



## ADDRESSING THE ISSUE OF CELLULITE

By Dr Maureen Allem

As summer nears, it will soon be time to spend lazy days either on the beach or next to the pool. This is exciting on the one hand, but exposing flesh can also be the cause of anxiety, with the main culprit being the dreaded condition we know as cellulite! Knowing that you are not alone in the department brings some comfort – in fact more than 80% of women over 20, no matter their size or shape, has cellulite.

The only way to really improve the orange peel effect is by embarking on a maintenance program. Body Renewal offers a program dedicated to addressing cellulite specifically, called the 3D Cellulite Solution.

Carboxytherapy injects medical grade Co2 into affected areas, which improves lymphatic drainage and circulation – this leads to improved texture and appearance of cellulite. Radiofrequency procedures – Accent, Tripollar or Velashape - causes an immediate tightening of skin, fat reduction and increase circulation, which reduces toxins and improves the appearance of cellulite.

Lipomassage™ by Endermologie stimulates the deep tissue which breaks down fat cells, untethers the fibrous bands that cause cellulite and improves lymphatic drainage.

Transdermal mesotherapy uses no needle technology to deliver active ingredients into the mesoderm to improve circulation and help remove the toxins that cause cellulite.

Lipodissolve injects a mesotherapy to improve the appearance of cellulite and to contour the body.

Any treatment on its own can make a difference, but cellulite has different grades for best results a combination of treatments is recommended.

[www.skinrenewal.co.za](http://www.skinrenewal.co.za).

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# 8 summer steps for healthy living

*Improve your health with steps so simple you'll barely notice the effort.*

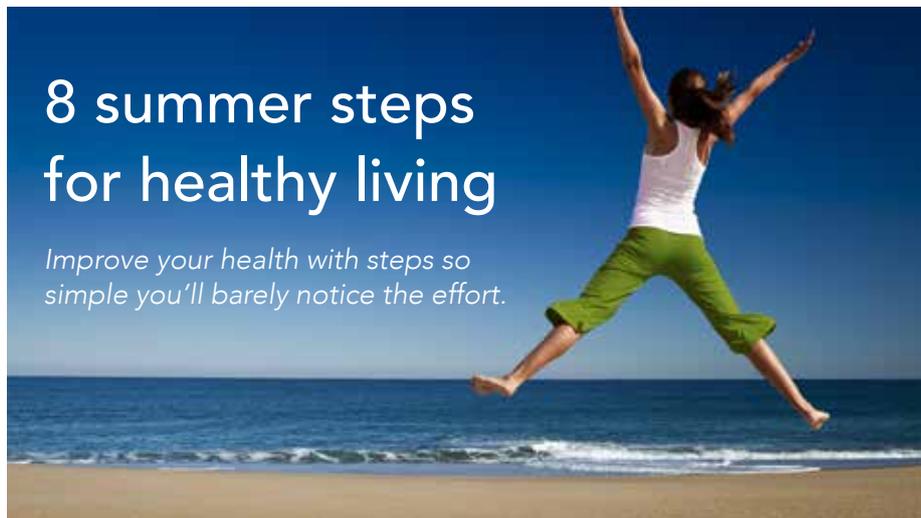


Image source: <http://rhodetohealth.com>

In the warmer, longer, lazier days of summer, the living may not be easy, but your life probably feels less chaotic. Even adults tend to adopt a “school’s out!” attitude in summer. That’s why this is a perfect time to improve your health in a fashion so seasonally laid back you’ll barely notice the effort. To get you started, WebMD went to eight health experts in fields such as diet, fitness, stress, vision, and oral health. We asked them this: If you could only suggest one simple change this season to boost personal health, what would it be? Here are their top eight tips.

### 1. Give Your Diet a Berry Boost

If you do one thing this summer to improve your diet, have a cup of mixed fresh berries, blackberries, blueberries, or strawberries every day. They’ll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich. A big bonus: Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.

### 2. Get Dirty - and Stress Less

To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots, indoors or out. Just putting your hands in soil is “grounding.” And when life feels like you’re moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.

### 3. Floss Daily

You know you need to, now it’s time to start: floss every single day. Do it at the beach (in a secluded spot), while reading on your patio, or when watching TV, and the task will breeze by. Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you’re doing better than at least 85% of people.

### 4. Get Outside to Exercise

Pick one outdoor activity, going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming, to shed that cooped-up feeling of

gym workouts. And remember, the family that plays together not only gets fit together, it’s also a great way to create bonding time.

### 5. Be Good to Your Eyes

To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes. And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear. Ask your eye doctor about the best type; some are sport-specific.

### 6. Vacation Time!

Improve your heart health: take advantage of summer’s slower schedule by using your vacation time to unwind. Vacations have multiple benefits: They can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

### 7. Alcohol: Go Lite

Summer’s a great time to skip drinks with hard alcohol and choose a light, chilled alcoholic beverage (unless you are pregnant or should not drink for health or other reasons). A sangria (table wine diluted with juice), a cold beer, or a wine spritzer are all refreshing but light. In moderation, defined as one to two drinks daily, alcohol can protect against heart disease.

### 8. Sleep Well

Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule and not drinking alcohol within three hours of bedtime. It’s also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.

There they are: Eight super simple ways to boost your health this summer. Try one or try them all. They’re so easy you won’t even know they’re, shhhh, good for you!

Article source: <http://www.webmd.com>