



My CelluliteCure

Successful programme comprising
four parts

Alimentation – Aerobic exercise

Purification – Professional treatment

Cellulite is a problem caused by acid build-up

About 80 percent from women suffer from cellulite.

The most common cause of cellulite is thought to be a typically feminine weakness in the connective tissue. A lot of money is invested in expensive miracle cures and treatments aimed at firming the skin, but these are mostly without success. The irritating dimples persist.

What really lies behind the problem of cellulite?

Cellulite arises not only through too many calories and too little exercise, but primarily through an excess of acids. This is why one-sided crash diets or miracle pills are no help here. The key to success lies in a holistic programme, which provides a healthy understanding of the body and brings the acid-alkaline ratio back into balance through various measures.

Why do women get cellulite?

By its very nature, the tissue of the female body on the thighs, hips, bottom and stomach is a particularly elastic and flexible storage tissue. Over millions of years it has developed into an energy and fat store which is intended to provide for two people in the event of pregnancy. This requirement is the only factor to be genetically determined. Unfortunately in most women this inborn storage function of the cellulite tissue is misused as a store for waste products, with lasting consequences for the skin and tissue.

Our modern day eating habits and way of life, which both involve large amounts of acids, overweight, intestinal problems,



Take care of a well-balanced acid-base ratio

stress, excessive consumption of indulgence foods, not drinking enough liquid, insufficient exercise or excessive sport all encourage the development of cellulite. When a woman lives with and consumes too many acids, then excessive amounts of acids and harmful substances build up in her body and put a strain on the organism. At the same time, due to not eating properly the body lacks the vital substances which are important in neutralizing acids. Here the body helps itself, by metabolizing acids and harmful substances with the help of vital substances from the body's own deposits, such as the connective tissue, and turning them into neutral salts.

Through the over-acidification and the resultant shortage of vital ingredients, the elastic connective tissue becomes weak.

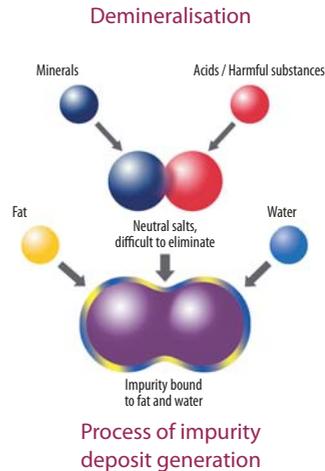
If there are more neutral salts in the body than it is able to eliminate via the kidneys, bowels, lungs and skin, then they are firstly deposited in the storage tissues, bound with water and fat. These increasingly toxified and hardened structures become apparent in the problem areas as cellulite.

Metabolic peaks in women's life

Back in 1150 AD Hildegard von Bingen taught us about the special nature of the female metabolism in just one sentence: "Once a month during their fertile years women eliminate their bad juices." Unlike men, women have an additional opportunity for elimination.

For a whole month a woman stores acids and harmful substances, which she then eliminates with her period. But unfortunately, just as in real life, the acid parking spaces are full after a certain amount. Then the body eliminates them into the waste product multistorey car park on the thighs, legs, stomach and bottom.

Menstruation complaints such as headaches, spots, abdominal pain, weight increase etc., often occur just before the period, as this is when the acid level is at its highest. Then after the period these problems fade away again. Every woman has periods, which the body needs to



cleanse itself. But the principle: "The longer the menstruation, the more overacidified the organism" does not apply if for instance the pill is taken. Due to the illusion of pregnancy, fewer acids are eliminated than is necessary. This build-up promotes the formation of cellulite.

Women also experience a buildup of acids and harmful substances during pregnancy and when breastfeeding, which can make itself apparent in the form of skin impurities, water retention, cellulite etc.

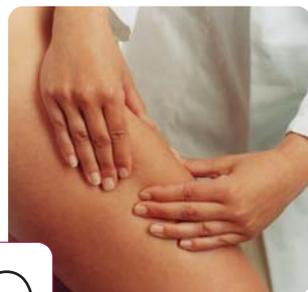
Periods are generally seen as being an annoyance, but they offer women definite advantages. They give women an additional elimination function. For this reason they are also known as the "fair sex". In addition they live on average 5-10 years longer than men. This is why with an excess of acids and harmful substances they

also have monthly physical and mental fluctuations, especially before their period, which would not occur if they ate and lived in a healthy way.

When periods stop during and after the menopause, the so-called menopause problems often occur. Help can often be obtained here by means of natural measures such as strengthening the metabolism with alkaline-generating vital substances and alkaline baths, which can be used as a so-called menstruation substitute.

The four grades of cellulite according to Dr. Renate Collier

My CelluliteCure aims to decrease the skinfold thickness that appears in the event of cellulite on the thighs, bottom, abdomen, hips and upper arms. Normally the skinfold of a healthy woman is between 2-4 mm.



Which are the acids that benefit the build-up of cellulite?

- Meat and meat products ————— uric acid
- Pork, eggs ————— sulphuric acid, uric acid, nitric acid
- Sweets, sugar, white flour-based products — acetic acid
- Artificial sweeteners ————— formic acid
- Soft drinks ————— acetic acid, phosphoric acid
- Coffee, black tea, red wine ————— tannic acid
- Pain relievers ————— acetylsalicylic acid
- Physical overexertion ————— lactic acid
- Lack of exercise ————— carbonic acid
- Stress, anger ————— hydrochloric acid

! *Enjoyment is all about the amount we consume! You can and should enjoy everything in moderation and compensate acidic foods with alkaline-generating foods and alkaline applications.*

Cellulite deposits can be dissolved

Successful cleansing and regeneration of cellulite tissue can be carried out using these four measures, or rather is built on a programme comprising the following « four pillars »:

- Pillar 1 : alkaline-generating diet
- Pillar 2 : aerobic exercise without overexertion
- Pillar 3 : alkaline purification
- Pillar 4 : alkaline treatment in-clinic

During « My CelluliteCure », these four measures must always be carried out in combination with each other to ensure the concept's best possible results.



The scientific team at Jentschura International GmbH has researched the cause of cellulite and in partnership with the ReVital 24 Institute in Stuttgart has developed a programme regarding the cleansing and regeneration of cellulite skin and tissue.

A week of cellulite treatment:

- Three days of purification
- Four days of alkaline-generating foods
- Three units of exercise
- Two home applications
- One or two in-clinic treatments

Pillar 1

Alkaline-generating diet

Changing your diet helps to remove cellulite permanently. Reducing the consumption of acids means these are not deposited in the tissue. The metabolism and tissue are strengthened by the natural vital ingredients in high quality foods.

The alkaline-generating and complete vegetarian diet recommended by us during the cellulite treatment contains a high proportion of vegetables, crudités and fruit as well as an omni-molecular plant-derived food product, for example WurzelKraft. This is known as an omnimolecular food product because it contains numerous minerals, vitamins and other bioactive substances in the 100 plants from which it is produced. Nature kindly makes these available to us so that we may preserve or regenerate our health and beauty.

Through the increased consumption of valuable vital substances, acids and harmful substances are intercepted and neutralised, making it possible to eliminate them. In addition, any existing shortages of vital substances can be compensated.

During My CelluliteCure, providing the organism with an increased supply of minerals is an important help for the metabolism and also an effective and necessary support for the kidneys in eliminating acids.

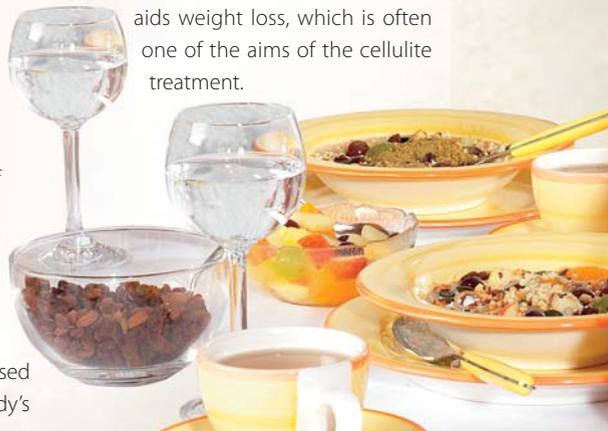
The overloaded cellulite tissue is cleansed and strengthened again, and the body's

own deposits in the skin, hair, nails, cartilage and bones can regenerate themselves.

A daily intake of approx. ½ – 1 litre or more of a contaminant-eliminating herbal tea and of approx. ca. 1 – 1½ litres of non-carbonated water complements an alkaline-generating alimentation during the cellulite treatment. The consumption of sugar and other sweeteners is to be reduced as far as possible or even avoided during this treatment.

A good idea for breakfast: a blend of millet and buckwheat porridge, for example MorgenStund', that can be refined with fruits, nuts, WurzelKraft or as you please.

The predominantly vegetable-based diet leads to an overall reduction in fat and caloric intake. This in turn considerably aids weight loss, which is often one of the aims of the cellulite treatment.



Pillar 2

Aerobic exercise without overexertion

Targeted aerobic muscle training can stimulate both circulation and metabolism. Simultaneously the basal metabolic rate and caloric combustion are increased. In turn, the purification and regeneration of the cellulite tissue is accelerated.

This also improves the body's muscle-to-fat-ratio, the facility for burning calories steps up a gear and the fat content in our body drops.

It is vital when doing any kind of sport that you don't become short of breath. By the same token, individual muscle groups must not be overexerted. Excessive physical exercise leads to a build-up of acids in the muscles for example lactic acids when there is a lack of oxygen.

Overacidification firstly encourages the loss of minerals and thus weakens the connective tissue. Secondly the neutralised acids are laid down as solid waste products together with fat and water in the weakened connective tissue. In this way the perfect basis for "orange peel skin" is established. So for example, a top athlete can actually get cellulite by doing too much sport! This is referred to as 'lactic acid cellulite'.

Regular exercise without overexertion like hiking, power walking, cycling, gymnastics and so on should be integrated into the programme.

In My CelluliteCure exercise is recommended according to the Three Commandments of healthy sport from Peter Jentschura and Roland Jentschura:



"Alkaline-generating mineralisation before exercising!"

"Alkaline-based purification after exercising!"

"Permanent regeneration!"

Pillar 3

Purification

As a complementary purification measure, body care treatments in the form of foot baths, full baths and alkaline compresses are available for home application. According to the principle of concentration balance, alkaline applications with a pH value of approx. 8,5 encourage the elimination of troublesome waste products, acids and harmful substances via skin and mucous membranes.

It is important from time to time to take full baths lasting two or three hours or even more. For these baths lasting such a long time, it is possible to add more bath salts than normal from the beginning or

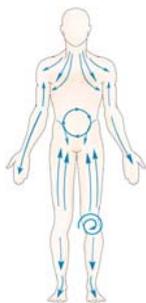


to add one or two caps of the bath salts after one or two hours. It is also possible to add new water.

It is recommended to take at least two waist or full baths and three alkaline foot baths a week lasting 30 to 90 minutes each. The temperature of the bath should be between 36 – 38° C.



Brushing in the direction of elimination



To specifically stimulate metabolic activity and promote the elimination of harmful substances, you should brush in the direction of elimination every ten minutes during your alkaline full bath or foot bath.

This means brushing in a straight line to the next "drain":

- towards the fingertips and the tiptoes
- towards the armpits
- towards the groin



Likewise you can dry brush on a daily basis. This will stimulate circulation and metabolism as well as encourage the removal of waste products.



TIP:

Wearing alkaline cuffs over the day and alkaline stockings overnight generally increase your well being without any additional expenditure of time.

You can wear the alkaline cuffs while and after doing sports, for work and everyday life.

Preparation of the alkaline stockings or alkaline cuffs

Dissolve a heaped teaspoon of the alkaline mineral bath salts in half a litre of warm water. Place the thin cotton stockings respectively the alkaline cuffs into the solution. Remove them, wring them out thoroughly and put them on either your feet or your arms.

The alkaline cuffs can be wearred underneath clothing or uncovered. Over the thin cotton stockings put on the dry woollen outer stockings.

Relaxed during all restful phases with the alkaline stockings.



Pillar 4



Alkaline treatments in-clinic

To stimulate the circulation and metabolism intensively, My CelluliteCure also provides targeted cellulite treatments in addition to the home applications.

It is recommended that you have one or two professional treatments in-clinic per week.

Depending on the equipment available at the clinic, the professional treatments comprise a combination of:

- salt peel using alkaline bath salts
- algae body pack with special plant extracts
- alkaline compresses using alkaline bath salts
- manual or device-based cup massage
- manual or mechanical lymph drainage amongst others



My 10-week CelluliteCure

Alkaline-generating vital nutrients	1 – 2 tsp 3 times a day	morning, afternoon, night
Blend of millet and buckwheat porridge for breakfast		
Alkaline home treatments	Full bath 30 – 90 minutes Foot baths 30 – 90 minutes	1 – 2 times a week 2 – 3 times a week
Whilst brushing every 10 minutes in the direction of elimination.		
Professional treatments		1 – 2 times a week
Herbal tea	½ – 1 litre or more	per day
Non-carbonated water	1 – 1½ litre	per day
Alkaline enema		Once or twice a month

As often as desired: Alkaline shower with salt peel, dry brushing, alkaline steam bath

My CelluliteCure at a glance

- Reduction of foods that contain lots of acids and harmful substances, malnutrition, physical overexertion, stress etc.
- Balanced diet with a large amount of vital substances and an omni-molecular, alkaline-generating, plant-derived food product
- Increase in the daily intake of liquids up to 2 – 2½ litres per day, with ½ – 1 litre or even more of a contaminant-eliminating herbal tea and at least 1 – 1½ litre of still water
- Elimination of acids and harmful substances via skin and mucous membrane by alkaline treatments in form of foot baths, full baths, alkaline compresses, alkaline rinses etc.
- Brushing the skin in the direction of elimination
- Regularly aerobic exercise without overexertion
- Professional body treatments in-clinic



Advice and assistance



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