



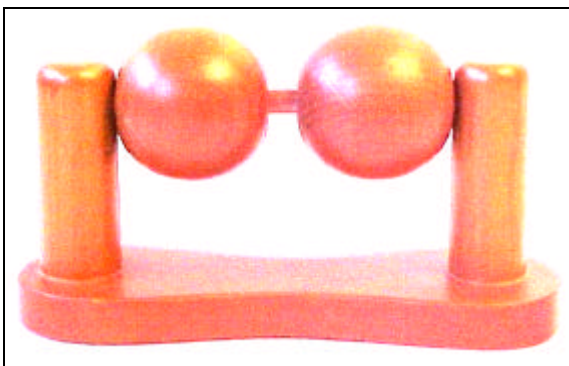
Combating Cellulite with Mastermoves

Introduction

Do you suffer from cellulite? You can see it in those areas of puckered, dimpled skin. You can feel it beneath your skin, especially the upper part of your thighs or buttocks. You want to do something to get rid of that flabby skin, but most people have said that there is no cure to cellulite. That's just a myth. There is a way to deal with cellulite. Even if you've tried body-wraps, expensive creams, herbal remedies, and exercises without avail, you should not give up. Cellulite is just a result that you can change or improve by following the steps explained in this article.



Trim your Cellulite



This uniquely crafted massager reduces belly fat and cellulite while physically promoting circulation and smoothing away cellulite bumps.

What You'll Learn In This Article

- **The problem.** What are the contributing factors that create cellulites?
- **Solving the problem.** What natural treatments are available?
- **The Solution.** What steps must you take to eliminate cellulite?



"Cellulite is not a cosmetic issue," says Dr. Wayne Westcott, director of research programs at the South Shore YMCA in Quincy, Mass. "It's an issue of having too much fat and too little muscle. Putting effort into the right exercise program can produce big changes in your cellulite situation and major improvements in your appearance."

Understanding The Problem:

The term "cellulite" was coined in 1973 to refer to the rippled series of fat cells and fibrous connective tissue that cause a dimpled skin appearance usually on the hips, thighs, and buttocks. Cellulite is viewed by some people, with the help of the media, as form of disease. Nothing is farther from the truth. Cellulite is largely the result of poor lifestyles.

Who Gets Cellulite and Why?

Cellulite is more common in women than in men because of differences in the way that fat, muscle, and connective tissues are distributed in men and women. Cellulite begins to appear in overweight girls around the age of 15 and increases as they mature.



Nine out of 10 women in North America have cellulite, and they spend an estimated \$3 billion a year trying to get rid of it.

Cellulite also often forms in postnatal women and those who take birth control pills because their bodily waste system can't get rid of the enormous flow of oestrogen in the body. Men rarely develop cellulite because men's fat cells are shaped more sharply and reside deeper in the skin, rarely poking through to cause the ripples that we associate with cellulite.

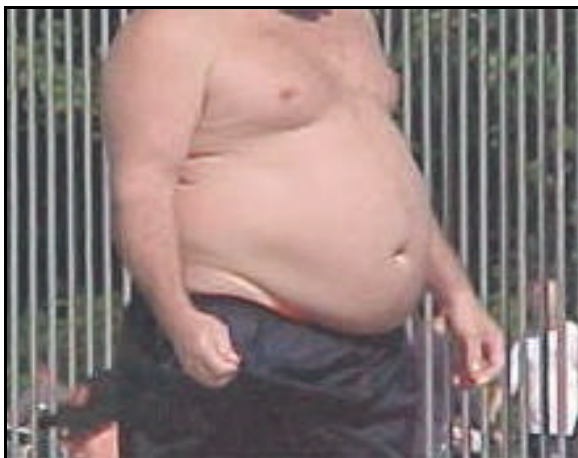
Every person who has cellulite hates it - those ripples and dimples on her hips, thighs and buttocks. Cellulite can settle in any body size, weight, or fitness level. If nothing is done about it, the cells will harden, the skin will lose its elasticity, and the bulges will become more visible.

What are the contributing factors?

Some of the factors that contribute to cellulite include:

- Bad diet
- Lack of exercise
- Hormonal imbalance
- Insufficient water intake
- Smoking & drinking

Bad diet: The main factor that contributes to cellulite formation is poor eating. Eating processed food, junk food and too much spicy food overload your body with toxins. Gradually, your body will become inefficient to eliminate waste and toxins. Inevitable, toxins will become part of the fatty tissue of your skin and cellulite will appear around your abdomen, buttocks and thigh.



Obesity, one of the main reasons for developing cellulite, is the result of bad eating habits

Lack of exercise: The second factor that contributes to cellulite formation is the lack of exercise. Every part of your body will deform and atrophy if you don't exercise regularly. Excessive sitting is an unnatural condition for your body. When you sit for too long, your blood and lymphatic fluid circulation becomes sluggish. Cellulite is one side effect of a sedentary lifestyle, because toxins accumulate in the fatty tissues of - areas of your body that you seldom move or stimulate.

Daily exercise will enhance your body metabolism (production of energy by burning calories and fat) and, together with a healthy diet and body detoxification, will reduce and gradually eliminate the appearance of cellulite.

Hormonal Imbalance: Experts agree that cellulite is the result of hormonal imbalance. The more oestrogen your body has, the higher the probability of cellulite developing.

Oestrogen is a sex hormone that develops and maintains female characteristics. Oestrogen has an important role to play in cleansing the body and preparing the



female body to receive an embryo, process that creates a lot waste and toxins.

When your body is overloaded with waste and toxins, they will accumulate in your skin and will cause cellulite in area with poor circulation like your abdomen, buttocks and thigh.

Insufficient water intake: Another factor that contributes to cellulite formation is the lack of water in your body. With the exception of pure air, there is no other element in nature that is as important as clean drinking water. Water helps to deliver essential nutrients as well as remove toxins from your vital organs and skin.

If you don't drink enough water, the blood can get thick and sticky, and your entire body has to work harder, letting waste and toxins accumulate more quickly in your abdomen, buttocks and thigh. Gradually cellulite is created from the waste and toxin that your skin is unable to eliminate.

"The first wealth is health."
- Ralph Waldo Emerson

Smoking & drinking: Smoking and drinking too much is bad for your overall health, but especially bad for the damage that it causes to your skin's natural ability to breath and eliminate toxins. Drinking and smoking damage your lungs and vital organs. When this happens, toxins from your body are not eliminated efficiently, and they accumulate in fat tissue under your skin which, in turn, creates cellulite.



Smoking & alcohol: recipe for skin problems.

Solving The Problem:

You may have tried many things to rid your hips, thighs and buttocks of cellulite: expensive creams, liposuction, diets, exercises and time-consuming wraps. Or maybe you've given up trying. Maybe you believe that it's all in your genes, so why waste money and time.



The fact is that cellulite is mainly the result of bad lifestyles. Current research shows that cellulite is not just a genetic condition. There are natural ways to banish--and even prevent--cellulite. There is a way to combine a good diet, daily exercise and massage techniques to tone your muscles and make your skin firmer - you can reverse the cellulite cycle now!

What are the natural treatments? Here are the most natural and effective treatments for cellulite:

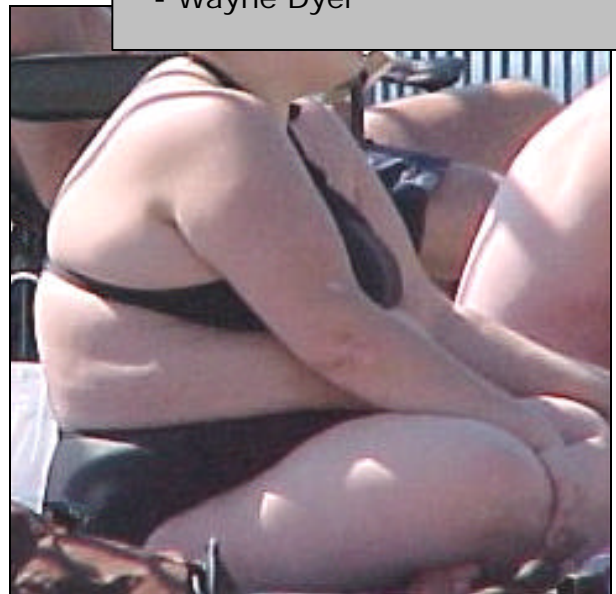
- Body detoxification
- Massage treatments
- Body Toning
- Sports & Lifestyle

Body Detoxification: Detoxification is the process of cleansing your body of waste and toxins. All cell in your body depend on proper nourishment and cleansing, without which they cannot function. Experts recommend that people with cellulite follow a detoxifying eating plan with regular exercises for at least 3 months, this will help to eliminate fat that accumulate in their arteries and skin.

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After your body has been properly detoxified, your skin and internal organs will be more efficient eliminating wastes and toxin that cause cellulite. You will experience more energy, vitality and healthy and tones skin.

"You can set yourself up to be sick, or you can choose to stay well."
- Wayne Dyer

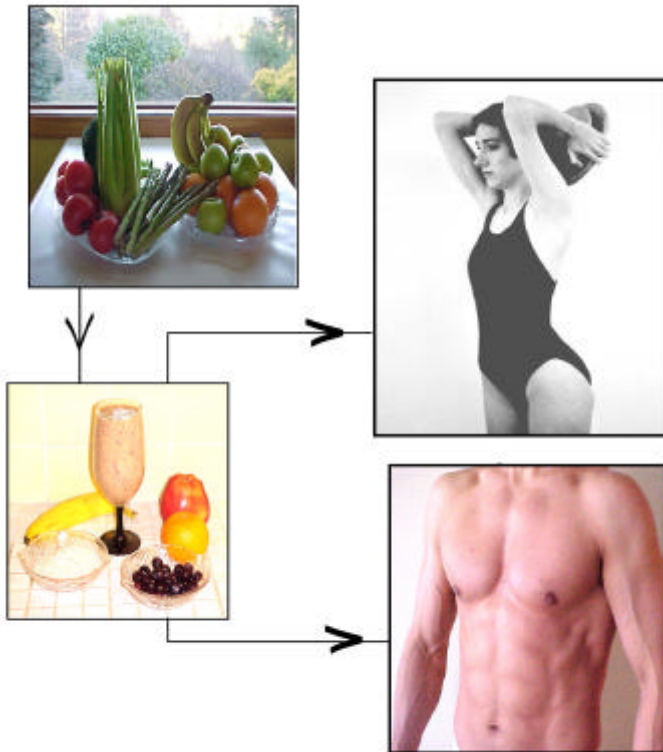


Cellulite just loves the person who doesn't exercise, who'd rather rest the buttocks instead of making the body fit and healthy,

There are many ways to help detoxify your body and prevent cellulite; the *Mastermoves Cleansing Juices* can do this work for you. This program not only cleanses and energizes your body but it also prevents further cellulite formation by maintains your internal organs and skin



free from waste and toxins. For simple and tasty juice recipes, see **Appendix**.



Your *NEW BODY* is here!

Massage treatments: The more that you massage and rub your skin, the healthier and stronger it will become. A good example is the palm of your hands; they are firm and strong because they are constantly touching and rubbing things all the time. The belief that you can shrink a localized fat lump or smooth out a dimple by eating less fat alone is not accurate. You need more

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than that; you need to tone and make your skin stronger and leaner with daily exercises and body massage.

The Master Massager is an easy and effective way to help you reduce cellulite. This uniquely crafted massager reduces belly fat and cellulite while physically promoting circulation and smoothing away cellulite bumps. The daily use of the Master Massager (following instructions from the video-tape and flyer) will stimulate you lymphatic fluids, increase your blood circulation, eliminate of toxins and tone your muscles and skin.

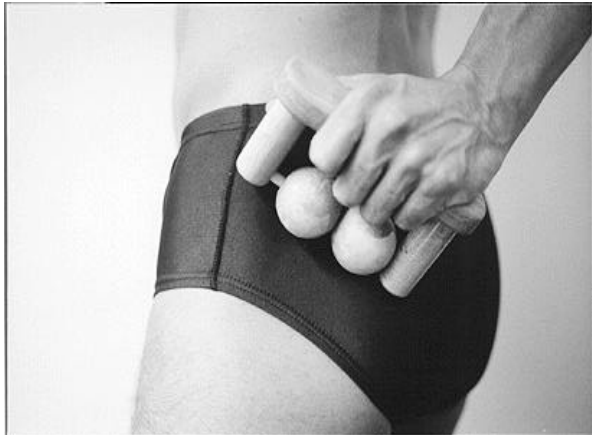


The Master Massager is fundamental in dealing with the reduction of cellulite. It helps to eliminate toxins and makes skin firmer and stronger.

Additionally, once a week, you can have a full body massage with essential oils such as cypress, lemon or rosemary. These oils



have natural properties that reduce cellulite and make your skin firmer.



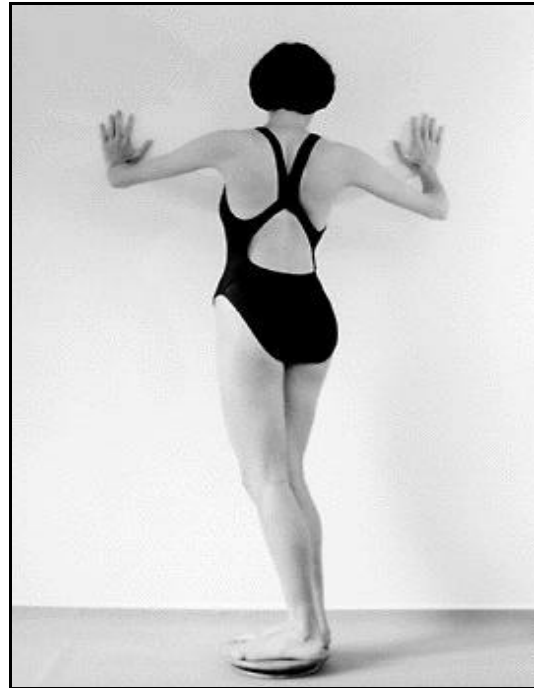
Daily massage with the Master Massager doesn't give cellulite a chance to settle.

Body Toning: Deciding which are the best exercises to get rid of cellulite requires a considerable amount of skill. Relax, because we have done all the hard work for you. We completely researched all sources of exercises that help get rid of cellulite.

Exercises designed to tone and strengthen the abdominal areas are the most recommended and form a very important part of your daily cellulite treatment. As you begin to develop your core muscles, the fat from your body will be used to build muscle tissue. Additionally, your skin will be able to eliminate toxins and maintain its natural texture. According to experts you don't have to sweat at a gym or workout to tone up

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your muscle and eliminate cellulite; daily low intensity exercise is what your body needs to avoid cellulite.



Daily exercise with the Master Disk, will help you to stop covering up your body--and start showing it off.

The Mastermoves Body Toning program has been designed to tone your muscles and make your body leaner - cellulite free. This program includes cardiovascular exercises and muscle toning with a focus on thighs, hips and buttocks to prevent cellulite.

Sports & Lifestyle: Sports will bring very positive changes in the shape of you body, making your muscles and skin stronger



and leaner. The best sports for dealing with cellulite are those that will help you firm and tone up your buttocks, hips and legs. There are no better sports than tennis and swimming for promoting shapely legs; cycling is great for firming the fronts and back of your thighs; power walking is a good way to shape up your legs and at the same time burn more than 300 calories per hour.



Tennis is considered the anti-cellulite sport.

Another fun and great way to shape your legs and buttocks and get rid of cellulites is dancing, for example, 20 minutes of Salsa dancing enhances your blood circulation and increases your metabolism, burning up to 250 calorie.

"To improve is to change; to be perfect is to change often."
- Winston Churchill



Practicing sports will make you naturally fit, lean and healthy.

The Solution:

If you are one of the thousands, if not millions, of people who suffer from cellulite, you can combine a sensible diet with regular exercise and body massage to help you eliminate any trace of cellulite from your body. This is what the Mastermoves Anti-Cellulite Program is all about.

There are 14 steps to achieve good result with the Mastermove Anti-Cellulite Program:



1. Detoxify your body - Practice the Mastermoves 28 Day Detoxification program
2. Eat healthy food - Use the Master Recipes & Tips as a guide for developing your meal plans
3. Exercise daily - Practice the Mastermoves Body Toning program
4. Drink plenty of water - Ideally 8 to 10 glasses
5. Avoid coffee and alcohol
6. Avoid chocolate and candies
7. Eat fresh fruits for breakfast - Master Juice
8. Avoid unnecessary medication, artificial vitamins, diet pills and sleeping pills.
9. Keep your body pure: don't smoke and don't eat junk food
10. Keep an active lifestyle - Practice sports and dancing
11. Avoid stress - Plan your daily activities around priorities; make a daily action.
12. Massage your body with the Master Massager - Practice the Mastermoves Body Relaxation program
13. Clean your body - Shower your body twice a day
14. Rest well - Sleep 7 to 8 hours per day.

"Plan your work for today and every day, then work your plan."
- Norman Vincent Peale

Conclusion

If you follow the Mastermoves Anti-Cellulite plan for 100 days, you will greatly reduce your cellulite; most probably, cellulite will banish from your skin. But don't expect miracles and don't waste your money searching for an easy solution. Cellulite is the reflection of your fitness condition.

"For most of us, health will depend not on who we are but on how we live. The body you have at 20 depends on your genes, but the body you have at 40, 60, or 80 is the body you deserve, the body that reflects your behaviors."
- Dr. Harvey Simon

Eating healthy food and keeping muscles toned by regular exercise seem like reasonable approaches to keeping the body in great shape.

However, don't expect miracles, take action now. The key to your success in



getting rid of cellulite is losing fat, building muscle and toning your skin with daily massage.

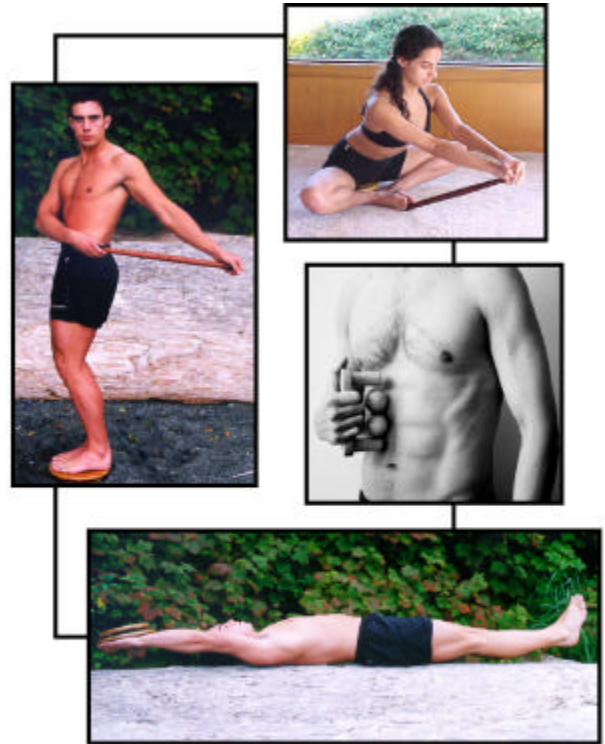
Practice the Mastermoves Body Toning program and gradually you will develop lean and symmetrical muscles.

Finally, massage your body daily. By massaging your body daily, you will make your skin firmer and healthier.

Take action now. Getting rid of cellulite it's all about developing a good lifestyle - becoming the creator of your **New Body**.



Get ready for the smoothest, sexiest legs you ever had in your life - your **New Body**.



Your NEW BODY is Here!!
www.mastermoves.com

Anticipate your actions, move with precision, master your moves. That's what Mastermoves is all about - **mastering the most refined and fundamental techniques from dancing, martial arts, yoga, gymnastics, and massage.** All you need is 15 minutes twice a day - anywhere and anytime.
Become The Master Of Your Body - Lean and fit for life!
...Your Success is Our Success!



APPENDIX: Mastermoves 28-Day Juice Program

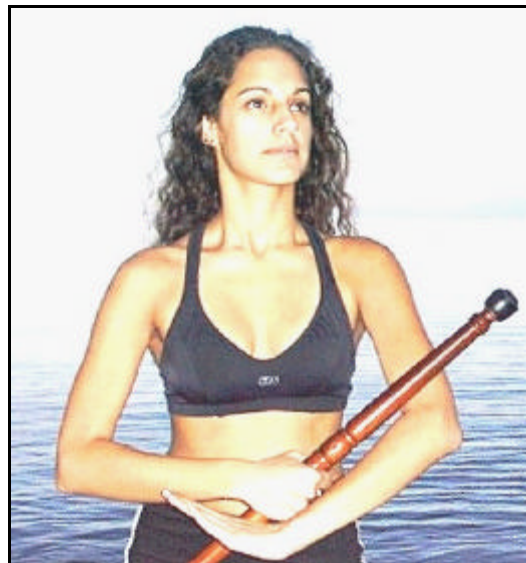
For juice recipes see next page.

#	Day	Breakfast	Y	Lunch	Y	Dinner	Y	Weight
1	Monday	Master Juice				Anti-toxin Juice		
2	Tuesday	Master Juice						
3	Wednesday	Master Juice				Energy Juice		
4	Thursday	Master Juice						
5	Friday	Master Juice				Anti-Fat Juice		
6	Saturday	Master Juice		Cleansing Juice				
7	Sunday	Master Juice						
8	Monday	Master Juice				Anti-toxin Juice		
9	Tuesday	Master Juice						
10	Wednesday	Master Juice				Energy Juice		
11	Thursday	Master Juice						
12	Friday	Master Juice				Anti-Fat Juice		
13	Saturday	Master Juice		Cleansing Juice				
14	Sunday	Master Juice						
15	Monday	Master Juice				Anti-toxin Juice		
16	Tuesday	Master Juice						
17	Wednesday	Master Juice				Energy Juice		
18	Thursday	Master Juice						
19	Friday	Master Juice				Anti-Fat Juice		
20	Saturday	Master Juice		Cleansing Juice				
21	Sunday	Master Juice						
22	Monday	Master Juice				Anti-toxin Juice		
23	Tuesday	Master Juice						
24	Wednesday	Master Juice				Energy Juice		
25	Thursday	Master Juice						
26	Friday	Master Juice				Anti-Fat Juice		
27	Saturday	Master Juice		Cleansing Juice				
28	Sunday	Master Juice						

Mastermoves Cleansing Juices

Many of us have tried skipping meals or going on diets to lose weight or improve our health. Don't despair - it's possible and it is achievable with the Mastermoves Cleansing Juices. At the end of the 28-Day Juice program, you will feel revitalized, cleansed, much healthier and more energetic.

Detoxifying your body is not diet but body maintenance. Just as you would spring-clean your home, when you drink the Mastermoves Cleansing Juices you are in effect spring-cleaning your body, clearing out all the toxins and fat that have accumulated inside you for over the years.



The body is a complex machine and, like any machine it needs regular maintenance to keep it clean and working efficiently.

ANTI-TOXIN JUICE (1 Serving)

Ingredients:

- Asparagus (3 stalks)
- Carrots (3 medium)
- Apple (1 large)
- Fresh spinach (10 small leaves)
- Parsley (handful of leaves)
- Water (2 glasses)
- Cayenne Pepper (to taste)

Steps:

- Wash the ingredients thoroughly
- Cut the ingredients in small pieces.
- Blend hard ingredients with 1 glass of water (3 minutes)
- Strain the juice in a large bowl
- Blend soft ingredients with 1 glass of water (1 minutes)
- Strain the juice in the same large bowl
- Add Cayenne Pepper to taste

Benefits:

- High in calcium and vitamin E.
- Eliminate toxins from the skin.
- High in fibers. Eliminates toxins from the colon.
- Cleans blood.

Note:

Use a strainer and a spatula to press the pulp and drain most of the juice and small fibers into a large bowl.

Enjoy Cleansing your body!

ENERGY JUICE (1 Serving)

Ingredients:

- Celery (3 stalks)
- Orange (1 medium)
- Apple (1 large)
- Spinach (10 small leaves)
- Parsley (handful of leaves)
- Ginger (half an inch)
- Water (2 glasses)
- Cayenne Pepper (to taste)

Steps:

- Wash the ingredients thoroughly
- Cut the ingredients in small pieces.
- Blend hard ingredients with 1 glass of water (3 minutes)
- Strain the juice in a large bowl
- Blend soft ingredients with 1 glass of water (1 minutes)
- Strain the juice in the same large bowl
- Add Cayenne Pepper to taste

Benefits:

- High in calcium and vitamin E.
- Energy boost.
- Blood cleaner.

Note:

Use a strainer and a spatula to press the pulp and drain most of the juice and small fibers into a large bowl.

Enjoy Cleansing your body!

ANTI-FAT JUICE (1 Serving)

Ingredients:

- Celery (3 stalks)
- Tomato (1 medium)
- Apple (1 large)
- Spinach (10 small leaves)
- Parsley (handful of leaves)
- Raw garlic (1 clove)
- Ginger (half an inch)
- Water (2 glasses)
- Cayenne Pepper (to taste)

Steps:

- Wash the ingredients thoroughly
- Cut the ingredients in small pieces.
- Blend hard ingredients with 1 glass of water (3 minutes)
- Strain the juice in a large bowl
- Blend soft ingredients with 1 glass of water (1 minutes)
- Strain the juice in the same large bowl
- Add Cayenne Pepper to taste

Benefits:

- Enhances blood circulation.
- High in vitamin C.
- High in iron.
- Eliminates fat deposits.
- Flushes toxins from the colon.

Note:

Use a strainer and a spatula to press the pulp and drain most of the juice and small fibers into a large bowl.

Enjoy Cleansing your body!

CLEANSING JUICE (1 Serving)

Ingredients:

- Celery (3 stalks)
- Beet Roots (1 medium)
- Carrots (2 medium)
- Apple (1 large)
- Spinach (10 small leaves)
- Parsley (handful of leaves)
- Ginger (half an inch)

Steps:

- Wash the ingredients thoroughly
- Cut the ingredients in small pieces.
- Blend hard ingredients with 1 glass of water (3 minutes)
- Strain the juice in a large bowl
- Blend soft ingredients with 1 glass of water (1 minutes)
- Strain the juice in the same large bowl
- Add Cayenne Pepper to taste

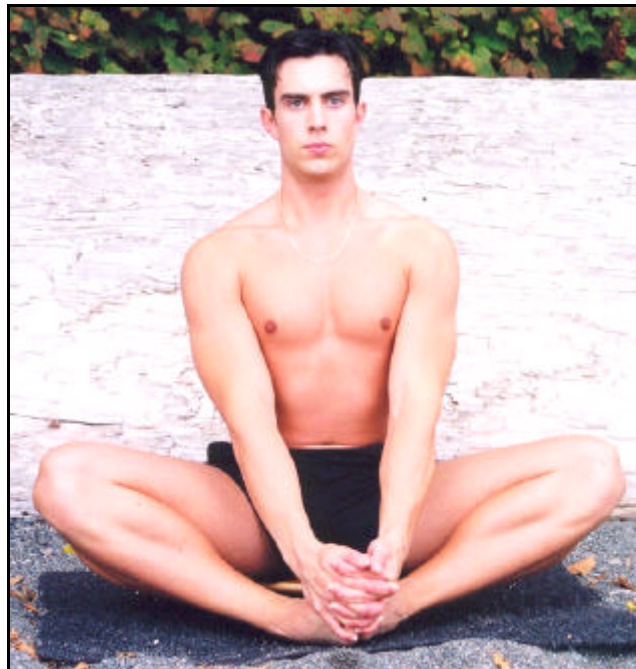
Benefits:

- High in calcium and vitamin E
- High in iron for body strength.
- Flushes away fatty deposits.
- Flushes away toxins from the colon.
- High in fibers for body cleansing.
- Breaks down calcium deposits from joints and kidneys.

Note:

Use a strainer and a spatula to press the pulp and drain most of the juice and small fibers into a large bowl.

Enjoy Cleansing your body!



Keep a body pure: experience a cleansed inner body and a powerful mind.

The Master Juice

Breakfast should vary only slightly and consist primarily of fresh fruit, nuts and natural cereals. Natural nutrients and fibers will help detoxify and energize your body.

Master Juice

INGREDIENTS:

- Apple – 1 medium
- Orange – 1 medium
- Banana – 1 medium
- *Simple Cereal* – 3 tbsp. (see Appendix D)
- Water – 1 1/2 Glass
- Berries – 5 berries (Ideally blueberries)

INSTRUCTIONS:

1. Cut the apple, banana and orange into pieces and place in a blender.
2. Add the remaining ingredients to the blender.
3. Blend until smooth. Drink immediately.





The Master Juice will provide you with many vitamins, minerals and antioxidants. Here are some interesting nutritional facts about the Master Juice:

- a) More than 100% of the recommended daily allowance of Vitamin C can come from the orange you use in the Master Juice. Vitamin C is a powerful antioxidant that helps to boost the immune system, aid digestion and relax the body.
- b) The banana in the Master Juice is an excellent source of potassium and vitamins A & B. Potassium and vitamin A aid digestion. Vitamin A also maintains healthy skin and strengthens bones. Vitamin B reduces fatigue and energizes the body.
- c) There are more than 20 grams of fiber in the Master Juice. Fiber cleanses the digestive system.
- d) The almonds and sunflower seeds in the Master Juice provide large amounts of polyunsaturated and monounsaturated fats which are the “good” fats that keep your heart and cells operating. Although fat has developed a bad reputation, these types of fat are vital for good health.
- e) The Master Juice is also high in calcium – it contains 15% of the recommended daily allowance. Calcium keeps your bones and teeth strong.
- f) The Master Juice contains about one liter of liquids, which will cleanse your digestive tract first thing in the morning and provide an instant source of energy.