

1 - The Body Disharmony Syndrome

a – Definition

It exists a group of alterations that affect the body aesthetics, that we called “Body Disharmony Syndrome” – BDS. These alterations were described for the first time by Miguel Francischelli Neto, MD, PhD , Head of the Naturale Clinic, with base in their researches on human aesthetics.

This Syndrome is characterized by the presence of Cellulite, Alterations of the Body Fat and Muscular Alterations that frequently appear associated.

The Body Disharmony Syndrome

- Cellulite
- Alterations of the Body Fat
 - Excess of Weight
 - Excess of Fat in the Body Composition
 - Localized Fat
 - Regionalized Fat
- Muscular alterations
 - Muscular flaccidity
 - Loss of Muscular Mass

Then, the whole Body Composition is really what determines the body form, it should be considered in the maintenance and recovery of the Body Harmony.

The Cellulite, the Muscular Alterations (Tonus and Mass) and the Alterations of the Body Fat (Weight Excess, Fat Excess, Localized Fat and Regionalized Fat) have a paper in the Body Disharmony, with several intensities for each patient and they should be treated joints, but in a personalized way, with a treatment program drawn for each patient. In these writings we will discuss the causes of BDS and the bases of treatment.

B – The Components of the Body Disharmony Syndrome

b1-Cellulite

The Cellulite, whose medical name is Hydrolipodystrophy, is not only fat excess, it is an modified fat, that has edema (water), and that suffers the influence of the feminine’s hormones, same the normal ones . It is one of the largest complaints by patients that request our Clinic for the recovery of the body shape they are several causes.

B2-Alterations of the Body Fat

The Fat Excess can be showing in 4 ways, which may occur separately or associated:

1 - Weight Excess: the patient has weight above the normal that is reflected in a different way depending on the amount of muscle that the patient has. He can have weight and Fat Excess with normal or increased muscular mass, or weight and fat excess, with reduced muscular mass, that it is the worst possible situation.

2 - Excess of Fat in the Body Composition: the patient has a proportion of fat, larger, when compared with the thin tissues (muscles, organs and bones); this can happen with or without Weight Excess There fore, even thin patients can have Fat Excess in the body composition, with the aesthetic alterations of his body shape, and they would be call the "thin / fat."

3 - Regionalized Fat: it is the fat that is deposited in the women, preferentially in the area of the hip and of the thigh. It can happen in people with Weight Excess, with normal weight, with low weight, and even in athletes, with little fat in the body (what happens, it is that the small quantity of fat that exists is all founded in a certain place, in the woman usually in the hip and thigh). It is different from the Localized Fat because it is not characterized by a projection; it is a fat distributed in a homogeneous way.

4 - Localized Fat: the Localized Fat is a fat projection in a certain place, for instance, in the outer thighs, or in the Belly. She should not confuse the Localized Fat with the other forms of fat excess. (Weight Excess, Fat Excess in the Body Composition, Regionalized Fat)

b3- Muscular alterations

What gives form to the body, it is not the fat but the muscle!

In the Body Disharmony Syndrome the muscles can be altered in two ways

- 1 - Impairment of the Muscular Mass:** a small amount of muscles exists
- 2 - Atony:** the muscle is present in good amount, but it is flaccid.

c – The Combined Treatment of the Body Disharmony Syndrome - What to do????

They are a large offer of available treatments for correction of the body aesthetic alterations. In a first moment the patient feels lost among so many options published in the media. It is better a diet or is the Exercises? Is it a liposuction or the Lipolytics applications? Which exercise? Which diet? Which machine is better, Carboxitherapy? Endermology? Russian stimulation? And the first question is: What to do? How to do?

As the alterations of the Body Disharmony Syndrome are several, the treatment should also be addressed for each one of the alterations then, we performed a combined treatment where most of the methods can be used, but in a personalized way for each patient. In the treatment part we will discuss with more details each one of the methods and indications, but in the table below we can find a summary of the alterations of the Body Disharmony Syndrome and the treatments that are part of the program Corpore Naturale .

The Body Disharmony Syndrome	
Alterations	Treatment
Cellulite	
Cellulite stage I, II, III, IV	Alimentary Correction Aerobic Exercises Lipolytics application - Mesotherapy Lymphatic drainage Complemental treatments Ultrasound - Ultrasonic Hydrolipolysis Electrolipolysis, Endermology, Carboxitherapy Russian stimulation
Depressed areas of Cellulite	Liposculpture and Subcision
Alterations of the Body Fat	
Excess of Weight	Correção alimentar Exercícios aeróbicos
Excess of Fat in the Body Composition	Alimentary Correction Lipolytics application Aerobics Exercises
Localized Fat	Liposuction Vibroliposuction Lipolight Laser-assisted liposuction Liposculpture
Regionalized fat	Alimentary Correction Lipolytics application Ultrasound Hydrolipolysis Aerobics Exercises

Muscular Alterations	
Muscle Flaccidity	Anaerobic Exercises Aerobic Exercises Muscle eletroestimulation Russian stimulation
Loss of Muscle Mass	Anaerobic Exercises Aerobic Exercises Hyperproteic feeding

2 - The Cellulite

The year was 1639, when Peter Paul Rubens painted what was the ideal of the feminine beauty at that time, the Three Graces. Women with Weight Excess with clear presence of Cellulite, that only the realism, characteristic of the Baroque period in the arts allowed to show the beauty ideal in the beginning of the third millennium however it changed and a lot the presence of fatty tissue is little accepts and the irregularities of this tissue, the Cellulite, is the modern women's fright the Cellulite, however, the great villain of the feminine beauty, is present in 80% of the western women. Every time appears earlier, doing reach young and adolescents and not respecting until the thin women the modern and managing photographers of movies, substitute of the old realistic painters, don't have Rubens' same aesthetic ideal and they characterize the feminine beauty today in types thin, athletic and without Cellulite.

a- What is the Cellulite?

The Cellulite is showing in the fat tissue that is below of the skin. In the whole body this layer exists the normal amount of fatty tissue in the body is of more or less 20% of the individual's weight. When happens the increase of the amount of the fat tissue, they start to happen alterations, with the compression of vessels and projection of this tissue for the skin, causing the alterations known as Cellulite. However, the Cellulite is not just increase of the fat tissue, because this way, it would exist in fat men, what doesn't happen. It is, actually, a sum of alterations, current of the fat increase, but where several factors have action: as hormones, feeding, sedentary life, circulation, genetic trend, physical and other type.

b-stages of the Cellulite

The Cellulite comes in four evolution stages. While we showed what happens in each stage we will talk about the mechanisms of formation of Cellulite.

Normal condition

In the normal condition the fat tissue is richly irrigated, the fat cells are in size and normal ways the vessels are efficient and has normal formate. It doesn't exist edema and the Thermography (an examination that demonstrates the degree of Cellulite) is normal.

b1-Stage 1

An increase of volume of the cells of the fat tissue happens in the affected area caused by fat accumulation inside of the cell. Doesn't exist circulatory alteration and alteration of the sustentation tissues, just a discreet dilation of the small veins of the fat tissue there are no visible signs in the skin and nor pain. In Thermography it can appear the aspect called "Moucheté" that represents increase of the temperature provoked by edema and permeability of the capillaries.

b2-Stage 2

The fat cells are a little more full of fat, and the ones that are in the deepest part begin to suffer the same process. Already appears a certain fibrosis degree, that to get worse, it begins to form micronodules in the following phase the increase of the volume of the cells provokes circulatory alteration for provoking the compression of the microveins and lymph vessels the blood and the lymph (aqueous liquid that bath the cells) they are dammed. It happens a larger "swelling" of the fat cells and the toxic debris that should be eliminated begin to be accumulated. The woman's normal hormonal action increase the body liquids, that still worsens more the swelling. The contraceptive use and the gestations, still for hormonal action are going swelling the tissue and worsening the alterations. In the skin it is already possible to observe irregularities to the palpation and still doesn't exist pain. In Thermography the aspect "Moucheté" is more characteristic appearing edema and blood stasis demonstrated by areas of increased temperature.

b3-Stage 3

The cells continue increasing their volume because of the continuous fat acquisition and edema. It happens a disarrangement of the tissue and emergence of the nodules that in spite of deeper, they are seen as irregularities in the surface of the skin, even without palpation. It begins to exist a fibrosis, that is the hardening of the sustentation tissue (where they are the fibers) and the circulation is still more committed. They can appear the varices and microvaricose veins. The skin has the aspect similar to "Orange peel." Then occurs the sensation of weight and fatigue in the legs (should remember that the Cellulite is related with circulatory functional problems at the skin and fat tissue, and in that stage the circulation in the fat tissue is already with problems). In Thermography the aspect of "Pelle di Leopard" that is the presence of countless stains appears at thermography, denoting the disorganization of the tissue, with several temperatures and the edema and venous stasis presence.

b4-Stage 4

The disordered swelling of the fat cells is accentuated, the sustentation tissue becomes more hardened (fibrosis) and the local circulation of venous return is very committed. In that stage, the Cellulite is hard and the skin is "shiny", full of depressions, with padded aspect. The legs are heavy, swollen, aching and the sensation of fatigue is frequently present, same effortlessly. In Thermography they appear the previous aspects described already and "Black Holes" appear, that are areas of reduced circulation, representing a coalition of several micronodules in macronodules and the presence of significant fibrosis.

c - Location of the Cellulite

The Cellulite can be located in several areas of the body. A predilection exists for the buttocks area, the thigh's lateral area, the face interns and back area of the thigh, the abdomen, the nape, the back and lateral part of the arms and the face interns of the knees, but in predisposed people it can reach even the ankles.

d-factors that Favor the Emergence of Cellulite

d1-Family genetic predisposition

The Cellulite is not an illness, but a female characteristic. The Cellulite is for the woman, as well as the baldness it is for the man. They are characteristic of gender, associated to the hormone. As well as the masculine hormone and the genetic characteristics determine the baldness, the feminine hormones and the genetic characteristics determine the Cellulite, not in a such intense way, because it will suffer more the influence of the environment and of the life style, but also the genetics is present. The genetic inheritance is very important in the Cellulite and has to be taken into account. Different types of factors can be inherited that predisposes to her. (production of hormones, constitutional type and even alimentary habits), but that doesn't mean that is leaving obligatorily to develop the problem if somebody of the family has. We will suppose that two identical twins sisters, with genetic predisposition for Cellulite, be created by different families. A family worries in maintaining a healthy feeding and in doing regular physical Exercises. The other doesn't give importance for those cares. The first twin has very smaller probability of developing Cellulite. A person with hereditary trend to develop Cellulite to have sedentary life and careless alimentary habits can have even more Cellulite than other with larger trend, but that takes care.

d2-Hormonal factors

The feminine hormones are the main causes of Cellulite. Alterations of the production, use of medicines with hormones, disequilibrium between estrogen and Progesterone, adrenal hormones, can unchain or to worsen the Cellulite for several mechanisms. They interfere in the metabolism of the fats, in the lymphatic and venous circulation, they facilitate the retention of water and salt and, besides, they coordinate the fat deposition in the abdomen, hip and thighs to give to body the feminine aspect. A trend exists, in the woman, there to be larger deposition of fats in the areas of the body where the Cellulite is more frequent. Even people with little amount of total fat can concentrate the adiposity in those areas. When the woman gain weight, great portion of the fat going to these areas, and, still worse, if the fat deposition is quickly the disorder of the tissue is worse facilitating the formation of nodules of Cellulite. When losing weight, the feminine hormones hinder the withdrawal of fats of those areas. For that reason many people when lose weight lose in the arms, face, thorax, legs and muscles, but not in the areas of Cellulite. The treatments with Lipolytics and Mesotherapy seek to mobilize the fats of these specific areas so that they can be used as source of energy and consumed. Even small disorders of that complex relationship among the hormones always result in worsening of the Cellulite. If a woman has Cellulite, it

doesn't always mean, that she has hormonal disequilibrium, because, even the feminine hormones perfectly balanced can provoke Cellulite, almost as a secondary feminine characteristic. This happens, because that person's fat cells have a sensibility increased to the hormones, provoking the fat deposition and then the formation of Cellulite.

d3-Bad alimentary habits

To eat more than the necessary, as well as rich diets in fats or carbohydrates or bad alimentary habits they increase the synthesis and the storage of fats, favoring the Cellulite. To take small quantity of water and to abuse of the salt hinders change the liquid balance of the organism favoring the retention of toxic residues of the cellular metabolism (The cells work as a factory that produces several useful things, but that work all produces a garbage - toxic residue - that needs to be constantly removed).

d4-Sedentary life

The lack of physical Exercises reduces the consumption of energy a lot for the body that facilitates the alimentary surpluses that will be transformed in fat. Besides, the cells lose the capacity to produce energy taking the whole organism to be slowly more apathetic. The ancient life style didn't have the means that exist today as easy transport, appliances, channeled water, etc. A woman had at not so many years ago household chores that forced very more Exercises than today, how to remove water of the well, or to walk to do their obligations, for instance. The modern means turn obligatory the accomplishment of some extra physical activity to avoid the sedentary lifestyle that is very harmful for the health as a whole and not only for the body harmony.

e-Differences between the Fat Tissue of Men and the Women

The Cellulite is not only fat increase, because if it went like this, fat men would have Cellulite, what doesn't happen. Sometimes times fat men present some folds of the skin, that look like the Cellulite, but actually don't happen all the described alterations. The men don't have Cellulite, because fundamentally has a different fat tissue and it doesn't suffer the hormonal action. The men's fat tissue has septums (bars that permeate the fat cells) thicker, and these septums are disposed of an oblique way. In the women the septums are finer and disposed of perpendicular way. These characteristic do that in the men, when it happens increase of fat tissue under the skin, it is projected for the bottom. In the women when it happens the increase of the fat tissue he is projected outside. The septums hold the skin, and among the septums it happens the fat projection. The irregularity that is visible in the surface of the skin appears this way. Another characteristic that is different between men and women is the presence of the feminine hormone. The normal feminine hormone, the one of the contraceptives and the one of the gestations provoke a fluid retention, mainly in the fat tissue of the hips and thighs. This increased liquid, associate to the fat increase and the feminine anatomical characteristics are important determinant for the emergence of the Cellulite.

f-The Physical Type.

They exist, basically, two types of women when we considered the formate of the body. The women with Gynoid shape trend and the women with Android shape trend. The women with Gynoid type have the trend to have the waist and the superior part of the body thinner and the hip and thigh with larger trend to deposit fat. The women of the Android type have a trend to deposit fat in the superior part of the body. This way, when win fat the women Gynoids put this weight more in the hip and thigh and has more Cellulite. The Android women put on weight more in the abdomen arms and breasts and less in the leg, and has less Cellulite. Therefore, the physical type also influences in the emergence of the Cellulite.

g-The weight , the number of fat cells and the Cellulite

We believed that the effects of the fat deposition can be different in patients with higher or lower population of fat cells .

The people with great population of fat cells, with trend to the obesity, that we will call type G, have a great number of fat cells, while the people with small population of fat cells, with trend to be thin has a small number of units and we will call type M. If a same amount of fat be added to the body by alimentary error or lack of Exercises, the people of the type G will have less fat by fat cell than the people of the type M. The fat cells of the people of the type G would increase less in size than in the type M. In the type M, Therefore the repercussions in the fat tissue, with the modifications that take the Cellulite, for a same fat deposition, will be proportionally larger. The same happens in the venous and lymphatic sysmall cannula that it is smaller in absolute numbers in the people of the type M in relation to the people of the

type G. A same absolute increase in Kgs of the fat tissue in the population M will have larger repercussions in the fat tissue, with consequent Cellulite that in the population G. This theory can explain the several manifestations of the Cellulite, that although it presents a clear relationship with the feeding and fat deposition, sometimes surprises us with the discovery, no rare, of people with Weight Excess and without presenting Cellulite proportional to the overweight and thinner people, with important alterations. We considered that to exist Cellulite an increase of the fat deposition should exist in the fat cells, that it is what will unchain the process. The Regionalized Fat, deposited by hormonal influence, has then, important role and the total number of the individual's fat cells can be associated. Then, even thinner people can have a lot of Cellulite, even disproportionally larger than fatter people. Therefore, to treat Cellulite is more complex than only to lose weight.

3 - Alterations of the Fat

a-The Excess of Fat

A person can have the normal weight or only a little increased and however to have a Fat Excess and lack of muscular mass in the body. Then, same being apparently thin, will appear the "Syndrome of the Body Disharmony." Another person can have Weight and fat Excess and impairment of muscular mass, then the Disharmony will still be more important. The normal distribution of the Body Composition is 20% of fat and 80% of thin mass that it is formed by muscles, bones and organs. As, in rule, the bones, and organs don't change of size (safe if sick), the thin mass reflects the muscular mass. A woman of 1,59 m of height, that weighs 55 kilos, has a normal weight. But, her Body Composition goes of 35% of fat and 65% of thin mass, she presents a Fat Excess in the body and lack of muscles. This Fat Excess will contemplate in the presence of Localized Fat and Cellulite and the lack of muscles in flaccidity. Then, Will happen the Body Disharmony Syndrome, even in a thin woman. Already another patient, with 1,53 of height, that weighs 70 kilos, and that has 50% of Body Fat and 50% of thin mass, would have an ideal weight of 51 kilos. Therefore, has an excess of weight of 19 kilos, but an excess of Body Fat still larger, of 25 kilos, therefore, besides the Weight Excess exists lack of muscular mass. That composition will reach the Body Harmony in a much more intense way. The combinations of those factors (muscles and fat) can be the most different possible, and the intensity of the problem and the treatment will be different for each case.

b-The Localized Fat

The excess of Body Fat and the hormonal action can take to the deposit of fat tissue in certain parts of the body. In the man the preferential place is the Belly and the "Love Handles" and in the woman Gynoid is the area of the hip, where appears the famous "Outer Thighs fat." In the Android woman, the deposition is in the Belly, as the Man. We already saw that the Fat Excess can exist even in people without Weight Excess, what explains the Outer Thighs or Belly presence even in women seemingly thinner. The Correction of the Body Composition can improve the Localized Fat. Small depositions can disappear, but in many cases, this fat is difficultly mobilized, even losing weight. Clinical treatments, with Hydrolipoclasia (Ultrasound) and Mesotherapy can treat Localized Fat of small volume. Already the cases of medium and big extension end up needing surgical correction, as the liposuction. The Surgery doesn't eliminate the need of Alimentary Correction and Exercises and the treatment for the Cellulite. As always, in the whole approach for Body Harmony, they are necessary complementary and combined techniques.

c-The Regionalized Fat

We called Regionalized Fat, a fat layer that is deposited in a homogeneous way under the skin, without doing projections. It is different from the Localized Fat, because this makes a projection, as in Outer Thighs and in the "Belly." the Localized Fat is a more homogeneous layer, that it deposited from the hip to the knee in the women of the Gynoid type and in the abdomen, flanks and waist in the woman of the Android type. This layer, differently of the Localized Fat, it cannot be removed easily with the Liposuction. It is intimately associated with the feminine hormones and the Cellulite. It is in this layer that the Cellulite installs. For us, to detect the Regionalized Fat, it is only to catch the thigh's skin, between the fingers, very nearby to the muscle of the leg. The more thick the volume apprehended among the fingers, larger is the Regionalized Fat volume. The Localized Fat is treated better with Liposculpture and the Regionalized Fat, with the treatments of Cellulite.

4 - The Muscular Alterations

a - What gives the form to the body?

What actually gives form to the body is the muscle and not the fat. To have harmonic lines the muscles have to present an amount (mass) and tonus (firmness) correct.

For a good cardiovascular protection it is necessary just to walk fast, without stopping, daily, for an average of 45 minutes. However, to have answer in the form of the body, only walk is not enough, it is necessary to work out a lot. The truth is that to have an athletic body is necessary to be an athlete. If it still doesn't exist fat excess, Cellulite or flaccidity, just the Exercises and good feeding are enough. But, if the Cellulite and the Localized Fat are already present, they are necessary, besides the Exercises, the medical treatments.

b-The Exercises and the "men and women of the caves"

We will remind the evolutionary nature of the human body and to consider that if our conscience and culture are modern, the subconscious and our basic reactions are prehistoric. The effect of the exercise happens because the body responds to them as if we were "Men of the Caves." In a prehistoric scenery, if a man runs everyday is because it is seeking the hunt or it is being the hunt and he needs to flee. The body, adapted by the evolution of the species, answers. Then, happen changes in the organism that facilitate the mobilization of the fats and give more force (The increase of the muscles) and animus (The increase of the energy). The fats decrease because they are consumed and reducing the weight is easier to run to hunt or to flee. The energy increases by an increase of the corpuscles producers of energy (mitochondria). The physical activity, for this mechanism, provokes impairment of the fat tissue, the increase of the muscles and of the production of energy. That effect, called "effort's effect" happens only, if there is repetition along the time, at least 3 to 4 times a week. If there is not repetition the body interprets that that situation is fortuitous, not representing a real change, and continues to work accumulating fat and it doesn't produce muscular activity and increase of the energy.

To the modern men and women if they want to have mass muscular, good form, cardio-pulmonary reserves and energy, has to imitate the prehistorical conditions and to perform frequently the physical activity. The body answers differently to the several types of Exercises. As general rule all are good, but some are more efficient for a certain objective.

c-Aerobic and Anaerobic

Imagine that a runner makes a proof of 100 meters, that a champion gets in less than 10 seconds. It is not necessary to breathe a lot, because in 10second badly gives time to breath. What is necessary to the athlete is a lot of force in the legs, in other words, muscles, and she doesn't need so much of oxygen, for that, this exercise type is called anaerobic. Already a runner of long distances, as a marathon runner, needs to have a capacity of the heart and a very good lung, because it will exercise for several hours, needs a lot of oxygen and it is not necessary a lot of muscle and this exercise type, then, it is called aerobic. The anaerobic Exercises, as the lifting training, for instance, is very good to form muscles, but it develops little the heart and the lung. Already the aerobic Exercises, how to swim, to walk, to jogging, to bike is great to develop the cardio-respiratory capacity. They also form muscles, mainly, the swimming, but not as much as the lifting training. The ideal is the combination of the two exercise types. A great association is swimming and muscular activity.

For who wants to improve the form, the combination of an aerobic activity with muscular activity is the most efficient, but doesn't forget that the repetition of the activity in small intervals is so much important. The collective sports and the tennis have great action in consumption of calories and therefore weight loss, but they are insufficient to obtain cardiovascular effect and body form.

To do Exercises bring of pleasant the good form of the body and bring of useful health. Then it is the time of working out, without laziness or fear. A good orientation is indispensable and if the age goes more advanced, it is necessary medical evaluation before beginning. The Exercises are important part of the Nature Clinic Program of Body Aesthetics, Corpore Naturele, and a personalized orientation is the ideal to obtain the results, with the treatments performed at the clinic.

5 - Corpore Naturele, the Program of Treatment of the Body Disharmony Syndrome

The treatment of the Body Disharmony Syndrome (Alterations of the Fat, Cellulite and Muscular Flaccidity) can be divided in two parts: the one that depends on the patient and the one that depends at the Clinic of aesthetic medicine.

Treatment of the Body Disharmony Syndrome
What depends on the Patient

	Correct alimentary habits Exercises Healthy Life Style
What depends on the Clinic	
	Medical consultation, Examinations and Orientations. Application of Lipolytics Lymphatic drainage Complementally treatments Electrolipolisis Ultrasound - ultrasonic Hydrolipoclasys Endermology Carboxitherapy. Nutritional orientation Sporting orientation Subcision Liposculpture Liposuction Russian stimulation

a - What depends on the patient?

What depends on the patient is important and it is the most difficult, because if a person wants to change body shape should change their habits. You are that you live. Who likes of good life and a lot of food and drink will have the body outline associated to that life style. Who has healthy feeding and practices Exercises will have the body outline associated to those healthy habits. The mind doesn't owe if it dissociates of the body. Health and beauty should walk together to compose with the healthy mind and the culture an ideal of life quality. The binomial healthy feeding and Exercises are the base of the good health and of the good appearance and without a doubt it is not easy to practice. With certainty it is not impossible to have an attitude of healthy life, because a big one and every time larger portion of the population makes it, doing take in years recent to an increase of the life expectation. To treat the Body Disharmony Syndrome, then, has an important reflex in the life quality as a whole and those measured will be certainly beneficial for the whole body and not only for surface.

b - What depends of the Clinic?

Corpore Naturale is the Program of Treatment of the Body Disharmony Syndrome developed by researches of the Naturale Clinic. The basis is the global and personalized treatment. In other words, all the alterations of the Body Disharmony Syndrome, including the Cellulite, the Localized Fat, the Muscular Flaccidity and the Excesses of Fat, are assisted (global), but in a personalized way (for each patient is drawn a treatment program).

Corpore Naturale is based on four phases: In the phase 1 a consultation and exams is performed by a physician. In the phase 2, a wide orientation is given including Alimentary Education, sporting orientation, explanations on all of the available treatments and it is established a personalized program and the prognosis for each case. In the phase 3 the treatments are performed, the most modern, but with rigorous scientific base, and personalized for each patient, depending on the found in the exams and consultation. In the phase 4 maintenance is performed, because it is not enough to obtain the results, but they have to be maintained.

All of the phases of the treatment in the Naturale Clinic are performed by specialized physicians. Notice that the treatments are performed by physicians and personalized for each patient, considering their problems, characteristics and objectives. The pattern here established it is a base on which vary the combinations proposed by the physician of the clinic.

b1-Phase 1 - Physician Consult

The Medical Consultation is important part in the treatments of body aesthetics, because it allows establishing a treatment program personalized for each patient. During the consultation it is made a careful examination by a physician, which through a questionnaire studies the lifestyle, including alimentary habits and the practice of the patient's Exercises. Anthropometrics Measures are performed including

weight, height, breast, waist, hip, bilateral outer thigh, high thigh, low thigh, calf, ankle, indexes waist / hip and waist / bilateral outer thigh, that will determine the physical type and the degree of disharmony of the body shape. They are performed pictures that allow the determination together for the patient and for the physician of the present alterations and establishment of the objectives and attendance of the results. They are appraised the presence of the components of the Body Disharmony Syndrome that are the Cellulite, the Excess of Body Fat, the Muscular Flaccidity and the Localized Fat, and also the presence of Striae, Varicose, Micro varicose and spider veins that frequently are also present. Two specific examinations are performed, Bioimpedance, that gives the composition of the body and Thermography that is useful for determines the prognosis. They can be requested in some cases Ultrasound to evaluate the thickness of the fat layer and laboratory examinations to evaluate the function of the thyroid and of the ovaries.

b2-Aesthetic Complementary Exams

We performed two aesthetic examinations, Bioimpedance and Thermography.

Bioimpedance

The Body Composition can be evaluated using several methods, easily. In our Clinic we used Bioimpedance. The factor Body Fat of the Body Disharmony Syndrome can be showing in several combinations of four conditions. Excess of Weight, defined for IMC, Excess of Fat in the Body Composition, defined for Bioimpedance, Localized Fat mainly for the physician's examination, and that are fat collections that make prominence in a certain area (as the outer thighs) and Regionalized Fat, this defined as the deposition of fat in a homogeneous way, without protuberances, in the area of the hip and thigh, that they can be availed by Ultrasound, and in a simpler way evaluating the depth of the fat with the fingers. Therefore, a patient with Weight Excess can present or not, associates, Localized Fat, Regionalized Fat and Fat Excess in the Body Composition. And in another situation even a patient with Total Body Fat very low, as for instance, an athlete, can present Regionalized Fat. This Regionalized Fat can determine emergence of alterations of the fat tissue in the hip and thigh, even in thin patients and with Total Body Fat very low. It is explained then, because even athletes, with Total Body Fat low, they can present Cellulite. What happens is that the little of fat that is present, is deposited, influenced by hormonal factors, in the hip and thigh, as Regionalized Fat.

Bioimpedance is an examination that is done through a machine that generates a very low electric stream (no perceptible for the patient)The stream rides faster for the thin tissues that has more water and electrolytes and walks more slowly for the tissues with fat. In that way it is possible to determine the content in fat of a body in percentage. It is then, possible saying that a person has, for instance, 32% of fat mass and 68% of thin mass.

The interesting, is that this examination helps to detect the so called thin-fat, in other words, thin people in the weight, and with fat composition increased in the body, that provoke the body disharmony (Cellulite, Flaccidity, Localized Fat and Excess of Fat).

It is because of this altered composition, that even people with the normal weight can have the alterations caused by fat excess. Other patients with Weight Excess, if they have the composition also altered, they will present alterations still worse in the body appearance.

This examination is very important, because it helps to determine the alimentary correction, which it is necessary sometimes, even in people with the normal weight, to recover and to maintain the body form.

Thermography

It is a no invasive exam, performed with a thermograph created in Italy, and where leafs with Liquid Crystals of Cholesterol, that has the capacity to change the emission of colors in solid and predicable bases. This way is possible to determine temperature changes in the surface of the skin, and to observe, with the clinical consultation, the stage of the Cellulite. Each stage has own characteristic that can be observed in Thermography. To know the stage of the Cellulite is important for the prognosis. They vary from 1 to 4. If the stages are more initial is possible to wait complete disappearance of the problem, with the treatment, if they are more advanced is possible to wait a considerable one gets better, but no the total recovery. The stages 1 and 2 are considered initials and the stages 3 and 4 considered advanced.

Thermography, in a very simple way, just applying the double leaves with the cholesterol crystals on the skin, and accomplishing a digital picture, it can determine the stage of the Cellulite, and to contribute for the determination of the components of the . BDS - Syndrome of Body Disharmony.

b3-Phase 2 Medical Orientations - Nutritional and Sporting

Nutritional Orientation

The recovery in the body shape and the correction of all the components of BDS - Syndrome of Body Disharmony is difficult and they depend on the aesthetic and surgical treatments, but also of Exercises and good feeding.

We changed the word "diet", which presupposes a passing attitude, by Alimentary Education, that it is an action for the whole life. Alimentary Education is a change of habits and it is one of the keys to have a beautiful body profile, free from Cellulite and Localized Fat and mainly with great health.

The man, there is no many millenniums lived in the jungle, in caves, and, as animal more important of the creation, suffered the alterations provoked by the evolution. The man was adapting to the middle in that he lived, but many of the human reactions continue as in the time of the caves. In the prehistoric times there was difficulty to get food. The man needed to hunt and to seek for fruits and roots. A lot of times it was exposed to the intense climatic alterations, which changed the offer of foods, putting the life in risk. There is no way of as keeping the hunt, that deteriorated with easiness and the permanent search of food was, therefore, main and vital activity. Then the nature created in the man a reservoir of food that is the fat tissue. When the food was abundant, the man ate as it was able to and that food in excess was accumulated in the fat tissue. If the foods, abruptly, lacked, the ones that had plenty accumulated food in the body would survive until that the conditions got better, while the ones that didn't have surplus fat, they perished. Of course for the modern man this reservoir is not necessary. It is more practical and efficient to keep the food in the storeroom, in the refrigerator or even to leave in the supermarket, to it buy just when it is necessary. To maintain exaggerating reservation of fat in the body is nonsense and only does badly to the aesthetics and the health. The necessary should be eaten, without the excesses that worsen the Cellulite in the women, they accumulate fat and they deform the body, originating the Body Disharmony Syndrome.

A healthy diet is based on proteins and natural vitamins, with few fats and carbohydrates. Fruits, green vegetables, white fleshes, milk skimmed and derived of the milk skimmed, as yogurt and white cheeses and , in The Brazilian diet, only a little of the bean with a little rice, they form the base of a good feeding.

The Body Disharmony Syndrome has several causes and it is not just fat excess, but the alimentary disarray is a fort component in the emergence of this problem type. She should not fall in the mistake of considering the food as a bad thing, the feeding is quite necessary, but with quality and without excesses, these ones, harmful.

The hereditariness, the hormonal action and the sedentary life are also important causes of Cellulite and loss in the body shape. Little can do in relation to the hereditariness and to the hormonal action, but the Exercises and the Alimentary Education are useful and fundamental in any treatment.

Some of the treatments more used in aesthetic medicine mobilize the fats of the areas in that they are more fixed in the woman, but these fats should not be recovered eating in excess. The situations are different, the demand degree varies for each case, but all of the people that has Cellulite or a loss of the body harmony and intend to get better, need to do an alteration of alimentary habit.

When the alteration in the body shape goes initial and light, just Exercises and Alimentary Education are enough for the correction, but when a more important alteration is already present, the medical treatments, as Application of Lipolytics, Electrolipolysis, Lymphatic Drainage, Endermology, Ultrasound, Liposuction, Liposuction and Subcision need to be used depending on each case. These treatments are undeniably more efficient when associates to the Alimentary Education and Exercises.

Good alimentary habits and Exercises are the base to have a good body appearance, what is pleasant, but they are also a requirement for the good health, what is quite useful. Therefore, to take care in the body shape is not only a vanity subject; it is also an attitude of preventive health.

Sporting orientation

For a good cardiovascular protection it is necessary just to walk fast, without stopping, daily, for an average of 45 minutes. However, to have answer in the form of the body, only walk is not enough, it is necessary to work out and a lot. In short, the truth is that to have an athletic body is necessary to be an athlete. If still doesn't exist fat excess, Cellulite or flaccidity, just the Exercises are enough. But if the Body Disharmony Syndrome is already present is necessary to associate treatment in Clinic of aesthetic medicine and a good nutritional orientation. The Exercises are very useful, but, only the Exercises, separately, don't eliminate the Cellulite and the Body Disharmony Syndrome. For who has Syndrome of

Body Disharmony, the recovery in the body shape depends on the combined action of Aesthetic Treatment in the clinic, Exercises and Alimentary Education.

To have a beautiful and healthy body is not easy, but it is possible to the ones that make an effort. Maybe for recognizing the difficulty well to get and to maintain a body care it is that makes the body wife well done so valued. But why the exercise changes the bodies, which are the alterations that happen?

We will remind the evolutionary nature of the human body and to consider that if our conscience and culture are modern, the subconscious and our basic reactions are prehistoric. The effect of the exercise happens when there is repetition. The body interprets as if we were "Men of the Caves." Then, in prehistoric scenery, if a man runs everyday is because it is seeking the hunt and the food that should be difficult, or it is being the hunt and he needs to flee. In these conditions, the body, adapted by the evolution of the species, answer and then happen changes in the organism that facilitate the mobilization of the fats giving more force (The increase of the muscles) and animus (The increase of the energy) the fats decrease because they are consumed and reducing the weight is easier to run to hunt or to flee. The energy increases because there are the augmentation of the intracellular mitochondria that are corpuscles producers of energy. Then, the physical activity provokes impairment of the fat tissue, the increase of the muscles and of the production of energy. That effect, called "effort's effect" happens only, however, if there is repetition along the time, at least 3 to 4 times a week. If there is not repetition, the body interprets that situation is fortuitous, not representing a real change and it continues to work accumulating fat and it doesn't produce muscular activity and increase of the energy.

The men and modern women if want to have muscular cardiovascular and energy answer, has to imitate the conditions prehistorically and to do physical activity frequently. The body answers differently, to the several types of Exercises. As general rule all are good, but some are more efficient when a certain objective is wanted.

Imagine that a runner makes a proof of 100 meters, which a champion gets in less than 10 seconds. It is not necessary to breathe a lot, because in 10 second almost do not have necessity of breath. The necessary to an athlete is a lot of force in the legs, in other words muscles and she doesn't need so much of oxygen, for this exercise type, that is called anaerobic. Already a runner of long distances, as a marathon runner, needs to have a capacity of the heart and one very good lung, because it will exercise for several hours, needs a lot of oxygen and it is not necessary a lot of muscle, and this exercise type then, it is called aerobic. The anaerobic Exercises, as the muscular activity for instance, age very well to form muscles, but it develops little the heart and the lung. Already the aerobic Exercises, how to swim, to walk, to run, to bike is great to develop the cardio-pulmonary capacity. They also form muscles, mainly the swimming, but not as much as the calls localized Exercises or muscular activity. The ideal is the combination of the two exercise types. Recommended aerobic Exercises: the characteristic should be considered of each one, but to swim, to walk, to run, bike or ergo metric bike are the aerobic Exercises par excellence, they mean health and they also improve the body shape .

Anaerobic Exercises: the lifting training , muscular activity, are the ones that have better effect in the formation of muscles, that is what gives the body outline, but it should be very well guided because it is the exercise that provokes more lesions when badly done. Body Pump and Lifting Training present good results, but they should be performed with a physical education teacher's attendance very closely. For who wants to improve the shape , the combination of an aerobic activity with lifting training activity is the most efficient, but doesn't forget that the repetition of the activity in small intervals is very important. The collective sports and the tennis have great action in consumption of calories and, therefore, to weight loss, but they are insufficient to obtain cardiovascular effect and body shape .To do Exercises bring of pleasant the good form of the body and bring of useful health. Then it is hour of working out, without laziness or fear. Not to forget that a good orientation is indispensable.

Recommended Exercises	
Aerobic	Anaerobic
To swim, walk /jogging , ergo metric bike	Lifting Training, Body Pump.

b4-Phase 3 - Treatments of the Body Disharmony Syndrome

The treatments of the Body Disharmony Syndrome are several. Clinical or Surgical Techniques are used depending on each case. This way, in the Clinical consultation and with the analysis of the aesthetic exams, it is drawn a treatment program personalized for each patient. They will be suitable the treatments that can provide the better results, and heard the patient's opinion, which will be applied. In the table below they

are the treatments more frequently used. In our clinic, we used the most modern treatments, since they have a scientific acceptance. For many treatments, there is a lack of scientific confirmations, and they won't be used.

Treatments The Body Disharmony Syndrome
Application of Lipolytics Mesotherapy Intradermotherapy
Lymphatic drainage With machines Manual
Complementally treatments Ultrasonic Hydrolipoclasia Electrolipolisis, Endermology, Carboxitherapy
Surgical treatments Liposcupture Lipolight VibroLiposuction Laser-assisted liposuction HLPA hydro liposuction Liposuction Subcision and Liposcupture

The Application of Lipolytics

An important technique to treat Cellulite and the Body Disharmony Syndrome is the application of Lipolytics with derived techniques of Mesotherapy. It is a controverted theme. Is an efficient method? For the one what does intend? What is Mesotherapy exactly?

If a medicine is supplied orally or by injection, it circulates on the vascular system reaching all of the organs. Although a product can concentrate more on certain organs, in a general way they are distributed by the whole body. Only a small part of the medicine is going to the target organ, where the problem exists. Therefore, of the received total dose, just a fraction arrives at the place that it is sick. For instance, if a patient has an "inflammation" in the knee and receives an anti-inflammatory, the medication will distribute for the whole body, reaching the lungs, the liver, the other knee, finally the whole organism, and only a small portion will reach the sick knee. The dose of the medicine is made on calculations based in the portion that acts in the point that is sick, and the remaining ends up being useless.

The basic beginning of the local application is the administration of medicines, close to the place where will act. Then if the medication is applied at the place, it will be present in the target point in high doses, and when it is absorbed and distributed by the organism, was diluted and has effect very decreased to the other organs. Then, a small amount applied in the target place will have a strong action in this place, and when absorbed and distributed in the rest of the organism there will be a dilution and the possible side effects will be much decreased.

It is obvious that this technique doesn't substitute any of the conventional treatments, but has some very specific applications where it can be useful.

Therefore, Mesotherapy, local application of Lipolytics, Intradermotherapy, are just a way of administration of medicines. It can be excellent, or useless or even harmful depending on whom accomplishes the treatment (that should always be a trained physician and habituated with the technique), of the type of applied medicine, of the problem to be treated and of the target organ where was made the application.

The used medicines are Lipolytics, in other words, they liberate the fat of the tissue. This fat has to be consumed. The exercise provokes the consumption of this liberated fat, that it won't be restored because of the alimentary Education. But, if the fat is liberated with Lipolytics, and it doesn't happen the consumption with Exercises, she returns to the fat tissue. It is also if they continue to happen the alimentary, new fat it is deposited. In this case the application liberates and the bad alimentary error. A bad alimentary habit restores the liberated fat, turning useless the treatment. Therefore, the local application of medicines only is efficient associated to the Alimentary Education and to the practice of Exercises.

The local Application of Lipolytics, although very useful, separately is not capable to solve the problem of the appearance of the body, they are necessary, another measured. This is the reason for which this method, as any other method is sometimes put in doubt. No method used without the other ones was shown efficient to return the Body Harmony, but the discerning use of several methods, including Mesotherapy, Intradermoterapia and Lipolytics application with the participation of the patient in the Exercises and in the Alimentary Education presents excellent results.

Lipostabil / Phosphatidylcholine

Lipostabil, whose basic substance is the Phosphatidylcholine, is a product capable acting on the fat tissue. His action on the cholesterol there is a long time is well known, and it has been used as supporting treatment of some alterations of the fats in the blood.

More recently, it was observed that local application can reduce the fatty tissue.

In spite of being a treatment relatively recent, has shown useful in the treatment of Localized Fat, as the "outer thighs" of the hips and the "Love Handles" of the abdomen. It has also been used for the treatment of the bags of fat of the eyelids and of the sub chin fat, the so called "double chin."

Important observation: the lipostabil was used in Brazil in an experimental way, being a promising method. However, it still was not liberated by Ministry of Health, and his use is prohibited now at the country. Other similar medicines can be used with good results.

Lymphatic drainage

The Lymphatic Drainage is a type of massage that facilitates the drainage of the lymphatic liquid (that is among the cells and it is rich in fats) until the lymphatic ganglions, that it drains for the circulation. This procedure is very useful in the treatment of the Cellulite. The Lymphatic drainage can be made in a manual way or with equipments. The manual Lymphatic Drainage is a procedure done by professional especially trained for that, and is irreplaceable and fundamental in the control of the Cellulite. In our Clinic we give preference to the manual method of drainage, that we found more efficient, in spite of existing machines especially servants for the procedure.

Carboxitherapy

It is a new technique that uses applied CO₂ under the skin, it improves the Cellulite, and it has been a lot used in the world and now it begins his application in Brazil. In this Technique the carbonic gas (CO₂) is used on subcutaneous. The Treatment should be performed exclusively by physician. CO₂ is a scentless gas, to which the organism is habituated, therefore it doesn't provoke allergies. Used correctly is exempted of complications and it doesn't present toxicity. CO₂ is applied in the subcutaneous through a small needle, very fine. He will act in the affected zone of the Cellulite and then, after some time, the gas is eliminated completely. Weekly sessions are performed. It is a promising treatment, but it should be used with other treatment and measures for the Cellulite.

Eletromyostimulation

Feminine Body harmony is integrated by curves and consistencies, which are supplied by the muscles. The thigh's beautiful formate or the projection of the buttocks is consequence of good muscular mass, well developed and with tonicity (it is a state of muscular contraction in rest that gives an aspect of firmness). If a woman corrects the fat excess, doesn't mean that reached the Body Harmony. The need exists of correcting the muscular part. Any remedy or application is capable to increase the muscular mass or the tonicity. The artificial machines of muscular stimulation are capable to give tonicity, but they are only efficient while used. The ideal is to accomplish Exercises. We indicated the association of aerobic activity (Swimming, to Jogging, Ergo metric Bike) and Anaerobic (Muscular activity) or mixed (Lift Training). The electronic muscular stimulation is used in the treatment, while the Exercises are being initiate; being later, we only maintained the Exercises.

The so called Russian streams are capable to promote the artificial contraction of the musculature. This contraction is capable to promote the muscular tonus, and to leave to a firmest musculature. However, the effect only exists while the stimulation is being made, repetitively. To stop the applications gets the lost of the effect. Because of this fact, in our Clinic we used these techniques in the beginning of the treatment, but we give emphasis to the practice of Exercises, that is still healthier and it can be maintained by a long time after having finished the treatment. Therefore, the electric streams are used in the treatments, but they don't substitute the practice of Exercises.

Electrolipolisis

A machine is used that generates a soft electric stream altering the fat cells. Those cells lose the capacity to keep the fat that is liberated to be consumed. Needs the use of very fine needles that are disposable and similar to the used in acupuncture. Unlike what it seems, it is not very painful, and it is very well accept, because of the quality of the acupuncture needles.

Vacuotherapy - Endermology

They are technical that use machines that make a strong suction on the skin. Older equipments exist of vacuous and now the most modern derived of Endermologie, a French technique very used as aiding in the treatment of the Cellulite. This technique accomplishes a strong massage and it is obtained an improvement of the granular aspect of the surface of the skin with Cellulite.

Ultrasonic Hydrolipoclasys

This treatment is used for the treatment of the Cellulite and Localized Fat of small volume. Their waves penetrate from 3 to 4 cm of depth; they agitate the particles of water of the area that collide with the fat cells provoking strongly elimination. The called Hydrolipoclasys technique is efficient in small Localized Fats. For larger volumes we preferred the liposuction. However, we stood out that the application of the Ultrasound directly in the skin it is not capable to bring good results, it is necessary also the application of liquids, through very fine needles, those liquids are usually associated with Lipolytics.

Treatments of Plastic Surgery

Liposuction

The main surgical technique used in the Treatment of the Body Disharmony Syndrome is the Technique of the Liposuction. The Liposuction is a surgery performed with very fine cannulas that remove the Fat Excess where is located. It can be performed in several areas of the body. It widely used in the aesthetic treatments.

The Liposuction is one of the surgeries more performed in body aesthetics in the world. The technique, relatively recent, found a great global development. The basic beginning of the Liposuction is the realization of a small incision, through where penetrates a small cannulas. The small cannulas receives a negative pressure, a suction, and while the surgeon performs movements, that liquefy the fat, the suction removes of the body. This simple procedure is the base of a revolution in the Cosmetic surgery.

More recently the technological evolution added new details of the technique.

New even finer small cannulas, with orifices especially drawn and built with special materials as the titanium were the first acquisitions.

The development of the tumescent technique, that provokes an exaggerating hydration of the fat cells, with the local anesthesia allowed to the rational use of the anesthesia and facilitated the withdrawal of the fat, under day hospital ambulatory procedure.

In the treatment of the Body Disharmony Syndrome, the liposuction is especially suitable for the treatment of the component of the Localized Fat. The technique of Liposuction has a lot of variants, but that in their bases don't differ a lot of the original technique. Among the variants we can mention Liposculture, Liposculture with Subcision, Lipolight, Laser-assisted liposuction, VibroLiposuction, HLPV VibroLiposuction. It is important not to be seduced by the modernity of the names. All of the techniques are basically Liposuctions, and the variants are on respect to some detail that adds value, but it doesn't invalidate the other techniques. It is then, that a patient should not leave seeking a certain technique, but to seek a Clinic in what he trusts, and after a physician's careful evaluation, will to determine together the technique that better adapts to the case. In our clinic, we practiced all the techniques, and we will, then, be

able to choose the most beneficial for each patient. We will make an abbreviation summary of each technique.

Liposculture and Subcision

Recently it was published a surgical technique that it is especially indicated for the depressions (small "holes"), provoked by the most advanced Cellulite, that usually appear in the buttocks area and in the thigh's inferior face. This technique is called Subcision. Can be performed separately or accompanied by Liposculture.

Subcision is performed at the own Clinic under local anesthesia, and the patient returns home immediately after the procedure. The technique consists of separating the skin, of the fat with Cellulite that has traction forces. An imported special needle is used, that possesses a special lancet. After the local anesthesia, with the micro lancet, the surgeon separates the skin that is adhered to the fat tissue with Cellulite that originates the depression. The procedure is repeated in each one of the "holes." the process is very fast, taking on average of 2 minutes to correct each depression.

Subcision is suitable for the most recent and shallow depressions. For the oldest and deep depressions, exists the need of associating to Subcision, the technique of Liposculture. Subcision is performed, as already described and it is then removed fat, with the liposuction technique, of areas with fat excess. The area habitually chosen as donor is the "outer thighs", or the knee, that then, at the same time can be corrected. The fat obtained, is injected to fill out the space between the liberated skin and the fat with Cellulite, in the depression. Subcision with Liposculture removes fat of the area with excess and it applies to correct the areas where depression of Cellulite exists, correcting the two problems at the same time. The result of the technique is very well, having, however differences of results, that is individual.

This surgical treatment doesn't eliminate the need of the other cares for the body form. Should have Alimentary Correction, Exercises and the other cares that we described in the beginning of this article. Isolated Subcision and Subcision with Liposculture are complementally technical very useful for the care of that unpleasant and sly villainous, that it is the Cellulite, that insists on reaching the modern woman's body form.

Liposculture

Liposculture is the practice of the liposuction with the application of the fat removed at other places, as for instance, in the holes formed by the Cellulite, or to increase the buttocks.

HydroLiposuction HHPA

HydroLiposuction or HHPA is the practice of the conventional liposuction, only that it comes preceded of the application of Ultrasound of three MHz. The Ultrasound liquefies the fat, in such a way that if it turns easier withdrawal for small liposuction small cannulas.

VibroLiposuction

In this variant it is used an equipment, the VibroLiposuction Machine, that provokes a vibration that helps to liquefy the fat to be removed. In the process of conventional liposuction, the physician makes movements for the withdrawal of the fat. The VibroLiposuction Machine accomplishes these movements mechanically, and as acts in a way more standardized, leaves the most regular results and the accomplishment of the fastest and easy technique, reducing the time of surgery.

laser-assisted liposuction – Laselipolisis

Laser-assisted liposuction an evolution of the classic technique. Finally the technology LASER, with use in a lot of areas of the medicine, arrived to the Liposuction.

The so called Technique of Laserlipolisis uses a LASER Nd: YAG, especially drawn, that it emits the LASER through an optic fiber.

The LASER that is applied previously in the area to be operated provokes alterations in the fat tissue that it facilitates the withdrawal of the fat and the postoperative. One of the main reasons so that the Laser is used in the liposuction is the coagulation. With the Laser, the blood vessels and lymphatic responsible for the swellings and edemas - they are coagulated and that reduces as much the pain as the bleeding and the swelling. In that way, we have the advantage of accomplishing the procedure in a field with less blood allowing one to see the details of the surgery, improving the result.

Laser-assisted liposuction is a European technology, where was created the LASER used in the technique. Used with success in Italy, Germany, Argentina and Brazil.

The used Anesthesia is local, tumescent, that leaves more fragile fat cells in the area that receives the LASER, transmitted by a fiber of 1 mm of thickness. The fat cells of the area to be treated, receive a small cannulas of titanium very thin, which complements and removes the liquefied fat. The great advantage is a larger easiness of the procedure that happens with smaller bleeding and better recovery.

Lipolight

Lipolight is a small Liposuction with local anesthesia, performed in ambulatory way (without internment). As it is a small liposuction, and can only be performed in patients that have small fat collections. We cannot use Lipolight to treat patients with great volumes of Localized Fat.

b5- Phase 4 - Maintenance of the Results

After the treatment and recovery in the body shape, where we used the techniques and the most modern approach for these objectives, be with methods clinical or surgical, we should remind that although corrected the alimentary mistakes and the sedentary life, and treaty the aesthetic problems, they still stay in action two factors that we cannot eliminate, that are the hereditariness and the hormonal action. Therefore, periodic visits to the Clinic are necessary to correct eventual alimentary deviations or mistakes of Exercises and for the application of treatments. We advised periodic visits, in intervals that it will depend on the problem of each one. In these visits, when it is made antropométrica reevaluation, nutritional and sporting reevaluation, and proposed measures as sessions of lymphatic drainage and Lipolytics application, and / or use of complementally equipments and treatments .

6 – FAQ - Frequent Asked Questions on Body Disharmony Syndrome and the Cellulite

1- Thin women could have Cellulite?

Yes. A lot of women that has the normal weight, or even below the normal, can present an alteration in the balance between the amount of fat of the body and the muscular mass. Then, a thin woman can have a larger proportion of fat and smaller of musculature, maintaining normal or low her final weight. This fat excess, associate to the action of the feminine hormones and alterations in the microcirculation and in the lymphatic will end up generating Cellulite.

2-The patients that seek treatment for Cellulite always have excess of Weight?

In our Clinic most of the patients that seek treatment for the Cellulite has the normal weight, until decreased, or just slightly increased, but when we performed Biompedance that is an exam that can determine the composition of the body, we found fat excess in all the patients that has Cellulite. What happens then, it is that the patient with Cellulite can be thin or normal in the weight, but she always has fat excess when we evaluated the composition of the body, and that is the factor that unchains the process of emergence of the Cellulite.

3-Why even some athletes, that has a low body fat can have Cellulite?

In these patients, assiduous and diligent visitors of academies and even professional athletes, and that paradoxically has Cellulite, it happens an increase of the regional fat. That means, that she has normal weight, normal body composition, but the little of fat that has is concentrated in the hip. The action of the feminine hormone contributes to this regional deposition of fat that ends up generating the modifications that take to the Cellulite. It is for that that we know that the Alimentary Correction and the Exercises are important part of the treatments for Cellulite, but it is also necessary to associate the treatments of the Clinic of aesthetic medicine, that can reduce this feminine trend of depositing fat in certain areas.

4-Why even very thin models, that we presuppose to have a restricted feeding can have Cellulite?

Because as we saw, the one that interests is not the weight, but the composition of the body and the distribution of the fat. A model can be thin in the weight, but also present few muscles. What we observed in a high frequency is that in patients with natural trend to be thin, the worry with the Exercises and with the feeding is lower. Those patients have few fat cells, and some fat that accumulate, is distributed by these few cells, altering the fat tissue a lot, compressing the microveins and then determining the emergence of Cellulite. We can say, that in a thin person, a small fat concentration will already produce Cellulite even more important than in people with trend to be fat, that has more cells to divide the excess.

5-for what reason we sometimes observed people with weight excess and that doesn't have so much Cellulite?

It is that! A small amount of acquired fat for a thin person, with few fat cells in the body and the same amount acquired for a person with trend to the obesity, therefore with many fat cells in the body can cause a Cellulite even larger in the thin than in the fat. Because each cell of the thin will have more fat than each cell of the fat, having then larger tissue alterations. Of course if a person with trend to the obesity continue to win weight will start to have a much more serious Cellulite.

6-when the thin people want to win a larger physical shape , should they eat more?

A frequent mistake in people naturally thin, it is that when they want to win a larger physical shape, they begin to eat more. Yes, they will win weight, but they will win fat tissue, with Cellulite and alterations in the body harmony. If a very thin person, to want a larger physical shape, should continue to feed with a good nutritional orientation and to perform Exercises to win muscle, what will give him wanted physical shape, but with more beautiful lines and harmony and without Cellulite.

7-How to treat the thin patients that has BDS - Body Disharmony Syndrome ? Is it necessary Alimentary Correction and Exercises?

In treatment of these very thin patients with BDS will be necessary the Alimentary Correction in spite of the bass weight, to correct the body composition. Should be associated the practice of Exercises, mainly of the type lift training , for earnings of muscular mass. A diet with more protein is desirable, to create the nutritional base for the earnings of muscular mass. It is as if we changed fat for muscle. In other words, we maintain or we increased the weight, reducing the fat and increasing the muscular mass. However, only Exercises and Alimentary Correction are not enough. This Regionalized Fat , usually present in hips and thigh is liberated with a lot of difficulty, because of the action of the feminine hormone. Therefore the need of the treatments in the Clinic of aesthetic medicine, that uses methods, as the Application of Lypolitics, to help to eliminate this fat. Besides, the microcirculation that is already altered, with edema (swelling) also needs to be gotten better. With the treatments of aesthetic medicine, the fat of the place where is the Cellulite will be more easily eliminated, the microcirculation and the edema will be gotten better and the Cellulite will be controlled this way .

8-Why men don't have Cellulite?

That is really the truth, and the cause of this difference is the key for the understanding of the process of Cellulite. This aspect was well demonstrated in recent researches performed in Belgium and in the United States. The men don't have Cellulite because the man's fat tissue and of the woman it is essentially different. In the woman exist septums (small fibrous strings that separate portions of fat cells) finer and with straight orientation and in the men the septums are thicker and resistant and with oblique orientation. These characteristic do that the tissue expands towards the surface and to the skin in the woman and towards the muscle and to the depth in the man. This difference in the microanatomy that makes the Cellulite to be present in the woman and not in the man, that is resistant to her, even if wins a lot of weight. Another difference is the action of the feminine hormone, clearing present in the woman and absentee in the man. The alteration provoked by the excess of fat tissue deposited in the woman's preferential areas, driven by the hormonal action and with consequent compression in the veins and lymphatic and the alteration in the microvascular veins provoked by the hormonal action take to the vicious cycle of emergence of Cellulite.

9-cellulite only happen for having won fat?

Of course the earnings of fat tissue has important role in the Cellulite, but it is not the only one. We can say that the Cellulite happens because of the increase of the fat in an area, that as we saw is the predisposed for cellulite and is only present in the woman. The fat increase appears by errors in the feeding, but, above all for hormonal action, that it drives the fat excess for preferential areas, typical of the women. The fat in excess in determined places takes compression to the micro veins and lymphatic, that are already with its capacity to transport liquids altered by the hormonal action. Then the Cellulite is a process where many factors are involved, because of that needs several measures for treatment, that to go for each altered factor.

10- We always hear that the Cellulite is a circulatory problem, then, did this change?

In the past we believed that the circulatory alteration was the base of the process of Cellulite, this faith was very reinforced because we found a lot of patients without weight excess and with Cellulite. But today we know that even the patients without weight excess and that has Cellulite presents fat excess in the body composition or in a certain area. These scientific works that I already mentioned performed in the United States and in Belgium and in experiments very well performed, practiced at the countries of the North of Europe, through sophisticated microperfusion methods, where the circulation of the fat tissue was evaluated in patients with Cellulite, they didn't show any alteration in the arterial blood flow or in the constitution of the vessels. What happens is that the increase of the volume of the fat tissue compresses the veins and lymphatic and associate to the hormonal action provokes the edema, still taking an increased vicious circle, increase of the tissue volume, increase of edema, larger compression of the vessels and more Cellulite. The edema in the tissue with Cellulite was confirmed in a research, still initial, performed in the University of Campinas, that demonstrated that the women with Cellulite have in the attacked area, on average, the double of the water that the men have.

The tissue with an extra load of fat, and with the same circulation behaves as if lacked circulation, it is with capacity to perform the reduced normal metabolism, and appearing colder zones in the skin, detectable by Thermography, that is an examination that we used exactly to determine the degree of compromising of the fat tissue with Cellulite.

Then the circulatory alteration is really present, in the veins and lymphatic, provoked by the compression of the fat and action of the feminine hormone, but it is an alteration just of the function and no an illness of the vessels. Therefore the circulatory alteration can be regressed treated the causes of this bad function. What changed was that the cause of the process is now not the circulatory alteration, but the woman's micro anatomic predisposition to have Cellulite. The process begins with the fat deposition and hormonal action and the circulatory alteration is present, it worsens the process, but it is consequence of the other factors.

11- Does exist relations between Cellulite and Localized Fat ?

The Cellulite, the Localized Fat the Muscular Flaccidity and the Excess of Body Fat are part of what called BDS - "Body Disharmony Syndrome", that are a series of alterations that be present, always together, in the patients that seek the clinics of aesthetic medicine for treatment. Localized Fat is different from Regionalized Fat. The Localized Fat is a protuberance of fat tissue, as the outer thighs or the Love Handles, that are of difficult elimination with the medical cares and they usually need surgery for correction. The Regionalized Fat is a fat regularly distributed for the whole hip and the patient's thighs, without necessarily to form protuberances. The process of emergence of Cellulite, Regionalized Fat and of the Localized Fat has similar causes, because they are linked to the action of the feminine hormone and the fat excess in the body composition, but they are processes different with treatments also different. Then to correct the body shape is necessary to correct all those alterations. It is not only to treat the Cellulite, or only to do a surgery for the Localized Fat or only Exercises for the flaccidity or only Alimentary Correction, is necessary a global treatment, of all of the alterations that the patient presents, using the available methods in a personalized way.

12-What about the Muscular Flaccidity?

The Muscular Flaccidity, as we saw, it is also part of the Body Disharmony Syndrome. A direct relationship doesn't exist between the Cellulite and the Muscular Flaccidity, they are processes that reach body tissues completely different. However, these situations frequently appear together. As we commented on, the patients with Cellulite have fat excess not only showing in the weight excess, but also in a composition change. If a patient has fat excess in the body composition, he could have a consequent smaller amount of muscular tissue, what is reflected in flaccidity. There are a frequent association. The treatments are then different, but they should be performed at a same time.

13- Does exist some exams that detects the Cellulite?

A correct evaluation before beginning the treatment is very important. Biopédance is an examination that determines the body composition. Thermography is an examination that can determine the stage of the Cellulite, and with the Clinical evaluation it helps to establish the prognosis (the result) of the treatment. Superficial evaluations don't have value in the treatment, because they don't get to determine all

of the situations related to the problem. A correct evaluation includes the classic consultation, where the physician will evaluate besides the Cellulite, the presence of Muscular Flaccidity and of Localized Fat, it includes Biopedance to evaluate the body composition, an ultrasound, if necessary to evaluate the Regionalized Fat, Thermography, that helps to determine as the problem already moved forward. A questionnaire of life habits, measured antropometrics, pictures and evaluation of the patient's profile and adaptation to the several treatments, they are also necessary. Other complementary examinations are used eventually to evaluate the function of the ovaries and of the thyroid and other alterations of health with implications in the patient's treatment. We considered this very important as a initial evaluation. We are contrary to the indication of standardized same treatments for all the patients based on a fast physical examination and the indication of this one or of that other machine. The people are different, the cases are different, the manifestations of body disharmony are also different and, therefore the treatments should also be different and adapted for each case in a personalized way.

14-Which is the favorite methods for treatment of the Cellulite?

We used the combined treatments in the program Corpore Naturele. We didn't only treat the Cellulite, but also the other components of the Body Disharmony Syndrome that are the Excess of Body Fat, the Muscular Flaccidity and the Localized Fat. After the evaluation with exams, that we already mentioned, we elaborate a program that is individualized, in other words, each patient will have a different orientation in agreement with the individuality, the physical type, the hereditariness, the age, and, mainly, a realistic objective. Of course a 16 year-old adolescent's treatment has a different objective and bases also different from a 55 year-old lady.

We began with alimentary orientation and sporting orientation, that are also personalized and driven for each patient, and for each problem.

The main method of treatment of our Clinic is the local application of medicines. Substances that has lypolitic effect are applied directly in the area of the Cellulite. These lypolitics substances liberate the fat from the cell, and they leave the space among the cells ready to be consumed. The consumption of liberated fat is obtained by the practice of vigorous Exercises, that were already guided. Having control with the feed, the liberated fat are consumed and won't be restored. The feeding that we indicated is with high protein levels, with little fat and little carbohydrate, that forms a base for the musculature construction that will be obtained with the practice of Exercises.

Then, these three healthy measures ages quite synergic. The application of medicines performed at the Clinic reverts the trend to the deposition of regional fat, that it is the basic cause of the Cellulite, that now can be liberated to be consumed. The Exercises consume the fat, the diet with a lot of protein forms the base for the increase of the muscular mass, that leaves the strongest muscles, with tonus, improving the lines of harmony of the body, and occupying the space left by the fat, then avoiding the flaccidity. The diet with little carbohydrate and few fats won't restore the liberated fat. This is the beginning of the treatment that we planned. We associated the lymphatic drainage to correct the edema and to improve the circulation, we used complementary methods of treatment in agreement with the needs, including, Carboxitherapy and Electrolipolisis in elapsing of the treatment, if they are necessary. We also used the muscle stimulation. With these measures we obtain the improvement of the Cellulite, of the Regionalized Fat, of the muscular tonus and of the fat excess.

15-What about the surgery, when is it used?

It is indicated for the component Localized Fat, that it is also part of the Body Disharmony Syndrome. When the Localized Fat is of small volume, a small outer thighs fat, a small belly, the fat presence in inner thighs or the "banana bag", that it is the fat layer that is at the beginning of the thigh, soon below the buttocks, we obtain important improvement just with the clinical measures, being possible to avoid the surgery in the lightest cases. Already, when the Localized Fat is of great or medium volume, the surgery will be necessary. With the clinical measures it is obtained the improvement, but no the elimination of the Localized Fat of larger volume. We can performe the Liposuction, and if there is the presence of the depressions of Cellulite, the "holes", we performed body Liposculpture, that it is the fat treatment with the Liposuction of the place where it is in excess, localized, and the application of this fat in other areas. The other surgery that we performed for Cellulite, is simple Subcision, that it is the liberation of the skin of the fat tissue and of the septums that kill her depressed forming the holes. When these depressions are shallow, just the simple Subcision done at the own clinic, with local anesthesia, in a process that lasts few minutes

is enough, already when the depressions are deeper, it will be necessary Subcision and Liposculpture, that is the injection of the fat, in the empty space of the cellulite's depression.

16-What must be done first? the surgeries or the clinical corrections, with aesthetic medical treatments, Alimentary Correction and Exercises?

We defend that the correction of the problems that took to the body disharmony should be corrected before any surgical method to be applied. Many cases, the light ones, can be corrected without the help of the surgery. The most advanced cases will be gotten better certainly with this measures, and the surgeries eventually necessary will be smaller and with smaller postoperative risks, and consequently with better results. Some patients, with more advanced cases of Localized Fat are satisfied with the improvement obtained, and they give up the surgical correction. Other physicians, however prefer to operate first and to install the clinical measures later. The two ways if applied correctly can offer good results.

17-when should I make a Surgery to improve the body appearance?

The Surgery is used with wide indications, in body aesthetic treatments. Among them the surgeries for breast, Abdominoplasty, known more commonly as a "tummy tuck" and liposuctions. We also used the vascular surgery, that corrects the varicose veins, that it is a problem that also could be improved to reach the beauty of the body. However in this matter, that we called Body Disharmony Syndrome, that it is the presence of Cellulite, Flaccidity, Localized Fat and Excess of Body Fat exists the need to associate many resources to get better results. As we saw, BDS depends on several factors. Just a treatment type is not capable to correct completely these problems. The association of treatments is the most effective. Subcision and Liposculpture for the depressions (holes) of Cellulite and the liposuction are used frequently in BDS. But we reaffirmed, it should not only be applied surgical treatment and also not just treatments without surgery, the combination of the methods, and the personalized choice of each treatment, clinical or surgical is the best for the patient.

18- Is a single treatment capable to improve the Body Harmony and to correct the Cellulite?

Any treatment separately will correct the Syndrome of the Body Disharmony. The patients' impression that a single treatment resource or technique is enough to correct everything, it is the cause of a lot of frustration and dissatisfaction. The correction of the lost Body Harmony needs effort and the physician's competence, but no less effort and dedication to the patient's. Of course if a patient submits to all the treatments and surgeries indicated, but continues with bad alimentary habits and sedentary life that went the cause of the problem, won't get to reach and nor to maintain the intended results, the small progresses, if there are, soon will be lost.

19-Is frequent the patient to abandon the treatment of the Cellulite?

In our Clinic we performed the process of Consultation and Orientation that we commented on and that it takes 2 Hs on average, with the presence always of an experienced physician in the aesthetics area. This Consultation evaluates, it prognosticates and it informs the patient on his problem, the difficulties of the treatment, and the expected results. We defined what the Clinic can do and what the patient should do to obtain good results. We left very clear that there are the need of Alimentary Correction and Exercises, associates to the treatment. Only Alimentary Correction doesn't solve the problem, Only Exercise also no, Only treatment in Clinic of Aesthetic Medicine will also give only partial results. The Surgery can correct the Localized Fat, as outer thighs and belly, but it corrects the Cellulite just partially and it doesn't correct the Muscular Flaccidity, that it is who gives the body outline and it doesn't correct the body composition. Already to the use of all these measures together brings excellent results. The patients when see that the results are clear and visible, they totally adhere to the program, and they don't abandon the treatment. However we frequently received patients that used "miraculous" methods, and that seek us with great discouragement regarding his problem. These methods that promise immediate results and without any effort for change of habits on the part of the patient are the responsible for the discredit that many still have in the results of the treatments. To take care of the Body Disharmony Syndrome and of the Cellulite, one of their manifestations, is very difficult and a great challenge, for physicians and patients, that if faced with responsibility will bring the intended results.

20-Which is the main factor to appear the Cellulite?

The simple fact of being woman. As we already commented on, the woman's fat tissue is predisposed naturally to have Cellulite and the feminine hormone have an important role in the process. These characteristics are normal in the woman, and we can consider that the presence of Cellulite, although a process that inconveniences a lot the women, it is almost a natural situation, although no obligatory, of the feminine condition. Therefore it is so difficult to treat the Cellulite, because the woman will continue, of course, being woman and the conditions for the emergence of the Cellulite will continue presents. The cares with good feeding and Exercises should be maintained for a lifetime, and even after the discharge of the clinic, we advised periodic visits, of maintenance, when the nutritional conditions and the sporting practice are revalued and to revert the trend to Regionalized Fat 's deposition, if necessary the Application of Lypolitics are performed.

21-When should I begin to prevent and to treat the Cellulite?

A correct feeding and the control of the weight excess is important in any age. Not only for aesthetic subjects, but for health. In the adolescence, when the feminine hormones appear, the process of Cellulite begins settling, if it is present the Excess of Body Fat. In this initial phase, if the Cellulite comes still in the first stage, just the Alimentary Correction and the Physical Exercises are enough to control the problem. However, if a more advanced process of Cellulite, of second to fourth stage it is already present, the treatments and orientations in Clinic of aesthetic medicine will be quite necessary.

22-Which is the suitable Exercises for the health and the body form in the women?

The Exercises should be considered in agreement with the patient's objective. If the intention goes to the improvement of the cardiorespiratory conditions and the prevention of the circulatory illnesses, just to walk daily, for about 45 minutes, vigorously, in the street or in machine it is enough to obtain this aim. When the concern is with the body form, and the musculature obtaining, just walk is not enough, it is necessary to work out, and a lot. The formula 5x3 that is the composition of 5 aerobic activities (swimming, race or ergo metric bike) with 3 anaerobic activities (Muscular activity, Body Pump or Lifting Training) a week, it is the ideal. The formula 4x2, and 3x2 also present good results, although slower, what can be necessary options for the women with many commitments and with little available time for the Exercises. This is a base of the sporting orientation that we suggested, differences and individual adaptations are always necessary, considering age, objectives, aptitude, motivation, readiness of time, of place and other particularities that turn the treatment of the body harmony, including the sporting orientation, a process always personalized. The third objective, in practice of Exercises it is the competitive, with specific orientations for performance in sporting competitions. Of course one includes the other, the sport of competition bring benefits for the body form and the health, the sport performed with objective in a body way also bring the advantages of prevention of cardiocirculatory problems. But the light sports, as the walk, although very useful for the prevention of the circulatory illnesses, it is insufficient for the obtaining a body shape .

23- Do exist machines that substitute the Exercises?

Muscle stimulation is a process that promotes the muscular contraction through machines, it is then possible to obtain effect similar to the Exercises, artificially. It is indicated for the component of Muscular Flaccidity of the Body Disharmony Syndrome, it is less useful for the Cellulite specifically. The process is simple, and a stream passes for the muscle through electrodes put in the surface of the skin and it provokes contraction. Really, if there is repetition of the process with regular frequencies of applications, it is possible to obtain improvement in the tonus of the muscular groups. Several machines of several complexities are available, but the results are similar. However, this method is only efficient while it is being used. When stop to applying, the obtained tonus will disappear. We used the method in the initial phase of the treatment, to obtain faster results for the flaccidity, while the process of result of the conventional Exercises indicated didn't still appear (The results of the Exercises take from 60 to 90 days to be frankly visible). At a long term we didn't consider the process of muscle stimulation very useful, because the patient would need to come to the Clinic to apply the method frequently the whole life. We found much more practical, useful for the health and viable the practice of conventional Exercises especially guided, that can and should be performed during a lifetime of the healthy individual. Therefore, the muscle stimulation is a method that efficiently substitutes the Exercises, but useful just in the beginning of the treatment, after a period of time, when the effects of the Exercises are settling down, we suspended

use and we only maintain the conventional Exercises. The so called passive gymnastic, effortlessly muscular, performed in beds that are moved, is useless for the body form.

24-Why after the weigh loss, some women complain of flaccidity?

The skin is the most superficial layer, below the skin it is the fat tissue. Below the fat tissue is the musculature and inside of the musculature the bone. Then, in a simplified way, this way the buttocks and thigh's anatomy is formed and also of the leg. The sum of all these tissues that gives the circumference of the inferior part of the body. What forms the beautiful and harmonious lines in the body way is the muscular tissue. When the fat decreases, the skin retracts to a certain point, but from a determined point it doesn't retract more and this is the flaccid skin. If the patient was not taken care with the Exercises, the muscle will also continue flaccid. Then just if does the diet, the appearance of the body, although improved of the previous situation will be flaccid and without harmonious lines. However, if we associate the Exercises, the increase of the obtained muscular tissue will occupy the space that before was of the fat, and the result will be a skin flat, firm, with firm musculature, that it is what the collective unconscious asks when analyzes the beauty of a feminine body. Then, wanting to give emphasis in this important aspect, I reaffirm that the combined treatment, with alimentary education, practice of Exercises, treatment in Clinic of aesthetic medicine and surgeries like Liposculpture and Subcision are the most suitable for the treatment not only of the Cellulite, but in the body as a whole.

25-Why fat excess happens in the body? Is it only caused by excess of fats in the feeding?

The Excess of Body Fat always has origin in feeding with larger amount than the necessary of calories. The fat excess ingested is deposited in the fat form, but the excess of carbohydrate (sugars and flours) is also transformed in fat and it is also deposited.

26-Which is the role of each food type in the appearance of the Cellulite and of the body disharmony?

We ingested besides the water, carbohydrate, proteins, fats and vitamins. Of course the food is necessary, we cannot create the idea that to eat is bad. To eat is good and it is necessary, what is bad are the excesses. Speaking in a simplistic way, the proteins and the vitamins are the base of the defenses, construction and function of all of the important functions of the body, they are the foods par excellence. The carbohydrates and the ingested fats, although they also possess some nobler functions in the body, they are the "fuels." The "fuels" are used for the body to "work", and they are burned in this work, that include the basal metabolism (the whole function of the body, even in rest), the Lifting training performed in the normal activities, that it varies of a person for other (a cutting of cane spends much more than a bank employee), and the extra activities that are the Exercises. If that one eat more than wears out, this excess is transformed in fat and it will be deposited in some part of the body. If that one eat is less than wears out, the body will use what had kept already, and it happens the fat loss. This equation is unalterable. Then if there are excesses in the feeding, so much with fats, as with carbohydrate, these excesses will be deposited and they will alter the body composition with the consequent Cellulite and Localized and Regionalized Fat.

27-Which are the best and worse foods for the patients with Cellulite?

The Alimentary Correction is part of the treatment of the Cellulite. The ideal for the body form and for the Cellulite it is a rich diet in proteins and with few carbohydrate and fat. A diet is indicated based in ingestion of white fleshes prepared without fries. Good aliments is the fruits, vegetables and green vegetables, milk and skimmed yogurte, ricotta, cheese cottage, and skimmed milk. Also fruit juices prepared with a lot of water, use of artificial sweeteners, substitution of the soft drinks for soft drinks dietetic, a lot of water and also a little, very little of the brazilian rice and bean, masses and whole wheat bread with dietetic jelly. Creativity in the preparation of the foods, with tasty incomes, but dietetics, besides varied, form the base of the feeding that we extolled, clear here presented in a simple and fast way, that should not substitute the correct evaluation and it completes nutritional orientation.

28- Do the use of coffee and soft drinks with caffeine provoke Cellulite?

No, that is a myth. The caffeine is even good for the Cellulite. Unintentionally to say that to take coffee will treat the Cellulite, but certainly, with sweetener, won't be badly. The soft drinks with caffeine in the composition, since dietetic they don't also make any badly.

29-Why when we lost weight, without other treatments, we could continue with the Cellulite?

The fat presence is an important factor for the Cellulite, but it is not the only factor, as we already commented on. The weight is not important, what is important is the amount of fat in the body composition and the fat that it is present in the area with Cellulite. The woman deposits fat in preferential areas, as in the hip. This fat is difficultly removed. When happens the weight loss, the fat can be eliminated of other parts of the body and it continues present in the area of Cellulite, and the Cellulite continues present. That is the role of the treatments in the Clinic of aesthetic medicine, that will stimulate through the enzymes and lipolytic substances the elimination of this altered fat. In addition also exists the edema (swelling) and the alterations in the microcirculation, that are also treated at the Clinic of aesthetic medicine. And once again we demonstrated the importance of the associated treatments.

30-The average in percentile accept usually is of 20% of body fat in the organism. How does to explain that people with body fat below 20% in the exams of Biompedance and even athletes of high performance have Cellulite?

The first analysis that we do is that the weight reflects the body as a whole, includes the bones, the organs, the skin, and the fat. The second analysis is the body composition, that it divides the body in thin mass that are the bones, organs and muscles and the total body fat, that it is the volume of fat of the body. As the bones and organs don't change of size, variations in the thin mass can be interpreted as variation in the muscular tissue, and we do then in practice. Already the Regional Fat, is the fat that is present in a certain area of the body, it reflects the fat distribution. Then it is easy to notice that to use the weight as indication factor it is not a good measure. For instance, a weightlifting athlete, would have a great muscular mass, very little fat tissue, and because of the increased weight, because muscle also weighs, it would be classified as obese. Biompedance that considers 20% of fat in the body as a ideal body composition, already improves well this evaluation, but it divides the body in two parts, the fat and the rest, but it doesn't consider the distribution of this fat. For instance, a patient can have 16% of body fat, what is even better than the ideal, but great part of this fat is Regionalized in the hip, then the patient will be "a Regional fat", with the consequent development of Cellulite and Localized Fat. That regional fat can be evaluated with antropometrics measures and also with ultrasound of image, that show the size of the fat layer in the preferential area of Cellulite.

These considerations answer the question. A patient with low total body fat, even an athlete of high level, that has 5% of body total fat can have Cellulite, if great part of this fat be located in the hip. Therefore it is necessary treatments in Clinic of aesthetic medicine, to mobilize this regional fat, besides the Exercises and of the Alimentary Correction.

31-how to explain, what women with weight excess and, sometimes with bulky abdomen, don't have Cellulite, in the proportion that would be waited and other women with fine waist, thin, have Cellulite very developed in the hip?

Two basic types of body exist in the woman. The Android type, where it happens a trend to the fat deposition in the superior part of the body, in the trunk. Those women have larger shoulders, trend to have larger breast and to deposit fat in the abdomen. The type Gynoid has smaller shoulders, trend have smaller breasts, finer waist and the widest hips, with trend to the fat deposition in the hip and in the thigh. The hip and the thigh of woman with the Android type has little regional fat, the fat excess tends to go for the area of the abdomen. Little fat is had in this area there will be less Cellulite. Already the woman of the type Gynoid, will concentrate the fat in the area of the hip, and although can have a waist until very thin, and trunk and fine face, with thin aspect, it will present serious alterations of the fat tissue with the presence of Cellulite in the hip and thighs.

32- what happens with the organism when we make lymphatic drainage?

The lymphatic drainage is a process that can be manual or mechanical, that it eliminates water and toxins of the tissues. The lymphatic drainage is used in several medical illness as the linfatic problems, the the linfatic problems after mastectomy (consequence of the treatment of the breast cancer) and it can also be

useful in the treatment of the Cellulite. The patient with Cellulite has a content of water in the increased fat tissue, and worsening of the drainage for the veins and lymphatic provoked by the increase of the volume of the fat cells and hormonal action. Reducing this edema, it reduces the pressure in the tissues, it eliminates water and toxins and has a role in the improvement of the Cellulite. However the lymphatic drainage is not capable of separately to treat the Cellulite, the need exists of associating the other methods.

33- Does the pregnancy worsen the Cellulite?

Yes, the pregnancy alters the feminine hormones. Those hormones even with normal action increase the fat deposition in certain areas, they alter the circulation in the veins and micro veins, it keeps water in the body, that are alterations that has important role in the emergence of the Cellulite.

34-how to avoid to worsen the body during the pregnancy?

Of course a good prenatal is important for the mother's health and of the child, and that presupposes a correct attendance for the physician obstetrician, and also a good adhesion to the orientations on the part of the mother. A good prenatal is going besides to reduce the risks of the gestation and to improve the mother's health and of the child, to reduce the undesirable aesthetic alterations of the gestation period. A pregnancy well driven won't provoke very important aesthetic alterations, that easily they can be corrected, but if there is disarray to feed with consequent weight excess, then the alterations will be more difficult to correct.

35-We could do some treatment for the body during the gestation?

The prenatal should include a good nutritional orientation, control of the weight and light Exercises, always with the obstetrician's attendance, and with authorization. With these cares, the alterations will be very smaller and they can be corrected later with more easiness. Treatment is not indicated for the Cellulite during the pregnancy, but a consultation for orientation can be useful in the prevention of this and other aesthetic problems.

36-What about the other aesthetic problems that can appear during the pregnancy as striae or varicose veins ?

Cares to avoid striae, varicose veins and fall of the breast can also be guided by Physician in a Clinic of Aesthetic Medicine that possesses the specialists of the several areas. In the case of the varicose veins, a consultation with the vascular surgeon is important. And if there are more extensive varicose veins, we advised an evaluation in the beginning of the gestation, other around the sixth month, and other immediately before the childbirth. Preventive orientations will be supplied not only to avoid the aesthetic problems, but for also to prevent the serious thromboembolic complications that can put in risk the mother's life during the childbirth and postpartum. The most serious varicose veins should have the vascular surgeon's company even during the internment for the normal childbirth or cesarean.

In the case of striae, moisturizing creams should be used in the skin of the breast, hips, belly, and thighs during the gestation. To avoid weight increase besides the expected and programmed for the obstetrician. Therefore after the childbirth, when appears the milk, the breast has a fast volume growth, at this time is that the striae appear. Maintain the use of moisturizers even in the breast after the childbirth, what increases the elasticity of the skin and it reduces the risk of emergence of striae.

To prevent Mammary Ptose (the breast's fall) it should be used protecting for the breast, reinforced, that it maintains the suspension during the gestation and during the breast-feeding. These protectors even should be used during a lifetime, to sleep, and in the routine of the day by day. It should be left the most beautiful and sensual soutiens for the social occasions or for the intimacy of the couples. These simple cares decrease and they delay the breast's fall a lot, with their aesthetic indispositions, and they should be applied from the adolescence. We are leaving a little of the subject Cellulite and body disharmony, but I think these are information on aesthetics preventive, simple, easily applicable and that can be useful for the readers.

37-Does birth-control pill provoke Cellulite?

Yes, the hormones of the birth-control pill, provoke alterations similar to the one of the pregnancy, although in a very smaller level.

38-people that has P.M.T.. (Premenstrual tension) does have larger trend to the Cellulite?

In a research that we did we found an association relatively large among patients that has PMT and that also has Cellulite. PMT is associated to the maxim hormonal action of the cycle and it is in that period that happens retention of liquids, what is associated with the emergence of Cellulite.

39-Does the hormonal replacement of the menopause worsen the Cellulite?

The hormonal action always worsening the Cellulite, and also the varicose veins, however the benefits of the hormonal replacement in the menopause are important, and a treatment well driven will bring few repercussions for the Cellulite and for the varicose veins. In addition the one that are doing a replacement, then the effects won't be much larger than the action of the woman's normal hormone. The replacement should always be made with a lot of criterion and rigorous medical attendance. If the patient has strong trend to the Cellulite and the venous illnesses the cost benefit of the replacement hormonal treatment, and same should be considered if not to do in any to the replacement cases. But of course Cellulite is not alone hormonal action, the other factors exist. If the woman has Cellulite, and this is inconveniencing her, should seek the treatment.

40- What the varicose veins have to do with Cellulite?

The varicose veins reach more women, and they appear on the puberty for hereditary trend, they receive strong negative influence of the hormones feminine, same normal, of the use of the birth-control pill and of the pregnancy. Although there is a relationship between the veins of the microcirculation and the formation of the Cellulite, the varicose veins of larger caliber and well visible nothing has to do with the Cellulite. What happens and that some of the causal factors as the feminine hormones, and the population more reached, the women, it is the same, having then concomitance of presence. In our clinic, 90% of the patients with Cellulite also possess spider veins (vases) and microveins. We performed the treatments for the varicose veins of aesthetic importance with the treatment for the Cellulite, what reduces the number of times that the necessary patient to move around to the clinic. We used Cryosclerotherapy, and the cosmetic surgery techniques for correction of the problem. Already when the varicose veins are of larger caliber, characterizing an illness, we preferred to treat the varicose veins first, with surgery in day hospital and later we begin the body treatments as Liposculpture. That care reduces a lot the risk of circulatory complications happen mainly in the plastic surgeries for the body.

41-Does cellulite cause pain?

Some patients with advanced Cellulite complain about pain, that is always light. The true indisposition and in the self-esteem. If there is a very strong pain that inconveniences, probably the cause is other and it should be investigated.

42- does who work very seating or standing have a larger probability of having Cellulite?

Theoretically yes, but there is any scientific work that proves this possibility.

43-Why it is visible those "holes" in the area with Cellulite?

The depressions of Cellulite, that are the holes are part of the process of development of the Cellulite. The increase of the fat volume and the presence of the septums provoke the unsightly irregularities, that are better treated with simple Subcision or Subcision with Liposculpture.

44-Is there some difference among white and black skin in relation to the Cellulite?

The Cellulite is a process of the fat tissue, that it is below of the skin. The skin is only reached secondarily. The color of the skin doesn't have influence in the process. The one that can happen is that in skins of darker shade the process can be a little less visible.

45-Do the children have Cellulite?

No, the children can have excess of fat tissue, and skin folds similar to Cellulite, but it is not to same process.

46-where should the patients seek treatment for the Cellulite and body shape ?

As we can see, the Cellulite is a complex problem, and it is not in the hairdresser of the corner, or in the neighbor, that knows how to do a massage, or with a "magic" machine, or with a cream that brought of some place of the world, or with an another that is selling with the ads, or even in the professional "cheap" that somebody offers that it will be solved. Seek a physician that has formation in Aesthetic Medicine, that works with seriousness, that is member of one of the societies that they assist the area, as the Brazilian Society of Aesthetic Medicine. Some professionals no physicians, as the beauticians, possess good professional formation in technical level and they can aid in the treatment performed at the clinics, but we advised that it is always under a physician's attendance. Avoid the no prepared , that can make a great evil. All the capitals of the states and great cities of the country already have medical professionals of the area of Aesthetic Medicine. is not justified more the complications that we sometimes see published in the press, for treatments of Cellulite badly done performed for non well prepared professionals .

47-Which treatment to use for which case?

Like you saw, the options are many, and we should choose the best procedure for each case. But it is clear also the complexity of the treatment. What we presented here, it is what we preferred, in a personal way based on our experience and in the one of other professionals, what doesn't mean that other treatment programs are not efficient. But we emphasized, that any procedure separately is capable to solve these problems, there is no magic solution. To believe in imaginative treatments just takes to the patient's frustration and an undeserved discredit of the professionals that work in the aesthetics area with competence and scientific base. Choose physician, or Clinic well to performe an aesthetic treatment.

48 - To end, what the Dr. suggests that a woman with Cellulite does for the problem to reduce or even never appear?

When the Cellulite and the Body Disharmony Syndrome are already present, the correct evaluation, orientation of the Exercises, of the feeding and the choice of the most suitable treatments performed by experienced physician of the area of Aesthetic Medicine is important. We suggested, therefore a consultation. For the patients that doesn't have Cellulite or that notice it still in the beginning in a light way and in a general way for all the ones that have a good Body Harmony and they want to maintain her advised that have a healthy feeding, make Exercises regularly, don't have addictions as alcohol, cigarettes or use of drugs, have a good attitude with the life, without work in excess, reserving a time to take care of itself.

A good mind, a beautiful body and a good health can only bring well to be and individual growth, In fact, is not a modern objective, the Greeks already pursued it in the classic history. We believed, and this is the slogan of our life, following the greco-Roman classic teachings, that the beauty and the health associated to the culture represent the best of the human condition.

We can affirm emphatically that: - To do Exercises and to have good feeding bring of pleasant the good form of the body, and bring of useful the health, therefore to take care in the body way a futile activity it should not be considered, but the practice of great preventive medicine.

7 - The Choice of the Physical Exercises

The number of academies throughout Brazil and the entire world has been increasing a lot. The available statistical data are not exact, an organ that coordinates and regulate that activity not existing in Brazil. However, it is every time larger and easily perceptible the presence of these structures directed for the practice of the physical exercise in great and small centers, what happens certainly in response to the also crescent interests of the population.

The main objective for somebody to seek the physical education in academies seems to be the aesthetic, but some other reasons can be identified as: physical fitness complementation for athletes of high level; athletes preparation for amateur competitions; the complement for weigh loss programs; prevention and basic cares of health; medical treatment and leisure.

As well as the reasons to seek an academy are several, the frequenter are also different in several aspects as: sex; age; weight; height; physical type; previous physical conditioning and general aptitudes for the sport.

The physical activity can be characterized in five categories as occupational (manual work), of lifestyle (to take care of the house, to go to foot for the purchases, to go up stairways), recreation (to fish, to dance),

care with the body (race, academies, swimming, gymnastics), sport as pastime (informal games), competitive sport (competitions).

Analyzing the statement that "when the physical activity is promoted, it would be important for the teacher to know the behavioral context and personal psychological aspects involved for the ones that practice" and that "the determinant of the physical activity are different for each one of the five categories", we observed in practice of the day by day, that sometimes, a same frequenter, that seeks different academies, with the same purpose, receives several orientations.

In the programs there is no great adhesion, having abandonment, rotation, and frequent frustration on the part of the frequenters, when they don't reach the intended objective.

Maybe one of the reasons of there not being always good results, be it that a lot of academies don't offer driven programs in a personalized way, leaving for the frequenter the choice of the program, a lot of times inadequate, and that it suffers influence of myths spread by the media and among the people.

Such verification is not compatible with the good professional and scientific formation and the positive involvement with the work of the professionals great majority that work with the area, being very more fruit of the lack of specific studies of the role of the physical education in the human aesthetics, that we considered to be the main reason, I admit or no, of the search of the academies for the population.

Analyzing these aspects, sees himself the need to gather information scientifically based, above all in how to apply the appropriate exercise to each individual, respecting their objectives, and consequently, to motivate the frequenters to the permanent and regular practice of the physical exercise. If for the other areas of the physical education, the knowledge are already wide and with great scientific base, still a lot of publications don't exist approaching the physical education under an optics of the human aesthetics, a phenomenon in the days today.

The Physical education uses, a lot of times, the knowledge of the sporting acting to apply in the human aesthetics, but a frequenter of the academy can be interested in the development of a part peculiar of the body with aesthetic objectives and not in sporting competitions.

It is then that a new field of performance appears, involving these areas of the sciences, that it is the development of the Human Aesthetics. The knowledge need adaptations then to answer to these new longings. The patterns of the Medicine, of the Nutrition and of the Physical education, for their basic areas of performance, they can be adapted and new techniques and concepts be assimilated.

The Medicine created the Aesthetic Medicine and the Nutrition was in charge of developing nutritive foods but with low calories, and offer of proteic complements, vitamin and caloric. Programs of Physical education, with the aesthetic connotation and under scientific bases need to be developed. Few researches exist in this specific area, and the one that observe is the use of the concepts already existent to assist the aesthetic objective.

An interaction among the Medicine, the Nutrition and the Physical education in a synergic way seems to be the best way to assist to the interest of the enormous portion of the population that seeks help to improve the self-esteem.

We will discourse, based on the available literature, and using the common sense, on aesthetic benefits that can be acquired with the help of the several sporting modalities.

a- Some attributes for the body aesthetics of several sporting modalities.

Several available sporting modalities exist, each one with certain attributes, These characteristic can be used in the body aesthetics. We will talk about what can be acquired as aesthetic benefit by the frequenters and it is clearly more perceptible in the sporting practices habitually applied.

Spinning

Allows to simulate the conditions of a bicycle of highway competition. The spinning controls the progress speed continually, simulating mountain and the resistance of the air. Of the aesthetic point of view, the spinning works inferior members, developing legs, thighs and buttocks, besides being an aerobic activity and of great caloric expense. It is insufficient as only activity for the aesthetic objectives. Associated to the Lifting training can be a good program with aesthetic objectives.

Jogging

It is an aerobic activity. It begins when an individual moves to a speed and in a way that results in a flight period among the shocks of the feet against the soil. Of the aesthetic point of view, the jogging aids in the reduction of the total body fat and it develops the musculature of the inferior members, however, although it is an average activity and high intensity, as only activity it is insufficient for the aesthetic objectives. Associated the Lifting training can be a good program with aesthetic objectives.

Step

Strengthens the musculature of the inferior members, legs, thighs and buttocks. It improves the muscular resistance, and it reduces the total body fat. Of the aesthetic point of view, the step aids in the reduction of the total body fat and it develops the musculature of the inferior members, however, although it is an average activity and high intensity, as only activity it is insufficient for the aesthetic objectives.

Walk

The objective of the walk is to get that the people become at any moment active proposing an activity and for any one, young or senior. If the walk if it turns a progressive activity, the zone of the white cardiac frequency it is reached. When performed with long duration, the walk is effective part of a program of weight control. Of the aesthetic point of view, the walk aids in the reduction of the total body fat, however, although it is a starting point to begin a program of aerobic development in race is, as only activity, insufficient for the aesthetic objectives.. It can be used as starting point in frequenters that were sedentary, passing progressively for light race, with objective of aerobic development.

weight training

Main anaerobic activity. Works the musculature of the superior and inferior members, could be adopted, with aesthetic objectives, with the purpose of muscular hypertrophy or physical conditioning. Of the aesthetic point of view, the Lifting training is an effective exercise for the maintenance of the muscular tonus and increase of the muscular mass, although it is an anaerobic exercise, as only activity, insufficient for the aesthetic objectives. Associated to an aerobic activity, it can be an excellent program option with aesthetic objectives. The largest search for the practice of the Lifting training was for the period of the night and for the frequency of three weekly trainings, tends as objective, in most of the cases, the physical conditioning, following for the body aesthetics.

Swimming

Works aerobic resistance and the whole body musculature. aids in the caloric expense, maintaining then the muscular tonus. Of the aesthetic point of view, the swimming aids in the reduction of the total body fat and it maintains low muscular activity. Although works the whole musculature, as only activity, it is insufficient for the aesthetic objectives. Associated the Lifting training can be a good program with aesthetic objectives.

Physical conditioning

Develops the aerobic resistance, it aids in the reduction of total body fat and it maintains the muscular tonus. Of the aesthetic point of view, the physical conditioning aids in the weight reduction and it strengthens the musculature, meantime with aesthetic objectives it should be associated with other activities.

Localized gymnastics

It is an anaerobic activity . Increases the force and the resistance of the main muscular groups. However, programs of exercises elaborated to increase the muscular resistance don't have effect in the increase of the force. Of the aesthetic point of view, the located gymnastics is an effective exercise for the maintenance of the muscular tonus and increase of the muscular mass, meantime with aesthetic objectives it should be associated to other activities.

Mountaineering

It is an anaerobic activity. With the regular practice it develops superior and inferior member. Of the aesthetic point of view, the mountaineering is effective for the maintenance of the muscular tonus and muscular development, however, with aesthetic objectives it should be associated with other activities.

Squash

Strengthens superior and inferior members, acquiring muscular resistance and aerobic resistance. Of the aesthetic point of view, the squash aids in the weight reduction and it strengthens the musculature, although it is an aerobic activity of high intensity. with aesthetic objectives, it should be associated with other activities.

Judo

Works superior and inferior members, acquiring force and agility and it aids in the reduction of total body fat. Of the aesthetic point of view, the judo aids in the weight reduction and it develops the musculature, mainly of the inferior member. Although it is an aerobic activity of high intensity, with aesthetic objectives it should be associated with other activities.

Mini Tramp

Aerobic activity promoted by an elastic bed. works aerobic resistance and it strengthens inferior members. Of the aesthetic point of view, the mini tramp aids in the weight reduction and it strengthens legs, thighs, buttocks. Although it maintains the muscular tonus, as only activity it is insufficient for the aesthetic objectives.

b - Some Considerations on Sporting Practice and Human Aesthetics

Frequency

The frequency can include number of days a week, and number of times a day.

We advise in our study with patients with body disharmony, that for aesthetic objectives, the ideal of activities weekly is 5 aerobic and 3 anaerobic. A minimum of 3 aerobic activities and 2 anaerobic weekly it also presents good results, but slower. The Muscular Flaccidity was found in 87% of our patients, appraised for clinical examination. This flaccidity is due to sedentary life, or of the practice just of light exercises (95,8% of the patients), that are efficient to obtain a good answer cardiopulmonary, but insufficient for increase and maintenance of muscular mass. In this study, 95,8% of the patients are sedentary or they just practice light exercises. The tenuous lines that give the harmony of the feminine body are supplied in majority by the muscular tonus. The physical exercises should be important part of the treatment, to obtain tonic increase in all the patients and for increase of muscular mass in the thin patients. However, it should be emphasized that to obtain this answer, it is necessary vigorous exercises. If the objective is an athletic body, the road should be in the direction of turning an amateur athlete. They are necessary 5 weekly sessions of 1 hour of aerobic activities (ergo metric bike, swimming or light race) and 2 to 3 weekly sessions of anaerobic activity (Lifting training or trainings of weight rising in group). Good feeding and exercises bring of pleasant the good body form, but they are justified for they be, besides methods to improve the appearance, excellent actions of preventive medicine and of well to be emotional. The vigorous exercises aid to obtain negative caloric swinging, for the loss of body fat and they increase the thin mass and the muscular tonus. The electronic muscular stimulation is useful in supplying muscular tonus, but it should not substitute the emphasis in the exercises.

Duration

The duration is related to the intensity, due the total work performed by session, Considering that many sedentary individuals can performe a session of exercise of low intensity more easily and of long duration than the opposite and to obtain the benefits of the physical activity with a minimum risk. As the intensity of the exercise increases, the necessary duration to consume certain amount of calorie decreases. The duration of the exercise for each exercise session can be supplied as a number of minutes of exercise, total of kilocalories (Kcal) worn-out, and total of worn-out Kcal for kilogram of body weight.

Intensity

The intensity describes the necessary overload to generate a training effect.

Walk

The exercise programs for people sedentary, young, senior or obese, they should be initiated with activities of low intensity (walk).

The emphasis on the slow walk the moderate as the main activity in the beginning of a program, beginning slowly and progressing easily, minors will be the chances of provoking muscular lesions and of worsening old lesions.

When the individual gets to walk about 6,4 km without fatigue, the progression for a walk program / jogging will be recommended.

Jogging

The energy expense of the jogging/walk program is about of twice the one of the walk (in slow speeds the moderate ones). The important in the beginning of the jogging program is to perform the transition of the program of way walk to minimize the discomfort associated to the introduction of any new activity. That is gotten beginning with a jogging/walk /jogging program, that facilitates the adaptation when mixing the jogging with the walk. The jogging, obviously, is not for all. In the obese people's case or with ankle problems, knee or hip, it can be an avoided activity. Activities recommended for that population are the cyclism and the swimming.

Games and Sports

As the individual becomes used to with the exercise, other activities that demand higher levels of energy expense can be introduced, but without rest, as the table tennis, squash and exercises with music. Activities as walk /jogging can be introduced, in order to reduce the participant's chance not to adapt to the activity.

Training of force

It is of extreme importance that stays the thin body mass due to the maintenance of the energy swinging for a lifetime, avoiding like this, futures problems of health. The recommendation for of dynamic exercises of force they would be in ten or twelve repetitions, demanding total width of the movement in an intensity that causes fatigue and a minimum from eight to ten different exercises that include the main muscular groups, proceeding at least twice a week.

The activity maintains or it forms the thin tissue (muscle) that has the capacity to burn calories. Diet by itself takes to the loss of the muscle and the reduction in expense caloric diary, resulting in a crescent fat deposit.

The practice of physical activities also favors the sociability, the participation in group and the consequent interaction processes and social integration. The own improvement of the body aesthetics, as well as the perception of the progress of the physical condition (aptitude), it collaborates directly for a larger valorization and increase of the self-image aspects and self-esteem. Being well physically, as well as feeling healthier, the individual will be more easily prone meeting well psychologically, mainly get even, making possible, consequently, better performance in their social relationships.

Personalized programs

Based on these studies the Naturale Clinic developed own programs of exercises, recommending the most appropriate exercises for each physical type or each patient's situation.

8 – The Beautiful, The Art, the Medicine, the Philosophy, and the Woman

What is the Beautiful? - Plato already recognized the existence of things that are beautiful for themselves and that supply a pure pleasure that no that of the ceasing of the pain or affliction. Socrates thought the Beautiful was an agreement observed by the eyes and ears. Kant found beautiful above all the natural, the birds, the plants. And the definitions of the Beautiful and of what it is Aesthetic, they were always present and they were enlarged in the philosophical and artistic discussions. The feminine beauty, also a manifestation of the Beautiful, is sometimes little understood by being associated to a futile behavior. Rude mistake, to work, to practice sports, to study, to frequent the aesthetics clinics is not task for futile and simple. Women intelligent, educated, that work home and has profession and that are above all strong, they are the ones that has enthusiasm to take care of the beauty and of the health.

The pure feminine beauty occupies a place in the Cosmoses, as well as the other natural and no natural beauties. A beautiful bird or animal are beautiful, as well as a picture, a city, a forest, a star, or a poetry. The beauty shows in things free from the feeling and thought humans and of them it doesn't depend. There is no evil in worshipping the Beautiful. There is no evil in worshipping the Feminine Beauty. To admire the Beautiful doesn't mean to despise what is not beautiful. It is also then beautiful the woman senior, healthy and happy, as the active man in all of the stages of life. It is also beautiful the child playing, the work of art, the nature, is beautiful the wisdom. Clear, there is no beauty in the illness, in the sadness, in the death, in the hunger, in the destruction. The harmonic, quality of the Beautiful, is clear and shows in the life, in the health, in the happiness and in the love. The woman, of the humans the most beautiful part, could only have been the inspiring largest of the art and of the artists, since the old times. To Victory of Samothrace, to Venus of Milo, the Egyptian paintings, the surrealist Dalis' s Gala , the woman's soft beauty in the Spring of Botticelli, the woman in the poetry of Vinícius of Moraes, of Drummond, inspired wonderful works for them.

And it is clear, the beauty changed through the times. In the past the feminine beauty was only a face, privilege of little that had the genetic coincidence of having a face with harmonic lines. The habits then didn't allow to reveal the body. In the current times all the feminine forms are exposed, and that pleasant liberation of habits gave to the women the possibility of other beauty manifestations, the beauty of the body, that is much "more democratic", because accessible to most of the women. The nutrition, the sports, and also the medicine started to help in the promotion of the feminine beauty.

A new medical specialty - the Aesthetic Medicine, intends then to use the techniques, the research and the medical knowledge for the promotion of the feminine beauty of the face and of the body. The Aesthetic Medicine is the Medical Art of the Beautiful, and as the other arts, that produce a pleasure, a subjective happiness, it cannot be submitted to a judgement of value. value is determined by the good to be that it causes the to who receives their benefits. The taste, the capacity to judge what is beautiful, it is that makes the work of art to be wonderful for some and horrible for other, it is influenced by the culture, for the conditions partner economical, for the fashion, for the habits of each people. Then, it is not the Aesthetic Medicine that as science creates that basic aspects that are the taste and the aesthetics. fits to her just to assist the collective unconscious's longings and as an artistic manifestation, to create, to maintain and to improve the Human Beauty.