



BETTER NEW YEAR'S RESOLUTIONS

CUTTING-EDGE CELLULITE TREATMENTS

THERE WAS A TIME WHEN IT WAS COMMON TO TAKE a spring tonic of sulphur and molasses when the weather starting getting warmer. People believed it would wash away the toxins and blahs of the winter season. Today, people still want to be slim and look hot for the summertime. The first fashion crisis faced by most women at the beginning of a new year is cellulite. For many, New Year's resolutions mean a new gym membership and a diet of low calorie milkshakes.

Today, solid research supports the concept that cellulite has little to do with the deposition of fat, and more to do with the degradation of collagen. Most of what we knew about the etiology of cellulite has been proven wrong, and this has led to a shift in thinking. Ninety-five percent of the literature on cellulite still focuses on fat content as the lone factor in the condition. However the real cause and effect relationship comes from the breakdown of the connective tissue supporting the fat.

While fat plays a significant role in the manifestation of the condition we call cellulite, it is really all about the destruction of collagen. The culprit, as is so often the case, is hormonal. It begins when collagenases from the body is released so that the menstrual cycle can occur. The problem with collagenase, which is so helpful in one area of the body, is that it does not stay in one place. As it circulates, it destroys collagen throughout the body. The face, abdomen, arms, breasts and thighs begin to show changes.

Prior publications described huge differences in the anatomical configuration of the collagen bands between men and women, but this has proven to be incorrect. There is no significant difference between the anatomy of the lipid structure between men and women.

Peter T. Pugliese, M.D., who has led much of the research into the origin of cellulite and topical treatments, explains. "The key to this discovery came when I realized that men and women were not so different in some ways, and very differ-

ent in others," he says. "Men do not get cellulite. Women are designed to have children, and somehow I understood long ago that cellulite was tied into childbearing, menstrual cycles and estrogen."

Among other things, estrogen stimulates the formation of collagenase, or matrix metallo proteases (MMPs). The first action of an effective treatment requires conservation of the integrity of the MMPs, specifically collagen 1. The next critical phase is repairing the damage to these proteins, which has already been laid down. We have to fill the holes in the dermis. The newest approach to the topical treatment of cellulite is multi-faceted.

Most anti-cellulite product suppliers do emphasize that diet and exercise are a factor in the success of a regimen, which includes their product. Diet does impact how cellulite is formed. This is evidenced by the low incidence of cellulite in women who eat high levels of phytoestrogens. Women living in Asia have a much lower incidence of cellulite, due to the high levels of phytoestrogens in soy, which is common in Asian diets. Genistein, also a phytoestrogen, may be included in a formulation for topical use to combat cellulite. It has a chemical structure that allows it to combine with and block the estrogen 2 receptor estradiol. The estrogenic effect of genistein is a thousand times less than that of estradiol, but it is a very effective estrogen receptor blocker. The net result is that estrogen made in the body cannot reach the fibroblasts to stimulate the formation of collagenase. Genistein effectively blocks this action of estrogen.

Effective topicals will benefit from the inclusion of oligomeric proanthocyanidin (OPC), a very effective collagenase blocking agent. It is well known as an antioxidant supplement, and in a topical formulation for cellulite treatment, it acts as a collagenase inhibitor.

continues

BY MICHAEL Q. PUGLIESE

THE NEWEST INGREDIENTS ADDRESSING FAT CONTENT ARE PEPTIDES. ONE OF THEM, TRIPEPTIDE 1, ACTIVATES LIPOLYSIS, THE BREAKDOWN OF FAT.

New concepts in cellulite treatment products are utilized in conjunction with traditional methods, which have focused on fatty content and edema. An effective product will assist in maintaining the venous system and the lymphatic system. Niacin and its derivatives increase circulation and enhance ingredient penetrations. This activity temporarily manifests as a warm bloom on the skin surface when heat is created—a nice boost toward the client's goal of feeling hot! Conventional methods such as butcher's broom and horse chestnut strengthen the endothelium, producing nitric oxide.

The newest ingredients addressing fat content are peptides. One of them, tripeptide 1, activates lipolysis, the breakdown of fat. Tripeptide 1 functions to mobilize triglycerides, and helps to metabolize fatty acids to carbon dioxide and water. Thus the mass of fatty tissue is effectively reduced. Another new fat-fighting peptide is called acetyl hexapep-

tide-39. It reduces adipogenesis, the maturing of fat cells. This effectively blocks the metabolic pathway in the production of fat. Studies have indicated that this is achieved by a specific compound that interferes with preadipocyte differentiation. Decreasing the formation of fatty tissue allows the natural course of collagen repair to take place. By removing fatty tissue while simultaneously slowing down the replacement of fatty tissue, the body is able to replace the damaged collagen more easily with normal, stronger collagen. This is a continuous process.

As in so many phenomenon related to appearance, an understanding of the structure and function of human skin will continue to reveal both the causes and the cures for conditions that plague clients and practitioners. ■

Michael Q. Pugliese is the CEO of Circadia by Dr. Pugliese and the Circadia Institute of Advanced Esthetics. Pugliese and his grandfather, Peter T. Pugliese, M.D., hold in-depth classes on a variety of subjects, including cosmetic chemistry and histology of the skin. Pugliese is a licensed esthetician in the state of Pennsylvania, and holds a degree in business management and marketing from Kutztown University.



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