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What Causes Cellulite - Its Not What You Think



What Causes Cellulite?

Cellulite is a phenomenon that is shrouded in confusion and misunderstanding. Much has been written and talked about when it comes to what causes cellulite. The internet for instance is full of such unfounded and plain wrong information on what causes cellulite. The main things you hear now days on the what causes cellulite include, dehydration, poor circulation, special body types. Products on the cellulite market are commonly made to target these causes, even though they are most often wrong. The truth of the matter is that the cause of cellulite is often hard to define because it can be onset by a number of factors. Today most of the products on the market are designed to cover the symptoms of cellulite without eliminating it. To do this you need to target the root cause. However the root cause of cellulite is seldom known.

The causes of Cellulite

The secret of cellulite is that it is simply a fat. It is not due to poor circulation, dehydration or a mythical special type of fat or anything of the type. Clinical investigation has discovered that cellulite fat is exactly the same as normal bodyfat. The orange peel, cottage cheese appearance is caused by fat particles being pushed up to the surface of the skin due to a weakening of the connective tissue just below the surface of the skin. The orange peel affect is caused by the bulging of this fat that takes the appearance of dimples and lumps on the skins surface.

Cellulite occurs mostly on women's[playlist]

- thighs
- hips
- bottoms[/playlist]

Because this connective tissue breaks down with age it becomes more prevalent later in life, although young women can also be affected by it.

The reason it is less common in men is because they have thicker skin. This is caused by evolution as over the centuries men would be out hunting and traveling and needed this extra layer. Also unlike women, men tend to gain any extra weight on their stomach instead of the leg/hip area. The reason cellulite is more visible on the thighs and butt is because the skin in these regions is thinner than others. Along with aging, women experience hormonal changes which increase the deterioration of skin tissue and the acclimation of fat in these regions. This is the reason why the pill and pregnancy can rapidly increase the onset of cellulite.

The true factors that cause cellulite include [playlist]

- Hormones
- Genetics
- Specific food types

- The absence of specific types of exercise[/playlist]

It is hard to pull the causes apart from each other as they all contribute to causing cellulite. The escalating occurrence of cellulite in women in recent years is due in part by the increase in hormonal influences in society.

In the present day and age women are repeatedly subjected to environmental influences that contribute to increasing the hormones responsible for cellulite. These are the unwanted hormones which eat away at the collagen which in turn increase fat retention on a women's lower body. This two pronged attack makes the appearance of cellulite very visible. In order to combat these things, you need to make some specific changes in your daily life. Exercises that specifically target at risk areas along with important dietary changes can decrease hormones and put your system into a cellulite combating state. Importantly you also need to tighten and smooth out the skin so the cellulite has less visibility.

Discover how [cellulean](#) combat's cellulite by draining the fats cells under the skin with its active slimming serum with this [cellulean review](#). Also discover how to claim you **free bonus** when you trial Cellulean.



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