



THE Truth ABOUT Cellulite

Just in time for summer swimwear: A fighting chance to reduce the appearance of cellulite!

BY LAURA DAYTON

If you want to smooth your orange-peel thighs and cottage-cheese rear you have to start from the inside out. You cannot eliminate the fibrous bands (septa) that create the puckered appearance of cellulite, but you can reduce its appearance. Cellulite forms in the skin's subsurface and consists of fat cells, toxins and the connective septa that holds it in place. It is most common on the thighs and buttocks of women, although men can have cellulite as well. Its purposes are insulation, cushioning, temperature regulation and in women, assurance that the body has sufficient calories for carrying a pregnancy full term.

Genetics, hormones and your body fat percentage all have a role in cellulite development. As a general rule the higher your body fat, the more likely you are to have cellulite. Reduction of overall body fat will lessen the appearance of cellulite, but will not eliminate it. The appearance of cellulite may worsen after pregnancy, and with age.

We used to be an active animal. Until the last hundred years we worked from sun-up to sun down. That daily movement provided stimulation for our lymphatic system. A lazy lymphatic system plays a key role in cellulite development. Cellulite begins with a stiffening of the septa caused by impaired blood and lymph circulation to-and-from the subcutaneous layer of skin. When everything is running smoothly, your capillaries are delivering fresh nutrient-rich

blood to the skin and the lymph is taking away waste and toxins. When we become more sedentary, and as we grow older, the flow of blood and lymph fluid stagnates and the septa become more fibrous and tighten down on underlying fat cells.

Toxic build-up is the precursor to most of today's most prevalent diseases, including diabetes and high blood pressure. Toxins from the environment, processed foods and chemical additives accumulate in our bodies. Toxins get deposited and trapped particularly in and around fat cells, including those in the skin layer that houses cellulite. Once trapped, these toxins cause premature hardening of the once elastic septa, so they bear down on the fat cells below, producing more puckering.

Toxic Clean Up

To begin fully nourishing your skin cells you have to remove the blockage to allow the lymph to flow freely again. Skin care experts offer several strategies to achieve this beginning with cleaning up the source of the toxins. Nutritionists worldwide are expounding the benefits of eating more fresh fruits and vegetables, and fewer prepared foods. Fast foods and sodas should go—they're garbage. Returning to fresh and homemade meals will immediately cut down the amount of chemicals consumed.

I've read this from many sources so I

don't know whom to credit, but it's good advice. Shop the perimeter of the store where all the fresh produce, dairy, meat and baked products are stocked. The processed foods are all in the center of stores because they don't have to be restocked often. You can immediately clean up your diet by shopping the outside aisles. If foods, which used to be called perishables, have a shelf life of five years

I don't think you want whatever preservative is in it, in your intestine!

Speaking of intestines, that should be the next place you detox. There are a number of great cleanses on the market. Most use a combination of senna leaf and psyllium fiber over a period of five to seven days. Ask your local health food store for a recommendation of a gentle cleanser and use these every couple of months to restore your metabolic balance and eliminate toxins.

During this entire process it is important to drink lots of water. That's how we will flush the lymphatic system and remove these toxins. Drink at least 2 liters of water every day. If you are exercising heavily, you need to drink at least one liter of water enhanced with electrolytes. The two most common are Dasani and smart Water. Gatorade has electrolytes, but it is also loaded with sugar.

Move It to Lose It!

Exercise, deep breathing and massage are the fundamental ways to stimulate the cleansing flow of the lymphatic vessels. It has been found that exercise involving an up-and-down motion is the best for the lymph system. This might include stair stepping, jumping rope, step aerobics, plyometrics, squats or any number of aerobic and kickboxing classes. Circuit training also provides this type of movement.

Yoga, Ta'i Chi and Pilates classes all help


you learn how to breathe properly, and to relax. In the grand scheme of things stress used to occur when a volcano erupted, a wild animal went on the attack or a warring tribe threatened a village. Our bodies are programmed to react to stress by fighting, running or pulling ourselves into trees.

When stress hits, our brains react by producing a fabulous cascade of hormones ultimately providing our muscles with short bursts of incredible power. Today's stressors—a computer crashing, worrying about a war we can't see nor control—begin this cycle, but don't complete it. Stress triggers our brain to give us a shot of adrenalin and cortisol, and then frustration. When the circle is not completed, these hormones upset our body's balance. Meditation and deep breathing are ways to correct these imbalances.

Massage is definitely beneficial to loosen up stiff septa. Europeans have been using massage and brushes for decades and it is still a viable approach to the reduction of the appearance of cellulite. At the forefront of massage for cellulite minimization is the field of Entermologie, or the Americanized Endomology. This technique uses a machine that produces a push-pull movement across the area with cellulite. The results are quite remarkable, especially when combined with the aforementioned protocols:

- Fewer processed foods
- More fruits and vegetables
- Drink lots of water
- Use a regular cleanse
- Exercise regularly
- Breathe deep and destress

Endomology is very effective, but it is extremely pricey. So, what if we told you that there is now a way to achieve the same results at a fraction of the price?

I bet you'd say you would turn the page to find out how. 



Affordable ENDOMOLOGY

BY COURTNEY SEBASTIAN

One smart-thinking husband and wife team is bringing a sky-high priced cellulite reduction procedure to every woman in America

My life is like so many other women with overwhelming schedules. Being a good mother to my 14-year-old daughter and working two jobs while trying to keep myself in good physical shape is a challenge. We all know how hard it is to eat right and stay in shape when your time is limited. I'm sure you can relate: trying to get to the gym is practically impossible and almost an inconvenience when you have so many other priorities.

Even though I exercise and have a moderately healthy diet, this hasn't helped me from getting the unsightly appearance of cellulite around my hips and buttocks. Like most women I feel embarrassed and insecure when I notice cellulite on my body, especially now that summer is here.

Cellulite has been an issue for me for many years. I've had to deal with it since I was a teenager. I was just 18 when I began trying products specifically for cellulite reduction. There weren't as many on the

“Although I felt I was at my most fit, I still had cellulite! It was so frustrating.”

market back then, but like the hundreds on the market now, they didn't work.

Cellulite Is A Problem

My weight has gone up and down at different times in my life. I got serious about fitness at age 30 when I got into the best shape of my life by incorporating a clean

diet and regular workouts with cardio and weight training into my daily routine. Although I felt I was at my most fit, I still had cellulite! It was so frustrating. I had read about European Endermologie, using a push-pull device and its success, but it had not yet made it to the U.S. There was no way I could afford to travel to Europe and have this expensive procedure performed.

"If there is a method to reduce cellulite," I thought, "how can it be made affordable to the average woman?" That's when I began to formulate a plan to do what I refer to as home endomology (the Americanized version of endermologie) with my own vacuum. I soon realized that while a vacuum could provide the suction or pull of endomology, it could not provide the push that expensive endomology machines provide to increase lymphatic flow and release of toxins. I didn't have the resources available at that time to go any further, so the idea was put on the shelf.

Over the next few years I tried a lot of products claiming to get rid of cellulite, including cellulite diminishing creams and skin tightening lotions that have never worked. I always bought and read any magazine with a cellulite update and tried to keep up with the various treatments available. Endomology was always at the top of the list for the treatments that actually worked with consistent use.

Endomology, Yes!

Years later I got my chance to try endomology. I signed up for three months of treatment at a whopping \$2500. The treatment required a minimum of two appointments a week for three months. After about two months of treatments, I noticed the cellulite appearance starting to diminish. It was working, but to be honest, it was a real inconvenience to go; I had to make an appointment, take a least two hours out of my busy schedule to drive to the office, change in and out of the body stocking, and it was so darn expensive.

Overall, I was happy with the results but knew that I couldn't keep this up financially and with the



inconvenience that came with it. I felt that this was an excellent way to help reduce the appearance of cellulite but knew I would soon have to stop due to the expense. The big problem with stopping the procedure is that I noticed a few months later, my cellulite started to reappear.

An Affordable Alternative

There are millions of women like myself who have cellulite but can't afford to have these treatments. Again, I felt that there had to be a way to do this procedure at a reasonable cost. I went back to my idea of the vacuum; there had to be a way to replicate this procedure and allow anyone to do it at a reasonable cost.

After observing how the machine worked at the cellulite treatment office, I began to think again of ways to do it affordably. That's when it hit me. Everyone one has a vacuum cleaner in their house that could be used as



the source for suction. I just needed to develop a tool to use with the vacuum that would replicate the massaging and manipulation of the areas to be treated.

My husband is an engineer so I brought this to his attention and started telling him what I was envisioning. I gave him instructions on what I wanted him to build and he did some research and went to work to

the results I had hoped for; the appearance of my cellulite improving and diminishing! It was easy to fit the treatments into my busy schedule, and perform my own therapy in the mornings. I would get up, take my shower and then perform my massaging techniques for about 5-10 minutes, on each area to be treated, about three days a week.

All that is necessary to use it are some spandex-type shorts or bike shorts; something that fits tightly to the skin, that isn't very thick, like a pair of gym shorts. You'll need a standard 12-amp vacuum cleaner with a vacuum hose. The Cellulite Smoother fits easily onto the end of the vacuum hose. Turn on your vacuum and smooth away! The rollers in the tool allow for the massaging effect combined with the suction of the vacuum. It is easy to do to yourself for whatever length of time you desire. It feels like a massage and actually exfoliates those areas, too.

The one thing to remember is that to gain and keep improvements in the appearance of cellulite, consistency is the key. Just like exercise, fitness, and a healthy diet, if you stop doing it on a regular basis, the improvements you gained can be lost. With regular, consistent use, the appearance of your cellulite will improve along with your confidence to wear those short shorts and your swimsuit!

“The Cellulite Smoother will allow every woman to have an affordable and convenient opportunity to diminish the appearance of cellulite within her own home, on her own schedule, at an affordable price.”

build the first prototype. It took some testing and adjusting over a period of time to perfect the right product, and then we had it; the “Cellulite Smoother.”

I used the Cellulite Smoother with our own 12-amp vacuum cleaner for several weeks and was absolutely thrilled to see

For more information, please go online to www.homeendormology.com.



“This is what I was hoping for, to get a product that is affordable and will actually improve the appearance of cellulite-affected areas.”