
Why do only women get cellulite?

The female organism retains acids and discharges them again with the monthly menstruation. If acids and toxins become excessive, in that they can no longer be stored in blood, lymph or cell fluids, they are processed into metabolic waste matter or impurities. In this neutralised form impurities are then deposited on hips, thighs or upper arms. They are relatively easy to dissolve and to excrete.

As early as 1150 A.D. Hildegard von Bingen captured the difference between the female and male metabolism in one single sentence: "The woman discharges her evil juices once a month."

Until this excretion occurs, the female metabolism holds back all acids, or 'evil juices' according to Hildegard, on three 'parking sites'. The first parking site is blood and lymph. The second is the placenta, and the third parking site is usually hip, bottom and thigh.

Only if acids are in excess, 'parking site number three' has to be used. This 'parking site' is usually the female hip, bottom, upper arm or thigh. In addition, the 'cars' that are 'parked' there are the neutralised acids (CELLULITE impurities), which can no longer be stored in blood, lymph and placenta. Normally, the capacity of blood, lymph and placenta to store acids is sufficient. The more acids are stored in the course of a month, the more discomfort and pains, e.g. headaches, migraines, and oedema to dilute the acids, will be experienced. With increasing acids our emotions are also affected. Women say that they become more sensitive and irritable. Conversely, men become all the more considerate during those days!

The 'sensitivity' of a woman reaches its peak when the acid levels in her cells and blood are also at their maximum. Then, her blood pH is the lowest and can be somewhere around pH 7.25, for example. The variations of blood pH values differ enormously between a very health conscious woman and a woman with cellulite.

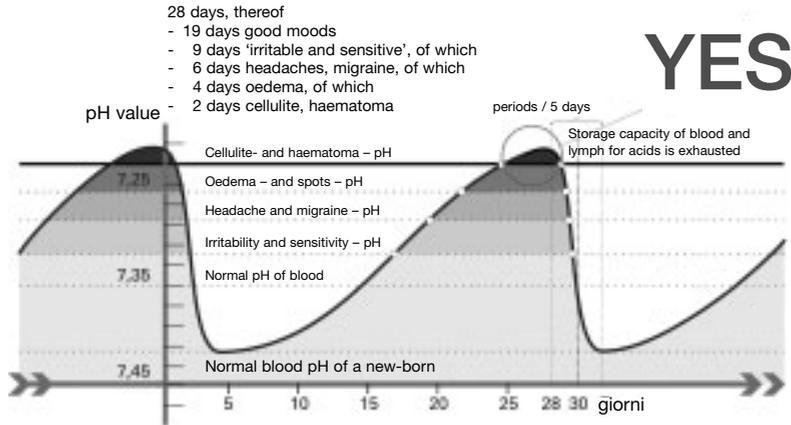
The two graphs illustrate how widely blood pH levels in these two groups of women can diverge. Please note that the values will differ even further depending on how extremely a woman follows an alkaline or an acid-forming life style. With the latter, the values will of course fall much deeper than when pursuing a mineral rich and alkaline lifestyle.

At the end of a period the blood pH of all women increases to roughly the same level, as all acids have been excreted. The only difference is that the actual bleeding lasts a few days longer for the woman whose organism is charged with more acids than for the one whose organism is charged with fewer acids.

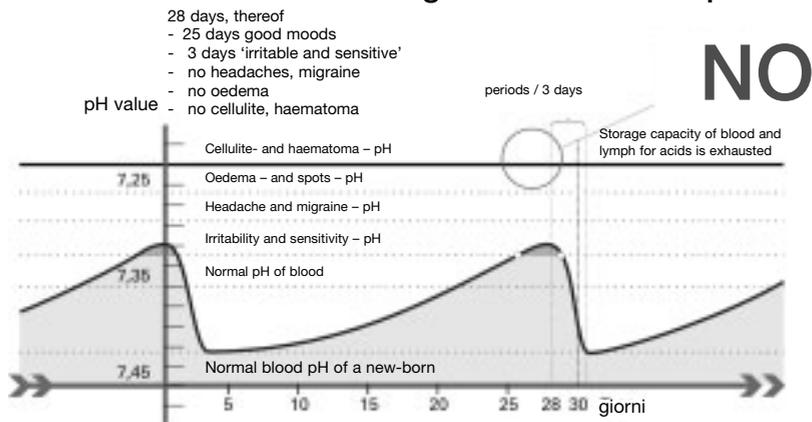
Apart from that the woman with the higher acid levels can experience all the symptoms that fall under the term pre-menstrual syndrome: emotional imbalances and sensitivities, headaches and migraines, spots and oedema and of course

Cellulite* - YES or NO

Development of blood pH values from period to period
in case of excessive indulgences – stress – sport



Development of blood pH values from period to period
in case of moderate indulgences – stress – sport



*Cellulite is impurity formation (neutralisation) from acids that can no longer be stored in blood, lymph, cell fluids and placenta. Cellulite impurities can be broken up again.

CELLULITE. The discomfort this woman experiences primarily depends on the absolute amount of acids incurred, or put differently, on the blood pH level reached. It is safe to assume that the storage capacity or acid-load carrying ability of the organism differs from woman to woman.

Our graphs show clearly that the 'peaks' of acid increase shortly before the periods are the reason for the various pre-menstrual symptoms. Of course there are always exceptions to this rule, especially when keeping the different metabolic strengths or weaknesses of women in mind.

Liver and kidneys of one woman may very well be able to metabolise huge amounts of acids whereas these organs of another woman may be incapable of doing so. Surely, the latter woman will experience more severe PMS symptoms despite the fact that her body has to deal with fewer acids. The woman with the stronger metabolism, on the other hand, is able to afford many acidic sins without 'penalty' thanks to her robust constitution.

Where do all the acids come from that occur in people to varying extents due to their different diets and lifestyles?

Uric acid and urea are derived from the consumption of meat and the breakdown of dead body cells, Acetic acid originates from the consumption of sweets, bad fats, and artificially sweetened drinks, Tannic acid is derived from coffee and black tea, Lactic acid from excessive muscle activity, Acetylsalicylic acid from the intake of painkillers, Hydrochloric acid from stress and anger, Carbonic acid from fizzy carbonated drinks, Sulphuric acid from the consumption of pork and withheld winds, Nitric acid from cured and corned meat and many cheeses, and Oxalic acid from spinach, rhubarb and cacao.

At some point we thought that each individual acid could be linked to a particular symptom with one specific acid being responsible for mood swings, another for cellulite, another for oedema, any yet another for spots, etc. Our research, however, has shown that this is not the case. All these discomforts result from the absolute amount of acids that have to be metabolised, not from a particular composition of acids. The low pH level reached, i.e. the level of acidity, is what brings about the symptoms, not the type of acid present.

The body has to neutralise acids in order to prevent corrosion of the body's cells, glands, and organs. The neutralisation is done with the help of minerals, and the neutralised acids or impu-

Cellulite

Women have two 'parking sites' for acids

- 7 litre blood, lymph and cell fluids
- placenta

and one 'impurity parking garage'

- hips, upper arms and thighs

What is cellulite?

Cellulite results from an excess of acids and toxins, which the female metabolism can no longer 'park' between periods in blood, lymph, cell fluids and placenta. This excess is therefore transformed into neutralised impurities and deposited in various body tissues.

Causative factors are:

1. An excess of acids/ toxins/ other harmful substances
2. Metabolic weaknesses or deficiencies of e.g. liver or kidneys
3. Fungal overgrowth in the colon

Questionnaire CELLULITE / HAIR LOSS

What are the causes for my cellulite impurities?
What are the causes for my hair loss?

- | | |
|--|--------|
| ■ Smoking | |
| ■ (Nicotine) | Yes/No |
| ■ Sweets, sweetened drinks, refined flour and too much fat | |
| ■ (Acetic acid) | Yes/No |
| ■ Birth control pills and toxic congestion thereof | |
| ■ (General acid congestion) | Yes/No |
| ■ Pork | |
| ■ (Uric acid, sulphuric acid, nitric acid) | Yes/No |
| ■ Painkiller | |
| ■ (Acetylsalicylic acid) | Yes/No |
| ■ Coffee or black tea | |
| ■ (Tannic acid) | Yes/No |
| ■ Physical over exhaustion | |
| ■ (Lactic acid) | Yes/No |
| ■ Stress/Anger/Anxiety | |
| ■ (Hydrochloric acid) | Yes/No |
| ■ Carbonated water | |
| ■ (Carbonic acid) | Yes/No |
| ■ Coke and artificially sweetened drinks | |
| ■ (Phosphoric acid) | Yes/No |
| ■ Wine | |
| ■ (Tartaric acid, sulphuric acid) | Yes/No |
| ■ Dental toxins such as amalgam, palladium, mercury, lead | |
| ■ (Heavy metals) | Yes/No |

rities are placed on female hips, thighs, upper arms, and buttocks. Cellulite occurring in a pre-menopausal woman shows that she is accumulating more acids than she can eliminate during her monthly bleed. There may also be a metabolic weakness, for example of the liver, or toxic congestion due to the pill.

The body also has to neutralise dental toxins. Many clinics offer heavy metal tests to find out about the presence and severity of heavy metal intoxication. Dental toxins can lead to residual metabolic waste and impurities in the body, which might also be linked to cellulite.

Body regions full of impurities have poor blood supply. This is also true for areas of the body with cellulite. The body temperature in those areas is veritably lower as in tissue with normal blood supply (Thermo-regulation test by Prof. Rost).

After the menopause, women find themselves all of a sudden in a completely different situ-

ation with respect to their metabolism. They now have to metabolise all acids that have formerly been eliminated via their periods. As we know, their bodies need minerals to do this, so if in that stage, the mineral supply is inadequate they will rapidly deplete their mineral stores. This is because the female metabolism does not metabolise toxins and acids as efficiently as the male. Many women, therefore, will suffer 'civilisatosis' after their menopause manifesting in osteoporosis, varicose veins, gout, or rheumatism.

Hormones are usually prescribed to prevent osteoporosis. They can do this but only indirectly. They trigger a new monthly bleeding pattern. Acids are again eliminated like in the years before the menopause, and this is supposed to avoid the depletion of the body's own mineral sources, e.g. the withdrawal of calcium from bones.

Is there a logical explanation for the use of oestrogen and progesterone to prevent osteoporosis in post-menopausal women?

We have found that the majority of women on hormone replacement therapy (HRT) do not start having periods again. Why then does prescribing of hormones continue? Could it be that there is indeed a delay or prevention of osteoporosis by such therapies?

We can say for sure that there will be a delay, as the 'chemical messengers' called hormones, transport the acids, toxins and other harmful substances towards the lower abdomen where they are stored. The appearance of women on HRT often speaks volumes. They grow bigger and bigger. More and more water is retained in lower abdominal tissue and thighs in order to dilute the stored toxins, until one day the entire abdominal region is so overfilled with toxins that tumours and cancer may develop.

After the menopause, therefore, every woman has to consistently avoid acids, toxins, and other harmful substances and to replace the periods from her fertile years with suitable alkaline body hygiene. The same procedure ought to be followed during every pregnancy, with regular alkaline body baths, footbaths and vaginal douches!

What options do we have to rid our bodies of CELLULITE with its stored impurities? How do we get the stored neutralised acids, i.e. salts, out of our tissues?

Five months cellulite therapy

1. Identify the two major acid causing aspect in your life
2. Eliminate or reduce these two aspects to reduce the overall acid load
3. Drink one litre of herbal tea per day to release impurities
4. Eat an abundance of minerals and trace elements to neutralise acids and toxins
5. Drink one to two litres of pure water per day to flush out the waste matter
6. Take a body bath at least every other day of 90 – 150 minutes duration or longer in alkaline water (pH 8.5)
7. Do moderate gymnastics, knee bends and walking
8. Get lymph drainage and massages
9. Consider auxiliary cosmetic therapies, e.g. infra-red lamp, electro therapy, cellulite roller, suction-pulsation massage, ozone therapy
10. Support the detoxification and purification process by strengthening the metabolic functions of liver and colon (alkaline wraps)
11. If necessary, do a colon cleanse program together with a qualified therapist (e.g. in case of candida or other overgrowth)

Prerequisite of a successful CELLULITE therapy is the drastic reduction in those acids that we mentioned before: carbonic acid, uric acid, sulphuric acid, lactic acid, acetic acids, nitric acid etc.; together with the dissolution of the CELLULITE impurities that have been formed during the process of acid neutralisation and deposited in the various body tissues!

To treat cellulite successfully, It is important to firstly find the main acid forming aspects in one's life, be it a food item, a stimulant or other 'misbehaviours' and excesses. Once these are identified one is already halfway there in reducing the acid load on the body. So, the main acid 'contributors' are to be ascertained!

The smoker should reduce smoking, the meat eater meat consumption, the coffee drinker the number of 'cuppa's' to one or two cups per day. Excessive physical exercise is to be reduced in the same way, as is the regular intake of painkillers or chocolate.

The second step is to drink one litre of herbal tea per day in order to release the cellulite impurities. Parallel hereto a mineral and nutrient rich diet has to be ensured. If needed, the diet is supplemented with suitable vitamins, minerals or trace elements. The best supplements to take for the neutralisation of acids are plant based ones, as their neutralisation ability is the highest. Another 1-2 litres of energised, pure water is to be drunk to flush out any released waste matter.

The next step is to take long Sitz- or full body baths in alkaline water lasting from one to two hours. Such baths are taken for several weeks either daily or at least every other day, complemented by a footbath every evening in alkaline water for at least 60 minutes. PH values of ca. 8.5 have been proven most helpful.

During the first few weeks of purification therapy we also advise to have lymph drainage or massage treatments. Alkaline salts can be added to the massage oil and applied directly to the skin. The massage strokes should always be in the direction of elimination, i.e. towards the tip of the fingers, the armpits, and/or the lower genital and anal area. We have dismissed the theory that detoxification massages should always be carried out towards the liver or heart. We do not want to overload these vital organs but want to follow the elimination pathways of our body fluids.

If there are any problems with our method at the 'elimination sites' we help with long lasting alkaline baths or with alkaline sleeves and alkaline socks that are worn over night.

Light gymnastics and squatting exercises are now also very beneficial to activate our muscle pump and move our body fluids around in our bodies. Heat packs, electrotherapy, cellulite hand massage roller and therapeutic crèmes increase circulation and are also highly recommended at this stage.

Today, most people spend their day in sedentary positions sitting for too long without moving around. This way, any internal gases that develop cannot be released and

enter our body fluids where they produce sulphuric acid from the hydrogen sulphur of the gases. It is generally very important to not withhold gases but get rid of them!

Alkaline baths, in particular those of long duration, drastically improve the appearance of the skin. They stimulate the elimination of acids and impurities and activate the sweat and sebaceous glands. The skin starts to lubricate itself. The longer one stays in such alkaline bathing water, the better water drips off the skin.

The effect of purification and skin care can be increased if one massages the skin every 5 to 10 minutes with a massage cloth or brush while sitting in the bathing water.

Following this comprehensive approach, consisting of measures to reduce acidity, release impurities, neutralise acids, flush out waste matter via drinking water, stimulate skin elimination and other methods like lymph drainage, massage, gymnastic etc., one is often able to reduce if not resolve cellulite within a few weeks or months. Of course, a paramount aspect is also to pursue a predominantly vegetarian and nutrient rich diet!

Furthermore, it is important to strengthen the liver. This can be done by taking supplements of milk thistle, dandelion, or artichoke, and by applying moist and warm alkaline liver compresses.

The pictures on page 134 were provided by the owner of the beauty institute 'Revital' in Stuttgart, Germany. The therapies programmes were based on our treatment plan and recommendations.

For long-term maintenance the following is necessary: continuing the extensive alkaline baths, ensuring an adequate mineral supply, avoiding all acidifying factors in one's life as much as possible, supporting the liver, and considering additional individual therapeutic measures like lymph drainage or gymnastics. Alkaline enemas in the case of intestinal fungal infections or colon-hydro therapy have proven to be very effective to cleanse and purify the body. Our experience has shown that it is often a severe intestinal fungal infection or accumulation of impurities in the intestines that antagonise the effect of a cellulite therapy.

When having lymph drainage or massages it is very important to eat a very alkaline and vegetarian diet at the same time. This is essential, as the body needs many minerals now to metabolise the released acids and toxins. Otherwise, these harmful substances will be stuck in a 'toxic congestion zone' outside the liver, or they challenge other organs that hitherto have not had to deal with acid metabolism leading to, for example, haemorrhoids.

To stimulate the flow of lymph it is important to breathe deeply. What many people do not know is that the lungs are our lymph pump. They pump the lymph day in and out in the same way as our heart pumps our blood for a whole lifetime!

Five months cellulite therapy

Before the therapy



After 2 months into the therapy



After 5 months

