

Terminate My Cellulite!

TREATMENTS, MACHINES, CREAMS!

Cellulite is fat that is deposited in pockets just below the surface of the skin. It occurs around the hips, thighs, and buttocks. Given how close cellulite is to the surface of the skin, it creates a dimpled appearance in those areas of the body.

Cellulite is not a different kind of fat, but it can be more visible than fat deeper in the body. Even thin people can have cellulite, because we all have layers of fat just below the surface of the skin. Collagen fibers that connect to the skin may stretch, break down, or pull tight, allowing the plump fat cells to bulge out. This creates the rippled look of cellulite.

Heredity may play a part in whether or not you have cellulite. A poor diet, “fad” dieting, sluggish metabolism, hormone fluctuations, and even dehydration may play a role. A great deal of money is spent by people who want to rid themselves of cellulite, but no amount of weight reduction, exercise, massages, wraps, creams supplements, or surgery has proven to effectively eliminate it once you have it. Liposuction, for instance is not recommended for cellulite because liposuction is designed to remove deep fat instead of cellulite, which is close to the skin and may even make it look worse.

Whatever the cause of cellulite, it’s important to know that there aren’t any miracle products, treatments, or medicines that can make it go away. For example, salon “treatments” that promise to “get rid of cellulite” simply give you their particular “treatment” which will cause your skin to puff up through deep massaging. ***This temporarily reduces the appearance of cellulite.***

If you want to reduce the amount of cellulite you have, the best approach is to decrease excess body fat. If you are overweight, eat fewer calories and exercise more. An exercise routine that combines aerobic exercise with strength training is the best weapon against cellulite. Meantime, if you want to conceal your cellulite, try using a self-tanning product. Cellulite tends to be a little bit less noticeable on darker skin.

Common Sense Measures:

- Eat a healthy diet rich in fruits, vegetables, and fiber.
- Stay hydrated with plenty of fluids.
- Exercise regularly to keep muscles toned and bones strong.
- Maintain a healthy weight (no yo-yo dieting).
- Don’t smoke.