



Cellulite: why it's there and how to get rid of it!

Everything you should know!

www.diatrofologos.com tells it all.

Cellulite is the lumpy substance resembling cottage cheese that is commonly found on the thighs, stomach, and butt. Cellulite is actually a fancy name for collections of fat that push against the connective tissue beneath a person's skin, which causes the surface of the skin to dimple or pucker and look lumpy.

It's primarily women who are the victims of cellulite. It begins to appear in girls around the age of 14 and increases as we mature and the subcutaneous skin layer thins and redistributes. Cellulite often forms in postnatal women and those who take birth control pills because the waste system can't get rid of the enormous flow of estrogen in the body. Cellulite can develop after a traumatic injury if the circulatory system has been disturbed. A sedentary lifestyle leads to a hardening of the connective tissue, causing a dimpling of the skin.

Men rarely develop cellulite because their network of fat cells occurs deep in the skin. If you were to look at a map of the female body from the inside out, you would see that the cells are smooth in shape and nearly reach the surface of the skin, causing a dimpling effect. Men's cells are shaped more sharply and reside deeper in the skin, rarely poking through to cause the ripples we associate with cellulite.

Some of the contributing factors for developing cellulite are:

Heredity but unlike the strength of your nails or the color and texture of your hair, you can do a lot to fight cellulite.

Insufficient water intake Water helps the waste system operate, flushing toxins from your body. Drink seven glasses of water a day.

Diet Poor eating habits (alcohol, caffeine, spicy foods) contribute to the formation of cellulite because the toxins they produce get trapped in the fatty tissue. And despite what you've heard crash diets don't work to fight cellulite. In fact, crash diets increase the risk of cellulite because the body thinks it's starving and by attempting to compensate, it assists in cellulite

formation. All saturated fats help build cellulite. These fats block the arteries and get trapped in the tissue as well, preventing sufficient waste and toxin elimination.

Smoking is not only bad for the skin and lungs; it also weakens the skin due to the constriction of capillaries. It further damages the connective tissue that causes the dimpling effect of cellulite, too.

Tension and stress can cause a muscle to seize up in pain; they can also cause the connective tissue that covers that muscle to seize up. Tension also blocks the tissue, preventing proper waste elimination and purification.

Medication can disturb the body's natural processes, disturbing the purification system that is naturally in place. Diet pills, sleeping pills and diuretics can all lead to cellulite; oral contraceptives, which increase the body's estrogen, cause fat cells to enlarge, leading to water retention. Retaining water inhibits the body from flushing the system of toxins, leading to the formation of cellulite.

Lack of exercise and a sedentary lifestyle contribute to the formation of cellulite. Exercise decreases many health risks and also helps fight cellulite. It improves muscle tone, circulation and overall well-being, helping to break blocked tissue and purify the body.

When it comes to cellulite, don't expect miracles. But by combining good eating and exercise habits with stress reduction and occasional spa treatments, smoother body skin can result. An increase in circulation through massage definitely provides an assist. The increased circulation also gives you a natural energy boost.

The key to preventing and fighting cellulite is to purify the body with a combination of exercise, a healthy diet, tension reduction and proper circulation.

The Japanese anti-cellulite diet

Try some thigh-slimming tips from the other side of the world, for a look at why Japanese women never seem to have cellulite... In the Land of the Rising Sun, it's all about balance! Vital energy governs diet and digestion, which is why the Japanese divide foods into two groups: foods which help body to get rid of toxins (yin), and those which stimulate the metabolism (yang). A well-balanced meal will help fight cellulite and re-align the mind and body.

Yin:

Green vegetables are yin foods. Some likes asparagus and artichoke cleanse the liver, while others, like lettuce, cabbage and green beans give it a boost. Black radish is excellent for the gall-bladder, while white radish helps eliminate excess fat. In Japan, they are eaten just like carrots, grated or chopped. Pulses are also yin foods, and some, like millet, have a diuretic action. Barley helps to cleanse the body of animal fats, which we often accumulate in the winter months.

Yang:

lea weed: kouchan (on sale in health food shops and Asian supermarkets) is full of minerals and nori is used in sushi to help the body break down animal fats. Raw fish (sashimi), is a great source of lean protein, which stimulates the metabolism.

Without becoming a Japanese food obsessive, eating foods which will help get rid of toxins will cleanse your body, keep you healthy and kick-start your metabolism.

A detoxifying diet is a great way to start fighting cellulite. This means lots of fresh fruits, vegetables and whole grain foods. It also means eliminating coffee, soda, smoking and alcohol from your life. A low-fat diet, high in fiber and complex carbohydrates, is important because these foods are easiest for the body to break down, use and get rid of. Sugar, starch, salt, spices and animal fats are harder for the body to eliminate. A low-fat diet reduces toxins and assists in getting rid of the toxins trapped in the tissue. Drink plenty of water -- up to two liters a day -- to assist your body in getting rid of unwanted toxins and waste.

Exercise is extremely important in aiding proper circulation. It firms muscles and the tissue surrounding the muscles.

Massage not only pampers, it also assists in fighting and preventing cellulite. Massage helps restore the body's natural tendencies by manipulating the muscles, and stimulating the circulatory and lymphatic systems that break down fatty tissue. Massage targets areas that are difficult to stimulate with good old exercise (such as the inner knee and upper thigh areas). Try simply massaging each leg in circular movements, kneading the flesh as you go, for a couple of minutes each day to break down fat and get rid of toxins.

Skin brushing, using a massage brush or glove for a couple of minutes, boosts circulation. Start at the feet, brushing the skin in an upward movement. Doing this daily before your shower helps revitalize and improve the skin's appearance.

Tension not only stresses the muscles, it also causes the connective tissue that covers the muscles to seize up. Tension blocks the tissue, preventing good waste elimination. Relaxation and breathing help the body relax and work properly. Proper breathing eases tension, oxygenates the body and helps with purification.

Should you have any specific questions or concerns, feel free to contact us at youcandoit@diatrofologos.com and we will address them in future newsletters.

Created by www.diatrofologos.com Please forward this newsletter to anyone you feel might need the extra help!

To unsubscribe please send e-mail to: unsubscribe@diatrofologos.com
