

Tips to Help Fight Cellulite

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The aim is to improve your nutritional status and to minimize eating substances that contain excessive preservatives, artificial colourings and other toxins such as alcohol and cigarette smoke. This strategy of increasing nutrition and detoxing helps strengthen the immune, circulatory, lymphatic and skin systems.

Fresh fruits are especially beneficial cleansing foods to help cellulite. They contain abundant amounts of bioflavonoids, anthocyanins and other anti ageing nutrients. They also contain water, fibre, antioxidant vitamins and minerals. Ideal fruits include - apples, oranges, lemons, limes, blueberries, blackberries, raspberries, strawberries, , cranberries, grapefruits, grapes, pineapples, kiwifruits, cherries, cantaloupes, melons and mango.

These fruits contain antioxidants that fight the toxic free-radicals present in smoked, preserved and fried foods as well as those in cigarette smoke and alcohol.

Avoid substances that decrease tissue blood flow and act as toxins and non-nutritious waste products. In particular, help fight cellulite by following the following substances - caffeine, cigarette smoke, alcohol, preserved foods, fried foods, smoked foods, refined foods and foods containing artificial colours, flavours, sweeteners and other chemical additives.

Exercise is great for cellulite. Vigorous lower body exercises such as running, power walking, stair climbing and cycling all help combat the development of cellulite. These exercises help blood flow, lymphatic drainage and toxin removal by perspiration in cellulite prone areas.

Another way to improve toxin removal from cellulite prone areas is to open sweat pores and force perspiration to eliminate toxins by having saunas, steam saunas, hot saunas and baths.

Lymphatic drainage can be improved by having lymphatic massages or endomologie. Alternatively you can perform a home lymphatic massage at the end of a long, hard day by performing the following. First lie down on your back close to a wall and place your legs up on the wall so that the blood and lymphatic fluid can drain from them back into your body. Wiggle your toes and ankles for a few minutes whilst in this position to help your muscles pump fluid back into your body. Next, gently grab an ankle and run your hands in a squeegee like motion up your leg in a similar way as to roll on stockings. Don't forget to do both legs. The idea is to firmly but gently squeeze fluid towards your heart. This helps your body to remove toxins. This helps reduce accumulating cellulite causing waste products from your in our thighs and bottom.

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