

***Your Cellulite  
Banishing Plan***

## Introduction

If you're like most people out there, if there's one thing that you tend to hate most about your body – more than anything else, it's cellulite.

Cellulite appears to look much worse on the body than regular body fat as not only does it give you that softer looking appearance but it also creates a very dimpled-like look that's noticeable to the naked eye.

And if there's one thing that you know for sure about cellulite, it's that it's difficult to get rid of.

Fortunately though, if you know a few of the key things about cellulite, it'll be that much easier for you to tackle this problem and put it behind you.

One of the most interesting elements concerning cellulite is that you don't necessarily have to be overweight to be suffering from it. Even some very thin people can have cellulite, so don't think that it's just a problem for those who have excess fat.

Even if you're thin and have been following some type of diet plan, you may still be suffering from this unsightly tissue.

The key to getting over it though is following the *right* type of diet plan, supplementing wisely, and then performing the right type of workout and lifestyle care protocol in order to help make it vanish from your body.

In the following guide we're going to discuss the primary reasons behind cellulite and then get you started on an action plan to help reduce this tissue from your body.

Let's have a look at what you need to know.

## What Is Cellulite?

Before moving forward and discussing what you need to be doing to *treat* cellulite, we first must take some time to discuss what cellulite is in the first place. When you can fully understand what's behind cellulite, it becomes that much easier to treat.

Cellulite is not just an excess of body fat under the skin like many people think it is. What actually causes cellulite, more than anything, is the way the skin is structured in particular areas of the body.

There is still going to be fat coming into play, but even modest amounts of fat can still create the appearance of cellulite.

So cellulite will essentially be any area on the body where the fat is located in pockets throughout the skin where the top layer of the skin attaches to the muscle.

In other areas of the body where there is no cellulite present the skin and muscle with fat in between are smoothly placed so there is no pocket formation. In regions with cellulite however, these pockets begin to develop based on the way the skin is attaching to the muscle underneath it and as fat moves in to fill these pockets, it presses upwards on the skin, creating the dimple-like appearance that you see.

The most common areas where cellulite will occur are in the lower abdominal, the top of the thighs near the buttocks, as well as sometimes on the upper portion of the underarm as well when there is a very high amount present.

Usually cellulite will come after the point of puberty, however in some individuals it may start to occur much later than that, so don't think that if you're in your 20's or 30's and don't have cellulite that you will be immune to it in the future.

### **Causes Of Cellulite**

So what causes cellulite? The causes of cellulite do tend to be quite varied and will include factors such as hormones, namely estrogen and insulin. When high insulin levels are constantly present in the body such as in those who are following a diet that's high in processed carbohydrates for an extended period of time, this can promote the occurrence of cellulite development.

Estrogen is much harder to control as this hormone occurs naturally in the body and you really can't have too large of an effect on it but it's still an important one to know about because it's a primary reason why cellulite is more likely to occur in the female population.

Males can still see cellulite but typically the problem will be much less pronounced in them and fewer men will have it.

Genetics will also factor into whether you see cellulite so if you take a look at your family history and notice that your mother or grandmother has it, then chances are you will also be at an increased risk of developing it as well.

Surprisingly, one element that many people completely overlook with regards to cellulite formation is the clothing they wear. It seems quite odd but the truth is that wearing restricted clothing that cuts off blood circulation to the areas that are most often impacted by cellulite can also increase the chances that it does begin to appear.

Finally, the last two major factors, diet and lifestyle, we'll be discussing into much greater detail below, but realize that these are the two big reasons why cellulite is often likely to occur in the body.

So as you can see it's not a one-size-fits all reason for why you have cellulite. There are many different factors that do come into play and all of them may not even effect you either – it'll often be a combination of various factors that influence whether or not you have cellulite so your best defence against this tissue formation is to try to touch upon all the different factors that you can control in order to see maximum success at ridding yourself of it forever.

Now that you know what can cause cellulite, let's take a look at how you can treat it.

## **Dietary Adjustments For Cellulite**

The very first place you should begin making a few adjustments in order to combat the cellulite problem is with your diet.

Diet will play a very large role due to the fact that this is the number one factor that will impact body fat formation. Those who think they can get away with 'exercising fat away' are going to be strongly mistaken because a few wrong choices with their diet and they will easily consume far more calories over the course of the day than what they planned on.

Instead, take diet into account. Making a few simple adjustments to your diet will allow you to consume the proper calorie intake to get fat gain under control and start actually getting your body turning to your body fat stores to use them as a fuel source instead.

Since the less body fat you do carry the lower the chances that these fat deposits will form under the skin pushing upwards on it and creating that dimpled appearance, this will then help to reduce the appearance of cellulite.

What you'll want to be focusing on with your diet is making sure to first get a good calorie intake set up, which for most people will come in somewhere between ten and thirteen calories per pound of body weight, depending on how active you are.

Then once you have your calorie intake set, the next step is making sure that you're filling your diet with as least processed foods as possible. This means eliminating all those simple carbs mentioned above that are only going to spike insulin levels and bring on feelings of hunger and overeating as well as eliminating any foods that contain high amounts of sodium, preservatives, or other chemical additives.

The more of these ingredients you have going into your body the more its going to influence your skin's appearance and since cellulite is largely a skin disorder and not just an issue of too much body fat, you want to improve the quality of your skin as much as possible.

Fill your diet full of fresh fruits and vegetables along with a few servings of whole grains daily and most importantly, lean protein.

Providing sufficient lean protein is going to help make sure you maintain your muscle mass which will serve to boost up your metabolism over time so that you're burning off more calories all day long.

The higher your metabolic rate is, the easier it's going to be for you to maintain a healthy body weight and prevent fat gain in the future, so this is one of the top things that you can do to stop the formation of cellulite at this very moment.

It's also going to help to eliminate as much caffeine from your diet as possible as that too can help to increase the appearance of cellulite due to the fact that it's going to dehydrate the body, further increasing the chances that the fat located under the skin begins to press up creating those pockets.

Instead, drink more clear water or herbal teas which will hydrate you and also boost the skin's appearance and help keep it looking healthy and smooth.

Water's great for flushing out toxins from the system so really what you want to be getting in here – aiming for at least eight to ten glasses per day.

If you can be sure to take all of these dietary factors into account, then you will be taking a very large step towards combating cellulite.

Now let's move on and look at a few exercise adjustments as well.

## **Exercise Adjustments For Cellulite**

Since diet and exercise do tend to go hand in hand with regards to creating a body that you're proud of, you definitely cannot overlook the exercise adjustments that should be taking place.

If you currently aren't on an exercise program at all, that will obviously be the first change that should be made – you'll want to start including regular exercise in your day.

When it comes to the specific form of exercise though, strength training is definitely going to be your most superior choice.

Strength training is going to go a long way towards helping build up the lean muscle mass tissue so that there isn't that gap between the muscle and the skin as it presses up against it meaning there is less room for the pockets to form.

As we mentioned earlier as well, adding more lean muscle mass will help to increase your metabolic rate, therefore ensuring that you can burn more calories all day long and control your body weight easily.

For your strength training exercises you should be performing movements that do target the muscles in the regions that are most likely to be impacted by cellulite, which means doing lunges, squats, deadlifts, hamstring curls, sit-ups/crunches, lying leg raises, tricep extensions, and tricep dips.

Each of these movements will help strengthen the muscles in the legs/thigh/butt region as well as in the abs and underarms where that cellulite may be appearing.

You should be aiming to lift a weight that's heavy enough so that you fully fatigue by the tenth or twelve rep and then do two sets of ten to twelve reps per exercise.

If you can do this at least twice per week, you will start to notice a difference in the appearance of cellulite.

Getting on a good cardiovascular exercise program where you either perform cardio training at a steady state for 30-40 minutes a few times a week or even better, perform interval training where you alternate one minute intense bursts of activity with one minute active rest periods for 20 minutes or so will help burn up calories and reduce the fat in those regions.

Both forms of training should be included in your workout sessions so you have the most well-rounded approach to beating cellulite.

## **Procedures For Cellulite**

An additional option that some people who are serious about getting rid of their cellulite and who are battling much larger degrees of cellulite are considering are the procedures that are out there to treat this problem.

One such procedure is referred to as Lympho-Drainage and is a type of massage that is aimed to target the lymphatic system and help to eliminate all the toxins that have accumulated in the body, reduce the amount of water retention present (which will have an influence on the appearance of cellulite and give you an overall 'puffy' look), and help to regenerate the skin to give you a much more youthful, radiant look.

This type of massage also has many other health benefits such as promoting healthy elimination, regulating the intestinal transit pathway, and helping to relieve stress, insomnia, or other issues related to generally feeling unwell.

The important thing to remember about this procedure is that while it will work to temporarily improve the way your skin looks, it's not going to actually remove the fat from the area that is impacted by cellulite, so eventually the appearance will return.

As a short term solution though when you want to look good for a special event, this is a very smart way to combat it.

Now the second procedure that you can consider that's much more invasive in nature is liposuction. There's no question that this procedure will work as they are actually removing the fat from the tissues in the body, but bear in mind that this is going to be a much pricier alternative and does come with its own set of health risks.

Since it is a cosmetic surgery, you can expect the recovery time to be quite involved and often scarring will be present in the area you've had the liposuction done.

Plus, if you fail to change your overall habits that led to the body fat accumulation in the first place, it may not be long before you're facing the problem once again.

Finally, the last procedure to consider is a honey massage, which is definitely a cheaper option and has been proven to be effective for many individuals. Honey massages are a great way to rejuvenate the body and can help to cleanse the body from toxic cellular waste that build up and make the appearance of cellulite more dramatic.

The idea here is to simply cover the areas that are impacted by the cellulite with honey and then press the hands into the area, holding for a second before tearing away. As you continually do this it will become harder and harder to tear the hands away but this continual action is what destroys the cellulite formation underneath of the skin and improves the appearance of this area of the body.

In addition to this, you'll also improve the circulation of the region so the blood can come and clear away any additional by products that are present.

Again with this massage, don't expect it to work miracles, but when done regularly and you are following a proper diet and workout program as mentioned above, you will see improvements in the appearance of your cellulite.

So there are three different procedures that you can consider that will help to treat cellulite. Making the decision to use any of these should come after you've already made improvements in your diet as this is the greatest key to success.

Now let's move on and look at some smart supplements to consider.

## **Supplementation For Cellulite**

Moving on to supplementation, the first supplement to consider is a high quality appetite suppressant. Since one of the primary reasons why people fall off diet plans that are reduced in calories aimed to help burn fat as fuel is because they are hungry, if you can remove this from the picture, your success will go way up.

Your Phen375 will work incredibly well for this and will also provide metabolic boosting properties also, therefore enhancing your success even further.

On top of your fat burner, also consider supplementing with some essential oils such as lavender, rosemary, tangerine, ginger, or avocado oil, mixing these together to form a rub that you rub into the area effected by cellulite.

Many people do find that these will help to reduce the appearance on the body so it's definitely something that's worth considering.

### **Lifestyle Alteration For Cellulite**

Finally, moving on to the last thing that you should be doing in order to take control over your current cellulite problem and make sure no additional cellulite is built up is to look at what you can do from a lifestyle point of view.

One big thing to keep in mind is that you should avoid sitting for extended periods throughout the day. Now this may be difficult if you happen to have an office job where sitting is basically mandatory, but even here, you can definitely make a conscious effort to get up and walk around a few times throughout the day.

Doing so will go a long way towards increasing the blood flow to the lower body where cellulite very often forms and make sure that you are also getting more unscheduled physical activity each day.

It can be quite remarkable what getting up every now and then can do to your total daily calorie burn and as far as weight loss is concerned, this is something that will play quite a role in how you progress along.

The more often you can get up – to go to the bathroom, talk to a co-worker, or walk to the fax machine, the better.

Make an effort to get up at least once every hour, if not more frequently if you can and you will see a difference from doing so.

Second, another thing to consider is stopping the smoking habit if you're currently doing so. Smoking will not only put your health in high jeopardy but it's also really going to increase the risk of developing cellulite as well.

While this is definitely a much more intensive lifestyle change and is going to require a lot more active effort on your part, if you're a smoker battling cellulite, this may just be one good reason to finally take action to quit.

Some individuals will report that going for regular massages where the masseuse massages the regions impacted by cellulite will also help to promote a better overall skin appearance but this does tend to be variable and there isn't a lot of actual proof that this helps.

Either way though, massages will help to relieve stress and stress is something that will influence cellulite since it causes a hormone known as cortisol to be released in the body and that will encourage stomach fat accumulation.

If you get added benefits of the massage from seeing a reduction in the appearance of your current cellulite, then think of it as the icing on top of the cake.

Take note that doing any other stress releasing activities would also be a wise move whether it's catching up with a good book, participating in a regular kick-boxing class, going for coffee with a close friend once a week, or otherwise.

All of these – whatever works best for you, will be helpful for reducing your stress and lowering the risk of cellulite.

Likewise, as with massages, body wraps may also offer some improvement in the appearance of cellulite but this is often found to be rather temporary as they're simply smoothing out the skin after doing them.

Eventually the cellulite will return so think of this approach more as something that will just improve your overall appearance while you do other things to work towards the goal of reducing cellulite.

So take a good look over your lifestyle as well and see if there isn't something that you can do there to reduce the formation of cellulite and improve your skin's appearance. By taking this

into account along with your diet, exercise, and supplements, you'll be attacking it from all angles.

### **Conclusion**

So as you can see, cellulite is something that you can treat and fight back against. If you work hard and apply the right approach, you can definitely reduce the appearance of cellulite and may even be able to banish it from your body permanently as well.

The one thing to note about cellulite though is that it will be more stubborn than other areas of body fat so you will definitely have to put in some good effort.

Stay committed, follow the strategies outlined above, and you will get the results you're looking for.