

CELLULITE CURE

JUICE AWAY THE CELLULITE



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THE JUICE LADY™
health, healing and wholeness

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CELLULITE IS THE PRESENCE OF “orange peel” skin or what is called the “mattress” phenomenon, which is characterized by flattish protrusions and depressions of the skin. I don’t really need to tell you though. You know. That lumpy stuff that commonly appears on the thighs and buttocks, indicating the adipose (fat cell) tissue has undergone degenerative changes, it drives every one of us crazy.

Through ultrasonic analysis of the upper thigh and buttock tissue, a number of conclusions have been formed about cellulite. The lumps, bumps, pitting, and deformation is attributed to a deterioration of the dermal matrix (intercellular material) and capillary network, which leads to localized fluid retention. An increased concentration of glycosaminoglycans (polysaccharides linked to proteins that attract water) has been found in cellulite tissue, which leads to water retention. Also, there are changes in the “ground substance” (material that occupies intercellular spaces in fibrous connective tissue). In some cases it is possible that localized water retention results from inflammation, because inflammatory cells have been seen near the fat cells. You definitely want to be on an anti-inflammatory diet.



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As we age, the layer just below the dermis (cornium layer) becomes thinner and looser, allowing more fat cells to migrate into the dermal layer (true skin). The connective tissue walls between fat cells become thinner, allowing the fat cells to enlarge. Toxins build up over time in the dermal layer, which is related to decreased lymphatic drainage, and consequently, waste and water collect around the fat cells. All this creates the *peau d'orange* (orange peel) appearance.

Correcting cellulite calls for a varied intervention. The goals are to (1) increase lymphatic drainage, (2) strengthen capillaries, (3) decrease glycosaminoglycan accumulation, (4) prevent degeneration of collagen and elastic fibers, and (5) decrease subcutaneous fat. Correction of cellulite may be accomplished through liposuction (if you have the money and the courage) or gradual weight loss, if that is needed (fast weight loss may worsen the condition due to rapid shrinking of fat cells), dietary changes, exercise, dry brushing, lymphatic drainage massage, professional massage, nutrient supplementation, topical and oral herbal prescriptions and essential oils, and detoxification of the body. These approaches take dedication, but they work; and most important, they correct underlying problems that could lead to greater health challenges in years to come.

DIETARY AND LIFESTYLE RECOMMENDATIONS

1. Eat a diet high in complex carbohydrates and low in refined carbohydrates (sugar and white flour) and fat. A high-fiber diet helps remove cholesterol and fat from the body. For specific recipes, see [The Juice Lady's Anti-Inflammation Diet](#).
2. Fresh vegetable juices are especially helpful in removing toxins, water, and waste.
3. Cleanse and detoxify your body. Cleansing the liver can be quite beneficial. Some researchers have found a correlation between poor liver function and cellulite. When you cleanse the liver it is advisable also to cleanse the kidneys. [Join my 30-day Detox Challenge](#). It is believed that certain chemicals actually attract and hold water in the fat pockets associated with cellulite. A juice fast one day a week is terrific for helping to remove trapped toxins and water from the cellulite sites. Especially focus on juices that are natural diuretics (watermelon, cantaloupe, cucumber, parsley, lemon, asparagus, and kiwifruit).

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4. Avoid sugar and all other refined carbohydrates, including white-flour products. Cakes, cookies, pies, ice cream, candy, chocolate, and other desserts are all great candidates for deposits into fat cells and offer nothing to build lean tissue. To kick the sugar habit and get healthier dessert recipes, check out my book [The Sugar Knockout](#).

5. Avoid refined salt, alcohol, and soda pop. These substances interfere with efficient circulation of blood to the skin. Too much salt causes water retention. Soda pop is loaded with chemicals that can attract and hold water and chemicals, thus contributing to the problem. It also contributes to an accumulation of fat around organs in the body. Alcohol acts like sugar in the body.

6. Lose weight—if needed. Studies show that women who are slim and athletic have the least amount of cellulite. See [The Juice Lady's Turbo Diet](#).

7. Get regular exercise. Exercise is a key to ridding your body of cellulite. As you lose fat and build lean tissue, you will notice encouraging improvements.

8. Massage and dry skin brushing with a natural-bristle body brush helps the lymphatic system and moves toxins stored in pockets beneath the skin. Purchase a long-handled, natural-bristle brush and brush up from your legs with long sweeping strokes and always toward your heart. Regular skin brushing can greatly improve lymphatic drainage. If you can afford professional massage, this can also be very helpful in improving lymphatic drainage and cellulite.

9. Don't give up! There is no quick fix to get rid of cellulite, other than surgery, which always poses some risks and big expense. The steps recommended here take time, but you should notice positive changes in several weeks to two months after starting this program. Stick with it. It will pay off. I know firsthand what dietary changes and exercise can accomplish. More than a decade ago, I had embarrassing cellulite. Now, it is almost completely gone.



" My cellulite is getting stronger. "

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NUTRIENT RECOMMENDATIONS

- **Bioflavonoids** work synergistically with vitamin C to strengthen capillaries. Best juice sources: grapes, prunes, citrus fruits, cherries, plums, apricots, papayas, cantaloupes, parsley, cabbage, bell peppers, tomatoes, and broccoli.
- **Vitamin C** has been shown to strengthen capillary walls. As these walls are strengthened, blood plasma has less chance of seeping through into spaces between cells, seepage which contributes to lumpy, bumpy skin. Best juice sources: bell peppers, kale, parsley, broccoli, watercress, cabbage, strawberries, papayas, spinach, citrus fruits, turnips, mangos, and asparagus.
- **Vitamin E** deficiency has been associated with capillary permeability. Best juice sources: spinach, asparagus, tomatoes, and carrots.

HERBAL RECOMMENDATIONS

- **Gotu kola** (*Cantella asiatica*) normalizes the metabolism of connective tissue by stimulating the manufacture of glycosaminoglycans (GAGs). This is a paradoxical effect in the treatment of cellulite, because an increased number of GAGs are found in cellulite tissue; however, clinically it has been found to be beneficial. The recommendation is 30 mg taken orally three times a day. (Look for this product at a health food store.)
- **Horse chestnut extract** (*Aesculus hippocastanum*) is an antiinflammatory that helps decrease capillary permeability by reducing the number and size of small pores



"This cream won't get rid of cellulite...
it just makes it easier to slide into your jeans."

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of the capillary walls. The recommendation is 10 to 20 mg taken orally three times a day. It is also available in topical application.

Bladder wrack (*Fucus vesiculosus*) is a seaweed that has been used historically in cosmetics for its soothing, softening, and toning effects. Topical applications typically contain 0.25 to 75 percent.

• **Cola vera** extract is 14 percent caffeine and has been used topically to help break down fat. Topical applications typically contain 0.5 to 1.5 percent.

Essential Oils Topically

Cellulite Corrector (anticellulite bath)

Blend 1: 8 drops thyme, 4 drops lemon

Blend 2: 8 drops sage, 4 drops patchouli

Blend 3: 6 drops rosemary, 6 drops juniper

Blend 4: 6 drops oregano, 6 drops lemon

Anti-cellulite Massage Essential Oil Formula

Formula 1: Mix 14 drops juniper with 10 drops lemon and 6 drops oregano.

Formula 2: Mix 8 drops fennel with 10 drops lemon and 12 drops grapefruit.

Formula 3: Mix 10 drops basil with 8 drops thyme and 12 drops grapefruit (use 2 tablespoons almond oil with 5 drops jojoba as a base).

Formula 4: Mix 5 drops juniper with 1 fl. oz, or 25 ml, grapeseed oil (speeds up elimination of waste). Do not use juniper oil if you are pregnant.

JUICE RECOMMENDATIONS

Watermelon, cantaloupe (with seeds), cucumber, parsley, lemon, kiwifruit, and asparagus juices are all natural diuretics. They help you get rid of cellulite.

Wheatgrass juice: A powerful body cleanser. If you don't have a wheatgrass juicer, get my [wheat grass powdered supplement](#).



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Nettles/carrot juice: Excellent for facilitating weight loss, especially on the hips and thighs. Pick nettles in the spring and juice them. The rest of the year, get nettles tea.

Pick juices that are good for the thyroid (low thyroid has been connected with cellulite):

Thyroid Care Cocktail

Radish juice is a traditional remedy for the thyroid and is also used to open sinus cavities and strengthen mucous membranes.

Makes 8 ounces

- 2 medium vine-ripened tomatoes, washed
- 4 radishes with tops, washed
- 1/4 lime or lemon, washed or peeled if not organic



Cut the tomato into sections that will fit your juicer's feed tube. Juice the tomatoes with the radishes and lime or lemon. Stir the juice and pour into a glass. Serve at room temperature or chilled, as desired.

Afternoon Refresher

Cucumbers are among nature's most effective diuretics. They are also great thirst quenchers. Caravan travelers often carried cucumbers on desert travels in the Middle East to refresh the body and satisfy thirst.

Makes 8 to 10 ounces

- 1 medium to large organic cucumber, washed or peeled if not organic
- 1/2 lemon or 1 small lime, washed or peeled if not organic

For an especially cooling version, let the juice splash over ice cubes in a pitcher. Stir the juice and pour into a glass. Serve chilled or at room temperature.

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These Ladies Got Rid of Cellulite

“This is the 3rd week for me and was so happy to look in the mirror and see ALL the cellulite in the back area GONE!! The skin is as smooth and toned as could be, without having worked out since we started. Wow, just wow! Keep up the work, everyone, it's so worth it. Also, I am not weighing till Monday but I can tell I've lost a lot :)” —Jonida

“I have also lost cellulite but it was so hard to believe, I didn't say anything (and I have a little more to lose). Thanks for mentioning this. It's a confirmation for me!”— Nancy Jo

Testimonies are from Cherie's [30-Day Detox Challenge](#) (January, 2016)

Happy juicing for a sleeker you!

Cherie