

Health and Beauty Inside and Out

Are you pampering the outside of your body, but ignoring the inside? Beauty is far more than skin deep. Health on the inside radiates beauty on the outside. What's happening on the inside does matter!

So, what is happening on the inside that's affecting beauty on the outside? Spinal misalignment, incorrect posture, gravity or pregnancy rearranging the position of the internal organs, constipation and stagnate lymph system are just a few of the internal issues that affect external beauty.

We have become a microwave society, meaning we demand instant gratification or instant results. Our lives have gotten so busy; many men and women are working two jobs or rushing home from work to get the kids to their school activities, dance, karate and music lessons. When the clock strikes 9 PM, the kids are tucked in bed for the night, now it's time for the hot bath and relaxation. Who's got time to get to the gym 3-4 times per week or even go for a walk in nature?

When the activities of life get in the way of our health and wellness, the extra pounds tend to slowly creep into place, somewhere on our unsuspecting body. We begin to notice the slacks are a bit snug or we see the infamous "muffin top" or "spare tire" around the middle. We may also notice our self-esteem begins to slide as our weight climbs or our energy levels just aren't what they use to be.

As we age, we tend to lose the pressure in the ribcage and abdomen area. This allows the internal organs to settle into the lower part of the abdomen. Internal organs are stressed and begin to suffer. For example, the kidneys can twist inward, affecting the drainage and elimination process, potentially resulting in urinary tract infections. The transverse bowel may begin to sag, constipation and painful elimination becomes an issue.

Many people who spend much of their time performing work in front of the computer or with repetitive motion activities experience poor posture issues. Shallow breathing is often a result of shoulders rolled forward, preventing the belly breathing to take place. Shallow breathing affects the ability of the lungs to perform their functions optimally, such as oxygenating the blood and eliminating carbon dioxide.

That pain in the lower back may be from shoulders rolled forward, extra weight around the middle that shifts the center of gravity of the body, placing a torque on the lower lumbar area. Pain in the body at first thought may not be contributed to internal organ or spinal misalignment. However, it can often be the culprit.

Medical Grade Reshaping Garments

Medical grade reshaping garments can provide the much needed support for the spine and internal organs. Relieving the torque on the lower lumbar of the spine may dramatically

reduce a chronic pain issue. Organs such as the liver, pancreas and stomach, can function at optimal levels when properly supported and positioned.

Medical grade reshaping garments can provide instant results for minimizing the “muffin top” or “spare tire” around the mid section. That mid section “spare tire” may indicate stagnation in the lymph system. Excess tissue is re-distributed to appropriate areas, ligaments are supported to provide proper shaping and lift of the breast tissue and buttocks. The lower lumbar area is properly supported for better alignment.

The lymphatic system is the only system in the body which does not have its own pump for cleansing. The heart is the pump for the circulatory system. The internal organs have built in pumps for cleansing. The lymph system requires movement (or dry brushing before a shower) to cleanse itself of stagnate fluid.

As an added benefit, weight loss can occur from the compress/release capabilities of the medical grade reshaping garments. As the body moves, the material of the garment compresses and releases, much like the movements experienced during a lymphatic massage session. End result is the lymphatic system is activated to move toxic waste from the tissue to the proper elimination sites. Many women and men experience weight loss and desire to eat less when wearing a medical grade reshaping garment.

Health Attributes

Some attributes to look for when considering medical grade reshaping garments for your health and wellness program include:

1. Is the material high quality, hypoallergenic so as to prevent adverse reactions?
2. Does the material have compression/release function (i.e., elastane of 12% to 24%).
3. Is the weave of the material open to allow the skin to breath and moisture to be wicked away?
4. Does the garment support and reshape the body instantly and over time?

The body suit version of a medical grade reshaping garment provides many benefits for the female body: breast tissue is moved out of the underarm area, the lower abdomen area is supported, allowing better flow and elimination for the lymph system in both these areas; internal organs are supported and massaged to allow for better function; the spine is supported, as are the buttocks. Many women see and feel instant results, a more shapely figure or an emotional boost of self-esteem or both!.

Women frequently invest in medical reshaping garments for the added support, pain relief and simply to look and feel better. Women who experience body pain from lactic acid build up associate with Fibromyalgia (stagnate lymph issue) will often report significant reduction in pain levels when wearing the body suit.

Men can enjoy the benefits of reshaping garments as well. Medical grade reshaping T-shirts and boxer shorts with back support are available to provide similar health benefits for the men. What's happening on the inside matters to men, too.

Short term benefits of the reshaping garments may include:

1. Reduced appearance in size, shapely figure
2. Reduction of interstitial fluid in the core, mid section of body
3. Creating better viscosity of the lymph fluid, increasing water loss
4. Improved pH of blood and body tissue, decreases calcification of fatty tissue
5. Higher self-esteem and confidence levels

Long term benefits of wearing the reshaping garment may include:

1. Release of fat soluble toxins like petrochemicals
2. Reduced water weight that stresses and strains the structural system
3. Reduced free radical activity in stagnant fatty tissue
4. Improved immune function
5. Reduced risk of breast cancer through improved lymph drainage
6. Reduced risk of colon cancer through improved bowel elimination

Medical grade reshaping garments just may be the partner your body has been asking for. When you provide the right partner for the body, the body has the innate intelligence to heal. When the body is properly supported and has proper alignment, the internal organs function as intended. The brain/body communication lines are open, allowing proper exchange of information. Our body is the miracle healer when provided the right partner. Medical grade reshaping garments may be a supporting partner and compliment to your health and wellness program. Wearing the reshaping garments may produce desirable results in a comfortable and fashionable way.

What's happening on the inside does matter! Create a synergy with medical grade reshaping garments to increase self-esteem, improve internal health and radiate beauty on the outside.

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