

Soothing Tranquil health & beauty Serene

The facts on cellulite

What is Cellulite? "Cellulite" is a popular term used to describe the dimpled type of fat deposit found most commonly on the hips and thighs. In more severe cases it is found on the abdomen, arms and calves. The warped pockets of irregularities which make "Cellulite" so difficult to lose are both visual and textural. "Cellulite" is accompanied by fluid retention, and is resistant to traditional diet and exercise programs.

The fact that "cellulite" is different from regular fat is documented by several medical studies. Dr. Fried at Rockefeller University proved that women store more fat in the thigh area than any other area, and that it only burned efficiently during breast feeding.

The causes are many... Heredity, The Birth Control Pill, Pregnancy, Excessive Dairy Products, Poor Digestion, Constipation, Fatigue, Slow Metabolism, Poor Circulation, and Prolonged Stress or Anxiety. Once embedded, "cellulite" perpetuates itself through a vicious cycle of ever more buckling of the surrounding tissues and more fat cell enlargement.

At Beverly Hills Weight Management, recovery from "cellulite" occurs in four distinct stages. Stage 1 legs are the most severe. They are hard, compacted and densely pitted. It's dense appearance is often mistaken for solid muscle tone. This commonly occurs in women who have unwittingly made it worse by overexercising. A woman who begins treatments with stage 1 legs will progress to Stage 2. As the treatments continue and the results progress, Stage 3 will be achieved. At this stage the legs look noticeably improved and smoother. There will be a measurable inch loss, and more shape to the legs, especially in the lower thigh. The texture of the remaining fat layer is, however soft and loose. Stage 4 the loose fat layer is reduced and 'cellulite' is no longer

visibly obvious. How long will the results last? Vacusage treatments produce extremely long lasting results, as long as the factors that caused the cellulite in the first place are minimized. Cellulite will return with dietary abuse, however with the information that we provided to you about proper care, dietary lifestyle changes, specific leg exercise routines and periodic maintenance treatments - your legs will stay young and healthy.

Editorial submitted by Beverly Hills Weight Management Centre, 550 Ontario St. S., Unit 18. 905-875-2889

Skin care for winter travellers

As winter approaches, people will be planning their escape to sunny beaches down south. Travelling can place a lot of stress on the skin. The ultra-dry air on airplanes and the colder, drier climate that you'll be returning to make it essential to keep up your skin care routine. Before you take off, pack these fuss-free vacation tips, to keep your skin in top shape while on the go.

- Buy the travel-size versions of your favourite cleanser, moisturizer, lotion and exfoliant and pack them in your carry-on bag. Re-applying while on the plane will allow your skin to stay hydrated.

- Exfoliate and moisturize your feet every night while on vacation. Sightseeing and walking barefoot on the beach will wreak havoc on your pedicure - not to mention your feet will be tired. Bring a foot file and use it on soles and heels while showering. Follow that with a moisturizing massage using Curel Extreme Care Moisture Therapy lotion, which will soften even the driest of feet.

- Bring travel-size body lotions for daily use, particularly after a day at the beach. Curel Original Moisture Therapy lotion comes in a convenient 100 mL bottle and is perfect for hydrating sun-exposed, dry skin. If you have sensitive skin, it is available in a fragrance-free version, an ideal choice for men.

- News Canada

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- ADVERTORIAL -

CHIROPRACTORS WITH COMPASSION

Healing hands around the world are joining together to release children from poverty. Barrow Family Chiropractic is a proud partner of Chiropractors with Compassion and is now donating \$20.00 from every new patient examination to fund child-centered projects world wide.

The mission at Barrow Family Chiropractic is to create a world whereby families are educated about the benefits of chiropractic, and are inspired to live a naturally balanced life. We serve humanity through the correction of vertebral subluxations thus allowing each individual to function at their God-given potential. Becoming a part of Chiropractors with Compassion allows Barrow Family Chiropractic to grow towards their mission of serving those around the world.

To create a world whereby families are educated about the benefits of chiropractic

The project they are currently working on is in Kisoro, Uganda. The villagers of Kisoro cannot dig wells or install latrines because of the hard volcanic soil. Villagers have been collecting their water from the drainage ditches shared by animals. Twice a day, children as young as 6 or 7, many of them AIDS orphans, travel several kilometers through mosquito-infested swamps in order to fetch water. The children miss school hours and put themselves at risk of catching malaria to collect polluted water. By equipping the town with pre-formed water storage tanks provided by a local manufacturer, water for the children aims to

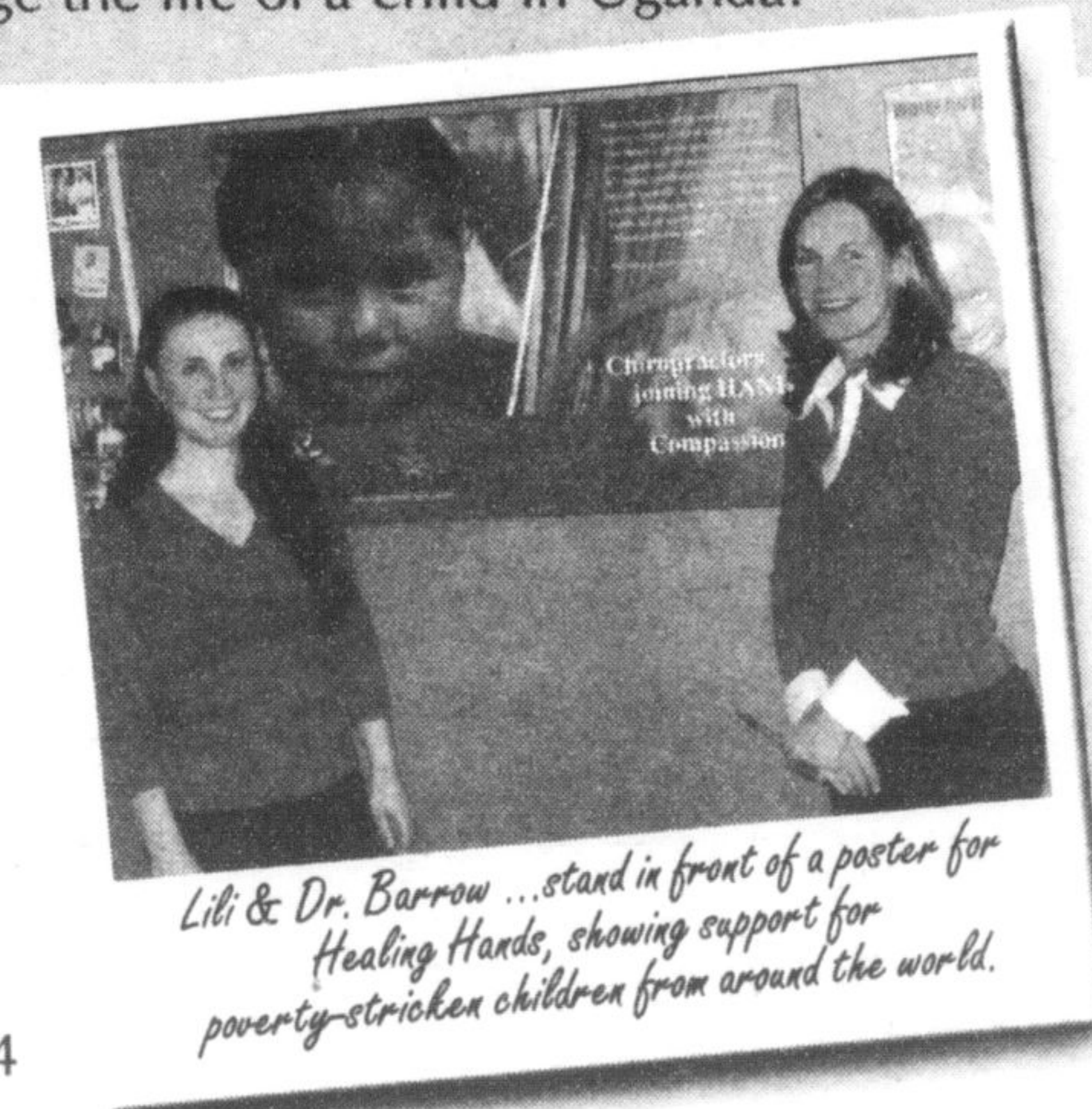
harvest rainwater and provide a safe water supply for the community.

This is a \$61,000 project and they have already raised \$33,000!

Visit Barrow Family Chiropractic for a spinal check-up today to learn how chiropractic can help your body to start functioning at its fullest potential. Not only will you make a difference for your life but you will also help to change the life of a child in Uganda.

Barrow Family Chiropractic - Dr. Angela Barrow

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Lili & Dr. Barrow ...stand in front of a poster for Healing Hands, showing support for poverty-stricken children from around the world.



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