

1. I have stretch mark problem from losing weight. What would you recommend me?

Before I can recommend a treatment for your stretch marks, it's important to understand what stretch marks are and what causes them. Stretch marks are found most often on the thighs, hips, upper arms and abdomen and are the result of acute damage to the dermis due usually to stretching from rapid weight loss or gain. As skin is stretched, small tears occur in the connective tissues that support the skin and a loss of elasticity that results in a visibly damaged and ridged texture. Consequential inflammation may then cause raised pink or reddish to dark brown marks that later fade to a color that is a few shades lighter than your natural skin tone. This occurs as a result of a lack of blood circulation; if you notice your stretch marks are still red or pink in color, this means there is still good circulation while the lighter-toned stretch marks indicate a lack of blood flow. Imagine a pair of new leather shoes that are just a bit too tight for your feet, in order to stretch them out without damaging them it's best to use oil to hydrate the leather and make it malleable. This is also true with your skin – hydration is the key to effectively diminishing the appearance of your stretch marks.

A moisturizer with shea butter and vitamin E will help to improve topical hydration and vitamin C will help to fade discoloration and dark marks. Also, dry brushing is a simple and effective technique that exfoliates to help prevent new stretch marks from forming. Use a body brush or exfoliating gloves to remove old dead and dying cells, while simultaneously increasing the blood flow to the affected areas and stimulating the body's ability to remove built-up toxins. Our Firm and Tone Serum will also help to reduce the appearance of stretch marks and boost skin elasticity. It contains Cayenne Pepper and Cat's Claw to stimulate the skin while helping it to appear smoother and firmer.

In addition to treating your skin topically, I recommend prioritizing the health of your body and your emotional well-being. I always assess my patients according to my philosophy of Inclusive Health, which says skin health and appearance is a direct result of the overall health of your entire body. Inclusive Health guides you to overall health through these three facets; Looking Better, which is achieved through the topical use of high-performance and efficacious products; Living Better with a diet high in water-rich foods to fuel your body to optimal levels of health; and Feeling Better through emotional self-care and stress management. Following these pillars of health will lead to healthy and glowing skin that radiates from the inside out.

2. What is the main reason of cellulite appearance?

The main causes of cellulite are hormones and genetics. If you are a woman, you are more prone to having cellulite due to your estrogen, a female hormone that is believed to initiate cellulite. Cellulite begins to occur when the structure of the fat cells begin to weaken and circulation decreases. When the cell walls weaken it creates the "cottage cheese" look. The weaker the cells become, the worse the sagging and the worse the cellulite. The more we increase circulation in these areas, the greater ability we have to lessen the appearance.

3. What is the secret of your method to lose weight and fight cellulite?

I always suggest taking an Inclusive Health Approach to stay healthy and fight cellulite. Inclusive Health is a philosophy I developed that treats the body as a whole through topical care (the products you use on your skin), internal care (what you eat and the supplements you take) and emotional care (a focus on sense-of self).

Cellulite can't be "cured," but to diminish the appearance of the pesky dimples, a great quick fix involves dry skin brushing, moisturizing and massaging. A body brush made of natural bristles worked gently over affected areas can help remove old dead and dying cells from the skin's surface. In addition to exfoliating, the brushing will increase the blood flow and stimulate the lymphatic system's ability to remove built-up toxins. After a brushing session, take a bath or shower, then apply a nutrient rich body cream with cayenne pepper and cats claw to encourage circulation.

Additionally, products featuring effective botanicals and essential oils such as Aloe Vera, Basil, Cedarwood, Tiger's Herb, Fennel, Ginger, Grapefruit, Grape Seed, Mint, Pine, Pomegranate, and Tea (black, red, white, and green) can be helpful in reducing the appearance of cellulite.

Another important component of long term treatment is your diet. Eating the right foods, taking vitamins, amino acids and trace minerals will help encourage collagen production which will begin to strengthen your skin and is one of the best natural ways to reduce cellulite. The best foods are whole grains because they may encourage collagen production plus embryonic foods that are rich in amino acids like eggs, beans and seeds.

4. I am 25 years old and before the summer, I want to get rid of my cellulite! What would you recommend to be ready for the summer season?

First and foremost, it is important to understand that cellulite can't be "cured" and is oftentimes mistaken as fat; a problem which can be resolved with diet and exercise. The good news is, cellulite is not associated with weight gain and it's not fat. Instead, cellulite is a skin condition, caused when the connective tissue in the dermis becomes weakened or corrupted. This allows the fat cells from the sub dermal layer (beneath the dermis) to migrate up into the skin, resulting in the bumps of cellulite you see and feel.

To diminish the appearance of the pesky dimples, a great quick fix involves dry skin brushing, moisturizing and massaging. A body brush made of natural bristles worked gently over affected areas can help remove old dead and dying cells from the skin's surface. In addition to exfoliating, the brushing will increase the blood flow and stimulate the lymphatic system's ability to remove built-up toxins. After a brushing session, take a bath or shower, then apply a nutrient rich body cream with cayenne pepper and Cat's Claw to encourage circulation. In order to diminish the look of cellulite, it's important to increase the circulation in the affected areas and build a stronger barrier function overall.

While there are cosmetic treatments such as lasers (Cellulaze in particular was recently approved by the FDA and has proven to be effective in ridding the appearance of cellulite) and mesotherapy, which can provide a solution, I never recommend invasive procedures as a solution for reducing cellulite. In the long term, I always suggest taking an Inclusive Health approach to overall skin health. Inclusive Health is a philosophy I developed that treats the body as a whole through topical care (the products you use on your skin), internal

care (what you eat and the supplements you take) and emotional care (a focus on sense-of self). In addition, getting massages with topical treatments that feature high concentrations of Vitamin C can help smooth skin appearance, as well as using topical agents that boost microcirculation such as caffeine horse chestnut can reduce the appearance of cellulite.

We can reduce the appearance of cellulite by flooding the body with the nutrients it needs to build strong cells and connective tissue. Eating healthy foods that are rich in cellulite-fighting nutrients and taking daily supplements can lead to substantial results. Adding extra healthy fats to your diet like flaxseed oil, olive oil and oil from cold-water fish (like black cod and salmon) attracts water to dehydrated cells and prevents future water loss, which contribute to the appearance of cellulite. Healthy water-tight cells mean better overall skin health, including a reduction in the skin damage cycle that leads to cellulite and sagging skin. I recommend incorporating cellulite fighting ingredients and foods into your diet including:

- Lecithin (found in eggs, soy products, cauliflower, peanuts, oranges, potatoes, spinach and tomatoes)
- Glucosamine
- Essential fatty acids
- Amino Acids
- Antioxidants
- Anti-inflammatories (like Alpha linoleic acid found in vegetables and fruits like broccoli, spinach, and various beans)
- B Vitamins and trace minerals

