

Salate, die das Abnehmen erleichtern: Frische Rezeptideen

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[Keto Clean Gummies Side Effects. Get Rid of Cellulite for Good: Dr. Berg's Better Way to Lose Flabby Fat](#)



Get access to my FREE resources <https://drbrg.co/3wgXChA> This is brand new updated information on how to lose cellulite. For more details on this topic, check out the full article on the website: <https://drbrg.co/4drd22V> 0:00 Introduction: Get rid of cellulite 0:25 Cellulite explained 3:20 What causes cellulite? 6:30 How to get rid of cellulite 14:18 Mistakes to avoid 16:20 Check out my video on melatonin next! DATA: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4520379/> <https://pubmed.ncbi.nlm.nih.gov/21740089/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4352910/> <https://pubmed.ncbi.nlm.nih.gov/10851574/> <https://plasticsurgerykey.com/topical-reduction-of-visible-skin-deterioration-due-to-cellulite/#p4.2.6.1> <https://patents.google.com/patent/US5945109A/en> Exercise Video Tutorials: https://youtu.be/wrwwXE_x-pQ <https://youtu.be/YaXPRqUwItQ> <https://youtu.be/eMW3G2t5ZX0> <https://youtu.be/jm14CXvlfpE> Most Powerful HIIT Exercise: https://youtu.be/_eB3z1mhlBw The Benefits of Rebounding Exercise: <https://youtu.be/Jrtwq60n-Ds> Ways to Boost Your Melatonin: <https://youtu.be/2KaMsMUnt5o> <https://youtu.be/4wf1B-YPFzE> <https://youtu.be/NunbmVSmx2A> Video on Dry Brush: <https://youtu.be/JNqaYCBNKkc> How to Start Intermittent Fasting: <https://youtu.be/3dHcT1-K-tw> Prolonged Fasting: https://youtu.be/EX_kg6Nimbc Today we're going to talk about how to get rid of cellulite. Cellulite only occurs in the butt, thighs, and hips. Cellulite worsens with pregnancy, hormone replacement therapy, and menopause. With cellulite, the collagen bands are partially or entirely dissolved. There are also a few other things that could be going on, including: [Enlarged fat cells](#) [Thin skin](#) [Circulation loss](#) [Fluid retention](#) [Back up of the lymphatic system](#) [Atrophy of the muscles underneath](#) Overall, cellulite is not a fat disorder it's a collagen disorder caused by excess estrogen. Two main things are going on: 1. Excess estrogen that destroys collagen fibers and elastin. 2. Excess aromatase that destroys the fibroblasts that make collagen under the skin. Collagen is a byproduct of a hormonal problem, mainly to do with estrogen. But, other things could be involved too, such as: [Too much cortisol](#) [Loss of growth hormone](#)

Too much insulinÂ â€¢ Loss of melatonin â€¢ Deficiency in DHEAÂ How to get rid of cellulite: 1. Fix the atrophy problemÂ â€¢ Do lungesÂ â€¢ Do squatsÂ â€¢ Start retro walkingÂ â€¢ Try sprinting 2. Fix the circulation problemÂ â€¢ Do rebound exercisesÂ â€¢ Do red light therapyÂ â€¢ Use a dry brush on your skinÂ â€¢ Get a massage on the area regularlyÂ 3. Fix the collagen problem â€¢ Do intermittent and prolonged fastingÂ â€¢ Use an aromatase inhibitor cream (massage onto the area before bed)Â Mistakes to avoid: â€¢ Going too fast when you exerciseÂ â€¢ Working out over sorenessÂ â€¢ Not creating enough stimulus for the musclesÂ â€¢ Getting poor sleepÂ â€¢ Not giving it enough timeÂ Dr. Eric Berg DC Bio: Dr. Berg, age 59, is a chiropractor who specializes in Healthy Ketosis & Intermittent Fasting. He is the author of the best-selling book The Healthy Keto Plan, and is the Director of Dr. Berg Nutritionals. He no longer practices, but focuses on health education through social media. Follow Me On Social Media: Facebook: <https://bit.ly/FB-DrBerg> Instagram: <https://bit.ly/IG-DrBerg> Listen to my podcast: <https://bit.ly/drberg-podcast> TikTok: <https://bit.ly/TikTok-DrBerg> Disclaimer: Dr. Eric Berg received his Doctor of Chiropractic degree from Palmer College of Chiropractic in 1988. His use of â€œdoctorâ€ or â€œDr.â€ in relation to himself solely refers to that degree. Dr. Berg is a licensed chiropractor in Virginia, California, and Louisiana, but he no longer practices chiropractic in any state and does not see patients so he can focus on educating people as a full time activity, yet he maintains an active license. This video is for general informational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical exam, cure, treatment, diagnosis, and prescription or recommendation. It does not create a doctor-patient relationship between Dr. Berg and you. You should not make any change in your health regimen or diet before first consulting a physician and obtaining a medical exam, diagnosis, and recommendation. Always seek the advice of a physician or other qualified health provider with any questions you may have regarding a medical condition. #keto #ketodiet #weightloss #ketolifestyle

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Maggie Beer Keto Gummies: An In-Depth Review of Maggie Beer's Keto-Friendly Gummies, Via Keto Dragons Den: Success Stories from the Popular TV Show