

What is Cellulite?

We all think we know what it is, but do we really? Let's consider the definition. cel·lu·lite pronunciation [sel-yuh-lahyt , -leet] noun Lumpy fat deposits, esp. in the thighs, stomach and buttocks.

That pretty much sums it up, right? Perhaps, but let's take a look at how we get it, why we get it and if we can get rid of it.

Cellulite is caused by a buildup of toxic waste in the body. Not knowing what to do with this waste, the body stores it where circulation is slow. The most stubborn types of cellulite are caused by hormonal influences, pregnancy, puberty, menopause, oral contraceptives and hormone replacement therapy.

Cellulite is more than just fat. It's also a buildup of toxins that gather in the fat cells because the body doesn't understand how to dispose of them. As time goes on, the skin becomes less efficient in eliminating toxins, the process of burning fats slows down tremendously, and a loss of firmness occurs, along with a dimpled 'orange peel' appearance. This cycle happens in four stages.



WHICH STAGE OF CELLULITE ARE YOU?

STAGE 1: The skin will show no visible signs, although bruises and cuts may be slow to heal. When pinched the skin shows a slight "orange-peel" effect.

STAGE 2: The skin will show no visible signs, except for when sitting or crossing legs. Broken capillaries and skin discoloration will be present. Bruises may appear after trivial knocks. When pinched the skin shows a definite "orange-peel" effect.

STAGE 3: Without pinching the skin, the "orange-peel" effect or "mattress skin" appearance is present. The skin is cold to the touch with broken capillaries and bruising occurring spontaneously after trivial knocks.

STAGE 4: All the visible signs as in stage 3, but there are large lumps of fat, encased by fibers forming even larger honeycombs called "steatomes" which distort the silhouette. When touched, the skin has hot areas among the cold.

Extraordinary! Many believe that cellulite is caused by being overweight, but the truth of the matter is that even fit, lean and thin women get cellulite. That's because our hormones are primarily responsible for that unsightly, dimply, "orange peel" textured skin and play a significant role in the formulation of cellulite. They are responsible for regulating changes in blood flow, fat, connective tissue and the lymphatic system.

Because of this, cellulite may be appear in many stages of our lives when there are hormonal changes: puberty, during premenstrual syndrome, pregnancy and even menopause. As we age, we lose the depth and tone of the connective tissue. The result is more visible sagging cellulite. Ugh.

So is there a light at the end of the tunnel? Here is the skinny on cellulite. You can reduce the appearance of cellulite by committing to a powerful, targeted regimen, one that will help eliminate toxins and reduce cellulite.

Here is a little secret to mask your cellulite: Apply a little self-tanning product to the skin. Cellulite tends to appear less noticeable on darker/tanned skin.

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