

HOW TO GET RID OF CELLULITE

Causes of cellulite and
its prevention



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Cellulite is a condition in which the skin appears to have areas with underlying fat deposits, giving it a dimpled, lumpy appearance. It is most noticeable on the buttocks and thighs, and usually occurs after puberty, it occurs mostly in women. This free report contains causes of cellulite, tips and ways to manage it, cellulite cure and preventive measures.

Phase 1: Introduction to Cellulite

Cellulite is the term given to fat deposits just below the skin, typically in the abdomen and lower pelvic region – such as on the thighs and tush. As common as cellulite is, there's also an awful lot of misinformation out there about what it is, what causes it, and how to get rid of it. So before placing blame, scheduling a cosmetic procedure, or spending a fortune on over-the-counter products, read up on the real story behind cellulite.

It's a condition that affects 90 percent of women and 10 percent of men, mostly in industrial nations. As women start approaching menopause, estrogen starts decreasing. From 25 to 35 is when you start seeing the appearance of cellulite. Estrogen has an impact on the blood vessels. estrogen starts to decrease, you lose receptors in blood vessels and thighs, so you have decreased circulation. With decreased circulation you get less oxygen and nutrition to that area, and with that we see a decrease in collagen production.... [Also, at this time] fat cells start becoming larger; [they] begin protruding through the collagen [and become the bumpy fat known as cellulite].

Cellulite is also known as *adipose edematous*, *dermopanniculosis deformans*, *status protrusus cutis*, and *gynoid lipodystrophy* in the medical field and as orange peel syndrome, cottage cheese skin, hail damage, and the mattress phenomenon in colloquial language. Cellulite is the bumpy, dimpled, cottage cheese-y skin that shows up around the butt, abs, and thighs.

Cellulite results from enlarged packets of body fat–deposited deep underneath the skin—that push up against the underlying connective tissue. When the underlying fat cells balloon up it limits the space under the skin, which places a TON of upward pressure on the connective tissue

Got cellulite? You're not alone; Cellulite, Its name makes it sound like a medical condition. But cellulite is nothing more than normal fat beneath the skin. The fat appears bumpy because it pushes against connective tissue, causing the skin above it to pucker the cosmetic condition affects nearly 90% of women at some point during their lives, even women who are otherwise slender and fit.

Cellulite isn't harmful. Many people, though, would like to get rid of it because of the way it looks. Dermatologists say that cellulite may affect up to 90% of women at some point in their lives. Cellulite is often classified using three grades:

Grade 1 cellulite sees no clinical symptoms, but a microscopic examination of cells from the area detects underlying anatomical changes.

Grade 2 cellulite requires the skin to show pallor (pastiness), be lower temperature, and have decreased elasticity, in addition to anatomical changes noted by microscopic examinations.

Grade 3 cellulite has visible roughness of the skin (like an orange peel) along with all grade 2 signs.

Although cellulite can affect both sexes, it is much more common in females, mainly because they are more likely to have particular types of fat and connective tissue. Cellulite (also known as adiposis edematosa, dermopanniculosis deformans, status protrusus cutis, gynoid lipodystrophy, and orange peel syndrome) is the herniation of subcutaneous fat within fibrous connective tissue that manifests topographically as skin dimpling and nodularity, often on the pelvic region (specifically the buttocks), lower limbs, and abdomen.

Cellulite occurs in most post pubescent females, a review gives a prevalence of 85%-98% of women, indicating that it is physiologic rather than pathologic. It can result from a complex combination of factors ranging from hormones to heredity.

That pressure forces the fat right up against the top layers of skin, pushes everything upwards, and creates a visibly dimpled look on the surface. When multiple fat compartments expand, multiple hills pop up, and cellulite spreads across a wider surface area.

Why is Cellulite More Common in Women than in Men? When it comes to cellulite it's all about the anatomy of the body's largest organ—the skin. There are three major reasons why women are MUCH more likely to develop cellulite than men:

1. Thicker Epidermis

Men have a much thicker epidermis—the very top layer of the skin (#1 in the picture). A thicker epidermis makes male skin MUCH more resilient to structural change and dimpling, which protects it from cellulite.

On the other side, women have a thinner epidermis, which exposes it to lumpiness and disfiguration.

Think of it as a suit of armor. Men have a strong, outer layer that prevents the fat from bulging through the surface. Women, well, don't.

2. Different Skin Structure

Male and female skin is fundamentally different. Female fat cells sit within large, side-by-side, separate compartments that form columns underneath the skin's surface.

When female fat cells fatten, the compartments overflow and have no choice but to expand vertically. At this point the fat pushes upwards, puts massive pressure on the skin's surface, and eventually creates the bumps known as cellulite.

On the flip side, male skin follows a crisscrossed pattern. Male fat containers are smaller, and when they grow they tend to create one, big, solid blob of fat (if it even penetrates the

thick epidermis). Although beer bellies are annoyingly common, especially in America, most guys won't have cellulite.

3. Underwear

Tight underwear constricts blood flow around the butt and thighs, which speeds up cellulite development. Seriously—stick to thongs, loose-fitting underwear, or even go commando—it's healthy. Cellulite – it's not everyone's favorite conversation topic. Especially when it's otherwise known as cottage cheese thighs, orange peel skin and hail damage. There's a reason why people cringe at the word cellulite and its other so delicate descriptors – because the vast majority of adult woman have it and all of them don't want it.

At the same time, there is no need to talk down to yourself because you do have a few pockets and dimples to spare. There is big lesson in learning to love your body just as it is and appreciate the wonder of it for everything it does for you every second to keep you alive and functioning.

The good news is that you can reduce cellulite! You really can help your body to become firmer and leaner and reduce cellulite. I am going to share with you know what cellulite actually is, why you have it and give you some ways to reduce the appearance of cellulite on your body. You don't have to have bikini shame anymore!

Phase 2: Causes Of cellulite

The causes of cellulite include the following changes in metabolism, physiology, diet and exercise habits, sex-specific dimorphic skin architecture, alteration of connective tissue structure, hormonal factors, genetic factors, the microcirculatory system, the extracellular matrix, and subtle inflammatory alterations.

Hormonal factors: Hormones play a dominant role in the formation of cellulite. Estrogen may be the important hormone to initiate and aggravate cellulite. However, there has been no reliable clinical evidence to support such a claim. Other hormones, including insulin, the catecholamine's adrenaline and noradrenaline, thyroid hormones, and prolactin, are all believed to participate in the development of cellulite.

Genetic factors: There is a genetic element in individual susceptibility to cellulite. Researchers led by Enzo Emanuele have traced the genetic component of cellulite to particular polymorphisms in the angiotensin converting enzyme (ACE) and hypoxia-inducible factor 1A (HIF1a) genes.

Predisposing factors: Several factors have been shown to affect the development of cellulite. Sex, race, biotype, distribution of subcutaneous fat, and predisposition to lymphatic and circulatory insufficiency have all been shown to contribute to cellulite.

Lifestyle

A high-stress lifestyle will cause an increase in the level of catecholamine, which have also been associated with the development of cellulite. Having cellulite doesn't mean you are overweight. Even thin people can have it. If you are overweight, however, losing weight

may reduce cellulite.

Cellulite is more common among women than men. If other women in your family have cellulite, there's a good chance you will too. Other factors that influence how much cellulite you have and how visible it is include:

- Poor diet
- Fad dieting
- Slow metabolism
- Lack of physical activity
- Hormone changes
- Dehydration
- Total body fat
- Thickness and color of your skin

Cellulite tends to be less noticeable on darker skin. If you have light skin and plan to be out in a bathing suit or short shorts, applying a self-tanner may make the bumps and dimples on your thighs less noticeable.

Why do some women have more cellulite than others?

These women [who don't have much, or any, cellulite], you see the kind of work they're doing and the kind of food they're eating. They're eating all organic foods, they're constantly moving from the time they get up. These women are washing clothes in the river. Getting water [in an industrialized country] means getting up and going to the fridge or faucet.

For women in developing countries, they're walking to the river and coming back carrying a heavy container. So the physical activity levels in industrialized nations have also decreased. Many women wear regular underwear with elastic across the buttocks. When you see panty lines, it's cutting off circulation—just think what it's doing to your body. Look, take a tourniquet, put it around your leg and see what happens.

And a lot of women wear underwear under panty hose. The panty hose force the lymphatic drainage back into the body. It's like turning the hose on and clamping it so everything gets backed up. Cellulite didn't become a problem until the 1970s and 1980s when the diet and activity and underwear started changing. Back in the '20s, women wore longer skirts and the underwear was loose, almost like pajamas.

Cellulite is always underneath where the elastics go, and if you draw an invisible line where the cellulite is, you will see where the panty lines are. The most important preventive thing you can do, if you can't afford treatment, is change your [style of] underwear: Wear a thong.

Does diet play a big role in the amount of cellulite people get?

Diet does play a role, because look, women in Asia, what do they have for breakfast? Noodles—it's a high-calorie meal, but when they go to work they burn those calories. In contrast, we eat these calories, then go to work and sit at a desk. Think of those [fat-producing] alpha receptors just waiting to rock and roll.

So, it all goes together. That's why women struggle to lose weight below the waist. From the waist up, for every four receptors that break down fat, there are five that make it, so it's almost a one-to-one ratio. From the trunk up, there's just one layer of fat, except for the

triceps arm area.

It's really a whole biochemistry. People tell you: Don't eat fat, don't eat sugar. It's really more than that. Its hormone balance, you need to eat healthy, you need activity. Today we're seeing younger women developing cellulite—women in their teenage years are getting cellulite. How do you explain that? Too much estrogen makes fat cells larger, so... younger women who are overweight might have a condition called estrogen dominance, which means they are making too much estrogen and/or are eating foods [such as soy or using containers that leak bisphenol-A] that have estrogen-mimicking ingredients. How big a role do genes play in cellulite levels?

There is a genetic component or predisposition to cellulite. But just because you have the genetic component doesn't mean you have to develop it if you do the right things: eat a healthy diet, exercise, and skip restrictive underwear. There are a lot of reasons why cellulite is said to appear on your body including hormonal reasons, poor diet and lifestyle choices, age and genetic predisposition.

While each of these factors can play a role in cellulite formation, there is one common denominator to all of these factors - the accumulation of toxicity in your body. Think about this: the vast majority of people have had decades of eating packaged foods, refined sugars and salts, processed starches, cooked animal proteins, chemicals, pesticides and preservatives, and even higher quality foods but too much of them and in poor combinations. That's just what you've eaten.

Then consider the environmental chemicals and pollutants inside your home and outside in your environment that you have been exposed to for years. Maybe you also smoked, drank and took drugs (even pharmaceuticals) for weeks, months or years at a time. That equals an awful lot of toxins which your body is not able to eliminate fully while you continue to feed yourself poor quality foods and don't put special attention and effort into removing this accumulation.

Phase 3: Cellulite Cure and Prevention

Do creams—thigh creams, caffeine creams—really work?

Most all creams will only address the fat. So the Nivea [Good-Bye Cellulite Gel-Cream] and others with L-Carnitine transports fats into the cells' mitochondria to be used as energy. Caffeine creams will help by blocking the making of fats by the alpha receptors. Some creams have aminophylline, a compound in some respiratory drugs which, like caffeine, works by blocking the alpha receptors. In most creams, you find some way of targeting only the fat cells and not addressing the connective tissue or circulation aspects of cellulite.

What other treatments are there for cellulite?

There are three treatable components of cellulite: You have to address the collagen; you have to reduce the fat, and you have to increase circulation.

But it depends on the grade of cellulite you have. There are four grades, ranging from zero to three: Grade zero is no visible cellulite. If you pinch the skin and see a cottage cheese-like texture—that's grade one. Grade two is if cellulite is visible on the legs of someone

standing. Grade three is if you see cellulite when you look in the mirror or lie down. I call grade three "terminal," because it's very hard to treat, although the good news is that I don't think anyone's ever died of it.

Machines to treat cellulite include vacuum rolling and radio waves to break up the fat. The first one of them on the market was Endermologie. When you're vacuuming and rolling [the skin], you're increasing circulation, and the heat helps to break down the fat, which smoothes out the skin.

The downside to the machines is you have to go once a month for at least several years.

What about lasers, injections and surgery?

Laser treatments are combined with massage and rolling; they either do suction or rolling and use radio waves and heat up the fat, place the fat on a stove in a frying pan, and it melts. [Those treatments] heat it up and hope we can break it down that way, and use section and rollers to try to force it out [of the puckered near-skin area].

"Subcision" surgery was invented to get rid of indentations in the face (such as acne scarring), and one dermatologist took that technology and applied it to dimples in the buttocks. For subcision, you anesthetize the area, then you take a special needle, a Nokor needle, which looks kind of like a little hatchet, so you can make a small incision and, moving it back and forth, you can cut the skin from the tissue holding it down, getting rid of the dimples.

I've seen women who have had fat injected into their thighs, buttocks, bellies and anywhere else they have cellulite in an attempt to even out the texture and it was like a bump sticking out of the leg. Other injections you have to have every few months.

The bad thing about silicone and fat-transfer injections [that aim to fill in the dimples] is that they can move and can get absorbed—and you can't get rid of it. As for liposuction [when plastic surgeons literally suck out the fat through a tube], you'll find tons of women who complain that the procedure actually made their cellulite worse.

Liposuction has only been proven to work for body sculpting [changing the body's contours by removing excess fat from some areas of the body, which doesn't have much—if any—effect on the texture of fat that will remain below the skin]. If you have a doctor telling you that you can get rid of cellulite with liposuction, run out that door and don't ever look back.

Cellulite treatments and removal

There are several therapies that have been suggested to remove cellulite, but none have been supported in the scientific or medical literature.

Therapeutic methods for cellulite that are physical or mechanical include:

- Pneumatic massages
- Massages that stimulate lymphatic flow
- Heat therapy
- Ultrasound
- Radio frequency therapy
- Magnetic therapy
- Radial wave's therapy
- Endermologie

- Electrical stimulation

Unfortunately, none of these methods have been scientifically proven to work.

A second class of cellulite removal strategies consists of drugs that are supposed to act on fatty tissues. There is a wide range of pharmacological agents which are used for getting rid of cellulite, including:

- Methylxanthines (caffeine and theobromine)
- Pentoxifylline
- Beta-agonists and adrenaline
- Alpha-antagonists
- Amino acids
- Ginkgo biloba
- Rutin
- Indian chestnut

Woman's bottom with cellulite

Cellulite may affect up to 90% of women at some point in their lives. People with cellulite have tried to apply these agents topically, orally, or by injection, but none have been proved effective. Some people with cellulite wear special clothing called compression garments to reduce the appearance of cellulite. These garments try to compress arteries and increase blood and lymph flow to reduce visual cellulite.

Cellulite reduction techniques such as liposuction and dieting actually do not remove cellulite. However, eating a healthful, balanced diet and exercising may be the best way to reduce the fat content in cells and reduce the appearance of cellulite.

Do anti-cellulite cream work?

There is currently no medical research to support the effectiveness of anti-cellulite creams in getting rid of cellulite.

Dr. Lisa M. Donofrio, an assistant professor of dermatology at Yale University School of Medicine, and Tulane University School of Medicine, said in 2003 that "there is no scientific proof that anti-cellulite creams work, and there is no concrete way to measure cellulite", either. She tells her patients that cellulite is normal, and is likely the product of genetics and hormones.

Dr. Garry S. Brody, a professor of plastic surgery at the University of Southern California agrees with this statement: "Women who believe that they can eliminate cellulite through creams, or even weight loss, are likely to be disappointed."

He continued: "So-called cellulite is the natural anatomic contour characteristic of many women's thighs and buttocks. It is unrelated to weight gain or loss. There is absolutely no surgical or medical solution to women's dislike of this appearance except for the psychological self-deception of wanting to believe the ads."

This is not just the way to reduce and prevent cellulite but also the way to live a long, healthy life and look and feel as beautiful as you can.

1. Eat a clean, alkaline, unprocessed diet

In order to remove the toxins from your body, you must first draw them out from where they have accumulated in your cells, tissues and organs. The way to do this is to

consume alkaline forming foods (meaning they leave an alkaline ash in the body). All fresh fruits and vegetables are alkaline and should make up the largest part of your diet.

You might be thinking “can fresh fruits and vegetables really help me to reduce my cellulite?” Yes, they can when combined with the other tips provided. This is how it works: the alkalinity of these fresh, life force rich foods magnetizes to the acidic toxic matter in your cells, drawing it out so it can be removed from your body.

The key is to gradually increase your fresh produce consumption (mostly vegetables) so that you don't magnetize out more toxicity than the body can remove. Otherwise the toxins will just re-circulate and then re-settle. Baby steps and transition is vital, as is getting in tune with your own body and its signals so you know when to include more or when you are drawing out more toxicity than your body can handle. If you want to flood your body with alkalinity and minimize cellulite (and ageing and other symptoms) get into fresh vegetable juicing.

2. Hydrate and flush

You need to drink enough pure, clean water and organic hydration from fresh fruits and vegetables to keep toxins flushing through you. Water is essential to life and it is also essential to reducing and preventing further cellulite. Just think about the effects/look of dehydration: shriveled, lumpy, aged. This doesn't make a cellulite free body with smooth, supple skin.

Drink pure water every day as the first thing you consume. If you don't like your water straight up, some lemon juice or lemon slices. Herbal tea is also great but avoid coffee and tea as much as possible and if you do choose to include them drink extra water and fresh vegetable juice to help counter their dehydrating effects and acidity. Again, fresh vegetable juice is king.

3. Swap your salt

Seriously, it can't get any easier than this: swap your refined salt (table salt) for Celtic sea salt or Himalayan crystal salt. Refined salt is extremely acidic and leaches minerals from your body. It is also highly dehydrating (hello cellulite!) and so refined that your body will need to use its vital life force to try to assimilate this dead salt. Refined salt only adds to the accumulation of toxicity in your body.

Crystal and sea salt however are alkaline, packed full of beneficial minerals, give to the body rather than take from it and have a fuller flavor. If you can notice the difference at all! It's a total no brainer. Get into your cupboards and throw away the refined stuff now.

4. True detoxification – getting the waste out

When you put clean, alkaline foods into the body as per the first three tips, the alkalinity of those foods starts to attract out old acidic waste matter deep within your body. This is brilliant and exactly what you want as once this stuff has come out your body will have a chance of showing less of the toxicity through your cellulite.

However if you are drawing this toxic waste out of the cells and tissues they still need to be removed from the body completely. This is where your elimination channels come in. They work to get this stuff out so it doesn't just re-settle in your body. But here's the thing: this stuff is typically really gnarly and not easy to remove from the body. Most people already

have compromised elimination channels, particularly the bowel, so relying on your body's compromised channels is not necessarily going to get the waste effectively out of your body. You need to help it happen.

The best way of doing this is to get into some regular colon cleansing through professional colonics or at home enemas. Find a professional colon hydro-therapist in your area and talk to them about your needs. Or purchase an at home enema kit and get into a regular habit of using it. It may not seem like the most elegant of solutions but trust me, it works like nothing else!

The bowel is where the most waste can be safely dumped from the body so to ignore this essential elimination channel is to really set yourself up for limited success.

5. Skin brushing and massage

Stimulating the lymphatic system (the lymph sits just underneath the surface of your skin) through dry bristle skin brushing and massage helps toxins to be circulated into the elimination channels for release. Skin brushing can specifically target areas of cellulite.

Using a skin brush in small circular movements over your thighs, butt and other areas with cellulite for a few minutes a few times per week will help to break down the fatty deposits that cause the dimpled appearance. It is best to start with just a minute of skin brushing and then work your way up to a few minutes at a time. This will help your skin adjust and prevent sensitivity.

6. Moving and sweating

When you do sweaty exercise you are not only helping stress relief and giving yourself an endorphin rush, you are also expelling toxins through your skin. This is another avenue of elimination that is best not ignored if you want to decrease the appearance of cellulite. It will also help to improve the overall appearance of your body by tightening, toning and lengthening so that even if your cellulite is there, the overall appearance of your body will be more flattering.

7. Limit the use of skin thinning creams

If you are currently using any chemicals or pharmaceuticals on your cellulite areas which thin your skin (such as steroids), your cellulite is going to be more obvious. It makes logical sense that if your skin is thinner, the appearance of dimples beneath the skin will stand out more, right? Plus your skin will show age and imperfections more generally.

The answer isn't to just ditch the meds and creams cold turkey of course – this is something you need to discuss with your doctor or alternative health practitioner. However you may want to look at putting all these other tips in place as they will start to really improve your health overall, and then you may find that you can decrease the usage of these creams.

Whether they are for physical improvement or to manage an internal condition (what is on the outside is just a reflection of what is going on in the inside), your health and beauty will improve if you put these tips into action so you just may need less of the medical or chemical help anyway.

Instead nourish your skin with moisturizing totally natural oils and creams such as coconut oil, olive oil or a gorgeous organic moisturizer. Now it's time for you to put these tips to work. Pick one to start and get that happening in your daily life, like swapping your salt. Then pick another and tackle that one. You could try one new tip per day or one new tip

per week until you have them all a part of your regular life. Keep it up and you will see results!

Cellulite prevention

Eating healthy, low fat foods such as fruits, vegetables, and fiber can help one to avoid cellulite. Similarly exercising regularly, maintaining a healthy weight, and reducing stress are recommended to prevent cellulite.

In addition wearing thongs, boyshorts, or looser fitting undergarments can prevent cellulite that might form due to tight elastic.

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Recommendation

[The Only Proven Way For Women To Kill Cellulite Forever](#) [klikk]

You'll Get Hot Tips & Surprising Secrets – Such As:

- Why skin-brushing and compression garments can NEVER banish cellulite
- Why “so-called” anti-cellulite treatments can actually make your cellulite worse
- How medi-spa services prey on your desperation to rip you off, over and over
- Why most common exercises can make cellulite bumps and dimples more pronounced
- Why you absolutely MUST know the cause of cellulite in order to eliminate it – and how this critical secret has been kept from frustrated women who need it the most.
- And SOOOOooooo much more....

This is seriously one of the only **totally FREE videos giving you credible cellulite elimination information you will use ASAP...**