

Natural Cellulite Remedy? Learn More

Cellulite removal products is a big business, the promise of a clean and firm looking skin minus the ugly looking 'cauliflower' is drawing millions of affected women to find that miracle cure. Before we suggest any natural remedy for cellulite, we need to understand what it is. Cellulite happens when there is a dimpling of the skin. This is normally caused by the protrusion of subcutaneous fat into the dermis, which results in creating an undulating dermal-subcutaneous fat junction adipose tissue. In other words, cellulite affects everyone not just those who are overweight. Natural Cellulite Remedy?

The results from the following suggest natural cellulite remedy will vary as our overall chemistry make-up is different. Food You Eat

The food we eat will largely affect the condition of our skin. You can start by reducing the size of your portion of foods that should be eaten. Also begin to reduce the intake of sweets and sugar, having a high fiber diet will certainly help. As far as you can, try to eliminate consumption of processed meats such as hotdogs, meats with excess fat, butter, ghee, cream, rich sauces, gravies, salad dressings, rich desserts, confectionary items, ice cream, canned fruits and juices, processed cheese, and fried snacks. Increase the intake of white meat such as chicken, fish. Drink skimmed milk, yogurt. Use buttermilk, cottage cheese, dalia, leafy vegetables, spring onions, radish, tomato, cucumber, citrus fruits, apples, pears, plums, sprouted grains, fruit and vegetable juices. Stay away from anything fatty or fried. Massage

Massage is another proven method that can help fight cellulite, and a warm bath can help to induce relaxation. Long stroking movements are given for stimulating blood flow and lymphatic flow, and the area with the cellulite should be squeezed and kneaded repetitively. Skin brushing can also be used to help against cellulite, and to do this you use a rough cloth or natural bristle brush to brush the entire surface of skin on the body, including the face.

About the Author

Collection features over four million specimens in the fields of anthropology, archeology, astronomy, botany, geology, paleontology, zoology, and wildlife.

Source: <http://www.productsherbal.com>