

Diana Stobo's

The Grapefruit Cellulite Solution

How To Reduce Cellulite
Quickly And Easily With
Grapefruit In Just 3 Days



I promise to always bring you my best knowledge and most loving guidance so you can feel empowered to live with health, vibrance and beauty every single day!

Diana Stobo

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EATING FOR HEALTH, VIBRANCE AND BEAUTY



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1. Who is Diana Stobo?

Diana is a raw-food and juicing expert, weight-loss specialist, holistic health practitioner, and mind-body nutritionist.

She is living proof that transitioning to a healthful diet can help you lose weight, gain energy, heal your body, and look younger and more vibrant. As a 50-year-old mother of 3, Diana looks and feels better than ever before. Diana is living proof that eating LIVE brings you a life of health, vibrance, and beauty.

2. What exactly is Diana Stobo's "GRAPEFRUIT CELLULITE SOLUTION"?

It is a downloadable ebook that provides a 3-day jumpstart to reducing your cellulite through a healthful diet.

3. How will it help me?

By following this guide, you can assist your body in flushing out fat and reducing inflammation in your fat cells, which improves the appearance of cellulite.

4. How do I know if it's right for me?

If you are in general good health and want to improve the smoothness of your fatty areas along with a healthful diet and exercise, then this guide is right for you.

The information in this eBook is true and complete to the best of the author's knowledge. All recommendations are made without guarantee on the part of the author.

The author disclaims any liability in connection with the use of this information. Individuals with serious health problems or conditions should consult a physician before following the advice contained herein. The contents of this book are not intended to take the place of professional medical advice and treatment, if needed. The author does not dispense medical advice herein.

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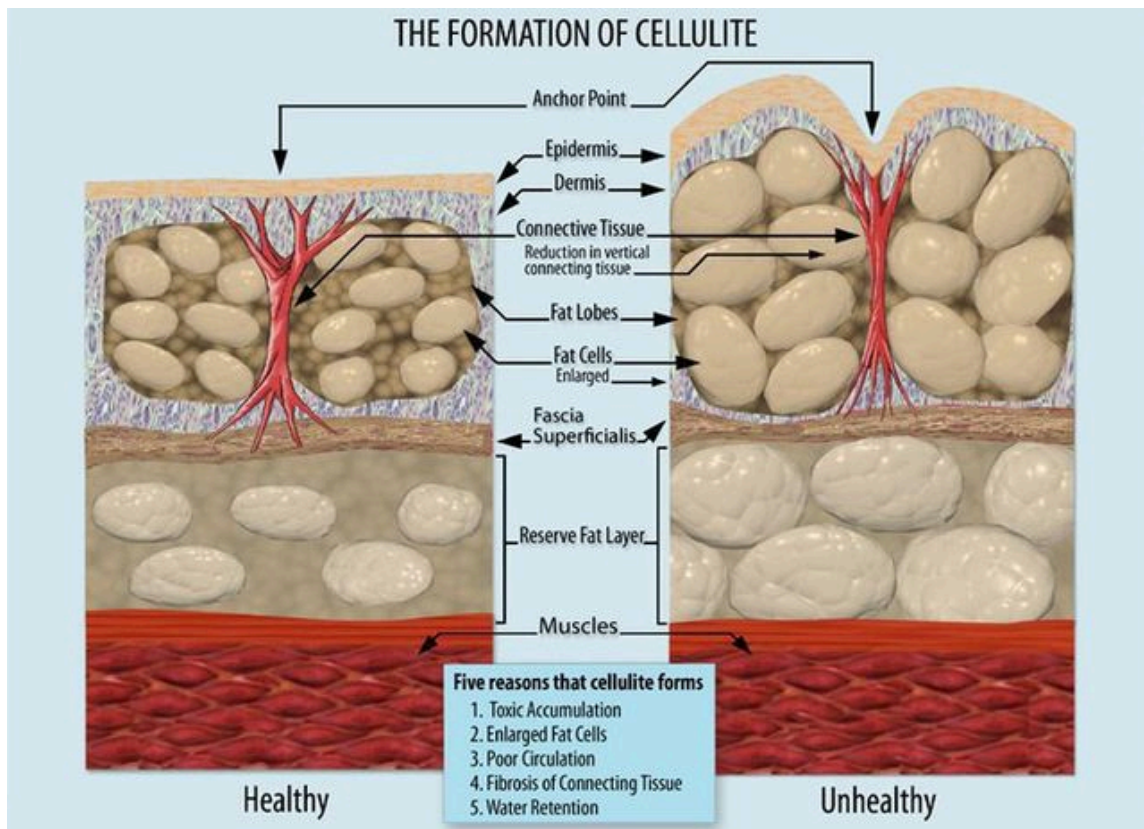
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Introduction

You hear it all the time: "You can't fight cellulite!" And partly, that's true.

Cellulite causes the cottage-cheese-like bumps in fatty areas of your body that make it hard to wear shorts and dresses without embarrassment. Cellulite is just pockets of fat pressing against the connective tissue under your skin. It causes the outer layer of skin to appear lumpy and dimpled.

It's always there because fat cells always exist. But we can certainly shrink it and help move it through the connective tissue by cleansing the lymphatic system.



"Formation of Cellulite" by Keegan Hurd — <http://bodywraps.net>. Licensed under CC BY-SA 3.0 via Wikimedia Commons

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The 3-Day Cellulite-Reduction Plan

Follow these steps to reduce the appearance of cellulite and overall body fat.

- Drink 1 gallon of water every day, throughout the day.
- Eliminate processed sugar.
- Eliminate fast-acting carbs (e.g., premade snack foods, bread, cereal, anything with wheat flour).
- Drink more of your food. Using the recipes in this guide, have a freshly made vegetable and fruit juice each day and replace one meal with a smoothie.
- Have 1 juice or 1 smoothie on an empty stomach (preferably in the morning) to flush the system each day and maintain a dimple free life.

3-Day Intensive Flush

To jumpstart cellulite reduction, drink only these recipes for 3 days straight.



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Drinking Your Food

Juicing fruits and vegetables is always a good way to lose weight and get healthier. There are specific fruits and vegetables that are especially beneficial in reducing the appearance of cellulite.

Juicing is preferable to just eating the fruits and vegetables because your body can absorb the nutrients better. With the fiber removed, the juice goes right into your digestive system with no work. The nutrients swim quickly into your blood stream, activating cells throughout your body, while the fluid helps flush out what is stale or stagnant.

Smoothies have fiber and need some time to digest, but because they have been pulverized in a blender they are already partially broken down (like being partially digested), so they work quickly through your system. The fiber helps move old material out of your lower intestine while the nutrients help your body loosen unsightly cellulite.



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Cellulite-Attacking Foods

Grapefruit and other citrus fruits are the most effective in reducing the appearance of cellulite.

Grapefruit is high in natural anti-inflammatory agents called bioflavonoids, which work as fat-burning stimulants. Adding grapefruit to any juice helps loosen and flush cellulite.

When juicing grapefruit, remove the peel but leave the white pith on. Separate into about four sections and place in the juicer. And don't remove the seeds; they have many health benefits.

Drinking grapefruit juice alone can reduce cellulite appearance; however, mixing it with other fruits and vegetables can enhance fat burning, which is effective at attacking cellulite.



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Juice Recipes

Cellulite Reducing Juice

Oranges are high in vitamin C. When the body is low in vitamin C it has a reduced ability to turn fat into fuel. The body instead stores the fat, causing weight gain and cellulite.

Carrots are also loaded with vitamin C and antioxidants that keep your skin healthy and vibrant. They also contain vitamin A, which helps cleanse the body and aids the liver in flushing toxins.

Turmeric is a natural anti-inflammatory that reduces swelling in your body and fat cells.

Ingredients

- 3 grapefruits, peeled
- 2 carrots, scrubbed and cut into chunks
- 2 oranges, peeled
- 1 chunk turmeric root

Directions

Place all ingredients in a juicer, alternating soft and hard produce. Enjoy a big glass and save any leftovers in a jar in the fridge for up to three days.



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Citrus Flush

This is a spicier citrus juice.

Lemon is high in bioflavonoids and vitamin C and acts as a natural diuretic for the body to help it shed excess water. Lemon helps the body flush toxins, which shrinks fat cells.

Ginger reduces inflammation, acts as an appetite suppressant, and helps stimulate circulation. Ginger helps to break down fat and also speeds up the metabolism.

Ingredients

- 1 grapefruit, peeled
- 2 oranges, peeled
- 1 lemon, peeled
- ½–1 inch of ginger

Directions

Place all ingredients in a juicer, alternating soft and hard produce. Enjoy a big glass and save any leftovers in a jar in the fridge for up to three days.



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Clean-Living Juice

A refreshing, minty juice.

Kale is full of nutrients that help fight cellulite such as vitamin C, calcium, and potassium.

Mint helps to promote digestion and soothes the stomach during times of indigestion or inflammation. Mint also stimulates the digestive enzymes that turn food from fat into energy.



Ingredients

3 small pink grapefruit, peeled

6–8 kale leaves

Handful of fresh mint

Directions

Place all ingredients in a juicer, alternating soft and hard produce. Enjoy a big glass and save any leftovers in a jar in the fridge for up to three days.

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Smoothie Recipe

Cellulite-Flushing Smoothie

Ingredients

1 cup fresh-squeezed grapefruit juice

3 of the following super-charged greens:

- Handful of parsley (a natural diuretic)
- One bunch of kale (a supercharged super food)
- 1 whole bok choy (loaded with sulfur and skin-smoothing nutrients)
- Half a head of cabbage, green or red (anti-inflammatory)
- One bunch of Swiss chard (loaded with calcium and antioxidants, extremely cleansing)
- One cucumber, skin on (hydrating, great for skin)
- One zucchini (smooth and creamy addition, helps smooth dimples)

Handful of cilantro (a natural blood cleaner)

About 5-7 mint leaves (stimulating and invigorating)



Directions

Blend ingredients in blender on high speed until smooth. I like to add a dash of stevia for sweetness and a handful of ice cubes for a cellulite-clearing smoothie.