

The Skinny on Cellulite

(Truth Revealed!)

by Brad Callen

About the Author

Hello, my name is Brad Callen. I am the sole creator of www.free-weight-loss-resources.com as well as the author of the highly acclaimed weight loss eBook titled “Ultimate Weight Loss Revealed”. One of my deepest passions includes helping others obtain their fitness goals by providing them with free unbiased information.

I firmly believe that the key to overcoming any obstacle in life is one’s ability to obtain knowledge. Hence, my goal: to provide you with the knowledge to overcome your fitness obstacles. I hope you will find this special report both intriguing and beneficial in helping you achieve those goals.

If you ever have any questions please feel free to send me a personal email to brad@free-weight-loss-resources.com and I would be happy to answer any question you may have.

To your success!

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What is Cellulite?

I’m sure all of you know what cellulite looks like, but how many of you know what it actually is and how it’s formed? Cellulite is typically located on the hips, thighs, and buttocks; however, it can also be located on the back of arms, below the arm pit, and even on the chest.

You may have heard the saying, “Those dimples are darling!”, but if you’re one of the estimated 90 percent of women with cellulite they’re a source of irritation and embarrassment.

Did you know the phrase “cellulite” isn’t even a medical term? It was coined in European spas and brought to America in the early 1970s, when New York salon owner Nicole Ronsard published *Cellulite: Those Lumps, Bumps, and Bulges You Couldn’t Lose Before*. Cellulite is known in the medical community as localized lipodystrophy - meaning misshapen fat in one or several specific areas of the body. According to most doctors cellulite is just plain fat.

How Do You Get Cellulite?

The way it all works is your skin (dermis) sends down anchoring fibers to the muscle. Between the skin and the muscle is a space filled with fat cells. When the fat cells start pushing against the skin between these fibers, it creates a lump appearance.

It’s sort of like pushing fat through cheesecloth – where the skin isn’t being tethered down, the fat forms a dome and where the skin is tethered down, there’s a pitting effect.

Important Factors in the Development of Cellulite:

- skin tone
- fat accumulation
- structure of the skin

Women Have Different Bands

X-Shaped Bands

Fibrous bands bind the skin to deeper tissues such as fascia or muscle. In men, these bands run perpendicular to the skin. But in women, these fibers are crosses, like Xs. A good way to envision this is to picture a whole series of Xs under the skin. The part of the X that is attached to the skin traps fat. The fat can't go anywhere, and pushes up on the skin. But those two little bands are tough and won't stretch. They then pull the skin down and have a tufting effect on the skin and the fat.

Another way to look at this is there is a 23 day cycle of birth, growth and death that begins in the dermis (or lower layer of the skin). When new cells are born, they are round and filled with fluid. As they make their way toward the surface of the skin, they lose fluid, becoming more elongated and flat.

Once the cells reach the outer layer of the skin, they fall off as a result of washing, rubbing etc. Now as I mentioned above, the dermis consists of very elastic fibers. Remember, they are shaped like Xs in women. These fibers give the skin resilience or bounce. Within these fibers are the glands which produce sebum, which is a fatty substance secreted from the sebaceous glands. Most of these glands open into hair follicles.

These glands also produce the body's moisturizer, sweat glands, blood vessels, and nerve endings. Each of them is dependent on a healthy dermis functioning properly. When a build up of dead cells clogs the dermis and sweat becomes

trapped beneath the skin this causes the accumulation of fat, thus bulging occurs beneath the skin.

Why Don't Men Have Cellulite?

The reason men typically do not have cellulite is simply because of the way the fibers within their dermis are shaped. They aren't crossed, they are perpendicular to the skin as I stated above, and so a build up of sweaty fat beneath the skin never takes place. Not only are the fibrous bands in women crossed, but they tend to be much tighter than men's which causes a pulling on the skin and ends up causing the actual dimpling effect.

Another reason that men tend to not accumulate cellulite is because they have tougher skin corium (dermis) which doesn't allow a build up of fat to collect. Men therefore have smoother, tighter skin than women do. Another factor is hormonal. Estrogen rev up fat storage as needed for menstruation and pregnancy. Plus, in the late stages of pregnancy estrogen can actually break collagen tissue fibers apart, which is a crucial step in relaxing the cervix for childbirth. Ladies, I'm sorry to say this but all of this sets up a major breeding for cellulite. Progesterone, also found in women, plays a role by stressing out your veins, making you retain fluid and causing you to put on the pounds.

Separating Fact from Fiction

It is simply a myth that you won't get cellulite if you stay at a normal body weight. The truth is, even if you have just 15% body fat, you can still have cellulite, even if you must squeeze the skin to see it. There are a number of reasons thin women can still get cellulite which include the following:

- poor blood circulation
- lack of exercise

- poor lymph system drainage
- food allergies
- eating foods high in preservatives
- yo-yo dieting
- too much sun

Have you ever heard that eating lots of bread or drinking lots of carbonated drinks causes cellulite? Well, although the result may be an increase in cellulite, the underlying cause isn't the soda or bread. Cellulite is fat deposits under the skin. By eating foods high in fat and calories you will increase your fat level, thus increasing your level of cellulite.

There are a lot of methods that claim to cure cellulite.

Creams

The most popular of these are creams, gels, and bath liquids.

These supposedly aid in smoothing, detoxifying, and rehydrating the “affected area”. The use of moisturizing creams rich in the antioxidant vitamins A, C and E can be somewhat beneficial. The objective behind this type of treatment is to enhance the production of collagen which is a key factor in giving skin a smooth, supple appearance.

Massaging with cellulite cream helps boost circulation and lymphatic drainage.

Essential oils enhance circulation and help eliminate retained water. Some oils to try include:

- Grapefruit
- Cypress
- Juniper
- Clary Sage or lemon added to a base of jojoba oil for a bath oil

Technology

Second on the list includes technology. Some noteworthy advancements in this area include endermology, electrical muscle stimulation, and hydrotherapy.

1. Endermology

For about 35 minutes a therapist works over the patient's body with the machine, which looks like some type of space age vacuum. At one end of the hose is a hand piece, which the therapist rolls over the cellulite areas. Kind of like massaging fingers, the vacuum pump pulls a fold of skin up and kneads it between rollers.

Basically the way it works is by a combination of negative and positive pressure from rollers and suction works to swell the skin. The actual cellulite is not reduced, but the skin is slightly swollen after treatment. This swelling causes the cellulite to be slightly less noticeable. The swelling usually only lasts for 24 hours and then returns the normal.

What does this cost?

Treatment definitely doesn't come cheap and for most isn't practical at all. A package of 20 sessions, 2 a week, can run from \$1,500 to \$2,200! Should you consider this? The answer is simply, No.

2. Electrical Muscle Stimulation

The concept behind electrical muscle stimulation is toning and reshaping, as tiny micronutrients of energy conspire to lift and smooth the skin. This form of treatment definitely does not work and can actually be harmful if used for any prolonged period of time.

What does this cost?

Treatment usually would consist of 15 minute sessions at \$25 a piece. If you ask me, this is a waste of time.

3. Hydrotherapy

Hydrotherapy, saunas, and the like, use the power of water to cleanse, detoxify, and stimulate. The idea is similar to that of creams.

Herbal Treatments

- Ginkgo biloba
- Soy lecithin
- Grape seed bioflavanoids
- Sweet clover extract
- Evening primrose
- Fish oil

Surgery?

Another procedure being touted for the treatment of cellulite is more invasive, and involves surgery with a tool equipped with a v-shaped blade that is inserted through small excisions in the skin to cut the fibrous X shaped bands of tissue that form the structure where the cellulite is formed.

Once these bands are cut, some fat (cellulite) is liposuctioned out and some fat reinjected. This can produce a temporary smoothing, but eventually the cellulite reforms and the results are negated. If you ask me, this is a very costly price to pay for temporary results.

Avoid most mainstream products because most contain aminophylline, a bronchodilator that can cause heart palpitations, anxiety and in extreme cases, respiratory failure.

Instead you should look for topical cellulite treatments that contain these natural ingredients.

Caffeine – Although drinking caffeine seems to increase cellulite due to impairing circulation and lymph flow, topical application has been known to reduce fat content in cells by blocking an enzyme that inhibits fat breakdown. Caffeine may be listed on ingredient labels as kola nut, tea, or green tea

Cocoa – May help stimulate the release of stored fat

Theophylline – May help increase circulation

The basic theory behind all of the “theories” mentioned above all comes back to one underlying idea which is to increase circulation and drainage beneath the skin to help slow down the accumulation of cellulite. No cream, oil, electronic device, or surgery can eliminate cellulite. Some may in fact slow down the accumulation and lessen appearance of cellulite temporarily, but none have been proven to actually reduce it.

There is Hope!

With all this said, I am sure you are wondering if there is hope. Well, I have good news. There really is hope. Study after study has shown that the key to reducing cellulite significantly is by a combination of both proper diet and exercise. Dermatologist Mitchel Goldman, MD, clinical professor, states “If someone loses a lot of weight and exercises regularly to tone up, this person will most definitely find an improvement in cellulite.”

Prevention Advisor Wane L. Westcott, PhD, says, “With the right exercise plan, you can reduce cellulite and make your lower body look smoother and firmer.”

It is a proven fact that proper dieting and exercise can and will reduce cellulite levels. Now it’s just a matter of knowing what you need to eat, what exercises you should perform, the duration of your workout, and the rest of the specifics when it comes to “proper dieting and exercise.”

As I mentioned above, the areas that typically contain cellulite are the back of the legs, also known as the hamstrings.

For your convenience I have listed 4 of the top hamstring exercises. Performing 4 sets 8 for 2 of the following 4 exercises, 3 days a week will tighten and firm up the trouble area found behind the upper leg. Granted, to see benefits from this you must also follow a very precise diet or your results will be very limited.

The Top Four Hamstring Exercises:

Important: Full pictures of each of the following exercises can be found at: <http://www.free-weight-loss-resources.com> and then scrolling down to the appropriate exercise.

1. **Stiff Legged Dead Lifts** – (Note: The picture shown is using a barbell. You should use 2 dumbbells for better results)
 - Grasp two dumbbells and hold them at your sides.
 - Keep your feet less than shoulder width apart. Now have your legs close to being locked and bend forward from the waist, with your back straight, until your upper body is parallel with the ground, the bar hanging at arm's length below you. Now lift your torso back up again, pull your shoulders back, and arch your lower back in for a complete lower back contraction. If you can't get enough of a stretch use a block or stand on a bench while doing this exercise.

2. Lunges

- Grasp two dumbbells and hold them at your sides
- Having your back straight, head up, and chest out as if you were showing off Step forward, bend your knees, and bring your trailing knee close to the floor. Your step should be long enough so that your back leg becomes almost straight. Push yourself back up off your heel not your toe to the starting position with one strong movement, bringing your feet together, then step forward with the other foot and repeat the movement. You can do all your repetitions with one leg, and then repeat with the other, or you can alternate throughout the set.

3. Leg Curls

- Go to the leg curl machine and lay face down and place your heels under the lever mechanism. Your legs should be stretched out straight.
- Staying flat on the machine, curl your legs up as far as possible, until the hamstrings get a peak contraction. Release and lower the weight under control back to the starting position. Hold on to the handles or even the bench itself to keep you from coming up off of the bench. Leg curls should be done through the fullest range of motion possible.

4. Standing Leg Curls

- Stand up to the leg machine and place one leg behind the lever mechanism.
- Keep yourself steady and curl the leg back toward your behind as much as possible. Get a peak contraction at the top and then lower the weight back to the starting position. Perform the set with one leg, and then repeat the exercise using the other leg. Be certain to keep the movement under control. These can be performed with ankle weights as well. Just use the ankle weights as the resistance and if you need more resistance, place two ankle weights on one leg. When using ankle weights make sure your form is extremely strict. Don't just lift the weight up and down. Take at

least 2 seconds to lift the weight and hold it at the top for a second or two, and then lower the weight about a rate of 3 seconds.

Conclusion

I sincerely hope that this was a beneficial report for you. Follow the exercises that I mentioned above, stay away from any cellulite creams containing aminophylline, and follow a proper diet and you will notice a definite decrease in your cellulite levels, I guarantee. Feel free to refer to my website at: <http://www.free-weight-loss-resources.com> for free dieting and exercise information. Also, every month I send out a newsletter through email which is jam packed with free weight loss and diet information, all 100% free. I definitely recommend you take advantage of this free service. With this said, I wish you the very best in your fitness endeavors!

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