, it can be the catalyst for lasting transformation in both health and confidence." — Dr. César A. Lara, M.D

About the Emerald Green Laser The Emerald Green Laser is the first FDA-cleared green laser for overall body circumference reduction in patients with a BMI of up to 40. Manufactured by Erchonia®, a leader in low-level laser technology, it offers a safe, non-invasive alternative to traditional fat reduction methods.

Clinical Evidence Supporting the Emerald Laser

The Emerald Laser is supported by a growing body of peer-reviewed clinical research. A double-blind, randomized, placebo-controlled trial published in *Lasers in Surgery and Medicine* (2009) demonstrated statistically significant reductions in waist, hip, and thigh circumference following low-level laser therapy, with an average loss of more than 3 inches over two weeks. Subsequent multi-site clinical studies sponsored by Erchonia and submitted for FDA clearance confirmed average circumference reductions of nearly six inches in patients with a BMI of up to 40, achieved without diet changes, pain, or downtime. Importantly, studies reported no adverse effects, underscoring the treatment's safety and non-invasive approach. <https://www.erchonia.com/research-articles/>

Published clinical studies have shown that the Emerald Green Laser can support measurable fat reduction without pain, downtime, or surgery. For more information about the research and treatment availability, call 727-446-3021 or visit www.drларaweightloss.com.



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