

Eco Salt

ALL NATURAL

SALT SUBSTITUTE

Cellulitis: a woman's karma.

Recent studies developed in the US indicate that 80% of women suffer cellulitis. To a lesser or a greater extent, all women, of all weights and ages suffer from this disorder. In this report, the first weapons to fight it.

Cellulitis or 'subcutaneous geoidal fibro edema', is an alteration of the subcutaneous adipose tissue in which hypertrophy, malformation, alterations of vessel penetration and stiffening of the net of superficial vessels are produced. Most frequently it is caused by:

-blood circulation problems: is a retention of liquid and toxins as a consequence of an alteration in the capillary and lymphatic vessels which become obstructed, the liquid accumulated is the edema.

-Fat accumulation: it sets in fat molecules in the shape of triglycerides and makes capillary vessels exert, and causes the appearance of lumps in the surface of the skin.

-Aging of the tissue: It is a process known as glycation and it's caused by the action of glucose over the collagen and elastin fibers.

-Hormonal problems: women are increasingly affected by this disorder during their adolescence, during pregnancy because of ingestion of anovulants and also during menopause. The reason is a hormonal imbalance caused by an excessive secretion of estrogen not paralleled by a secretion of progesterone, this disfunction causes the retention of liquid and fat and therefore, local tissue overexertion.

-Stress: affective disorders cause a neurovegetative imbalance which makes difficult peripheral circulation and excessive water disposal. Stress, through adrenaline, favors the storage of fat.

-inheritance: Some theories suggest that some races are more predisposed to develop local overexertions, cellulitis is believed to be more frequent amongst Mediterranean than Nordic women.

CLASSIFICATION

In order to diagnose the different grades of cellulitis, the patient must be observed standing and barefoot, with light falling tangential to the skin. The maneuvers may be active: dactilar nipping, or passive: standing in one leg.

Grade I: the examination doesn't show any kind of malformation but with active and/or passive maneuvers signs of 'orange peel skin' can be seen.

Grade II: the examination does reveal light orange peel depressions.

Grade III: lumps can be seen and felt with or without symptoms.

Grade IV: evident malformations, lumps and folding with symptoms.

There are aesthetical treatments which will help control and lessen the cellulitis.

Here are diverse and varied methods for treating cellulitis in consult. All will have as a base, to prepare skin, a polishing with some exfoliative product in order to drag dead cells and leave the skin free of impurities, fit for the treatment to be applied.

Only massage technique fit for treating cellulitis:

Manual lymphatic drainage: This massage allows the retained liquid to reenter the circulatory system and thus be eliminated by urine. This massage produces the activation of interstitial liquid through the microscopic cracks of the tissues (pre-lymphatic channels) and of lymph through the lymphatic vessels.

Cryotherapy: It is recommended for cases of circulatory problems which bring as a consequence the congestion of legs and atony of the tissue and muscles. Generally is performed by using bandages that favour the return circulation and slim the body shape. Its vessel constriction effect relaxes tired legs and diminishes edemas.

Indicated creams: must be a non oily product, that works with a precise application in manual technique and has active components such as: caffeine, carnitine, centella asiatica, arnica, sea weeds. All these components will also help in the daily treatment.

Mud and clay: This products shall balance the lack of minerals in the body, stimulating the function of the skin, bettering the blood and lymphatic irrigation, thus eliminating dead cells and contributing with nutrients of importance to the skin.

Sea weed: Besides the known effects it has as a weight reducer, it makes tissue firmer, and secures an intense remineralization, because it is a source of vitamins, minerals, oligoelements and proteins, which increase blood microcirculation rebalancing the skin and strengthening its defenses.

Lontoforesis: this technique, through apparatus and in a localized application, eases the penetration of active substances.

It is fundamental to know thoroughly the most professional way to develop these treatments. The professional running the treatment must suggest, the customer will be able to choose and the key will be to find the perfect balance between aesthetical solution and a relax and pleasure kit of sessions.

Some wise advice.

-Drink two litres of water a day

-Avoid salt consumption (it produces liquid retention) and ban salty aliments like cheese, fish and tinned food from the diet

-eat the greater amount possible of vegetables (preferably raw) and fruits (preferably with peel)

-avoid artificial seasoning.

-eat meats and fish preferably grilled

-take the necessary time to eat, do not rush in eating.

-exercise your body, walking, cycling, high impact sports are not advised.