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Cellulite problem and solution by Shawn Wilson

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Cellulite is common in 90% women population. Usually it is refer as fat deposition on thighs, lower body portion, and if you have such cellulite problem then don't worry. Before me move ahead initially let us know what is this cellulite exactly.

Cellulite cover issue

Cellulite is actually deposition of fats, skin looseness, and sometimes it also have symptoms like deformation of connective tissue. And it is referred as â€œcottage cheeseâ€• and it is common problem for women. The fact about cellulite is that it is caused due to our unhealthy life style. The cellulite can be remove if treated in initial stages. It is result of poor skin elasticity. As the fats increases this causes the fat cell to increase in our body which results in uneven cell placement in the fiber compartment resulting in bulging of skin cells which forms uneven layers of fats under the skin surface and that appears as cellulite.

Major factors

There are many reason for cellulite like hormonal changes, lifestyle, diet. Let us take a look at theses in detail:

Hormonal issues

Excess secretion of female hormones is one of the major factors for cellulite . As this is a female issue, that's why cellulite is most common among females

Lifestyle:

Lifestyle factors include poor eating habits, blood impurity , stress and intake of alcoholic beverages, smoking etc may lead to increase in fats and in-turn cause cellulite appearance. Lack of water and poor circulation are also one of the important agent.

Diet:

Intake of junk food, fast food and lack of vitamins , proteins may lead to cellulite problem. Food containing high percentage of fats, or oily food, fried and processed food stuff increases the risk of cellulite.

Measures or remedies for cellulite

First of all we improve should emphasize for improving our lifestyle. Diet control and regular exercise or workout is one of the solution for this problem. Besides this massage over the cellulite affected areas is also a good solution . Spa is also one of the alternative for this but spending time and money over spa is not possible for everyone.

Try out steam bath, which sheds down excess fats on skin and help you to reduce fats. Use mixture of green tea and anti cellulite lotion is one of the best solution available , what we need is that massage or just apply this mixture over the affected area and see the magic. Use of anti-oxidizing

agents like lime is also one of the best solution.

Hot water mixed with honey and salt is effective as it remove impurities from blood, regulate blood circulation and reduce excess uneven layer of fatty cells over the skin.

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