

Toned

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Say Goodbye
to Cellulite!



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Disclaimer

You should consult your physician prior to starting this program particularly if you have any medical condition or injury that could prevent you from following this program. This program is designed for healthy individuals 18 years and older only.

The recommendations in this guide are not medical guidelines and are for educational purposes only. The author advises readers to take full responsibility for their safety and know their limits.

The dietary program in this book is not intended as a substitute for any dietary regimen that may have been prescribed by your physician or dietitian. If you are taking any medications, you must talk to your physician before starting this program.

If you experience any lightheadedness, dizziness, consult a physician.

If you are sedentary, have high cholesterol, high blood pressure, or diabetes, and/or if you are overweight before beginning this guide, it is recommended that you receive a physical examination prior to starting this program. Please discuss all nutritional changes with your physician or a registered dietitian. If your physician recommends that you don't use this program, please follow your doctor's orders.

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Cellulite - that word causes a lot of stress for many of us! It is a problem that causes embarrassment and makes us feel ashamed of our bodies.

Research shows that cellulite occurs due to connective tissue and fat imbalances. Diet, exercise, hormones, lifestyle choices, and genetics all affect the severity and presence of cellulite. The more fat you carry on your body the higher chance you will have cellulite, however many thin women have it too.

Stop struggling with cellulite and follow the steps below to achieve smooth skin instead of unsightly dimples. Enjoy your new freedom to wear shorts, bathing suits, and skinny jeans without being ashamed of your body!

1. Dry Brushing

Dry skin brushing effectively opens up the pores on your skin. This is something you should be doing daily, even twice a day to banish cellulite. Skin should be dry, so a great time to do it is in the shower before you turn on the water. But don't get the brush wet!

Directions: You should only brush towards the heart. Making long sweeps, avoid back and forth, scrubbing and circular motions. Start at your feet, moving up the legs on each side, then work from your arms toward your chest. On your stomach, direct the brush counterclockwise. Remember not to brush too hard: Skin should be stimulated but not irritated.

Type of brush: The bristles should be natural and somewhat stiff, though not too hard. Look for one that has an attachable handle for hard-to-reach spots, if necessary.

2. Myofascial Massage

Many believe Cellulite forms in the superficial fascia, which is a layer of connective tissue below the skin that contains fat cells. Superficial fascia is fibrous and due to inactivity or injuries, scar tissue can form in the fascia that contributes to the dimpled skin.

Myofascial massage or release, can help the layer of connective tissue to be smoother.

For those of us who don't have access to massage, Foam rolling is a great option. You can buy great foam rollers online.

3. Coffee Scrub

Coffee scrubs are a great way to reduce cellulite and exfoliate your skin too! The massage and exfoliation stimulates blood and lymph flow and the caffeine in the coffee has a firming effect.

You will need:

- 1/3 cup coffee grounds
- 3 tablespoons sugar or brown sugar
- 3 Tablespoons of melted coconut oil

Combine the ingredients to create a paste-like consistency. Store in a glass jar.

Massage into skin for 3 - 5 minutes using firm pressure and wash as usual. Use 2 - 3 times a week. Results should appear within 2 weeks.

4. Eat Healthy Fats

Consumption of the wrong kinds of fats can lead to bad fatty acid imbalances. When you eat healthy omega 3 fatty acids you give your body what it needs for smooth skin and tissue. If you consume enough Omega-3 fatty acids and fat soluble vitamins you will reduce cellulite over time. Enjoy Olive oil, Avocados, Almonds, and Salmon.

5. Balance Your Hormones

This is a big one!

It seems that many sources agree that hormones play a large part in cellulite formation - which is why women get it more than men. Proper hormone balance can help kick cellulite to the curb!

Here is my guide to Balance your hormones:

A. Avoid Toxins

There are many toxins found in Pesticides, makeup, plastics, and household chemicals that can contain hormone disrupting properties that disguise as hormones in the body and keep the body from producing real hormones. To avoid this be sure to cook in glass or non-coated metal pans and avoid heating or storing foods in plastic.

B. Sleep

SO IMPORTANT!

If you don't get enough sleep, your hormones will get all out of whack very quickly.

Use these tips to help improve your sleep.

---Make Sure Your Room Is Dark and Cool

(The ideal temp for sleep is 65°F). To transition into sleep mode, don't watch TV or go online for an hour before bedtime.

---Eliminate, Remove, or Cover Up Any Sources of Light In Your Bedroom

Even the tiny blinking ones and be sure to have black-out blinds over your windows. Complete dark allows melatonin production from being disrupted - melatonin helps you sleep.

---Clear Your Mind

Meditation or prayer can help clear your mind, or you could make a to-do list for the following day so that you don't lie awake thinking over everything.

C. Avoid Long Boring Cardio

If you have hormone imbalances, extended exercise can actually make the problem worse.

While extended cardio can be bad, short bursts of bodyweight exercise or with

weights (squats, lunges) can be great since they trigger a flurry of beneficial hormones.

If you have questions on short burst exercise programs click here for more guidance.

Please visit: www.TonedInTenFitness.com

D. Eat Some Coconut Oil

Coconut Oil is exceptional for improving your hormone health. It provides the necessary building blocks for hormone production, can assist weight loss, and reduces inflammation.

My favorite way to enjoy coconut oil is to blend into coffee or tea.

6. Stay Hydrated

Reducing the appearance of dimply skin is as simple as drinking a good old glass of water. Drinking water improves the texture of your skin because it helps your body release excess fluid.

7. Lemon Juice & Cayenne Pepper

To increase skin elasticity and to banish cellulite, a combination of lemon juice and cayenne pepper three times per day is a very effective method. Add a few dashes of spice to a glass of fresh-squeezed juice and enjoy the results.

8. Start Rebounding on a Mini Trampoline

Rebounding, which is fun and easy on your joints - reduces cellulite and has additional immune boosting and health benefits.

9. Avoid Foods that Lead to More Cellulite

Foods that make you retain water or gain weight increase the amount of cellulite you have.

If you avoid the following foods you will prevent more cellulite:

Alcohol, especially avoid mixed drinks with soda or fruit juice. Wine or mixed drinks with club soda is best.

Fried foods like french fries and onion rings.

Packaged snacks like chips, artificial sweeteners, and cereal bars.

Foods high in salt cause you to retain water.

Foods high in sugar, like candy, fruit drinks, and soda cause you to gain weight.

If you incorporate these tips into your life today - you can finally be free from cellulite forever.

Enjoy your new body!!

Please visit:

www.TonedInTenFitness.com/blog

To deepen your understanding on fat loss, cellulite removal, and youth boosting tips.