

Getting Rid Of Cellulite

The word cellulite is all too familiar to most women and probably most men if they have women in their lives. The majority of European people have cellulite and the most common place is on the legs, hips and above their elbows, also the double chin effect. Cellulite is dimpling of the skin caused by fat which stretches the skin in different directions making it look cottage cheese like.

In extreme cases of cellulites of the buttocks & legs, you can notice the UN-synchronise rolling of the buttocks, as the person walks with a rolling un-gamely gait.

Cellulite un-attractive, due to hormones and the elasticity in their skin; many are prone to get it.

You don't have to be overweight either.

In fact, many skinny women have more apparent cellulite on their bodies than overweight men & women do. It's quite common to see cellulitified women in Ghana now due to their destruction of their cultural values and principles by their abandonment of Traditional attire to wearing Obron wo ro. (Letting it all hang out!) The so-called traditional misconception that a man can only be seen to be rich is when he is sporting a Pot Belly, this in reality is slow death which stems from binge eating habits, lack of exercise, lack of purging all leading to the development of High Blood Pressure & Diabetes.

Some babies are born with cellulite on their buttocks, but soon disappear when they start running around and the buttocks muscles begin to tighten-up. Others are born with a tight, solid muscular built.

One could conjecture that the differences could be due to several collect factors of the parent's diet and physical activities, pre & post conception.

Here are tips on how to get rid of cellulite fast:

1. Exercise. The best way to prevent cellulite is cardiovascular exercise but once you have it, it can also be greatly reduced by exercising. Melting fat is essential to getting rid of cellulite, so the more intense exercise you can do the better.
2. Regular drinking of cold garlic tea. (3-4 cloves blended with half glass of cold water, strain-off and sweetened with wild honey) Garlic is a cholesterol killer.
3. Greed. The heart of ones weight problem is Greed. Cut down all your food portions by half.
4. Traditional Dancing (Traditional Aerobics). Organise with your friends & neighbours weekly tribal dancing sessions, it's a fun way to exercise, socialise and maintain all our traditional dances.

There are certain simple exercises (stepping up, then stepping down 2 stairs rapidly 15mins, walking briskly a mile or so twice a day in the morning & afternoon, jogging followed by 15 min heavy massaging with warm liquid Shea Butter on the leg to aid smoothing of the cellulite) that are especially effective at flushing out fat in the leg and thigh areas and require a tremendous amount of muscle in that area.

Exercise also restores hormones to normal levels and speeds up metabolism which is useful at preventing cellulite.

2. Diet. Your diet is very important in combating cellulite. The premise is simple - to be successful in the anti-cellulite diet you need to eat foods that are beneficial to your body. Your diet should be rich in fibre, (Reference: Health Benefits of our Food & Fruits in Ghana) those that are high in vitamins and nutrients and low in fat. This lets your body flush out toxins and lose weight naturally. The best foods to eat are brightly coloured fruits and edible leaves such as Moringa, Cocoyam leaves, peppers and okras, mangos, bananas and foods containing lecithin as much as spinach, cauliflower tomatoes and carrots that helps to strengthen the skin.

Realistically, if you have lots of cellulite you are probably not going to get rid of all of it. Currently there are no cures for cellulite, just treatments and practices that can greatly reduce the appearance of it.

The above should be in no way be taken as "Batty Politics", If you love yourself you will find the strength to change your unhealthy habits. If you don't care what-so-ever, then all I can suggest to you is that Draft Your Will. It is quoted international that the life expectancy of a Ghanaian is 56 Years Old.

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About the Author

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