

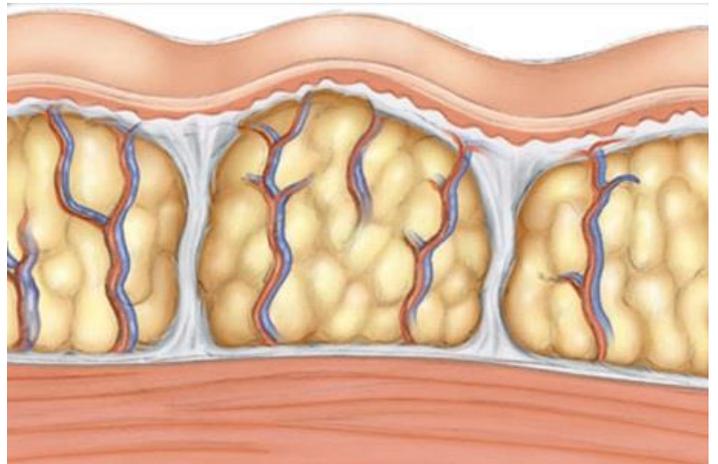


7 WAYS TO REDUCE CELLULITE

By Morning: Spirit: Wolf-D.R.M.

Cellulite is literally inflammation around the fat cells. It is small pockets of the fat layer that normally protects the muscles that get engulfed in uncirculated cellular fluid. The affected area is then subjected to loss of amino acids in the connective tissue that weakens and allows fat cells to be pushed toward the skin's surface.

Cellulite presence is not necessarily a sign of obesity, inactivity, or ill health. Cellulite can form dimples, bumps, and lumps on the back side, hips, belly, arms or thighs, and can happen to thin and over-weight people. Women characteristically have more subcutaneous (under the skin) fat than men, and female muscle layers run more parallel to men's more diagonal layers, so females tend to have more cellulite.



A term coined by European health spas decades ago to cash-in on a common problem, treatments for cellulite from creams, gels, and surgeries, to mechanical techniques have made millions of dollars from unsuspecting hopefuls.

Cellulite is not a skin problem. It's an underlying structural issue that can only be targeted by reversing the cause of atrophied muscle fibers directly beneath the cellulite trouble spots, increasing circulation to the area, and decreasing inflammation in cellular fluids.



Since the mushy dimples and saggy shadows are a superficial symptom of a problem below the surface; it's difficult for creams, lotions or gels to have any physiological impact on the issue, even though they may temporarily improve its appearance.

Factors that influence how much cellulite you have and how visible it is include:

- Amount of unresolved emotional pain that is stored in tissue fluids
- How well the liver works in distributing and eliminating fat
- Poor diet – high in animal fats, low in vegetables and fruits, and lots of preserved, enriched, and cooked foods
- Fad dieting – causes cells to hold nutrients and stop exchanging fluids
- Slow metabolism – low thyroid or parathyroid function
- Inflammation – excess uric and/or lactic acids in muscle and cellular fluid increases cellulite
- Lack of physical activity – Too much sitting, or too much standing
- Lack of amino acids for strong connective tissue, collagen and elastin
- Hormone changes and imbalances – makes body store fat as a resource to make hormones
- Dehydration – the exchange of body fluids on a regular basis reduces stagnancy
- Total body fat – consuming poor quality fats, causes storage of fat in cells so it has it at the ready to produce hormones
- Thickness and color of your skin – thicker and darker skin tends to have less cellulite

7 Ways to get rid of Cellulite – first of all good luck with that and may the force be with you. This can be a lifelong process for many people, and it's sometimes easier to get rid of warts, but here goes:

1. Eat Lecithin, to grab fat out of circulation and support the body to either convert it to digestive bile, or release it through the colon or kidneys.
2. Eat avocados (1/2) and EV olive oil (2 Tbsp) daily as the correct source of fats and eliminate fat storage.
3. Use Hawthorn leaf (30 drops 2 x daily) to support the liver to keep breaking down excess fats.
4. Using topical rubs in a base of extra virgin olive oil or coconut oil that include stimulating essential oils, such as Rosemary, Capsicum, Eucalyptus, Wintergreen, or Ginger, applied with deep circular motions on a regular basis have great effect on cellulite, but this alone does not solve the problem.

5. Start or stay in your healing process, doing inner self work, dealing with past hurts, traumas, and fears so the body doesn't need to protect you from them by building fat layers, creating inflammation, and producing cellulite.
6. Stay on top of your hormone producing glands (use Hormone boosters such as Pineal, Thyroid, Kidneys, & Ovaries [Hutalhex]), and make sure the skin gets EV olive oil and sunlight (15 minutes) daily, lots of fresh raw organic food (60-70% raw rather than cooked), and stay hydrated (8-eight ounce glasses) to keep hormones balanced and capable of fueling organ function.
7. Practice 15-20 minutes of daily exercise that elongates, stretches and builds flabby muscles (see page 4). Walk or bike when you can, the moving of legs helps circulation, movement of cellular fluids, and redistribution and shrinkage of fat in cells.



Those who take the time to **get up** and out of their seat are less likely to have large amounts of fat, and thus cellulite. And for those who are standing constantly in the same spot, find ways of moving feet and legs during standing. Start by taking daily walks and slowly move up and on to other forms of exercise.

Aesthetics: An easy way to reduce the appearance of cellulite is by tanning. Darker skin shows less dark/light contrast making skin appear smoother.

Mechanical Technologies:

Cellulite massages have showed the ability to break down the fat under the skin, thus helping flush out the inflamed cellulite; they can also reduce stretch marks and scar tissue. Self massage tools can be used daily in the shower with your shower gel or after your shower with cream or body oil.



Laser Devices and Laser light can be used to destroy fat cells, but its effect on the improvement of cellulite formation does not change in the long run. It may provide temporary benefits.

Body Wraps that form a tight compression bandage applied to an extremity for an extended period of time can produce a decrease in size, perhaps by squeezing out fluids. However, this has no effect on fat cells and within hours, the body usually returns to its pre-compression size.

Liposuction is an invasive and traumatic way to suck fat (and viable skin tissue) from belly, thighs of butt and will typically cause it to come back with a vengeance.



The Bottom Line: A Healthy Lifestyle



Though a balanced Peak Frequency Food plan, plenty of water, and exercise may not entirely get rid of your cellulite, they can improve your muscle tone, and exercise will provide better circulation and fluid exchange, reduce inflammation, and improve energy.

The unattractive dimples, shadows and saggy ripples known as cellulite are not genetic and you are NOT stuck with them.

Gentle, elongating movements are the KEY:

“To get rid of cellulite, you have to reduce the underlying fat stores and replace lost muscle tissue. You won’t find a cellulite cure in cosmetic products or procedures,” says Dr. Jeffrey Sklar, assistant clinical professor of dermatology at Columbia University in New York City. Dr. Sklar adds; “the more muscle tone you have, the less of a problem it will be.”

“With the right method, you can reduce cellulite and make your lower body look smoother and firmer,” says Prevention advisor, Dr. Wayne L. Westcott, PhD. “When we put 16 women ages 26 to 66 on a program for 8 weeks, all of them reported less cellulite in their lower body. And 70 percent of them reported a lot less.”

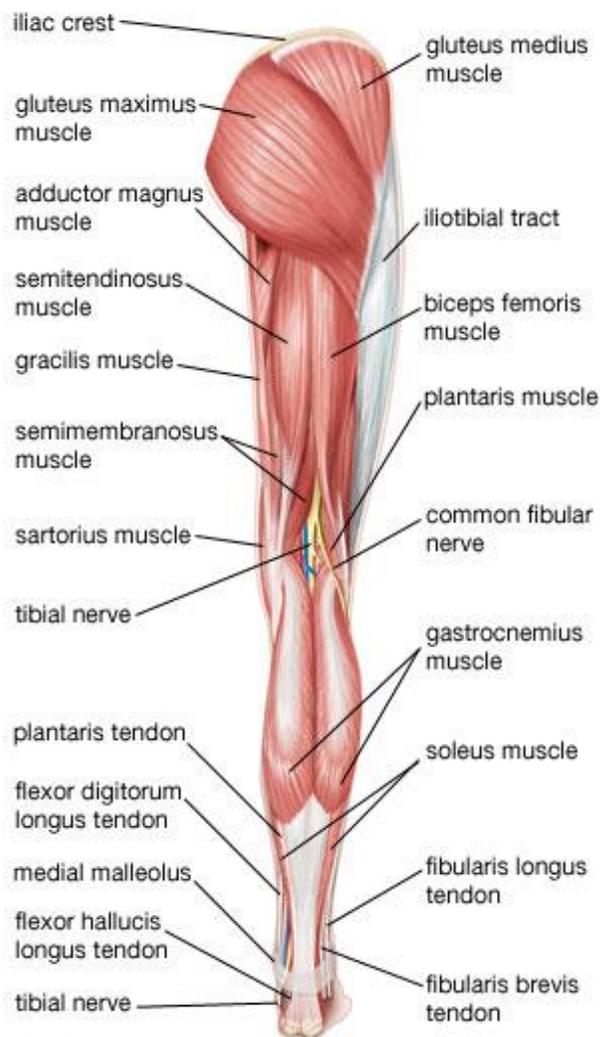
Since “cellulite” is an underlying structural issue (flat, atrophied muscles) it can be targeted with simple and unique body-movements which focus the toning technique on the mushy and saggy areas, by reversing the muscle atrophy.

Gentle movements can be followed by most women, regardless of age or fitness level. It doesn’t matter if the “cellulite” started in the early teen years, after pregnancy, or after

menopause it's still a structural issue which results from mushy, un-toned muscles underneath the saggy, dimpled, shadowy skin. Movements can focus on lifting, shaping and toning the muscle layers so they gently push outward against the skin, burning off any excess flab as fuel to bring back the smoother, tighter, sculpted and more attractive appearance.

If there happens to be excess flab in those trouble-zones it may be burned off as fuel by the muscles. This bonus of losing any unhealthy excess body-flab is nice because it reveals a great body and it works wonders for your health profile.*

Back View of Female Lower-Body Muscles Under Skin



© 2007 Encyclopædia Britannica, Inc.

The Female Lower-Body Has Over 90 Muscles

Picture those 90 functional muscles **BENEATH** your skin's surface in your legs, buns, hips, lower belly, and thigh zones.

That's where the magic happens in regards to true targeting of mushy dimples and saggy shadows in the trouble spots and problem areas.

Among others, Yoga, T-Tapp, Zumba, Swimming, and isolation/elongation exercises that gently and firmly lengthen, tone, and rebuild atrophied muscles, plus making better lifestyle choices are what return skin to the smooth and healthy look from childhood.

Reducing stresses and living with purpose are two other powerful tools that reinstate energy, vitality, and youthful radiance to life. Start today!