



LYMPHATIC SYSTEM

The Forgotten Hero



By Inga,
Figura Plius Tenerife

The lymphatic system is not commonly talked about, but is a critical part of the body - you have twice as much lymph fluid as blood!

It's a network of tissues and organs that rid the body of toxins, waste, and other unwanted materials, and is part of your natural sewage treatment system. Hence, a healthy lymphatic system is key to a healthy body!

However, did you know that the lymphatic system has multiple interrelated functions? It is responsible for the removal of interstitial fluid from tissues, as well as absorbing and transporting fatty acids and fats, as chyle from the digestive system, and transporting white blood cells to and from the lymph nodes into the bones.

Unfortunately, the lymphatic system is the most forgotten and least understood system in the body, regardless of it being essential to the detoxification process. The lymph travels parallel with the blood and is responsible for removing the waste from every cell in the body, additionally regulating the immune system. The lymph is thus a very important system for supporting optimal health.

We understand that we need to take care of ourselves on a daily basis, as we often live in the environment of toxins that weaken our immune system. That is why Figura

↑ **Roll Shape Touch machines carry a lymph drainage massage that works with infrared, collagen and ionisation lamps**

↓ **One hour massages with easy 15-step exercises are ideal for becoming healthier and fitter**



Plius Tenerife offers proper lymphatic drainage massage with machines that will elim-

inate these toxins and assist the body to function optimally much deeper and faster.

Lymphatic drainage massage with machines

Lymphatic drainage massage, developed in the 1930s, is a delicate form of massage that stimulates the body's lymphatic system, improving metabolism, helping the body to eliminate waste and toxins, and providing a boost to the immune system.

That is why the newest Roll Shape Touch massage and infrared light machines are created to improve our health and well-being. It is the only Roll Shape device on the market that has four extra functions: colour therapy, infrared light rays, collagen light and ionisation.

During the Roll Shape massage and easy 15-step exercises, the lymphatic system starts to circulate, eliminating all the toxins from our body - all excess liquids and fats are removed via urine and sweat.

Also, our biggest enemy, cellulite, afflicts many women and men nowadays. Roll Shape machines massage cellulite damaged areas that have lost blood circulation and lymphatic drainage. This is why it is very important to activate blood and lymph circulation, and drain off fat and liquids.

Additionally, lymphatic drainage massage can be helpful in addressing a wide range of conditions. It can reduce fatigue, menstrual cramps, water retention, even sinusitis and hay fever allergies. The Roll Shape is the most modern health and fitness system that trains, tones and shapes the body, aiding lymphatic drainage, without the need for vigorous exercise.

You can achieve incredible results with a little effort in our studio in Playa de Las Américas. For more information, please join us on Facebook: Figura Plius Tenerife, or email: figurapliustenerife@gmail.com.

MARKETING LIES

Don't believe the hype

By Debbie Gilbey

If you have ever watched an advert for Nutella, you may well get truly suckered into believing it's a great way to begin your day.

It's a so-called 'healthy chocolate' that's aimed at children and adults alike. The Nutella company successfully marketed their hazelnut spread as a nutritionally sound breakfast item, akin to peanut butter. While one jar of Nutella does boast 52 hazelnuts, just two teaspoons of it contain a whopping 21 grams of sugar, 11 grams of fat and 200 calories. Realistically, it is just the next best thing to a candy bar. After a \$3 million (around €2,550,000) class action lawsuit, Nutella was finally stopped from promoting itself as a healthy food item.

Another dubious advertising claim came from Kellogg's Rice Krispies. Yet again a breakfast item stating that it had miraculous health benefits, in the form of being able to strengthen the immune system. When you stop and deliberate this, did anybody really think that a simple 30 gram portion of cereal was suddenly going to make their system of defence invincible?

With the ever increasing prevalence of social media, we are constantly bombarded with new miracle products to dramatically change our weight and shape. Pills and lotions that promise to give you absurd things such as 'improved DNA' or 'firmer and slimmer legs'. However, you cannot suddenly become more toned just by slathering lotion onto yourself. As you have probably guessed already, it is exercise and a healthy nutritious eating plan that will slim you down and sculpt your shape.

The well-known brand Nivea actually got sued for this by the Federal Trade Commission for just under \$1 million (about €850,750). The cream in question was called My Silhouette and their advertising campaign showed a woman suddenly fitting into an old pair of jeans after applying the lotion. Lots of people bought it, truly expecting the same results, without any logic of reasoning as to the obvious question of how it could be possible for a cream to make anyone slimmer. The chairman of the FTC even issued the perfect and sensible closing statement: "The truth about weight loss is that no cream is going to help you fit into your jeans. The tried and true formula for weight loss is diet and exercise."

So the next time you are contemplating that miracle product that will totally transform you in just three days, it is worth stopping to think about this first: those giant companies managed to sneak utter lies into their advertising!

For more information about health and fitness, please contact Debbie via: www.fitnesswithdebbie.com.



↑ **A 'miracle' cream that will make you toned and/or slimmer does not exist**

Photo: Slawomir Rodak / Freeimages.com

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