



Dimples That Don't Make You Smile

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The spring season brings so many changes everywhere we look. Our home and wardrobes take on many changes as well. The heavy sweaters and long pants we wore all winter get replaced with sandals and shorts instead. It's about that time that we suddenly become aware of our bodies again and the changes that occurred over the winter months. Weight gain, wrinkles, and aging skin seem to suddenly appear. And what of that awful cellulite, even thin women are not exempt from this one. Dimples may look cute on a smiling child but when they cover your thighs they don't make us smile.

Cellulite is a fact of life for the majority of women. Cellulite and "saddle bags" along the thighs are partially the result of impaired lymph flow to certain areas. This causes immobilized pockets of fat and trapped toxins in the cells. Over 90% of women have some form of cellulite resulting from weight gain, a genetic predisposition, or inactivity. Cellulite begins when numerous fat cells collect in one area (generally the buttocks, thighs and upper arms in women), causing the skin to bulge. The dimpling effect occurs when the connective fibers in the skin pull down in areas where body fat is pushing up. This becomes visible because of a weakening of the connective tissue that holds the fat cells in place underneath the skin. It is a condition that worsens with age as the general strength of tissue and elasticity of skin all deteriorate with age. Weakening connective tissue is also the reason for wrinkles to form as we age and is part of the reason for the formation of varicose veins.



The good news is that you can improve the appearance of cellulite. Remember with the formation of cellulite, toxins and lymph fluid accumulates in the pockets of fat. In addition, the breakdown of the connective tissue impairs circulation into this area. So, *improving the circulation* of lymph in areas prone to cellulite and *reducing toxic burden* are two successful ways to diminish cellulite from the inside out. I've talked many times about cleansing, so if you've done your spring cleanse you've already accomplished step one. There is an herbal formula called Cellu-Smooth w/ Coleus (#926-0) which can give your body an added advantage on combating cellulite. This combination of herbs is taken internally. It is designed to enhance circulation to affected areas, strengthen connective tissue and improve detoxification of the cells. This formula also nourishes the thyroid gland which helps to improve metabolism and the breaking down of fat cells in the body. In addition to the supplement *you need to do exercises that improve lymphatic system circulation*. Walking, dancing, swimming or using a rebounder are all good examples. Dry skin brushing with a natural bristle brush is another way to improve circulation in the skin. Topically you can use Cellu-Tone essential oil blend (#3927-3). The oils in this formula improve circulation to the skin, reduce cellulite and excess fluid retention as well as tighten sagging skin. This oil blend should not be used topically just prior to sun exposure. It should not be used with people with kidney disorders. To make it easy for daily use, I mix about 100 drops of the oil (2/3 bottle) in a bottle of Herbal Trim skin treatment (#1669-0). Apply once daily, after your shower or before bed. I love Herbal Skin treatment; it is great for the warm months, as it is a very light lotion. It does not leave any greasy residue on the skin. Herbal trim lotion goes on like water and then leaves the skin feeling like silk.

To improve your results, as well as the overall appearance of your skin, you can dry brush your skin daily. Dry skin brushing is like a gentle massage to the skin. It stimulates circulation and the removal of toxins from the skin. To dry brush your skin you need a *soft, natural bristle brush* on a long handle. Before you shower, starting at your feet, start brushing in small circles

towards your heart. Apply very light pressure, avoiding broken skin, skin rashes, or areas where the skin is thin, such as the face or inner thighs. When finished, shower as usual and then apply the Herbal Trim with the Cellu-tone essential oil to your skin.



Another factor in improving cellulite involves strengthening connective tissue. Although there are several herbs in the Cellu-Smooth that help to do this, if your cellulite is bad, you may want to consider additional support. Collatrim Plus powder (#3062-0) is a supplement that provides a high quality, easy to absorb form of protein that is used to make collagen in the body. It helps the connective tissue to repair; this will lessen the appearance of cellulite. It also helps us fight aging (fewer wrinkles) as well as repair bones, muscles, injuries etc. Collatrim stimulates the production of growth hormone. Growth hormone helps the body to repair damaged tissues, increase metabolism and helps convert fat into muscle. So Collatrim is helpful for weight loss because it activates the metabolism and promotes the conversion of fat into muscle. To improve the benefits of the Collatrim in the body it is recommended to take at least 500 mg. of vitamin C daily, I like the

form called Citrus Bioflavanoids (#1646-4). Vitamin C helps the body to manufacture the collagen that forms your connective tissues. Since vitamin C is depleted under stress, those under stress should take a little more. The Vitamin C and Collatrim can also help improve the elasticity of the veins in the body. This can help with a condition called varicose veins.

Although I don't have room in this newsletter to talk in detail about varicose veins, I am sure you can agree that they make an unwelcome appearance when seen on our legs. I would like to tell you about 2 great products that help varicose veins disappear and become less painful. Vari-Gone (#999-9) this blend of 6 herbs improves the strength, tone, and function of the veins. This formula also reduces inflammation and inhibits the action of enzymes that can damage the capillary walls. Many people have reported an improvement in both appearance and discomfort associate with the varicose veins after using this formula. Vari-Gone Cream (#4947-5) is a topical cream that can be applied directly to the varicose veins. For painful or itching varicose veins the cream can provide quick relief. It is also helpful for hemorrhoids as they are also enlarged veins. The herbs in this lotion penetrate the skin to help strengthen and repair the veins as well. For best results use these products for 3 months.

Now that you are armed with some solutions to improve your legs appearance and health, you can take out your shorts and relax. Enjoy the spring-summer season! If you would like to read detailed information on any of these products please e-mail me. Have a great Week,

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