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Cellulite 101: What is it and can we get rid of it?

Many of us are mortified by our visible cellulite; we feel self-conscious and embarrassed to wear a swim suit. With us today is obesity specialist and Columbia professor Lorraine Olivero-Rivera to tell us what we can do about our cellulite. She is the Owner and Medical Director of Spa Life Mesotherapy & Wellness MediSpa in New York as well as the Medical/Program Director of the New York Presbyterian Center for Obesity Surgery. Lorraine is also an Assistant Professor of Clinical Nursing at Columbia University and is nationally recognized for her involvement in numerous clinical research projects and her work to help patients achieve optimal health and fitness through medical and wellness management and lifestyle behavioral modification.



What is Cellulite?

Q: Hello professor, we're thrilled you could take some time out of your busy schedule to be with us today.

A: Thank you, I'm thrilled to be with you.

Q: To start let's give our listeners an overview of what we are going to be

covering.

A: Alright

Q: First, we will explain what cellulite is and what causes it, and then how we can make dramatic improvements with some simple lifestyle changes and taking certain nutritional supplements.

Q: I am going to ask the question that most women are dying to ask - what should we know about cellulite and can we do anything about it?

A: I have been asked that question many times. Most women don't know what cellulite is and don't believe there is anything that they can do to improve it no matter how hard they try. However, studies have shown otherwise. In fact, by making some simple lifestyle changes and taking some new, patented, well-researched supplements women can make noticeable differences. These supplements I would recommend are sold under the brand name TriElements® and are called ReEssence™ Cellulite Support and MacroMicro™ Cleanse and Detox.

Q: Well Professor, I'm excited to get started, so tell us, just what is cellulite?

A: Cellulite consists of 3 things:

One, extra large fat cells

Two, toxins and waste

and Three, unhealthy connective tissue

A mixture of these three conditions cause that unattractive dimpling effect on the skin that we all dislike so much.

Q: Could you give us an analogy to help our listeners understand a little bit better?

A: Sure. Imagine hundreds of big balloons as our oversized fat cells. We are going to stuff all of those balloons into a big stretchy globe until they are bulging out in every direction. The globe represents our connective tissue. Then we are going to fill up the globe with a mixture of water, toxins and waste until every extra ounce of space around every balloon is filled up. The end result, unfortunately, is a large stretchy globe that is bulging out in every direction and inside it is congested with toxic fluid.

The only thing we are missing with this picture are blood vessels. Our blood vessels have a very tough job trying to deliver nutrients and oxygen and trying to remove waste out of cellulite areas. The blood vessels end up getting constricted, weak, leaky and dysfunctional. Because of this, cellulite areas suffer greatly from malnourishment and from being bathed in toxins.

Q: Wow; that sounds not only unattractive but unhealthy!

A: Yes, cellulite is both unattractive and unhealthy.

Q: I know we can all relate to the feeling you get when you are walking down the street and all you can think about is how everybody is looking at your ugly cellulite.

A: I think we can all relate to that feeling. Ya know, there are two good things to remember – one, that nobody is actually looking at us and talking about how ugly our cellulite is. And two, the changes we need to make to get rid of cellulite are so wonderful, they will enrich our lives in multiple ways.

Q: So, 4 things contribute to cellulite: extra large fat cells, toxins and waste, tight connective tissue and poor circulation?

A: Yes – that is absolutely correct



What causes cellulite?

Q: What causes cellulite?

A: Well, the same 4 things that make up cellulite cause it.

First, eating more fat and sugar than our body can use to create energy causes fat cells to grow excessively large.

Then, toxins continuously invade the body from various outside sources – pollution we breathe, chemicals we get on our skin, and harmful things that we eat.

The body also creates toxins and waste everyday. Breathing, digesting food and creating energy, for example, produce toxic by-products and waste. This is how we accumulate most of our toxins.

Q: Is that all there is to it?

A: Not quite. If you have a lot of large fat cells, the connective tissue around them is usually tight and brittle. The fat cells then press up against the skin. It's just like a feather comforter. The feathers fill up all of the space in-between the stitching making it look dimply.

Blood and lymph vessels also weave in between the fat cells and connective tissue but become constricted and weak. These vessels are like wet vacuums with lots of hoses that suck up all of the excess waste. The only problem is that the hoses are either tied shut or weak and leaky. When this happens the tissue become more and more unhealthy because it receives insufficient nutrients and oxygen and waste and toxins continue to accumulate.



How can we get rid of cellulite?

Q: My next question is the big one - how can we get rid of Cellulite?

A: Here are some simple steps we can follow to improve the 4 areas that cause cellulite.

Q: All right, let's go over fat cells first.

A: To begin with we need to take our supplements. There are some very effective supplements that can help convert fat into energy and support fat metabolism. ReEssence Cellulite Support by TriElements is a great one that I know of. Then we need to adjust our diets by eating a variety of fresh foods, with a good balance of complex carbohydrates, proteins, and vegetables. Avoid simple carbohydrates like white bread, and sugar. And be sure to drink plenty of water daily. These are all simple, logical rules to follow. And remember, don't eat too much.

Q: I know that we all struggle with eating more sugars and bad fats than we need. But the good news is that it gets easier and easier as time goes on. I know that when I decided to stop eating sugars and bad fats the first few days were torture, but after a few days of disciplining myself I didn't seem to even want it anymore.

A: It is true; I have seen it time and time again. If we women can just remember that there is always going to be a light at the end of the tunnel then it makes it a lot easier to stick with it those first few days.

Q: So, why do thin people also have cellulite?

A: Well, one important thing to remember about cellulite is that we can have these oversized fat cells in our body without actually being overweight. You see, these oversized fat cells combined with poor circulation and diet, tight connective tissue and toxins causes cellulite. This is why thin people can have cellulite and in some cases it is even more visible. However, whether you are thin or not, if you want to keep your fat cells from growing out of hand you need to cut back on the extra fat and simple carbohydrates.

Q: Can exercise help?

A: Yes, exercise is a great way to make sure that your metabolic system is working quickly to burn extra fat and carbohydrates. However, exercise doesn't always mean going to the gym and running on the treadmill for an hour. You just need to move your body; walk the stairs instead of the escalator, skip watching TV and go for a walk, play with your kids, tease your husband – whatever, just make sure you are moving. These are simple steps that actually work long term. Movement is also great for your circulation. You don't need to be intense about it - just consistent and thoughtful.

Q: Ok, it sounds like eating a good diet of fresh veggies, proteins and complex carbohydrates, not eating too much, and keeping our bodies moving is the key. I have to admit, it is tough to change a diet at first, but once you take that leap and actually do it, you feel so good it is like the sun came out for the first time ever. Your whole outlook and motivation for life seems to change.

A: It's true. I have watched so many women make small turns until they were walking in a direction that made them happy and healthy.

Q: Connective tissue is the next factor that we should talk about.

A: The first thing to remember about connective tissue is that our bodies should feel soft unless we are flexing our muscles. If our bodies are hard then we can assume that there is a lot of connective tissue that needs to be softened. You soften it by giving it plenty of water, the right nutrients, and even massaging it. Connective tissue is always breaking down and re-growing – however, we need to make sure that it grows back healthily. Again, taking ReEssence Cellulite Support is very important because it can help promote the re-growth of healthy soft connective tissue.



More about how we can get rid of cellulite...

Q: What about toxins. How can we get rid of and keep from accumulating too much toxic waste material?

A: Our bodies have been equipped with various organs and systems designed to neutralize and remove toxins from the body including the liver, blood, lymph, mucous, colon, lungs, skin, cells, kidneys and gallbladder. The problem is that our organs and systems are often overloaded and not functioning effectively.

For example, our lymph vessels are like vacuums that go around picking up extra waste and neutralizing it. Our mucous grabs the waste and congeals it into a safe environment until it can be eliminated. Our Liver is like a little laboratory that receives and detoxifies waste.

Many times all you need to do is help your body out by giving it some special nutrients that support these organs and systems.

Q: I know that most of us when we think of detoxing or cleansing we think of a strict diet and supplement regimen that we go on every spring. But it sounds like accumulating toxins is a regular process and the process of detoxifying needs to take place every day.

A: Yes, everyday our organs and systems need to be strong enough to filter, neutralize and get rid of toxins and waste.

Q: How do I know if I have too much waste? What are some of the signs?

A: It is easy, if you feel poorly but have nothing to attribute it to you are pretty safe assuming that you have a build-up of toxins and waste. More specifically, some of the signs include poor complexion, immune function, digestion and elimination. Others include fatigue, headache, muscle & joint pain, weight gain, foggy mind, and difficulty absorbing and utilizing nutrients. I mentioned my familiarity with TriElements' MacroMicro Detox and Cleanse earlier. This advanced and patented supplement formulation can be very effective in helping to relieve these signs of toxic build-up by helping to detox and cleanse and to also help strengthen the body's own waste removal and detoxification systems.

Q: The last thing for us to go over is circulation and how it contributes to cellulite.

A: Yes, my best advice would be to keep your blood moving. The way we do this is by moving our bodies, any type of movement. And then don't do anything to constrict blood flow. It is amazing how many times I see people wearing pants with super tight waists, or tight exercise shorts, or nylons that cut off circulation. Tight jewelry could also be a culprit. And then be sure to eat a heart healthy diet – lots of vegetables, whole grains and good proteins. Supplementation with ReEssence Cellulite Support can also be very effective at helping to tone and strengthen our blood vessels as well as support circulation and microcirculation.

Q: It sounds like all we need to do is make some simple, practical changes in our lives to make a big difference.

A: That's true; start by eating a little better and moving a little more. Most importantly there has been some great research on nutritional supplements that will help you feel like getting back into your bathing suit again. And remember, the body can't go from being loaded with cellulite and toxins to being in great shape overnight. There is no way around the body's natural course of change.



Can we take supplements to help get rid of cellulite?

Q: I can't wait for you to tell me more about these breakthrough supplements designed for cellulite.

A: I am excited about some new nutrient formulations that specifically address the four areas that define cellulite. They are designed to target cellulite, but have many other side benefits.

Q: Can we talk about how supplements affect each of these 4 components individually, that is: fat, connective tissue, circulation, and waste and toxins?

A: Alright. With regard to fat, there are several key nutrients that do two things: One, support fat metabolism and two, help convert fat into energy. These nutrients include Milk Thistle extract, Alpha Lipoic Acid, Artichoke extract, B Vitamins, Green Tea extract and Iodine.

With regard to connective tissue there are nutrients that help promote its healthy soft, and elastic re-growth such as Centella Asiatica extract, Grape Seed extract, and Vitamin C.

With regard to circulation there are nutrients that help tone and strengthen blood vessel walls and increase microcirculation. Some of these nutrients include Butcher's Broom extract, Grape Seed extract, Capsicum frutescens, bioflavonoids, Ginger and Vitamin C

With regard to toxins and waste there are some powerful nutrients that help detoxify and cleanse and that also help strengthen the body's own waste removal and detoxification systems. We have learned how important this is to improving cellulite. These nutrients include Milk Thistle extract, Alpha Lipoic Acid, Artichoke extract, Broccoli extract, N-acetyl Cysteine, Bromelain and Pomegranate extract.

Q: Wow, it sounds like nutritional supplements can play a significant role with cellulite.

A: Yes, there really is no substitute for the important differences they can make. They are not an overnight solution but nothing is an overnight solution to cellulite. Almost every woman over the age of 21 struggles with cellulite and they will be the 1st ones to tell us that there are no short cuts to improving their health and appearance. Anything that promotes itself as such doesn't work. Cellulite is a real health and beauty concern and we need all the help we can get.

Q: You know, only a few years ago I weighed about 40 pounds more than I weigh now. I lived out of the country and during that time I almost always ate out and exercised less. But even after I came home and lost the extra weight I still had some cellulite which really surprised me because I got quite thin. Then I started putting into practice some of these tips. I ate less sugars and bad fats like trans fats – and believe me, it wasn't that difficult after the first week or so because good food really makes you look and feel so much better. I also started moving my body more. This was wonderful too because as I did it I started to have more energy. I have also been taking supplements on a regular long-term basis both to help get rid of cellulite and toxic build-up. It required diligence, but my cellulite is diminished and I have experienced many other side benefits. I have more energy and a stronger immune system. My body feels stronger and I recover faster from exercising. I also digest my food better and even my mood is better. I feel healthier all around.

A: I am glad that you have had a chance to go through that experience. It is nice to be talking with someone who actually understands what we are talking about on a personal level.

Q: To summarize, in order to help get rid of our cellulite we need to work on these four areas that contribute to cellulite by making sure to 1) eat a healthy diet, 2) keep our bodies moving, 3) avoid all of the external toxins that we can, and 4) keep our blood moving and then make sure to take these specific cellulite and detox supplements on a regular basis.

A: That summarizes it very well. The wonderful thing about it is that making these changes really can enrich our lives on so many levels. We will feel happier and healthier in every way.



Conclusion

Q: Thanks again Professor. All of us women struggling with cellulite certainly appreciate it and will definitely take your advice to take responsibility for our health with these new nutritional supplements and some healthy lifestyle changes.

A: You're welcome. It has been my pleasure.

