

# Nutrition for cellulite

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**Abstract.** Cellulite - structural changes in the subcutaneous fat layer or mechanical deformation of the skin, which occurs as a result of hypertrophy of superficial fat cells, provokes an increase in lipodystrophy .

*Key words:* cellulite , description , causes occurrence , types and symptoms , complications , prevention , treatment, useful products , folk dangerous means \_ products

## Stages of cellulite development:

1. stage - minor swelling of the skin and small bumps that are visible when the skin is compressed into a fold.
2. stage - “orange peel” on a large area of the skin, which appears with light pressure or in depressions and thickening of the skin tissue.
3. stage - numerous subcutaneous swelling, depressions and nodules, connective tissue under the skin in the form of cells.
4. stage - large numerous depressions, areas of hardening, nodules, swelling, pain when touched, cold skin with a bluish tint.

## Useful foods for cellulite

- dry red wine (removes toxins, improves blood circulation) consume no more than one hundred milliliters per day;
- foods that are rich in potassium [1] (legumes, bread, vegetables, dried fruits, oranges [2], milk, bananas [3], vegetables) remove excess water from skin tissues, promote skin firmness and elasticity;
- fresh vegetables and fruits, which improve metabolism, promote the breakdown of fats, and the removal of toxins from the body (it is better to consume on an empty stomach or at night);
- products with vitamin E [4] (olive, flaxseed and soybean oil, walnut [5], sunflower oil, hazelnuts, cashews, soybeans, beans [6], beef, buckwheat [7], banana, pear [8], tomatoes [9]) help improve blood circulation and skin elasticity;
- seafood and seaweed contain minerals and antioxidants [10] and help remove toxins and waste from the body;
- freshly squeezed natural vegetable and fruit juices, which help break down fat cells (best consumed on an empty stomach or between meals);
- purified water [11], green tea in large quantities help cleanse the body;
- oatmeal with nuts, fruits, raisins, honey [12] (rich in fiber and beneficial microelements) improves metabolism, digestion, strengthens the skin and cleanses the body.

## Folk remedies for cellulite

- take fresh aloe juice (fifteen drops) daily;
- warm clay wraps: white or blue clay, three drops of essential orange oil, three tablespoons of cinnamon, stir in a container with warm water, apply the mixture to the skin, wrap in cling film, cover with a blanket, keep for at least an hour;

- sitz baths with orange and olive oil;
- apply apple cider vinegar [13] for two weeks in the evening after a shower in the upward direction from the knees to the thigh;
- apply a coffee mask (natural coffee grounds, blue clay, mineral water) to damp skin with massage movements;
- vinegar wraps (apple cider vinegar and water, mint, rosemary or lemon oil in equal parts) apply to the skin, wrap in cling film, cover with a blanket, leave for at least an hour, after rinsing, lubricate the skin with moisturizer;
- mixture of essential oils: grapefruit oil (10 drops), geranium oil (8 drops), bergamot oil (10 drops), cinnamon oil (3 drops), nutmeg oil (5 drops) mixed with a teaspoon of base oil, use for massage.

### **Dangerous and harmful products for cellulite**

- alcohol (especially beer, alcoholic cocktails, champagne) promotes skin aging and destroys vitamin C in the body;
- salty and spicy foods (marinades, pickles, canned food, chips, smoked fish and meat, herring) contribute to the retention of excess water in the body, the growth of cellulite cells, and the formation of edema on the body and face;
- sweet and fatty foods, which promote the formation of fat cells;
- black tea, instant coffee, which cause fluid stagnation in the tissues.

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