

Video 2: How to Do A Cellulite Cleanse

Transcription

Dr. Axe: Hey guys. Dr. Axe here. I'm going to be talking about how to do a cellulite cleanse. And then we say, to start, this is great for both women and men. About 90% of women struggle with cellulite sometime in their life. About 10-20% of men develop some form of cellulite. I'm going to go over the absolute fastest way to get rid of cellulite and get your skin looking great and getting toned and firm.

So again, even if you don't have cellulite or you just have a little bit of it, you'll notice that this will actually help tone and firm up your skin and that's going to do that externally. But you know what, more importantly, it's going to do it internally as well and support your body in detoxification and cleansing. Let me say why this is important as well. If you do have cellulite or you're getting wrinkles, that means that your body is typically producing less collagen or your cell structure is weak. You want to have strong structured cells and so when you're having issues on the outside of skin, typically, it means you're also having issues in your gut and you may have developed an issue like leaky gut over time.

And so what we're going to be doing, I'm going to be going over the top things you can do and the fastest protocol for eliminating cellulite for good. Step number one in getting rid of cellulite is stop eating so many sugars and grains. Sugars and grains feed [inaudible 00:01:22] in your body. Sugars and grains are the first things stored as body fat and they're going to cause weak collagen structure so really getting the processed grains and sugars out of your diet, that's one of the absolute first things you really need to do. And then once you get those out, once you get the other foods that are toxic to your body out, then what you need to do, the first thing you need to start consuming, and this is my number one remedy to help you get rid of cellulite for good is start consuming real bone broth. Real bone broth is why people said for years that chicken soup is good for the soul, chicken soup is good for the immune system. It's broth or stock.

It's made by taking the bones or joints or something like the feet of animals, boiling those in minerals and amino acids are released into that liquid that is very therapeutic and healing. In fact, consuming bone broth is my number one tip for healing a leaky gut, but also, it actually helps you strengthen your collagen structure and helps you get rid of cellulite. Now, here's why bone broth is so amazing. It contains two amino acids called proline and glycine. Proline is what supports collagen. It helps repair damaged areas, it strengthen up your connective tissue so that it will help you get rid of wrinkles, it will give you glowing skin and also, proline is going to help repair and patch leaky gut and strengthen the cells around where you have cellulites. So that dimply skin of cellulite, that actually helps stretch, it helps tighten the area, reducing the appearance of cellulite. Now I want to say this. When I mentioned bone broth, I don't mean this stuff you buy in the sort of box at a grocery store.

This is typically full of M.S.G. and food coloring and sodium. That's most of the time, when you buy broth at your typical grocery store. I'm talking about the crock pot

yourself, making bone broth which, by the way, is the easiest thing ever, I promise, or ordering it online or going to your local farmer's market and getting actual real bone broth in liquid form and you can drink this as a soup. I just drink it first thing in the morning. You can add it to a smoothie, lots of different ways to do it. But getting real bone broth because of proline and because of the next thing, glycine, that's going to help you get rid of cellulite faster than anything. And glycine is the other amino acid found in bone broth where proline helps tighten up and build things and heal your gut. Glycine actually supports detoxification.

So if your body has toxins that are causing cellulite to build up in your body or causing the appearance of cellulite, glycine will support detoxification so drink more bone broth, number one thing you can do to get rid of cellulite.

The next thing after that, consuming potassium-rich vegetables, potassium-rich foods like figs, potassium-rich foods like parsley and cucumbers and celery and kale and spinach, bananas. Getting more potassium-rich fruits and vegetables in your diet is fantastic for supporting your body in getting rid of cellulite. One of my favorite fruits or juices, actually, that has high levels of potassium is coconut water, so getting some coconut water in your diet is great. Here's how this works. If you consume too much sodium, your body will store fluid and water, increasing the appearance of cellulite.

When you get more potassium in your diet, your body will start to flush out that excess water and toxins and actually reduce the appearance of cellulites. So the bone broth helps in an amazing way. Consuming more potassium-rich foods, if you want to know, "Hey, what are the most potassium-rich foods?" Simple go to draxe.com and search potassium-rich foods or go to Google and search it. You will find the list of the most potassium-rich foods to add into your diet, great way to start getting rid of cellulite.

And last, but not the least, I want to go through a topical solution. A topical way to get rid of cellulite, reduce the appearance and first, I want to mention this. The topical thing will work, but you can't do it by itself. You've got to change your diet if you want to get the full effects of true cellulite cleansing and there's the combination here of what to put on your body topically and you want to give yourself just the light rub and self-massage in cellulite areas with a mixture of citrus essential oil like grape fruit essential oil or lemon essential oil and coconut oil. What you're going to do is you're going to take about a tablespoon of coconut oil and you're going to add in about 15 drops of essential oil of lemon or grape fruit.

You're going to mix those together and let's say you're struggling with cellulite on your legs, you're going to take it and you're going to massage that area for about one to two minutes and just take your full hand, you're going to massage those oils in for one to two minutes and you will see, the appearance of cellulite you have, you'll see it start to reduce. Now remember, there's a whole combination here of things. Number one, you got to get rid of those foods that are high in sugar and sodium first, most important for getting rid of cellulite. Number two, consume bone broth. Number three, consume potassium-rich foods. Number four, topically coconut oil, citrus essential oil, rub down in

that area. And last but not least, you got to exercise. Remember, exercise supports detoxification, exercise helps your body build lean and toned muscle, which supports detox and the best way to get the benefit of cardio for detox, and building muscle to reduce the appearance of cellulite is doing burst training.

Try the burst step program. It's a great way to detoxify your body. And my second favorite way to detox when exercising is buying a mini trampoline and a rebounder and doing that about five or ten minutes a day. In fact, I know somebody, good friend of mine, who said they started doing their burst training videos on a mini trampoline and they said they thought it was a lot of fun doing it that way. So hey, if you really want to get super detoxed and benefits of exercise, do some burst training on a mini trampoline or rebounder and I think you'll see it's a lot of fun.

So guys, those are my top tips for getting rid of cellulite, cleansing cellulite from your body. Hey, if you want to see these top tips, remember them in written form, we have a free download here for you. Check out this free download. I think you're going to love it. It's right here at the bottom of the screen and I'm so excited for you guys to check out my secret detox program. In just 28 days, you can cleanse your body, reverse disease, get in the best shape of your life. Hey guys, this is Dr. Axe. Try detoxing daily this week.