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Crash Course On Cellulites

By Robert Thatcher

Wearing really short skirts can be a liberating experience for the modern woman unless there's a couple of cellulite lines peaking through.

This is perhaps one of the greatest sources of frustration for women around the world. And though there are creams and surgical procedures that promise to remove those pesky lines, there is still no sure-fire way to remove all of them.

What is cellulite? Cellulites are fat tissues that have bands of connective tissues in them. These tissues are found in certain areas of the body: the thighs, abdominal area and buttocks for the women. Men have cellulites in the neck and in the abdomen. Often, they are whiter or several shades lighter than their skin tones.

When proper circulation occurs, smooth layers ensue; but when fluids in the layers, the stored fats, and chemical toxins do not get flushed out and are trapped within the skin, the tissues harden and thicken, thus producing bumpy lines in the skin. Although all people have basically the same smooth layers of cellulite, the resulting appearance will depend upon genetics, the lifestyle of the person and the weight of the individual, which are all factors in the cellulite formation.

There are different types of cellulites. One kind occurs in the muscles of active women such as those who are dancers and runners. The hard or solid cellulites are hard to remove as they are attached directly to the muscles. Soft cellulites on the other hand are much more visible and may even sag from the body. And though it occurs in large muscle areas, they are easy to remove.

Unfortunately, women are the frequent victims of cellulite problems. The problem can start when they are as young as 14 years old and as they mature, the affected areas become larger. Women who are on birth control pills and those who had just given birth are also more susceptible. People who have suffered from injuries can also develop cellulites.

Treatment procedures Cellulite creams available in the market have proven to be effective in preventing the appearance of cellulites but they cannot completely eradicate the tissues. These

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creams that contain alpha-hydroxyl acids do not actually remove the cellulites but rather improves the elasticity of the skin, thus making the cellulites less obvious.

Exercise and diet is still, without a doubt, the best way to fight the cellulites. Women (and men) should also make it a point to find time to relax and go to spas body pampering. Exercise is particularly effective because circulation can help reduce the appearance of the cellulites.

Detoxifying diet should also be practiced. The diet should include plenty of fruits and vegetables. Whole grain foods are also greatly recommended. Foods that should be avoided include coffee and soft drinks. Some say that spicy foods also contribute much in the appearance of cellulites but nothing much have been proven yet. Cigarette smoking and drinking alcohol should also be avoided as they can help in the build-up of toxins in the body.

Although a low-fat diet is not necessary, some experts recommend reducing the consumption of fatty

foods as these are harder to digest and to get rid of. Fats also contribute in enlargening the size of the cellulites.

Water therapy is also effective in helping make cellulites become less visible as it washes off toxins in the body as well as removes fats. It also aids in proper digestion and blood circulation.

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<http://www.your-cellulite-resource.info>

A Review Of The Stock Market Crash Of 1929

By Herb Lazarus

The great Wall Street Crash just previous to the Great Depression of the 1930s has become a part of North American legend. People speak of the crash, its causes and its consequences, with great authority, although few people actually understand the fundamentals that led to the crash, and fewer still the intricacies involved in it. This article will detail a short review of the crash, analyze some of the myths evolving out of this period in American history, and also answer some questions such as why the crash happened, and if something like it could happen again.

The crash began on October 24, 1929 and the slide continued for three business days, ending on October 29 1929 (as we can see, the crash did not occur in the `30s, as many people believe). The first day of the crash is known as Black Thursday, and the last day is called Black Tuesday. The crash began when a rush of nervous spenders panicked and rushed to sell their shares- over 13 million stocks were sold on that first Thursday. In an attempt to halt the slide, several bankers and

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businessmen gathered and tried to rally the numbers by buying up blue–chip stocks, a tactic that had worked in 1909. This was to prove only a temporary fix, however. Over the weekend, while the stock markets were closed, the media added to the fear of investors as the published the wrap ups to the week. By Monday, a fearful populace, nerves on edge due to the reports, were waiting to liquidate. Again, industrial giants and other businesses tried to halt the panic by demonstrating their faith in the system by buying more stock, but the slide would not stop. The market did not recover its value until almost a quarter of a decade later.

As with any legend, the Wall Street Crash of 1929 carries with it several mythical misconceptions. To start with, the Crash did not lead to the Great Depression. In fact, many financial analysts and historians are still not sure to what degree the Crash even contributed. The economic forecasts were poor before Wall Street fell, and it was poor people who could not even afford to think about stocks that were the most affected by the Depression. For these people, poverty was mostly caused by very poor farming conditions. There was also not the onslaught of suicides that is commonly referred to– a few investors did succumb to depression, but their numbers are generally agreed to have been very small indeed– enough to count on one hand.

What was it that caused this Crash? Because the market had been doing so well, many Americans were investing– many more, in fact, than could afford it. These people were investing on speculation. This means that they were buying stocks with an eye to selling them in the future for a higher profit, and to achieve the capital to invest they borrowed from banks. When prices began to drop, people realized they would not be able to pay their debt, let alone make any money,. They rushed to get out as soon as possible. To prevent panics such as this in the future, buying on speculation is now illegal.

Herb Lazarus maintains a website filled with free investment tips. See his site at:

<http://makeawiseinvestment.com>



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