Get to Know the History of Cellulite Treatments by Theodore Diktaban

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Women have constantly experienced cellulite - that lumpy, orange-peel looking areas of skin that occur most frequently around the hips, thighs and butt. The issue was easily unnoticed, however, as long as fashions dictated that those parts were always enclosed. The creation of swimming suits, shorts and higher hem lines prompted the hunt for effective cellulite treatments.

The Search for the Cause

One of the first methods to locating a therapy was to try and discover what was creating the issue. Initially some physicians referred to cellulite as a skin disease, but this opinion was quickly changed. Others postulated that cellulite must be resulted by hormones; after all, it was primarily a female issue and females have much higher levels of estrogen. The fact, however, is that lower levels of estrogen actually make the issue more clear. Estrogen actually aids the skin remain thick and moist. As women approach menopause and their estrogen production drops, their skin usually will become dryer and thinner, conditions which make cellulite more pronounced.

Cellulite is caused by fat cells, so it was only natural to guess that obesity will be at the root of the problem. Other people claim that eating habits is the main culprit. People who hold to these theories believe the most efficient cellulite treatments involve low-fat diet programs, weight loss and exercise. The problem with these ideas is that it doesn't account for all the women who already workout, maintain a proper weight and eat right yet still battle with cellulite. In fact, over 80% of all women have this issue and they are not all obese. Obesity does make the cellulite more evident, but it is definitely not the cause.

Skin Structure

The actual culprit is skin structure. In women, the layer of fat directly under the skin is contained in rows of rectangular cells split by vertical strands of connective tissue. Over time these strands begin to restrict, pulling down on the skin. The extra fat in the cells is naturally compressed and starts to bulge upward. As skin becomes thinner and dryer with age the lumps are more apparent. This problem is much more prominent in men than women not because of hormones, but because the fat cells in men are shaped differently.

Finding a Cure

An online search for cellulite treatments will result in a numerous of products; topical creams, ultrasonic treatments, laser, massage, injections and even surgery. Some of these offer temporary help with cellulite, but they normally only deal with one aspect of the difficulty and must be continued indefinitely in order to maintain any improvements. Lotions, for instance, normally work on improving dry skin or block receptors in the skin to help prevent the formation of fat. Sound waves, radio frequencies and massages attempt to break up fat but don't deal with the constricted connective tissues. Injections are meant to melt the body fat, but the FDA warns that this unapproved treatment can be dangerous and has been identified to cause eternal harm, and cellulite removal using customary surgery will be painful and leave scarring. Until lately, there has not been an effective way to smooth and stiffen cellulite permanently.

Cellulazeâ„¢, the Latest in Cellulite Technology

In January 2012 the FDA approved Cellulazeâ„¢, the first laser technology to address all 3 factors; the

skin, fat and the constricted connective tissues. In reality, this is the only product that will resolve cellulite permanently - with just one medication. Cellulaze uses a patented side laser that is inserted through small incisions in the affected parts. The laser cuts through the taunt tissues, releasing the pressure on the skin. Heat from the laser gently melts some of the fat, permitting it to be pressed out of the body. Finally, the laser is directed at the skin to stimulate collagen production. Experiments show this actually works, and women routinely experience a 25% increase in skin thickness and a 30% development in skin elasticity in the very first year following a treatment. What will make this even better is that the improvements seem to be enduring. Sufferers who had the therapy 2 years ago still report that they are cellulite free.

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