

# How to Get Rid of Cellulite



## This Guide Will Tell You

**Why YOU have cellulite?  
What makes it worse?  
How to get rid of it!**

# How to Get Rid of Cellulite Naturally



Cellulite is a problem for a majority of women and doesn't only affect overweight and out of shape women. Cellulite happens because of the fatty tissue mainly in the legs, buns, hips and thigh areas loses its firmness due to a variety of factors you will find in this guide.

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## What is Cellulite?

Cellulite affects about 90% of women and very few men in comparison. Cellulite can be tied to body changes a woman goes through after a pregnancy and with aging. Hormones play a role especially as it pertains to aging. If you're seeing bumps on your behind, you're not alone.

Cellulite is typically found in the pelvic region lower limbs and abdomen. Cellulite is the fatty tissue below the top layer of the skin that have squeezed between bands of connective tissue, or collagen, attaching your muscle to your skin. The fat cells are bonded on top of a firm layer of collagen connective tissue. Collagen is a fibrous protein. It is composed primarily of amino acids, glycine and proline. Collagen is found in bone, skin, tendons, ligaments and cornea. The protein assemblies form into fibers and help to anchor to connective tissue.

The structure of women's connective tissue is vertical while men's collagen is angled and meshed, which means that fat cells don't push through and pucker as much. Poor circulation, is another cause of cellulite and can exacerbate the look of lumps. When blood flow slows, less oxygen and nutrients are delivered to the cells causing collagen to separate. This allows fat to come up to the surface of the skin, creating an orange-peel and dimple effect. Exercise can help improve the problem.



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## Factors that influence cellulite on the body:

- Poor eating habits
- Fad dieting (binge dieting)
- Lack of exercise
- Slow metabolism
- Hormone changes
  - Estrogen
  - Insulin
  - Thyroid)
- Not drinking enough water
- Abundant body fat
- Genetic factors
- High stress lifestyle – causing an increase in catecholamine's and associated with the beginning of cellulite. An increase in catecholamines will impair blood flow to the skin.

Catecholamine's are neurotransmitters, produced in your adrenal glands and provide a variety of functions such as, muscle tone, heart rate, blood pressure and glucose (sugar) metabolism.

## Why Does Cellulite Get Worse?

Cellulite begins to develop and increase when the fat cells begin to lose structure, become weak, get larger or become inflexible. When the cell walls weaken the molecular bond between the fatty tissue and collagen lose their firmness. It begins to show on the surface of the skin appearing dimpled similar to an orange peel or cottage cheese. The weaker the cells become the worse the cellulite.

When the fat cells are healthy, strong and flexible, the top most surface of the fatty layer stays smooth. This causes the skin on your thighs, buttocks and cellulite prone areas to be smooth, firm and supple.

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## Age Factors

Cellulite will get worse with age for a number of reasons. As a woman ages she produces less estrogen. Estrogen helps keep blood vessels flowing smoothly. With less estrogen in the system it diminishes the efficiency in circulation which is not only detrimental to the bonding of collagen but begins the breakdown of connective tissue.

As we get older, our sensitivity to insulin will change (causing cellular disorder) regardless of our weight. It never hurts to be checked for this condition.

## How Diet Effects Fat Cells

A healthy diet high in protein, low carbs and good fats will help slow down or reverse the effects of cellulite. The ability to control insulin is a major factor in improving weight, hormonal balance and fat gain. Insulin helps regulate blood sugar levels. The foods that you consume are broken down into nutrients and proteins used for metabolism, cell replacement and immune function. Blood sugar levels need to remain stabilized. Insulin helps to regulate those levels.

Eat meat, fish, eggs, vegetables, fruits, nuts, seeds, herbs, spices, healthy fats and oils. Avoid refined carbohydrates found in processed foods, white breads, bagels, pasta, sodas, sugary sweets to name a few. If you try to stay with foods that are natural you will be in a better health position. Generally processed foods or unnatural foods such as crackers, chips, cereals, cookies, sodas and anything artificial is detrimental to your health. When we eat processed foods, our body requires more insulin to metabolize it, and our cells become less responsive.

Insulin resistance is when there is too much glucose (sugar) in the blood and the cells require more insulin to respond. A constant state of high glucose will eventually cause cells to become desensitized and not react to additional insulin response. The excessive sugar levels in the blood will cause many abnormalities such as diabetes, cellular metabolism disruption, and inflammation. All contributors to cellulite.

***Does it bother your self-esteem when you look in the mirror and see cellulite? Reclaim your natural look!***

**<http://www.mypaleodiet.org/go/eliminate-cellulite>**

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Foods high in carbohydrates will cause insulin spikes and produce an insulin abundance in your blood causing you to MAKE AND STORE FAT. This is EXACTLY OPPOSITE of what needs to happen if you want to ELIMINATE CELLULITE.

To help balance insulin seek a low carbohydrate diet such as the paleo diet. (See [www.mypaleodiet.org](http://www.mypaleodiet.org))

## Signs of Insulin Resistance

- Family history of Type 2 diabetes
- Hypertension/high blood pressure
- Obesity
- High cholesterol
- Gestational diabetes
- Heart disease
- Dyslipidemia (an abnormal ratio of fats and cholesterol in the blood)
- Acanthosis nigricans (darkened patches of skin at the neck, and sometimes the elbows, knees, armpits, and knuckles)
- An apple-shaped body

## The Importance of Fatty Acids

Fatty acids are key in your diet for reducing inflammation and cell health. They are the primary building blocks for cells to retain their structure and flexibility. Strength and flexibility in the cells is what will keep the skin taut, supple, and attractive. A poor diet or a deficiency in fatty acids will likely contribute to the breakdown in cell structure and show the signs of cellulite.

Essential fatty acids (Omega 3s, 6s, 9s) are not produced in the body naturally and have to be consumed. They can be found in cold water fish, raw seeds, some nuts and some vegetables. It is very difficult to get all the essential fatty acids you need through normal dietary consumption due to how are food supply is delivered in commercial fashion (processes). Therefore, supplements will help if you cannot go strictly organic. ([Click here for essential fatty acids supplements](#))

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Food Processing intentionally extracts the healthy EFAs from their natural plant sources and chemically treats them through a process called "hydrogenation". The purpose of hydrogenation is to extend shelf life. Unfortunately, hydrogenation DESTROYS the nutritional and biological value of the food.

## Effective Ways to Eliminate Cellulite

Cellulite occurs primarily as a result of a weakened cell structure in the layer of fatty tissue just below the surface of the skin. The main cause for the cell structure weakness is a deficiency in the diet, poor circulation and muscle atrophy.

As mentioned previously, altering the diet to a high protein low carb approach is a good start with an emphasis on [essential fatty acids](#). You should look into finding supplements in addition to your new eating plan unless you can go organic.

Exercise will improve circulation as well as muscle growth and strength. It has been found to be one of the best ways to slow down and reverse cellulite.

A review of research on cellulite treatment, published in the Journal of Cosmetic and Laser Therapy, notes that diet and exercise can improve the look of cellulite.

Another benefit of building muscle through exercise is its effectiveness at reducing fat. Toning muscle helps to keep the skin taunt and healthy looking. Using resistance training in addition to cardio exercise is a good approach and will also keep fat cells minimized. It is easier to target those cellulite areas like the thighs and butt with resistance training which will bring about the change you're looking for with an exercise commitment.

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# How to Get Rid of Cellulite Naturally

Can you significantly reduce cellulite WITHOUT creams, brushing, massage, pills, machines, wraps and other gimmicks that don't work to rid cellulite? YES, and here is a proven way to reduce cellulite, as explained by a professional with two degrees in exercise physiology and 23 years of experience? Is it possible to begin to eliminate cellulite in as little as 7-10 days? Yes, and here's how. [Click here to learn more.](#)

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## Resources

<http://ajcn.nutrition.org/content/71/4/885.full>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3806062/>

<https://www.womentowomen.com/insulin-resistance/insulin-resistance-what-is-it-and-how-we-can-heal/>

<http://www.hsph.harvard.edu/nutritionsource/omega-3-fats/>

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