

So you have done the pinch test and yes, there is no getting away from the fact that there are unwanted dimples and bulges on your legs. Cellulite is the culprit for all those lumps and dimples on our thighs, hips, stomach and butts. Well, be assured that this annoying problem is not only troubling you but a high percentage of women today.

Cellulite is caused by uneven distribution of fat deposits under the skin and is most common in females! The bad news is that most of us will develop it at some time regardless of what we eat or don't eat and how often we work out. Once you have cellulite you will find that it is very difficult to budge.

There are four stages in cellulite development, and you may start on any of the stages:

- **Normal cellulite** - thighs, butts and stomach are smooth when standing or lying down. It is only when you do the 'pinch test' that you notice the folding and unevenness in the skin.
- **Early Cellulite** - Skin on the areas is smooth when standing or lying but after the pinch test you will notice the dimples and fat pockets.
- **Medium Cellulite** - Skin is still smooth when you are lying down but when you stand up, pitting, bulging and unevenness can be noticed.
- **Advanced Cellulite** - The 'mattress phenomenon' is evident if you stand or lie down.

There are many apparent remedies for this condition but we believe that it is best to be very wary of any claims to cure this problem. Some practitioners believe that the following may help the condition, there is usually no harm in trying!

Massage

Gentle self massage with your hands or a bristle brush supposedly helps stimulate circulation. Always be gentle and massage towards the heart. It can be useful to add some diluted aromatherapy oils such as grapefruit and fennel.

Weight Loss and Exercise

Even if these two do not shift the cellulite, they will be of benefit to your body regardless (if you are overweight). Try to lose weight gradually and sensibly. Eat from the five main food groups and see your health practitioner about ensuring that the proper nutrients are eaten while dieting.

Fat intake should only be approximately 25% of your daily food intake. Eat lots of fresh foods and fruits, vegetables, whole grains, seeds, raw nuts, skinless poultry and fish. There have been good reports about the benefits of raw juices. Of course try to avoid all highly refined carbohydrates.

Proper exercise is beneficial to all aspects of your body and lifestyle (not just the cellulite). Exercise regularly (after a doctor's check up) and start off slowly.

Herbal Formulas

A lot of products have been given a lot of publicity lately. They claim to remove and prevent cellulite in just 8 weeks.

The makers say that after taking for 8 weeks, it will eliminate the visible signs of cellulite. They state you do not even have to exercise or make any other changes in your life. Apparently, the product works by increasing the blood flow to the fat deposits under the skin in the prone areas and it also increase the metabolic rate.

[This idea of taking a pill and having your cellulite go away is very appealing to most women, but does it really work??](#)

The makers have not had to go through the rigorous testing that prescription and over the counter drugs have had to go through and they also have a very potent marketing department. They apparently conducted two test in Italy but the results were not published in any scientific magazine or journal, so you make up your own mind.