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**Impair Healthy Healing In People Over The Age Of 30!**

**Simple Ways to Get Slim, Drop Cellulite and Increase Breast Size Without Surgery**

**By Carina MacInnes**

Warning: Side effects may include increased energy, better mood, mental clarity, renewed health, and incredible self-esteem.

Whether you're struggling with that last stubborn 10–20 pounds or considering gastric bypass surgery, this article is for you! You can achieve your beautification goals naturally and easily with the simple advice found in this article.

The problems many of us have encountered in losing weight have not been because we didn't understand the basic physics of eating less and exercising more. It is because, no matter how hard we try, we have not been able to follow through. Cravings get in the way, and the sweets and fatty fried junk foods become irresistible.

It becomes a vicious cycle, we eat junk and then we find we don't have enough energy to exercise. By overeating and exercising less than we should, weight loss becomes very difficult. The first thing to do is address the issue of cravings – and not through some artificial appetite suppressant.

Cravings are often a sign. The body is telling you something is out of balance. Cravings can be a signal of the early stages of a vitamin deficiency. The body can compel you to overeat as it seeks vital nutrients it is lacking. It's ironic that we can eat so much and get so little nutrition while seeking to fill the gap by eating more lifeless, dead and nutrient depleted foods.

Ensuring that your body receives all the proper nutrition it needs makes weight loss far easier.

Getting the right nutrition with your diet can seem difficult. Your body needs a whole rainbow spectrum of nutrition, and you may only like red, orange and green.

Don't despair – there is a quick and easy way to make sure you are getting all the nutrition your body needs to help eliminate your cravings. You need to eat and drink powerful superfoods!

Superfoods contain vital nutrients and powerful antioxidants. The number one superfood, according to

## Simple Ways to Get Slim, Drop Cellulite and Increase Breast Size Without Surgery

Dr. Nicholas Perricone, is the Acai berry, which is a little known fruit of the Amazon rainforest. Number two is garlic.

Another very powerful superfood is Yerba Maté, a South American plant beverage. Like Acai, it contains many vital nutrients and antioxidants - in fact, it contains pretty much everything you'd see in a daily multivitamin, and then some more! Plant nutrients such as this are best ingested in their live natural state, making it a far superior source of nutrition than any vitamin supplement.

Yerba Maté has even been used as a food substitute due to its rich nutritional profile. It helps to eliminate feelings of hunger and gives the sensation of having had a full meal. Yerba Maté has been recognized for helping to lose weight.

Now that you are ingesting live superfoods such as Yerba Maté, garlic, and the potent Acai berry, you have addressed your body's full spectrum of nutritional needs virtually effortlessly with a few simple

foods. Your cravings are decreased and you are eating less, and more healthily. You also find that you have a lot more energy. This in turn helps you to exercise!

Exercise regularly, incorporating stretching, aerobics, and strength training. There are many various combinations you can tailor for your needs, such as Yoga, Tae Bo, and Pilates, or a traditional gym routine. Having incorporated superfood nutrition you will be amazed at how much more you can do than before. You will also notice enhanced results of the exercise you do, as superfoods like Acai and Yerba Maté will also help to increase your metabolism.

Now your cellulite will start to disappear! The combination of eating less and exercising more plus the powerful antioxidants help your body to detoxify and flush out the junk stored in your fat cells. As you stop eating junk, lose weight and tone up, your cellulite will naturally disappear.

While you're losing weight, it's very possible you will lose some fat from your bust! You'll want to restore the fat – in the right places of course! Don't resort to plastic surgery, you can save a lot of money, risk and danger by doing this yourself the natural way.

You may have heard of natural breast augmentation. It actually does work, as long as you are using the right product. Apply a powerful nutraceutical breast augmentation cream for 1–6 months. You can develop your breasts to the size you want them. Most women experience an increase of 1–2 cup sizes with the right product such as this:

<http://tinyurl.com/bupg5>

Follow these simple steps to meet your beautification goals and find yourself healthy, glowing, stronger and more beautiful than ever before, inside and out.

Carina MacInnes is a writer and researcher offering a simple way to benefit from the superfoods Acai and Yerba Maté by adding this top-quality liquid nutrient to your diet:

<http://acai-4life.com>

– Visit now to

learn more about the amazing benefits of superfood nutrition.

## **Dispelling The Myths About Cellulite**

### **By News Canada**

Cellulite results from the skin losing its elasticity and firmness. This allows fluids and fat deposits into the lower layers of the skin and is not the result of being overweight.

While losing weight may reduce body fat, it does not correct or eliminate cellulite. Even very slim women can have cellulite on their thighs, buttocks and hips.

Cellulite is influenced by several factors including your genes, gender, the amount of fat on your body and the thickness of your skin. For example, thinner skin and excess body fat makes cellulite more visible.

Cellulite can develop as early as puberty but is not easily noticed due to the suppleness of young skin.

While it can worsen with age, you don't have to sit back and accept it. Regular exercise, eating a healthy diet and using a body contouring cream daily can visibly reduce cellulite. A good body contouring cream to try is RoC® Retinol Body Contouring Triple Action, a clinically proven formula that reduces the appearance of dimpled skin in just eight weeks.

If you don't take action against cellulite it will get worse over time, especially as the skin continues to lose its firmness and elasticity.

On its own, dieting cannot eliminate cellulite. In fact, strict dieting is more likely to eventually increase your body fat percentage, worsening the condition.

As with dieting, exercise alone will not get rid of cellulite. To visibly reduce the look of cellulite – diet, exercise, and the use of a body contouring cream daily are key.

Men don't usually have a problem with cellulite because their fat cells are shaped differently and fat is stored differently.

However, some men may develop cellulite on their neck or stomach.

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