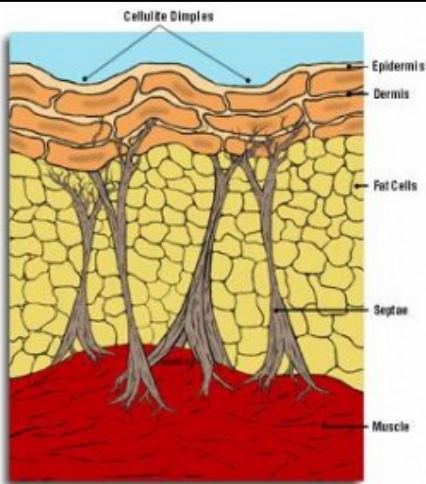


Published based on [What is Cellulite?](#)

# What is Cellulite?



What is Cellulite? Cellulite is known by quite a few names – orange peel syndrome, adiposis edematosa, status protrus cutis, mattress phenomenon, dermopanniculosis deformans, hail damage, gynoid lipodystrophy and cottage cheese skin.

The term cellulite is used to describe the appearance of the skin as it tends to take on a dimpled look due to the fat deposits under the skin. These fat cells are raised directly below the skin's surface into little pockets distorting the connective tissue as it gets pushed down causing the lumpy appearance on the skin.

The areas that are commonly affected by cellulite include the abdomen, buttocks, hips and thighs.

### **Signs and Symptoms of Cellulite**

Women are the ones mainly affected by [cellulite](#) because they have less collagen than men along with more fat in the areas commonly known as problematic. If you don't know whether or not you have cellulite take a look at the list below to see some of the signs and symptoms associated with cellulite.[playlist]

- Dimples in affected areas
- The skin feels tender when massaged or pushed down
- Prolonged healing or bruising of cuts and scrapes due to lack of circulation. When bad circulation occurs the skin tends to feel cold.[/playlist]

Cellulite is not a medical illness and no one really understands what causes it although there are some assumptions as to how it can occur.

### **What Causes Cellulite?**[playlist]

- Hormonal factors such as estrogen, thyroid hormones, insulin, prolactin and noradrenaline may be contributors to the process of cellulite.
- Genetics – race, gender, bad circulation, underlying fat
- Poor diets that consists of too many carbohydrates, salt or fat, or diets that contain too little fiber.
- Choice of lifestyle – smoking, lack of exercise, sitting or standing for long periods at a time
- Wearing underwear that is too tight limits blood flow and may contribute to cellulite.[/playlist]

### **How is Cellulite Treated?**

Though there are many treatments surrounding cellulite none of them are supported medically or scientifically. Some of the treatments include:

Therapeutic methods – These can be done mechanically or physically through massages, ultrasound, magnetic

therapy and even electrical stimulation.

Drugs – These are taken orally, topically or by injection

Clothing – Persons may wear clothing known as compression garments in an effort to reduce cellulite.

There is no evidence however supporting the effectiveness of any of these methods. The best techniques used to reduce cellulite are a well-balanced diet and regular [targeted exercise](#).

### ***Can Cellulite be Cured?***

There are many treatments associated with [cellulite](#) and though it cannot be cured its appearance can definitely be improved.

Making changes to your lifestyle, diet and getting regular exercise will reduce the fat under the skin causing cellulite to be less noticeable. Ensuring that you drink enough water will also help with the reduction of cellulite.

### ***Can Cellulite be Prevented?***

The following suggest ways in which you can prevent cellulite:[playlist]

- Eating low fat foods
- Increasing your fiber intake
- Maintain a healthy weight
- Find ways to reduce your stress
- Wear underwear that helps maintain circulation such as thongs or boy shorts
- Stop smoking
- Lose weight[playlist]

Remember you don't have to live with cellulite. Take precautionary measures to ensure that you don't become a victim to cellulite and its ugliness.

Cellulean is one such product that can aid in cellulite reduction. If you want to know more then read this [Cellulean Review](#), and discover how to claim your **free bonus**.

[Click Here To Discover The Best Anti Cellulite Cream](#)

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