

How To Get Rid Of Cellulite

(from Professional Beauty magazine)

Scientists suggest that 8 out of 10 women will have cellulite to varying degrees at some point in their lives, regardless of their weight, diet and exercise.

Cellulite is a term used to describe the encrustation of fat cells by the body's waste products. The effects of the calcified waste products building around the fat cells restricts metabolism. The metabolism is also restricted during hormone fluctuations as the cells swell and increase in water content. This basically means the flow of nutrients and oxygen to the cell and waste from the cell is inhibited. The cells weaken, connective tissue breaks down and the fat cells push through into the dermis resulting in an orange peel effect on the epidermis.

What causes cellulite?

Medical evidence suggests that the prime cause of cellulite is hormonal. The hormonal fluctuations that occur during the normal course of life are thought to be triggers. They include puberty, monthly menstruating, pregnancy, HRT and oral contraceptives.

Other proven causes are free-radical damage, which can cause a breakdown in the cell wall allowing leakage from the cell, which, in turn leads to inflammation and edema in the tissue. The cell is 80% water and 20% protein. Water is oxygen, oxygen is energy and essential to life. If the cell dehydrates it depletes in energy and mitotic activity is restricted. The tissue then becomes slack and congested with toxic waste. In severe cases this could also mean a breakdown in the immune system.

Contributing factors

Congested tissue and free-radical damage can be the result of anything, which inhibits the body in its attempt to rid itself of waste products. This includes:

- ✿ Not drinking enough water – the fountain of life
- ✿ Sun exposure
- ✿ Smoking
- ✿ Drinking alcohol
- ✿ Coffee
- ✿ Poor diet
- ✿ Additives in food
- ✿ Chemicals in products
- ✿ Medication
- ✿ Prolonged illness
- ✿ Stress
- ✿ Not enough exercise
- ✿ Lack of daily bowel movements

Cellulite is laid down over a period of time and has four stages of progression.

In the normal healthy cellulite-free condition the adipose cell is allowed to function properly and both the blood and lymph circulate freely. The air we breathe and the foods we eat are metabolized by the cell; their function is to separate the nutrients and oxygen from the waste. The blood flow will then

transport the nutrients and oxygen to feed and nourish the body while the lymphatic system transports the waste to the nearest draining node.

Stage 1

In the first stage of cellulite the permeability of the capillary walls changes. This causes the plasma to leak into the interstitial fluid where it accumulates and stagnates between the adipocyte cells. This causes them to become dissociated and disorganized or what we know as free radical.

Stage 2

In the second stage of cellulite the network of fine reticular fibers or connective tissue starts to multiply and thicken causing obstruction of the microcirculation. Metabolic wastes and nutrients are then not sufficiently exchanged between the circulatory system and the adipocyte cells.

Stage 3

By this time the adipocyte cells have become encrusted with metabolic wastes. They will now begin to harden and significantly slow down the metabolism.

They start to cluster together and become encapsulated in the fibers of the surrounding connective tissue, thus forming micro-nodules and becoming separated from the rest of the functioning tissue. As the cells merge to form micro-nodules they can trap the nerve endings that serve them.

Stage 4

This is the most severe stage and can be felt as hard granules when palpated. Groups of micro-nodules now begin to merge forming macro-nodules in the connective tissue.

At this stage the cellulite can become very painful to the touch and bruise easily due to the inhibited circularity system. This person is likely to have broken capillaries.

Types of cellulite

There are three types of cellulite:

1. Edema (water)
2. Adipose (fatty)
3. Fibrous (hardened tissue)

1) Edematous – looks puffy and feels spongy to the touch

Commonly found in people who suffer from water retention, take HRT, or stand a lot at their place of work. The lymphatic system does not have a pump or prime mover like the heart, therefore this person needs to drink more water and take more exercise to assist the body in draining the waste.

TIP: Advise a diet that is low in salt/sodium and high in potassium. Natural diuretics such as celery, watercress, parsley, fresh fruit and vegetables, preferably raw, also help.

2) Adipose – soft to the touch and visible as large dimples

Adipose cellulite is normally found on someone who has a slow metabolism or is slightly overweight; their adiposities will have a reasonable amount of fat droplets stored within them. This person is not necessarily overweight all over, but may hold excess fat in a particular area such as waist, thighs or buttocks.

TIP: Walking along the floor on the buttocks will help break down the fat globules, also exercise at 40 – 60% of the maximum heart rate to help burn off the fat.

3) Fibrous – firm to the touch and looks less severe than it actually is

Fibrous cellulite is normally found on someone with good muscle tone who has or is exercising on a regular basis. If you exercise beyond the body's natural ability to dispose of excess by-products from metabolism, then lactic acid, toxins and other waste can hang in the system and harden around the fat cells.

TIP: If the exercise causes aches the next day then the body has over-metabolized. More moderate exercise with stretching rather than cardiovascular would help. Fibrous is the most difficult cellulite to shift.

Understanding the pH of the body

pH stands for “potential of Hydrogen” but if you really wish to be scientific, pH represents the negative logarithm of the hydrogen ion concentration. We prefer to call it “potential for Health”.

The body is alkaline by nature and acid by function, acid is a by-product of metabolism, in other words toxic waste. High levels of stress add to this problem by releasing even more acid into the system.

The alkaline in our diet neutralizes the acid to stabilize the pH balance, if there is insufficient alkaline in the diet the body will leech calcium from the bones and teeth, this in turn can cause osteoporosis (weakening and crumbling of the bones).

To avoid toxic build up an ideal diet should be 75% alkaline ash (fruit and vegetable) 25% acid ash (protein, dairy and complex carbohydrates).

Acid/Alkaline – pH balance and how it affects our health

One of the most life-giving substances the body depends on is water. Chronic pain can be a symptom of chronic dehydration, especially in the joint cartilages in the knees, fingers, toes and vertebrae. Arthritic joints are “painfully” lacking in lubricating fluids. We can oil a machine by applying oil from the outside. However, our human machine must be lubricated from the inside. A diet rich in essential fatty acids (EFAs) from cold-water fish, such as mackerel, herring, tuna, sardines and salmon may significantly reduce inflammation as well as allergic reactions. Omega 3 is also a good back up supplement to support this diet.

It is not healthy to have too much protein in our diet; we only need about two ounces per day. Over a long period of time, continued consumption of a high-protein diet leads to excess acid ash residue in the body and is the prime cause of osteoporosis and kidney disease. The acid has to be neutralized otherwise it will destroy the kidneys. The body uses sodium, which is derived from alkaline to do this job, however, if the sodium reserves are low, the body will leech calcium from the bones to stabilize the pH balance.

The ideal pH for most of the fluids of your internal environment is just above pH 7.0. Your blood must be pH 7.35 - pH 7.45 all the time, when your pH values are too far below or too high above pH 7.0, the fluid in and around your cells, that is, your potential for health plummets.

A by-product of metabolism is ash. Fruits and vegetables produce a healthy alkaline ash, which neutralizes the acid so it can then be eliminated by the body. Our cells are designed to be 80% water

and 20% protein. When we eat too much protein, our cells become congested with it. This in turn disrupts the pH balance.

Below are some examples of foods to help to control acid in your internal environment.

Alkaline ash foods – extremely good for you are:

| | | |
|------------------|-----------------|-------------|
| Almonds | Dates (dried) | Parsnips |
| Apples | Figs (dried) | Peaches |
| Apricots | Grapefruit | Pears |
| Avocadoes | Grapes | Pineapple |
| Bananas | Green beans | Potatoes |
| Blackberries | Green peas | Radishes |
| Broccoli | Lemons | Raisins |
| Brussels sprouts | Lettuce | Raspberries |
| Cabbage | Limes | Sauerkraut |
| Carrots | Millet | Soybeans |
| Cauliflower | Molasses | Spinach |
| Spinach | Raw Celery | Mushrooms |
| Strawberries | Cherries (sour) | Onions |
| Tangerines | Cucumber | Oranges |
| Tomatoes | Watercress | |

Acid ash foods – good in small portions, balanced with alkaline ash foods are:

| | | |
|--------------------|-----------------|--------------|
| Bacon | Eggs | Pork |
| Barley grain Flour | Prunes | Rice |
| Beef | Haddock | Bran |
| Honey | Salmon | Bread |
| Lamb | Sardines | Butter |
| Lobster | Sausages | Cheese |
| Cow's Milk | Scallops | Chicken |
| Macaroni | Shrimp | Cod |
| Oatmeal | Spaghetti | Corn |
| Oysters | Sunflower seeds | Corned beef |
| Peanut butter | Turkey | Crackers |
| Peanuts | Veal | Peas (dried) |
| Walnuts | Yogurt | Currants |

Try to aim for no more than 25% acid ash foods and 75% alkaline ash foods

Understanding dairy, carbohydrates and proteins...

Carbohydrates are fuel for the body and should be eaten when you need energy e.g. breakfast and lunch, especially complex carbohydrates, which have a slow energy release. If you don't burn them off, the body will store carbohydrates as fat. Try to eat just protein, vegetables and salad in the early evening if you can.

Body cells are designed to be 80% water and 20% protein. If we eat too much protein, cells become congested with it unbalancing the body's pH. The body only needs about two ounces of protein per day. Protein is very acidic, especially red meat, so look at portion control.

Dairy can be very fattening and also very acidic. Advise your clients suffering from cellulite try soya or rice milk as a lean alternative to milk.

Make sure they never skip meals or starve themselves. This slows down the metabolism and what little is eaten the body will store as reserves.

PROTEINS CARBOHYDRATES

Meat

Nuts

Fish

Cheese

Eggs

Corn meals

Soya meals

Tofu

Lentils and Pulses Baked Beans

Cous Cous

Lentils and Pulses

Oats

Milk

Fruit

Vegetables

Pasta

Rice

Potatoes

Bread

Homecare hot tips

Exercise

Exercise helps to pump the body up, sending nutrients and oxygen to the skin and draining waste. Advise 15 minutes per day as a minimum and build up slowly. Below are some simple ideas to add to your clients' (or your own) daily schedule. Fat burning exercises need to be less effort and more endurance, with the body working at 40-60% of maximum heart rate. Good options include:

- ✿ Power walking
- ✿ Cycling
- ✿ Skipping
- ✿ Running up and down stairs

Bodycare

Skin is the largest organ in the body, and it is also the gateway to a healthy body. So pass on these tips to your clients to help them keep svelte and cellulite-free.

- ✿ Body brush everyday to stimulate the circulation and lymphatic drainage, which will help the body

to rid itself of waste, always brush towards the heart.

- * Exfoliate at least once a week to slough off dead cells and stimulate new cell growth, preferably with a nutritious scrub recommended by your therapist.
- * At least once a week soak for 15 minutes in a mineral-rich salt bath to detox the whole body and re-mineralize the skin. Don't be tempted to use harmful substances or bubbles.
- * Try a seaweed mud wrap or mud-based cream at home, being a vegetable it has a high alkaline content, which helps to neutralize the acids and decongest the tissues. Seaweed mud is clinically proven to combat cellulite and has been used by over one million Italian women for 20 years.
- * Open your bowels at least once per day, otherwise the waste will dehydrate releasing toxins back into the body causing free radical damage and congestion in the tissue.

Nutrition

- * Water is the fountain of life, water is oxygen, oxygen is energy and we can't live without it. The body is 65% water and needs hydrating. Drink at least two liters of water every day to revitalize the body and flush the toxic waste out.
- * Cut down on alcohol, it is a carbohydrate and your system will use it to fuel the body instead of burning your fat.
- * Don't drink alcohol before a meal as it absorbs the enzymes and could stop weight loss. It is better to have a glass with your meal.
- * Don't eat fruit after a meal as it just ferments on top of your food. Fruit is ok to eat 15 minutes before a meal or ideally as snacks between meals.
- * Avoid sugar and sugary drinks. Sugar is more fattening than fat.
- * Take nutritional supplements. Due to current farming methods there are not enough vitamins and minerals in our food. A minimum recommendation would be a multivitamin/mineral, omega 3/6, an anti-oxidant and vitamin C. Apart from feeling healthier, these will help with cell repair and guard against congested tissue which causes the orange peel effect.
- * During menstruation, drink more water and eat more fruit and vegetables, less complex carbohydrates/protein/dairy, this will assist the body in metabolizing whilst under pressure and helps to avoid orange-peel congestion in the tissues.