

# Symulast

## METHOD

*Kick Butt Cellulite Reduction*

*Naked Beauty*



# Symulast Method



Naked Beauty's Synergistic Muscle  
Layer Stimulation  
Finally get rid of Cellulite

## Table of Contents

Table of Contents

Introduction

Chapter 1 Understand Cellulite

Chapter 2 Cellulite Prevention

Chapter 3 Cellulite Treatment

Chapter 4 The Symulast Program

Nicki: Mom of two

Conclusion

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References

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## Introduction

I want to thank you, and congratulate you, for downloading the book, “The Symulast Method- Naked Beauty’s Synergistic Muscle Layer Stimulation: Finally get rid of Cellulite”

Every woman, regardless of their age, wants to appear young and beautiful. That means they will use all the tools at their disposal to achieve the body of their dreams. Unfortunately, most of us have fallen into the hands of the con artists and scammers, who have ripped us off, with promising concoctions in the name of body enhancement creams. Cellulite is the one thing that has plagued women for centuries. And that means, a woman will attempt to eradicate cellulite regardless of the cost; just to keep a better shape and ‘conform’ to modern beauty standards.

A remarkable amount of homeopathic cellulite cures exist, but they are nothing more than scams, but the interesting thing is they continue to profit. And as if that is not shocking enough, new ones pop up yearly, and they too profit. Why is this? It is because many women are willing to try almost anything, so they can attain the ideal feminine figure, to look beautiful, young, and attractive.

The fitness industry is full of various products and methods meant to treat (they talk about treating, although cellulite is not a medical condition- now you see the point) cellulite. Some of these methods include creams, massages, body wraps, and even special jeans (sometimes the ‘wonder panties’); all claim to reduce cellulite. These products are hungrily bought up on a consistent basis, despite the fact; none of them are proven to be anything more than homeopathic nonsense.

The only way to rid yourself of cellulite is not by treatment, as this works temporarily, but by proper diet and exercise, which many people are unwilling to dedicate themselves to or even try. Many cellulite curing scams capitalize on that aspect, reassuring the consumer that little or no effort is needed, all you need is just enough money to buy a quick-fix product!

This book discusses cellulite, the various methods and products used to 'treat' cellulite, their failure, and the reason they have failed to restore your self-esteem. It will further discuss the Naked Beauty's Symulast Method, the wonderful method of eradicating cellulite. This 22-minute, cellulite reducing method has empowered many women to reclaim their natural beauty and their womanly self esteem.

There are many benefits of following such an authentic and time-tested program. Using this method you can expect the following results:

- Dimpled and uneven skin fading away within 28 days
- Skin becomes smoother and tighter on your hips, thighs, butt, and legs; starting from the 7th or 10th day in the program
- Smoother and tighter skin and less cellulite with each passing day
- A flat, sexy stomach
- Tightly-toned arms for women

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## Chapter 1 Understand Cellulite

### What Is Cellulite?

Cellulite is a body condition characterized by a dimpled, lumpy appearance of the skin with underlying fat deposits. The most commonly affected areas are the buttocks, thighs, hips, and stomach. Cellulite usually occurs after puberty and is not limited to body size or age, all that matters is that they are beyond puberty. Cellulite is a combination of two factors- *fat and collagen fibers*. These fat and collagen fibers are a little different from what is found on a man's body, they even differ from fat found on different areas of the female physique.

For us to better understand what cellulite is, I think it will be good to begin with a review of skin anatomy. The outermost layer of skin is referred to as the epidermis. Immediately under this is the dermis. Dermis is richly filled with sweat glands, hair follicles, connective tissue, blood vessels, and nerve receptors. The next layer of tissue is the first of three layers of subcutaneous (subcutaneous means beneath the skin) fat. The uppermost layer of subcutaneous fat has been described as “standing fat-cell chambers” separated by connective tissue. Small projections of fat cells protrude from these chambers into the dermis resulting in the skin's unevenness. This unevenness and irregularity of the subcutaneous fat gives skin the ‘bumpy’ appearance we call cellulite.

### Classification of cellulite

Cellulite comes in different grades—zero, one, two or three—and two variations: soft or hard, which your doctor can diagnose.

- ✓ *Grade Zero*: This is known as perfect skin. The cellulite is not visible, even when the skin is pinched. The skin looks and feels smooth.
- ✓ *Grade One*: Cellulite is not evident when you're standing or sitting. When you pinch the skin it becomes noticeable.



### Grade 1 cellulite

- ✓ *Grade Two:* Cellulite appears when you stand but it disappears when you lay down
- ✓ *Grade Three:* The cellulite in this stage is clearly evident. The skin looks dimpled when you are sitting, standing, or when you pinch it.
- ✓ *Soft Cellulite:* A saggy, softer cellulite that moves around and usually affects a larger body. It is more noticeable because it doesn't attach itself to the muscle. Unlike hard cellulite, it sits closer to the surface and therefore it becomes easy to lose.
- ✓ *Hard Cellulite:* This type of cellulite is harder to get rid of because it's concentrated and is entrenched closer to or on the muscle. It tends to occur more often in athletic body types and is harder to see with the naked eye. Sometimes it can be sensitive to the touch.

### Men versus Women

An estimated 90 percent of women have some degree of cellulite compared to males. The reason cellulite is rarely seen in men –whether obese or non-obese- is because men have a different epidermis, dermis, and uppermost part of the subcutaneous tissue. In fact, men's thighs and buttocks have thicker epidermis and dermis tissue. Furthermore, the first layer of fat is slightly thinner in men and is assembled into polygonal units separated by crisscrossing connective tissue, as opposed to women's.

During the third trimester of fetus development, the male fetus develops a thicker subcutaneous layer of fat, while the female fetus develops a thinner layer. This structural deviation is due to variations in the hormones between genders. Studies have shown that men born lacking male hormones will often have a layer of subcutaneous fat whose appearance is similar to females.

Compared to men, women have collagen fibers in their lower body that run vertically up and down like a picket fence. This straight up and down distribution of collagen fibers is the major reason females get cellulite and men don't. The superficial collagen of men forms more of a mesh. If women have the picket fence distribution of collagen, men have the "chain link fence" distribution. Where women's fibers run up and down, male fibers crisscross.

This is important because of the vertical distribution of female collagen fibers; they are more prevalent in the female lower body; they form a sort of pocket in which fat cells then grow (as shown on the image below). As the fat cells grow in size, they are essentially corralled in and packed tightly together by the collagen fibers.

This tight packing of fat inside the "collagen pockets" creates the characteristic puckering and dimpling of cellulite. In other words, it is the feeling you experience when you press your hands on pocket full of marbles. The fact that some women have cellulite and others don't is something that has puzzled not only women, but even researchers. Some people even wonder why some overweight women don't have cellulite, while skinny women do. You should note that cellulite is not just an issue of gaining or losing fat. If you want to successfully fight it then you will have to address both fat loss and collagen strength and health.

Some women have collagen fibers that are more like a man's, and some have extreme versions of the vertical distribution. So, getting rid of cellulite is perfectly possible for some women, but far more difficult for others. However, regardless of your genetic makeup, the appearance of cellulite can always be improved upon. Before you can begin to improve your cellulite's appearance, I want us to discuss the other aspect of cellulite, the fat.



According to Jades Anthony's-The Lower Body Fat & Cellulite Program: "The fat in the lower body of women is also different than that in men. Women have about 9 times more alpha-adrenergic receptors associated with their fat tissue compared to beta-adrenergic receptors. Adrenergic receptors are bound by the body's most potent fat burning hormones - catecholamines. When the catecholamines interact with beta receptors, fat is released from fat cells. When they bind to alpha-receptors, fat release is drastically slowed."

In other words, when we talk of beta receptors, we are referring to those that promote fat burning, whereas the alpha receptors hinder fat burning. You can thank the hormone estrogen for the large amount of alpha-receptors in the lower body of women compared



**Female and male skins**

to men. Interestingly enough, the study of transgender populations, those undergoing hormone therapies to transition from female to more male like, or from male to more female like, has taught us a ton about hormones and their impact on where we store fat. Studies, and working clinically within the transgender population, gave us the first hints of how female hormones impact where fat is stored.

Males undergoing heavy estrogen and progesterone therapy will see increased fat deposition around the lower body, as well as, increased prevalence of cellulite. What this means for women is that when they lose weight, they will often lose weight faster from the upper body (bust, waist, and arms) compared to the lower body (hips, thighs, and butt). If you have ever gone into one of those marathon running programs and realized you were losing everywhere except your hips and butt, you know exactly what I am talking about. Maybe you even know someone that this has happened to.

That is the double whammy that cellulite presents to us women. Vertical collagen fibers combined with a tendency to store fat primarily in the lower body and a more difficult time losing, is what causes cellulite.

Another cellulite issue is the direct association of muscle with its fascial lining (the connective tissue sheath that lines muscle) and the collagen tissue in the skin. This means that well developed muscles have the ability to impact the tightness and tone of the connective tissue in the skin. This is one reason why weight lifting tightens the body, even when weight is not lost. When you think cellulite exercises, think weight training.

So then, have you realized the reason why?

### Cellulite affects more women than men

Women are more prone to cellulite occurrence due to three main causes – dwindling estrogen, thickness of epidermis and dermis layers, and the way their collagen is structured. Men have thicker epidermis and dermis tissue layers in the thighs and buttocks than females. The thicker skin prevents the appearance of the lumps.

It is easier for women to develop cellulite as their collagen structure is like a picket fence unlike men, whose collagen structure is like a chain link fence. A mesh like structure makes it hard for fat to protrude in places. Another issue is the distribution of fat in the body.

A lower level of estrogen in the body lowers the circulation of blood and nourishment to the skin, which translates to less production of collagen. When this happens, the skin loses its suppleness. Due to this, the growing fat cells, ultimately push through the collagen and appear in lumps – the cellulite. Women who are close to menopause are usually more likely to have cellulite due to the dip in estrogen levels that time.

### Cellulite tends to get worse as you age

The dermis in women reaches its maximal thickness at 30 years of age. The second reason is that due to the aging process of collagen and elastic fibers, the dermis area, which is bound together by the connective tissue, starts to get looser. The effect of this loosening is it allows for more adipose cells to protrude into the dermis area. It is this protrusion

that accentuates the sight of cellulite. The third point is exercise, where increased deposition of subcutaneous body fat may often occur, due to your lifestyle- that of less exercise and changes in dietary consumption.

### Cellulite more prevalent in the thighs and buttocks?

As we have already established, women generally have a higher percentage of body fat than men do. For example, a healthy range of body fat for men is 10-15%, while the healthy range for women is 20-25% . Due to the enzyme related effects, the thighs and buttocks of women tend to store more of this body fat. Body enzymes, known as lipoprotein-lipase (LPL), are largely responsible for the storage of body fat. LPL is located on the blood vessel walls throughout the body and its function is regulatory. That means it controls and regulates the distribution of fat in various depots in the body. Research has shown that women have a higher LPL concentration, as well as activity, in the hip and thigh region, which explains the storage of fats in these regions and hence more cellulite.

### What Causes Cellulite?

Bad lymphatic flow and poor blood circulation are the basic reasons that lead to the undue growth of the fat cells and cellulite is as a result of the poor blood circulation and bad lymphatic flow. However, there are the primary factors that contribute to these physiological problems. The causes of cellulite are not well understood, but there are several theories that have been put forth that strive to explain the cause of cellulite.

Among the factors that are believed to cause cellulite are:

#### 1. Genetic predisposition

Certain genes are required for cellulite to develop in your body. There are many factors associated with cellulite such as race, slow metabolism, gender, race and distribution of fat just underneath the skin that genes may predispose you to.

Cellulite is not a disease but rather it is a female characteristic. Just as the baldness is for the men, so is cellulite for women. In other words, it is a characteristic of gender, associated with female hormones. As much as the male hormones and genetic characteristics determine baldness, female hormones and genetic characteristics determine cellulite. However, it is not in such an intense way as the baldness, because it

will suffer more the influence of the environment and the lifestyle, but genetics are also present.

Genetic inheritance is among the most common factors that cause cellulite and it has to be taken away in time. Genes carry different types of factors that can be inherited in order to predispose someone to cellulite. Such factors include:

- ✓ production of hormones
- ✓ constitutional type and
- ✓ alimentary habits

However, this doesn't mean someone is going to develop the problem just because someone in the family has it. For example, suppose there are identical twins sisters, both of them with the genetic predisposition for cellulite. If two different families bring up the sisters, they will either develop cellulite or fail to. The first may have been brought up in a family where there is very little activity, where they don't care about what food they eat. The second may have been brought up in a very active, health conscious family. All this means is the first sister has a huge possibility of developing cellulite, while the second sister has a lower possibility of developing the problem, and if any, chances are very slim.

The point here is, if a person has a hereditary trend to develop cellulite, leads a sedentary life, and has careless alimentary habits, can have even more cellulite than others with a larger trend, but those take care of their body.

In addition to the above hereditary causes, the influence of the immediate environments on one's life style – in the form of sedentary habits, poor dietary preferences, drinking/smoking, and lack of inclination for physical exercises – could also contribute to cellulite conditions.

## 2. Your hormones

Hormones play an important role in cellulite development. Cellulite is largely caused by female hormones. Examples of hormones believed to cause cellulite are estrogen, insulin,

noradrenaline, thyroid hormones, and prolactin. These hormones may unchain or worsen cellulite when:

- there happens to be alterations in their production
- you use medicines with other hormones
- There is disequilibrium between estrogen and progesterone and adrenal hormones.

#### How do they affect body functions?

The hormones interfere in the metabolism of the fats both in the venous and lymphatic circulation. They also facilitate the retention of water and salt. These hormones are responsible for giving the body the feminine aspect through coordination of fat deposition in the abdomen, hips, and thighs. The female body has a tendency to deposit fats in the areas of the body where the cellulite is more frequent. Surprisingly, even people with little amount of total fat can concentrate the fats in those areas.

When a woman gains weight, a large portion of the fat goes to those specific areas. And in cases where the deposition is done quickly the disorder of the tissue is worse, thus it facilitates the formation of cellulite nodules. When a woman loses weight these hormones will hinder the withdrawal of fats in those areas. It is because of that reason when women lose weight; they lose it in the face, thorax, legs, and muscles, but not in the areas with cellulite.

Most of the recent cellulite treatments are inspired by this fact- mobilizing fats of these specific areas. For example, treatments with Lipolytics and Mesotherapy seek to mobilize the fats of these specific areas. According to the treatment, the fat is used as a source of energy to be consumed by the body. The fact that hormonal disequilibrium causes cellulite doesn't mean a woman will necessarily develop cellulite if her hormones are imbalanced. Even when the female hormones are perfectly balanced, they can provoke cellulite as a secondary feminine characteristic. The reason why this happens is because that person's fat cells have a sensibility increased to the hormones, and this basically what provokes fat deposition and then formation of cellulite.

Hormonal factors are the major factor that causes cellulite in women. Approximately 90 to 95% of the female population in the world has cellulite. Majority of these women have developed this condition due to changes in hormones, especially estrogen and progesterone.

Studies have shown that estrogen is basically responsible for influencing the build up and growth of fat cell in the body. The hormone has increased activities especially in the regions of the thighs, buttocks and breasts these are areas that are more vulnerable to cellulite. On the other hand, progesterone it is believed to be responsible for contributing towards obesity, causing weakness in the veins, and increased fluid retention.

These hormonal flaws are likely to give rise to cellulite. Most of these effects are witnessed when the hormonal changes in women are more pronounced. In the post-puberty stage, a woman is more prone to put on weight due to the enhanced estrogen levels, which is a factor that can also lead to weight gain later in her life. During pregnancy and the postnatal period, a woman's body experiences a rush of hormones and increased fluid retention. Advancement in age can also see some changes in the hormonal distribution in the body.

So do you have that stubborn cellulite? Is so, it could be your hormones. A lot of people may not realize that there is a connection between cellulite and your hormones. Some experts believe-as we have previously discussed- that estrogen will tend to worsen cellulite as it encourages the body to build it up.

During pregnancy, the body releases relaxin, a hormone which is believed to decrease collagen production. This makes the skin thinner and the less elastic the skin is, the more likely you will be able to see fat cells pushing against the skin. When a woman reaches menopause, she might see more cellulite on her skin. The reason is because the quality and texture of the skin changes, it becomes thinner, hence making cellulite more apparent.

### 3. Bad alimentary habits

Poor diet does not only pose a danger to your personal health, but it can also predispose you to cellulite. Eating more than is necessary, as well as, diets rich in fats or carbohydrates can increase the synthesis and the storage of fats that favor the cellulite.

Drinking small quantities of water and abusing of salt will disrupt the state of the organism's liquid balance, and as a result favor the retention of toxic residues of the cellular metabolism. These accumulated toxic residues need to be constantly removed from the body cells; failure to do this may affect the fatty tissue, leading to sagging. It is this sagging, that results in fat deposits and their consequent protrusion, hence developing cellulite.

#### 4. Sedentary Lifestyle

Physical exercises help burn excess food in the body. Lack of physical exercises makes the body idle, lowers metabolism, and thereby severely reduces the consumption of energy for the body. This situation facilitates the alimentary surpluses, which will later be transformed in fat. Furthermore, the cells lose the capacity of producing energy, which makes your body slow and more apathetic. Lack of physical workouts or lack of adequate activities in the daily routine can lead to increases in weight/obesity and result in a poor blood circulation over time.

Besides, a sedentary life style is also likely to weaken the veins and the lymphatic vessels. This would have the effect of making you susceptible to development of cellulite or even cellulitis.

#### 5. Obesity

Even though people who are considered a normal weight or those who are underweight can also get cellulite, accumulation of undue fat (due to obesity) may also cause all the fat cells to enlarge. When the fat cells within the subcutaneous layer are enlarged, cellulite largely sets in.

#### 6. Lifestyle factors

Cellulite may be more prevalent in smokers, those who do not exercise, and those who sit or stand in one position for long periods of time.

We all know smoking is bad for your health in general, what we didn't know is that could also contribute heavily to the onset, or aggravation of cellulite. The nicotine in the cigarette can cause constriction of blood vessels, which may adversely affect the blood circulation.

#### 7. Stress or Tension

If you tend to get anxious or stressed easily, you are relatively more prone to cellulite. Stress causes an unusual rush of adrenaline, which is a big contributing factor for the accumulation of fat in the body, more so in the lower limbs that are considered more cellulite prone.

#### 8. Others factors include

In addition to the major factors listed above, the following factors are also considered serious aggravators of cellulite conditions:

- ✓ Intake of inadequate drinking water.
- ✓ Enlargement of lymphatic nodes. Besides, the damage to the lymph vessels caused by improper massaging of the exterior could also lead to cellulite.
- ✓ Surgical procedures including sterilization.
- ✓ Liposuction, a cosmetic surgery.
- ✓ Clothing - underwear with tight elastic across the buttocks may lead to the formation of cellulite.

#### Separate myths from facts

Some common misconceptions about cellulite exist even though most of us know that cellulite affects nearly every woman. It is sometimes hard to split the myths from the facts. Now that we've discussed cellulite, it is a good idea to look at the common myths about this condition. The following are the common myths that people have about cellulite and their corresponding facts:

#### Cellulite occurs only in overweight people

Fact: Everyone can be affected by cellulite, regardless of his or her weight. The fact that most overweight people have cellulite does not mean this condition is unique to them, as



it also affects thin people. Interestingly enough though, is there are even overweight people without the condition. We have established that cellulite may be caused by many factors: gender, age, poor circulation, firmness of the skin, and the toxins that build up in the body.

#### Cellulite is a women's condition, not men's

Fact: It is true women are the major victims of cellulite, but men can be affected, as well. Why it is common to women, as we saw, is due to how their fat cells are shaped and how they store fat different from men. As you may have realized, cellulites in females is usually found on the abdomen, buttocks, thigh, and breasts. In men, it is found on the upper body areas, such as the neck and the abdomen, but it is not as noticeable as men have more muscle tone, so they can reduce the appearance of cellulite.

#### Cellulite can result from drinking soda

Fact: Sodas contain sodium and carbonation that was once believed to cause cellulite. However, there is no proven connection between soft drinks and cellulite, therefore this idea is false and very wrong.

#### Cellulite affects only older women

Fact: Cellulite gets noticeable as you age, but age is not the only contributing factor to cellulite. Therefore, even the younger women can develop cellulite.

#### To permanently get rid of unwanted cellulite, liposuction can be done

Fact: Liposuction can be very effective in removing fatty tissues. However, it does not always guarantee the removal of cellulite. After the procedure, cellulite's appearance does improve in some cases. The bad news is that in some other instances, it's appearance may worsen. Furthermore, chances of cellulite recurrence can be expected.

## Chapter 2 Cellulite Prevention

Cellulite, as we have discussed is caused by many factors in our body: our genetic make-up, hormones, lifestyles that we lead, a poor diet, among many other factors. The truth about cellulite is that some of these factors can be controlled by employing proper strategies and hence prevent its occurrence. It is worth noting that there is yet another condition that behaves like cellulite, the *cellulitis*. Sometimes you may have a hard time differentiating between the two, so now I will discuss a few things about cellulitis to help you differentiate between them.

### What is cellulitis?

As is said, there are two skin conditions that may resemble each other, the cellulite and cellulitis.

The truth is cellulite and cellulitis are two completely different things. Cellulitis is a bacterial infection (mainly *Streptococcus* and *Staphylococcus*) that affects the dermis, as well as the subcutaneous tissues. Unlike impetigo, which mainly affects the skin surface, cellulitis is an infection that also involves the skin's deeper layers, the dermis and subcutaneous tissue.

The dermis is the deep layer of skin while the subcutaneous tissue comprises the fat and soft tissue layer that is under the skin. Cellulite, as we now know, is caused by fatty deposits under the skin, which makes the skin look like an orange peel or cottage cheese.

Various types of bacteria exist on our skin's surface, but most of them do not generally cause any harm. However, if they penetrate deep into the skin they can cause infection. They generally get in through an ulcer, a burn, a bite, or a cut. People with some skin conditions, such as eczema, athlete's foot, or psoriasis have a higher risk of bacteria getting into their skin.

Cellulitis is a fairly common condition that affects people of all races and ages. Both men and women, appear to be equally affected. Although cellulitis can occur in people of any age, people most commonly affected by the condition fall into the middle-aged and elderly age groups.

### These are quick facts about cellulitis

- ✓ Cellulitis is a spreading bacterial infection of the skin and tissues beneath the skin.
- ✓ *Staphylococcus* and *Streptococcus* are the types of bacteria usually responsible for cellulitis, although many types of bacteria can cause the condition.
- ✓ Sometimes cellulitis appears in areas where the skin has broken open, such as the skin near ulcers or surgical wounds.
- ✓ Cellulitis is not contagious.
- ✓ Cellulitis is treated with oral or intravenous antibiotics.

### What causes cellulitis?

Cellulitis is caused by bacteria- most commonly staphylococci or streptococci groups- that get under the skin and form an infection. Most of the bacteria commonly found on the skin are Streptococci and staphylococci groups. This bacteria doesn't cause any harm on the body, but can cause an infection once it gets into the skin. In order for the bacteria to get in, it needs a route, which can be cuts, scratches, or wounds, among many others. Sometimes the bacteria may enter through another route, such as the blood or lymphatic system. This remains the most likely, if no potential entry route can be identified on the skin of the patient.

### What are cellulitis symptoms and signs?

You might be interested to know how cellulitis infection starts. According to [medicine.net.com](http://medicine.net.com):

“Cellulitis usually begins as a small area of tenderness, swelling, and redness that spreads to adjacent skin. As this red area begins to enlarge, the affected person may develop a fever, sometimes with chills and sweats, tenderness, and swollen lymph nodes ("swollen glands") near the area of infected skin.”

### Who is more susceptible to cellulitis?

Are you among the many that are susceptible to cellulitis? Although this book is about cellulite, it is also about fitness and the general wellness of the readers. I, therefore, feel compelled to talk about a few things that may predispose you to cellulitis.

- ✓ People with chickenpox and shingles – The problem with chicken pox and shingles are they cause skin blisters. When the blisters break open they become ideal routes for bacteria to get into the skin
- ✓ Obese people - Obese people are more likely to have swelling in their legs. This swellings raise the chances of developing cellulitis.
- ✓ People who inject illegal drugs - Drug addicts have a risk of getting infections, especially those who do not access to a regular supply of clean needles.
- ✓ Diabetics - If diabetes is not properly treated or controlled, it can weaken a patient's immune system and consequently they will have circulatory problems, which can lead to skin ulcers. Poor control of blood glucose levels creates a conducive environment that enables the bacteria to grow faster in the affected tissue. This facilitates rapid progression in cases where the infection enters the blood stream.
- ✓ Those with blood circulation problems – For example, if a person has poor blood circulation they are more likely to develop skin infections because the blood supply is not ideal for fighting off infections.
- ✓ Those with a weakened immune system - These include people, such as patients undergoing chemotherapy or radiotherapy, and the very elderly.
- ✓ People with lymphodema - The swollen skin, a common problem for people with lymphodema, is more likely to crack. The crack opens the route for bacteria to enter the body.
- ✓ People who have had cellulitis before - Anybody who has had cellulitis has a higher risk of developing it again compared to others.

#### How can cellulite be prevented

Eating healthy, low fat foods, such as fruits, vegetables, and fiber, can help one to avoid cellulite. Similarly exercising regularly, maintaining a healthy weight, and reducing stress are recommended to prevent cellulite. In addition, wearing thongs, boy shorts, or looser fitting undergarments can help prevent cellulite that might form due to tight elastic material pressing into the skin.

## Update Your Diet

Have a look at the various ways you may update your diet

**Drink plenty of water.** You will need to hydrate your body, to keep your skin cells looking fresh and renewed and consequently reduce the appearance of cellulite. By drinking at least 8 glasses of water a day, you will ensure that your system is getting all the water it needs.

Always make sure that you start your day with a glass of water, even before you have your morning tea or coffee. To help make sure you are drinking enough water carry a bottle of water with you as you go about your day, and remember to refill it often.

**Eat fruits and vegetables.** One sure way of reducing the appearance of cellulite is to adopt a diet that is filled with healthy fruits and vegetables. The reason is eating healthy fruits and vegetables will help to keep your weight down. Furthermore, fruits and vegetables have high water content; therefore, they will keep your body hydrated.

Need ideas on how to get your daily intake of fruits and vegetables? A spinach smoothie for breakfast will do the trick. Blend half a banana, a cup of almond milk, a kiwi, a cup of spinach or a handful of strawberries. Such a high-powered breakfast will keep your energy level high, besides being a great way to get a serving of vegetables at breakfast.

Another very important thing is to eat plenty of raw vegetables. Raw broccoli, carrots, salad greens, and other vegetables are packed with nutrients, antioxidants, and water. By making them the mainstay of your diet, you will see a difference in the amount of cellulite you have.

**Eat healthy fats.** We know that cellulite is caused by fat just under the skin. If your skin is toned and healthy, the cellulite won't be as noticeable. Foods like avocados, fish, nuts, olives, and olive oil contain omega-3 fatty acids, unsaturated fats, which are essential for healthy skin.

**Avoid foods that lead to more cellulite.** These are the foods that some writers call 'hot buttoned foods'. These are the foods that will cause you to gain weight and retain

water. The results will be aggravating and can worsen the cellulite that you already have. Avoid the following foods to prevent more cellulite from appearing:

- ✓ All fried foods like French fries, onion rings, and fried chicken.
- ✓ Packaged snacks like corn chips, potato chips, cheese puffs, and pretzels tend to worsen cellulite.
- ✓ Foods high in salt, like canned soup or dips and dressings cause you to retain water.
- ✓ Foods high in sugar, like soda, baked goods, and candy cause you to gain weight.
- ✓ Alcohol- High alcohol consumption, especially when it's paired with a sugary mixer, like soda or cranberry juice, can cause you to gain weight and retain water.

Most food professionals will tell you to avoid these foods, not because you're not supposed to eat them, but because women tend to over-eat them. There is nothing like 'bad', just need to limit those foods that are likely to cause trouble to your body.

### [Start a New Exercise Routine](#)

**Incorporate weight training.** Unlike cardio, which is a low intensity workout, weight training tones the muscles under your skin and causes it to look tauter. Since cellulite is far more noticeable on sagging skin, making the skin taught greatly reduces the appearance of cellulite.

It would be prudent that you buy free weights and perform exercises meant to tone your thighs, buttocks, and abs. Perform exercises on your arms too, if you have cellulite on them. Join a gym and work with a trainer to increase the amount of weight you lift over time. Lifting heavier weights fewer times, rather than doing a lot of reps with lighter weights, is better for building muscle.

**Do high intensity exercises.** If you pair, weight training with exercises that get your heart pumping, it will lead to the production of lean muscle mass, which will cause your thighs and buttocks to look smoother over time. Try the following exercises after doing a light warm up:

- ✓ Sprint on your treadmill. This is ideal for those who work indoors. If you work out indoors, use a faster setting on your treadmill to sprint for about 3 minutes. Afterwards, you can increase the speed as you improve over time.
- ✓ Do outdoor sprints. Measure out a distance of about a 1/4 mile on your street or wherever you feel comfortable doing your sprints. Sprint that distance, take a 30-second break, sprint it again, and repeat for a total of 4 sprints. You can add more sprints to your workouts as you improve.
- ✓ Do bike sprints. In this case you can either use your bicycle or stationary bike, using your bike ride as fast as you can uphill for a few minutes.

## Chapter 3 Cellulite Treatment

If you have cellulite and you'd like to do away with it, you aren't alone. Many women above the age of 20 have cellulite on their legs, butts, hips, or stomach. As I have said before, cellulite occurs when fat cells bulge through the skin's outer layer resulting in a dimpled, rutted appearance.

If you want to diminish cellulite appearance, treating it in the early stages is the best plan of attack. Cellulite affects everyone differently, therefore, there is no set amount of time that it takes for it to progress and worsen. Some women will notice exacerbated cellulite in their body in a matter of months, while in others it can take years.

There are several ways that you can *significantly reduce* the appearance of cellulite, including lifestyle changes, skincare products, and special treatment. (Remember cellulite is not a disease.) Therapeutic methods that are physical or mechanical, include pneumatic massages, massages that stimulate lymphatic flow, heat therapy, ultrasound, radio frequency therapy, magnetic therapy, radial waves therapy, endermologie, and electrical stimulation.

Unfortunately, none of these methods have been scientifically proven to work. A second class of cellulite removal strategies consists of drugs that are supposed to act on fatty tissues. There are a wide range of pharmacological agents, which are used for getting rid of cellulite, including methylxanthines (caffeine and theobromine), pentoxifylline, beta-agonists and adrenaline, alpha-antagonists, amino acids, ginkgo biloba, rutin, and Indian chestnut.

People with cellulite have tried to apply these agents topically, orally, or by injection, but none have been proved effective. Some people with cellulite wear special clothing called compression garments to reduce the appearance of cellulite. These garments try to compress arteries and increase blood and lymph flow to reduce any visual cellulite.

Other people often revert to surgical options, including injectable interventions, noninvasive devices, thermo treatments, topical ointments, herbals, lasers, and shock wave treatments, to help in their quest of complete cellulite removal.



It is important to note that:

- Many of the cellulite treatment studies have been completed with relatively small sample sizes and generally do not follow up with their participants for extended periods.
- Some of the methods used to analyze patient results are often based more on human observation rather than on scientific assessment.
- It is difficult to rule out external factors, such as change in diet and exercise, when interpreting the results of some studies.

### What are the supposed "treatments" for cellulite?

Many people dislike the appearance of cellulite and prefer to have their skin, as smooth as they possibly can. Therefore, much has been written about cellulite, and many treatments have been promoted, ranging from dietary changes to cellulite creams and mechanical treatments. Some of these therapies include:

#### Topical Ointments

The role of topical treatments in cellulite removal is divisive. An initial challenge of any topical cream is that it must be able to penetrate the skin to reach the targeted fat tissue before being absorbed by the tissue. Although numerous topically applied creams are advertised as cellulite diminishing creams, there is minimal data substantiating any of them. The majority of these creams function to promote lipolysis of fat.

Methylxanthines are a group of chemicals that include theophylline, aminophylline, and caffeine. These chemicals are present in many cellulite creams whose manufacturers promote their treatments for cellulite because of their known ability to break down fat stores. In other words, Methylxanthines are agents that stimulate lipolysis. However, these creams have one glaring drawback- they cannot deliver the required concentration of these chemicals for the length of time required for significant fat breakdown.

Although studies have shown a small reduction in thigh measurements with some of these preparations, the cellulite reduction registered is actually insignificant. In the review by Wanner and Avram (2006), the authors note that the research with methylxanthines

shows modest decrease in thigh circumference and/or subcutaneous fat thickness, but no reduction of cellulite.

Some topical cellulite creams use retinoids. Retinoids are similar in chemical structure to Vitamin A, which is a well-known anti-aging ingredient in many facial creams. Retinoids, like Vitamin A, have been found to increase the denseness of the epidermis to facial skin, when applied for years. The hypothesis of retinoid treatment in cellulite site areas is to promote dermis thickness. Some research suggests modest improvements in cellulite appearance with retinoid creams over a treatment period of 6 months. Yet other randomized, placebo-controlled research with retinol in the treatment of cellulite shows no responsiveness in cellulite appearance (Alster and Tanzi, 2005) observe that the downside of topical *treatments is their inability to appreciably penetrate skin* in order to render more than a superficial tissue effect.

### What are the Ingredients of Cellulite Creams?

Sainio, Rantane, and Kanerva (2000) examined the ingredients of 32 cellulite cream products. A total of 263 difference substances were found, with most cellulite creams having an average of 22 ingredients. Botanicals (substances from a fruit) and emollients (moisturizing cream) are the chief ingredients in all the products. The most common active agent is caffeine as it is a stimulatory agent for lipolysis. All cellulite creams also contain some type of fragrance. The authors note that one fourth of the substances in cellulite creams have been shown to cause an allergy. Therefore, the risk of unpleasant side effects should always be known.

### So do topical creams with aminophylline help reduce cellulite?

As we have seen aminophylline, caffeine, and theophylline are members of a group of biochemicals known as methylxanthines, which are present in many cellulite creams. These biological agents can enhance the body's ability to breakdown stored fat, a process called lipolysis. However, when applied topically to the skin, an initial challenge of any cream is that it must be able to penetrate the skin and dermis and reach the target fat tissue before being absorbed by the tissue. Yet, to be effective, these thigh creams would have to have a sufficient concentration (in the subcutaneous fat layer) for an ample length of time, which partially explains their lack of consequential cellulite removal. However,

studies have shown a small reduction in thigh girth when using these creams, yet not a substantial change in cellulite.

Creams won't physically slim you, all they do is to make you *appear* slimmer. Although this sounds counterproductive, plumping the skin makes it look smoother and you will look firmer. Regarding cellulite, the fat that is usually smooth has little pockets where it's uneven, making it look bumpy. A little plumping to fill in this space and skin appears noticeably smoother, although it is a temporary fix.

With creams it is hard to get lasting changes. As we saw earlier, for you to effectively eradicate cellulite, you have to get to the lower epidermis or dermis to build up collagen, remove fat, or add elastic fibers. Disappointingly, no topical formulations get close enough to that layer. Creams laced with retinols will do better than the methylxanthines based creams, although they won't be as effective in penetrating the subcutaneous layer.

Creams with ingredients like caffeine, menthol, or mint have benefits like:

- ✓ Giving the body a cooling when you apply them.
- ✓ They easily penetrate the skin.
- ✓ They increase microcirculation in the skin.
- ✓ They decrease the formation of fat.

The problem is that patient studies have shown a temporary effect, if any at all, on cellulite reduction.

### Dietary supplements

Several of these products have been marketed and contain a variety of ingredients, including but not limited to, ginkgo biloba, sweet clover, grape-seed bioflavonoids, bladder wrack extract, and oil of evening primrose, fish oil, and soy lecithin. These preparations *claim* to have positive effects on the body, such as boosting metabolism, improving circulation, protecting against cell damage, and breaking down fats. Such claims are difficult to evaluate as is the case with similar assertions made on behalf of many supplements and alternative therapies. Concepts such as "metabolism," "circulation," or "cell damage" cannot be easily measured on an objective basis to

determine whether or not any improvement has been achieved. Additionally, because these products are sold as dietary supplements and not as drugs, they are not subject to the jurisdiction of the U.S. Food and Drug Administration (FDA). They are, therefore, exempt from meeting the scientific standards for both safety and effectiveness that are applied to drugs. Furthermore, there are no valid clinical studies to support the use of these dietary supplements for the treatment of cellulite. Studies that have been conducted have not demonstrated any value of these supplements. Some dietary supplements that are promoted for the treatment of cellulite may also pose health risks or may interact with certain prescription drugs. For example, the formulation known as Cellasene contains iodine, which many doctors warn may be harmful for those with thyroid and other conditions.

### Massage treatments

Massage and tissue manipulation techniques are employed to enhance the removal of accumulated fluid in the dermis area. These techniques do not remove the cellulite, but may have a temporary effect in reducing the amount of 'dimpling' appearance. Deep massage may induce alterations in dermis connective tissue. However; massage appears to offer only short-term minor skin changes, probably more related to the removal of excess fluid.

Several machines have been introduced that massage the areas affected by cellulite. These machines use rolling cylinders to gather areas of skin and massage them inside a chamber. One example of massage treatments is Endermologie, which was developed in France and has been used for cellulite treatment since the mid-1990s. This technique uses an electrically powered device that suctions, pulls, and squeezes affected areas. Treatments *are expensive* and typically last for 30-45 minutes. Ten to 12 treatments are typically required before results are noticeable.

Endermologie has been approved by the U.S. FDA *for temporary* reduction in the appearance of cellulite. While a temporary decrease in the appearance of cellulite may occur, the technique appears to redistribute fat rather than permanently alter its

configuration under the skin. Regular maintenance treatments are required after the initial effect has been achieved or the cellulite will return.

Does massaging help minimize cellulite? Massage and body manipulation techniques are employed to enhance the removal of fluid in the dermis area. These techniques do not remove the cellulite, but may have a temporary effect in reducing the amount of 'dimpling' appearance.



A woman undergoing a massage therapy

#### Laser or light therapy

Within the past few years, researchers have begun testing lasers, also referred to as radiofrequency energy, as a treatment for cellulite. It produces a thermal effect (light heat) on living tissue and is currently used in surgery for various dermatological applications. As a cellulite intervention, the application of radiofrequency is currently being tested to observe if it can cause weakening dermis connective tissue in the hips, thighs, and buttocks to 'tighten' things up.

The heating process of the current causes the collagen proteins in connective tissue to denaturalize (changes occurring in the structure of proteins) and then 'tighten' as they regain their structural integrity, similar to a wound healing. It is also theorized that this treatment increases local blood flow and fat metabolism at the site.

The FDA has approved two light-therapy devices that combine suction or massage with light therapy for the temporary reduction of the appearance of cellulite. TriActive is a treatment that combines a low-level laser treatment with suction and manipulation of the

skin, while Vela Smooth is a treatment combining laser and massage therapy. Like Endermologie, both treatments require multiple treatment sessions and maintenance treatments to keep up the improved appearance. Laser/massage treatments are even more costly than massage treatments; the complete program generally costs thousands of dollars.

## Injectables

Phosphatidylcholine, which is a major component of biological membranes, is one proposed injectable intervention for cellulite. The injection of biological agents into the subcutaneous tissue is done in order to promote local lipolysis (i.e., fat cell shrinkage from the breakdown of fat), and hopefully improve the appearance of cellulite. No current scientific evidence is available to prove the effectiveness of these injections in treating cellulite (Van Vliet, 2005).

Mesotherapy is a European therapy that was originally developed for pain relief for certain skin inflammatory conditions (Rotunda and Kolodney, 2006). It involves a series of microinjections into the tissue layer just beneath the skin. Mesotherapy is now also being employed as a cosmetic treatment for fat reduction and cellulite reduction using injectable medications and homeopathic substances (such as vitamins, minerals, amino acids and enzymes) into a cellulite site in the body.

Mesotherapy is a controversial treatment for cellulite that involves injecting drugs or other substances directly into affected tissue. Often, FDA-approved medications are used off-label (meaning that they have been approved for other conditions but not for treatment of this particular condition) in the injections. Herbs and vitamins are often used as well in the injection cocktails.

Many injections over multiple (typically 10 or more) sessions are administered. Although this procedure is offered by some physicians, most experts feel that this treatment is unproven and risky.

"Patients considering mesotherapy for cellulite must be aware that the substances currently being injected to treat this cosmetically disturbing, but medically benign, condition have not been thoroughly evaluated for safety or efficacy", says the Journal of Drugs in Dermatology- evidence-based assessment of treatments for cellulite.

## Collagenase

Collagenase is a naturally-occurring enzyme in the body that breaks down collagen, a component of connective tissue (the tissues that bind our cells together). A small study of 10 women with cellulite conducted in 2006 suggested that injections with this enzyme may be beneficial in improving the appearance of cellulite.

The long-term effects of these injections are still unknown, and studies have not yet been carried out to determine the extent and duration of the improvements, if any. The treatment is considered experimental and is not yet routinely available, but research is underway to determine if collagenase injections may become an option for the treatment of cellulite.

## Wraps

While wraps may decrease fluid retention and improve the overall appearance of skin, these effects are temporary. It is also not possible to "detoxify" the body by the use of herbal or other wraps.

## Do Body Wraps Really Work to Reduce Cellulite?

Although it may not be the most effective treatment, body wraps are the clear winner when it comes to relaxing procedures. These dermatological remedies typically take 30 to 60 minutes to take effect. For the best results, individuals have to regularly have a body wrap. Over time, practitioners say that body wraps can help to reduce cellulite and create better moisturized skin.



A woman in a wrap

### What are the advantages of using wraps?

Body wraps tend to cost less compared to surgical procedures and medical treatments. Besides, they carry fewer side effects compared to treatments like **liposuction**. Although body wraps may not be effective in reducing cellulite, it can still help the body to detoxify and hydrate. You can even use the wraps as a relaxing option and calming option, like when you are on a weekend treat. Basically, body wraps are designed to help boost fat

body wraps

### Do body wraps have any disadvantages?

The most obvious disadvantage with the wraps is that they do not always work. In fact the FDA has yet not approved body wraps as a treatment for cellulite. Still, there are **no clinical studies** that demonstrate their effectiveness in cellulite reduction, only that it improves the appearance of the skin. Despite the fact that the treatment can help better the appearance of the skin, it has one major shortcoming, its cost. Compared to the anti-cellulite creams or at-home remedies it is a more expensive cellulite treatment. If you *have extra money to spend*, body wraps might be worth trying, but if you want to reduce cellulite quickly, you will want to try something more proven.

### Lipolysis

Lipolysis is an innovative, non-surgical and a gentle method that removes accumulated fat deposits in specific regions of the body. It is used for removing, double chin, and fat around the inner thigh, waist and abdomen, knees, ankles and under the upper arm



effective method for combating cellulite. Lipolysis is used to improve the effects of dieting and exercise. This method is also known for its ability to reduce cholesterol and improve the body's metabolism.

For both fat removal and cellulite treatment, a fat-dissolving phosphatidyl choline is injected to the localized regions of the body. A specially trained doctor performs the treatment administers painless micro-injections into the targeted fat layer beneath the skin.

#### Does the lipolysis method have side effects?

The beautiful thing with lipolysis is that it is a non-invasive procedure. This means patients can return to work immediately after the treatment. The patients should avoid hot showers and baths for eight hours after treatment. Besides this, the patients should avoid excessive exercising and massages for the first week after treatment.

Although it is a relatively painless procedure, patients may experience discomfort from the initial injection pricks. After the treatment has been done one may experience light swelling, redness, and a burning sensation at the targeted areas for one to four days. Within a week, light bruises will have disappeared. It is recommended that the patient take a light pain killer after the treatment, if they have a low pain threshold

#### Liposuction

Since liposuction removes fat; some people have advocated using liposuction treatment to remove cellulite. Liposuction is a contentious intervention for the treatment of cellulite. Although there are subjective reports that it has improved the appearance, others have noted that it actually worsens the dimpled skin appearance (Van Vliet, 2005; Avram, 2004). Thus, Van Vliet and Avram do not recommend liposuction as a cellulite treatment.

Liposuction targets deep tissue fat and suctions it out. Once the fat deposits are removed, it can cause the skin to loosen and cellulite to appear worse.

#### Subcision

Subcision is a method in which a needle is inserted into the dermis (after injection of a local anesthesia) of the cellulite site. The needle serves to alter the connective tissue

structure to purportedly improve the cellulite appearance. Adverse side effects include pain, bruising for 3-6 months, and skin pigmentation alterations (for 2-10 months) (Van Vliet, 2005). No objective scientific assessment data is available with this technique (Van Vliet).

### Thermotherapy

Thermotherapy is a heat application technique that promotes blood flow and vasodilation. Van Vliet (2005) notes that no studies demonstrate any effectiveness with this treatment and it may actually aggravate the cellulite appearance.

### Herbals

The basis of most of the herbal treatments is to enhance the microcirculation in the dermis area and to promote lipolysis of subcutaneous fat (Van Viet, 2006). It is interesting to note that research has shown a slight decrease in thigh girth with herbal treatments but a return to normal when the application ceases.

[> Click Here to Check out Symulast Method <](#)

### Shock Wave Therapy

Shock wave therapy is an energy pressure pulse of large amplitude followed by some small wave components (Angehrn, Kuhn, and Voss, 2007). High-energy shock waves are used therapeutically for the treatment of kidney and urethral stones. The application of low-energy shock wave therapy on biological tissue is very recent. It is non-invasive, side effect free and delivered in brief treatments. There is a loud audible sound with this treatment that may be irritating to some. Angehrn, Kuhn and Voss treated the thighs of 21 females (ages 20 to 60 years) with shock wave therapy twice a week for 6 weeks. Results (via visual analysis and ultrasound measurement) showed a diminished appearance in cellulite in most subjects. The authors hypothesize that shock wave therapy promotes a 'remodeling' of the collagen proteins in the connective tissue in the dermis. However, the authors

continue that more research is needed in this area to determine the appropriate regimes and equipment parameters that work most effectively for cellulite reduction.

### What Are Some Realistic Recommendations?

We now know that cellulite is a unique and distinctive layer of subcutaneous body fat that is common to females. Males too, as we noted, are also susceptible, only that it is not as pronounced as it is in females. Hormones, genes, and a sedentary lifestyle, among other factors, may predispose you to cellulite.

We have also noted that cellulite is not a disease as most players in the fitness industry say, therefore, it should not be ‘treated.’ Instead, you should just work out the flabby muscles in your lower body and tighten them. We have discussed various products that have been advanced as a ‘treatment for cellulite’. Most of those products, we have seen are just designed to make money off your ignorance. They have nothing substantial to offer and often very expensive. Furthermore, you have to bear with the side effects that result from their continued use. So what realistic recommendations regarding cellulite eradication can we give you?

- Improve your diet- A proper diet is one sure way to prevent or beat cellulite. Take food for body ‘maintenance’. In other words, just to meet your daily calorie requirements. Excess foods leads to fat storage, and because of your hormones that fat will most likely be stored in your lower body.
- Exercise your body- You should work out your body regularly. A sedentary lifestyle will cause your body to become lazy. This also encourages fat storage. According to the article: Cellulite: A Review of its Anatomy, Physiology and Treatment:  
“A caloric-restricted diet plan combined with a comprehensive exercise (aerobic exercise and resistance training) program to reduce some of the underlying body fat should be implemented. Histological (microscopic structure of tissue) research shows that the fat cells do retract slightly from the dermis with weight loss” Improving diet and exercise is an excellent way

start improving cellulite appearance. It has been shown that females who lose weight have less the cellulite appearance”.

- Be careful on what method you choose to fight cellulite. Does the method you choose help you to eradicate cellulite? What is the principle behind their program? In other words, how does it work? How is the procedure-time consuming, expensive, or painful? Does the method present lasting effects? Most programs are just mere scams. Others are what I would call an “unnecessary cost” kind of program. Be aware! According to the featured article:

“Encourage your clients NOT to invest their hopes and monies in liposuction, subcision, injectables, skin kneading and manipulation techniques, thermotherapy, topical ointments, and herbals for cellulite management.”

Joey Atlas developed has developed a program that seeks to address the root causes that many cellulite reduction programs have avoided for decades. The program is **Naked Beauty- The Symulast method**.

This is a recently developed program for cellulite eradication. You will realize that the Symulast program is not for women who need to lose a lot of weight or otherwise drastically change their bodies. In the program, the author rubbishes spot-reduction, as useless, while lauding spot-strengthening as a very excellent basic approach when dealing with cellulite. Basically, the idea is to make the muscles in the subcutaneous tissue in the problem area firmer through exercise, thereby pushing the skin up and making it smoother.

Now the million dollar question is, how do you get rid of that disturbing cellulite completely from your body? Is there any program that can help you lose that ugly cellulite? Getting rid of cellulite really takes a more nuanced approach than just losing lower body fat. Remember cellulite is not a disease; it is a fat-muscle issue. Therefore, to eradicate cellulite, the root causes must be addressed. The exercises promoted to help with fighting cellulite should be designed based on that knowledge.

## Chapter 4 The Symulast Program

### What is this program?

SYMULAST, is an acronym for Synergistic Muscle Layer Stimulation, it is a program developed by Joey Atlas targeting the major problem zones-the lower female body. It consists of body movements that are meant to tone and lift all the parts of your lower body: butt, legs, hips and thighs So, if you have dimples, bumps or uneven skin in your lower body and you want to reduce that undesired cellulite on those parts of your body the program will be ideal for you.

You can achieve your desired results (like many women around the globe) using these easy-to-follow techniques at your home. Remember the program is very easy and does not require you to buy expensive gym equipments or skin care regimens.

### What should you know before starting any cellulite reduction program?

Before you can start getting rid of undesired cellulite on your lower body, there are three critically important things you need to understand. You must understand:

1. The reasons why cellulite appears on your body and how to combat it
2. The way/methods that can make cellulite get worse on your lower body.
3. A proven form to reduce it fast.

The method that you choose for your cellulite reduction should address the root cause of the problem. The method should have a way of going deep into the muscles and strengthening them. By doing so the muscles will make the skin more firm, thereby making cellulite invisible. The advantage of this approach would be that there will be no risk of recurrence.

### What the program contains

1. The program has a precise and detailed lower body movements and exercises that you do only 3 times a week.
2. There is also a complete downloadable PDF guide. The guide has videos and audios that will walk you through how to do and resolve all your doubts.

3. A weekly schedule called cellulite reduction schedule. The schedule will guide appropriately to avoid any guesswork.
4. A private member area. In the area will be able to access new techniques and methods that the author creates monthly
5. The program also contains the author's anti-cellulite cardio summary. This summary has amazing information about what types of cardio exercises are good to do with the method. Remember we not earlier that some cardios are not good for cellulite reduction.
6. The private subscription to the private club of Joey Atlas. In this club, he shares every month articles and videos on the matter of cellulite on your lower body.
7. Extra cellulite reduction tools: these are two amazing videos that he has created for his members. The videos have specific exercises to get a flat stomach and while the other one is tailored at getting rid of cellulite in your arms easily and fast. The two videos last two minutes each.

### How does Symulast work?

One very important thing you should understand is that cellulite will never be eradicated by expensive medical and cosmetic treatments. The reason as to why treatments won't be effective is because cellulite is *not a condition of the skin*. The "dimpled" appearance of the skin has to do with the muscle layer that is below the subcutaneous fat and beneath the skin surface. Cellulite reduction happens in this zone. Failure to stimulate those muscles properly results into saggy muscles and makes room for cellulite. In other words, muscle atrophy is the underlying cause of this condition.

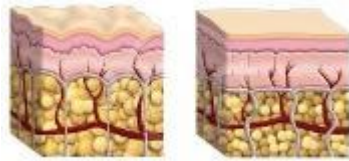
To tackle this problem, the author of this program has come up with a series of targeted lower-body movements. These movements are very effective in toning the muscles and make cellulite disappear.

Note that these muscle exercises don't cause women to build more muscle. All that happens is the toning of the muscles, which are not properly stimulated, because of their job or lifestyle. The author's rare techniques involve targeted body actions, as well as the important components named Form, Tempo and Sequence.

After trying Joey Atlas' Symulast cellulite reduction method, you will be able to forget about skin dimpling of your legs, hips, thighs and buttocks. Picture yourself showing off your body in short awesome pants and sexy bathing suits. You will have kissed cellulite goodbye.

### The Science behind the Symulast Program

Look at the anatomical illustration shown. It shows the two primary types of skin as far as cellulite is concerned.



Bumpy Skin -Smooth Skin

**The first image (on the left) is the 'Bumpy Cellulite Skin'** while the second image is the 'Tightly Smoothed Skin' on the right. The skin surface is the epidermis. The pink layer just below the epidermis is the deeper layer called the 'dermis.' The zones shaded in yellowish tone is the subcutaneous fat. This fat is very important for our survival and everybody has it only that it is in various quantities.

Some people have more of it than others. Beneath the subcutaneous layer is the muscle layer. It is the supportive muscle layer. The image below gives a better illustration of the muscle supporting layer.



### Supportive muscle layer

**You should concentrate your fight for cellulite within this layer. It is where the reduction of cellulite takes place. Without this muscle, no movement would be possible nor could your body be able to coordinate anything.** When these muscles are not *sufficiently/ properly stimulated* they get soft, limp and ‘deflated’. This is a phenomenon most people refer to as being ‘mushy’ or ‘flabby’.

When these muscles in your cellulite zones are soft, limp and un-toned – it allows your skin and the fat layer to also be soft and limp and uneven causing the skin to ‘dimple’ and pucker – hence giving you the appearance of “cellulite” or the ‘orange-peel’ effect. **When these muscles are stimulated properly you cause them to firm-up, even-out and create a smoothing effect on the outermost layer of your skin the layer that you see when you look in the mirror naked.**

What you are simply doing is getting your muscles to tone-up and ‘push-out’ against your skin so it is pulled tightly and evenly around everything underneath it, such as the deeper layer of the dermis, the subcutaneous fat and the connective tissue.



## Nicki: Mom of two



Only 3 Weeks Later...

“I am canceling my programs. I am better off doing your programs at home”.

I am cancelling my programs because I know I am better doing your programs at home.

But listen to this, I have been doing your program at my gym for the last weeks and one of the trainers said to me and I quote:

“Nicki, why are you doing those exercises instead of your weights? You

won't tone your body doing these exercises; you need to do your eights”

It was at that moment that I made my final decision to say good bye to the gym.

The trainer has no idea how way off base she is. To put it into perspective, I pay \$80 per month gym membership but now I am only supposed to pay only \$49 onetime fee.

The decision was easy. I would be more than happy to spread the word about you, Joey and your program. If there are women out there who want to get their body shape, and get rid of cellulite forever, and improve all their aspects of fitness then I will not hesitate to tell them the truth about your cellulite program.

You Joey, have been the only person who has given me the right tools and the information to win the battle. I know now that I will win the battle because in such a short time I am

already experiencing changes and improvements in my lower body. My inner thighs are firmer and smaller, my bottom is lifting and so are my legs.... Literally LIFTING, it is an amazing feeling.

I am already fitting into clothes I haven't been to for years and all this is happening at the age of 41.

Keep smiling.

Nicki.

[> Click Here to Check out Symulast Method <](#)

Understand the truth: weight loss industry could be fighting against you.

What the players in the fitness industry hide from you is, most of their products are harmful for your health or simply cannot work. An excerpt from an official medical toxicology report: Diagnoses and Treatment of Human Poisoning about cellulite treatment creams says that cream "...contains a who's who of skin-detrimental ingredients. Firming and Toning Serum skin cream product claims to minimize body imperfections ranging from cellulite to stretch marks and saggy skin, leaving you with a skin that you are proud to show off".

And then it adds:

"... I wouldn't bank on this water and alcohol-based concoction for any amount of body perfection or improvement – either short term or long term... especially when you consider the amount of irritation your skin will experience from the peppermint, menthol, and several fragrant, volatile oils that have no established benefit for skin – again, either short term or long term.


Last but not least, this product also contains esculin, an extracted component of horse chestnut, which is considered toxic and is not recommended for topical application by skin experts and dermatologists"

In other words, what the excerpt says is that most of the skin care creams have ingredients that can harm your skin. Next time you think of buying a cream, weigh the benefits that you get (a temporary effect) against the side effects that will come your way. Sadly, you will have to nurse the side effects for a longer period of time.

The real truth about cellulite is that its appearance is a muscle fiber problem. As we have discussed in the previous chapter, all the products (99.97% of them) in the market are doomed to fail. The reason for their failure is they are designed to try to improve the skin of that area or reduce fat in your lower body.

The truth is these treatments and products are metaphorically trying to fix the roof of a house, when what they really should be doing is repairing the foundation that support the house. Needless to say, that employing such approaches will never give you good results. In other words, it is purely and simply impossible. You might think that this information is surprising, wouldn't you? The scenario is even worse.

Since all these products are not focused on your muscle fibers, you will realize that the muscles in your lower body never get adequate activation. The problem with this situation is that cellulite problems get worse and worse along the way.



My name is Lucy Reed (39 years old)

I set up this site ([howtogetridofinnerthighfatx.com](http://howtogetridofinnerthighfatx.com)) to share with you how I got changes (I never dreamed possible)[sic] in my rear and thighs and how I lost a lot of fluff around my inner thighs and legs.

## Cellulite hurts, but fight with discretion

Sometimes, due to desperation, women tend to buy anything new that comes their way. Although skin brushing, workout routines, cardio exercise circuit workouts, yoga and Pilates programs, massage devices or treatments, fake pills or diets are sold as a solution for cellulite reduction, these are not meant or designed to solve your lower body problems. Most of the programs and products capitalize on your ignorance and the pressure that the modern society has mounted on you.

All you need to understand and realize is that all cellulite products are not your ally in this battle. These products and treatments are not designed to reduce your cellulite on your body because your cellulite is what they make money on. They never tell you the truth, they want you to remain their customers, to retain a client base, and hence keep their business booming. Don't accept being ripped off. Before you take any program, try to understand the principle behind their program or product, by doing so you will not regret losing your hard earned money to scammers.

The common notion that people often have is since the first one we were using did not work, there is no reason this one should not work. Since most of the regimes are just mere scams out to fleece women, you fall for the bait. It is true you didn't know it was a hoax, but the fact remains you were conned. Surely we can't afford to be ignorant! It is very expensive and painful. The marketers know pretty well where to hit it. They know how to woo your trust with beautifully coined marketing strategies. These bottles say it 'flushes toxins, improves circulation and removes cellulite'. And what is your reasoning? It must work or they wouldn't be allowed to sell this stuff.

The truth is cellulite is not a disease nor is it as a result of body toxins. And secondly, scammers are very smart in exploiting security loopholes, so be wary, you might be the first client to try their product. If you develop complications you have non to sue for damages! It is good that you act promptly to eradicate your cellulite. One painful thing with cellulite is that it gets worse and worse with each passing week, especially if you don't stop the 'progression' by targeting the *root cause*.

So how different is the Synergistic method of cellulite reduction? The method tells the truth about cellulite, so that you are clear on what you are fighting. The program is designed to address the root causes of the problem. Joey knows that cellulite is a fat-muscle issue, therefore his program has exercises that target the specific muscles in your lower body. The flabby muscles are the ones that cause or allow the development of cellulite.

[Know that 'Gym routine' will not get rid of your cellulite.](#)

What happens when you lift weights? Weights and machines disperse the 'resistance' stimulus (or force) throughout the tendons, ligaments, joints and the major muscles of a certain area of the body being worked. The best thing about this approach is it will be strengthening and maybe adding some muscle bulk in the large muscles.

So where does this traditional "gym methodology" miss the marks when it comes to the focused and intentional reduction of cellulite in the lower body of a woman? The reason is the small muscles directly beneath the cellulite areas *do not get sufficiently stimulated* to bring about the required/desired effect of 'firming-up' and 'pushing-out' on the cellulite specific areas. If these areas happen to be adequately stimulated, they result in the 'tightly smoothed' look.

This is the missing element in most of these 'exercise' approaches is *Multi-Dimensional* body movements. May be it has never clicked to you that most typical gym/fitness center routines are only 2-Dimensional. Why? All of these movements are very rigid and pre-guided according to the machine or the single joint isolation exercise being performed. The only remedy to this situation would be getting rid of the "weights and machines" approach to cellulite reduction and focusing on properly targeted, natural body-weight movements which gives you *Synergistic Muscle Layer Stimulation*.

### [Synergistic Workouts](#)

As I had said earlier, the program consists of body movements that are meant to tone and lift all the parts of your legs- the butt, hips, legs and thighs.

The work outs are done three (3) times a week it takes 15 minutes to do them. Note that you do not need any equipment or any weights or dumbbells. Interestingly, the first time

you do the movements you might be tempted to double-check the guide thinking that you are doing them the wrong way. The workouts are very simple. The series of body movements created by the expert Joey Atlas and are specifically designed to work on your lower body and they will help you to tighten your muscle fiber in a multidimensional sense.

Most of the cellulite reduction workouts advocated by various fitness programs are two-dimensional, as a result they tend to aggravate and worsen your cellulite. In the Symulast program, the author has developed multi-dimensional workouts that, as we described before, is the only possible way to get rid of cellulite, dimples or bumps in your body.

In this program, you will be required to go through 8 cellulite reduction exercises that should only take you about 15 minutes. There is a little rest between sets (10 seconds or so). You may even want to go through the sequence for a second time, depending on your schedule.

You can scale back on a number of repetitions to finish the routine in about 22 minutes, if you wish to go through the program for a second time. For example, you can get amazing results the second time through doing 5 or 6 repetitions of each exercise.

That's not all; you **can modify the workouts to suit your abilities**. We are all not the same. Some have the ability to do what others cannot do. For example, some women can't go full-range on some of these exercises. So, you should not worry if that is your case. The good news is that you can adjust them and still get rid of your cellulite. Here's how you do it

All you need to do is to simply adjust the range of the exercises you wish to modify. For example, if going all the way down into a full squat position is impossible, then you should just go down  $\frac{3}{4}$  of the way,  $\frac{1}{2}$  of the way or  $\frac{1}{4}$  of the way.

In other words, you should start with a range that works for your body and once you are there you can then slowly build up to a more challenging range of motion. All you are simply doing is taking a logical approach to enhancing your body. These approaches are based on a time tested and laboratory proven principle of exercise physiology known as 'gradual progression'.

### Something very important!

You should note that not all exercises will work with your body. It will be prudent to you check with your physician before starting this program. All exercises are not suited for everyone, so before you choose the one that you would wish to pursue, kindly let your physician know. In other words, whatever you do will be dictated by your personal abilities and conditions, if any.

### Sample work outs: Floor Exercises

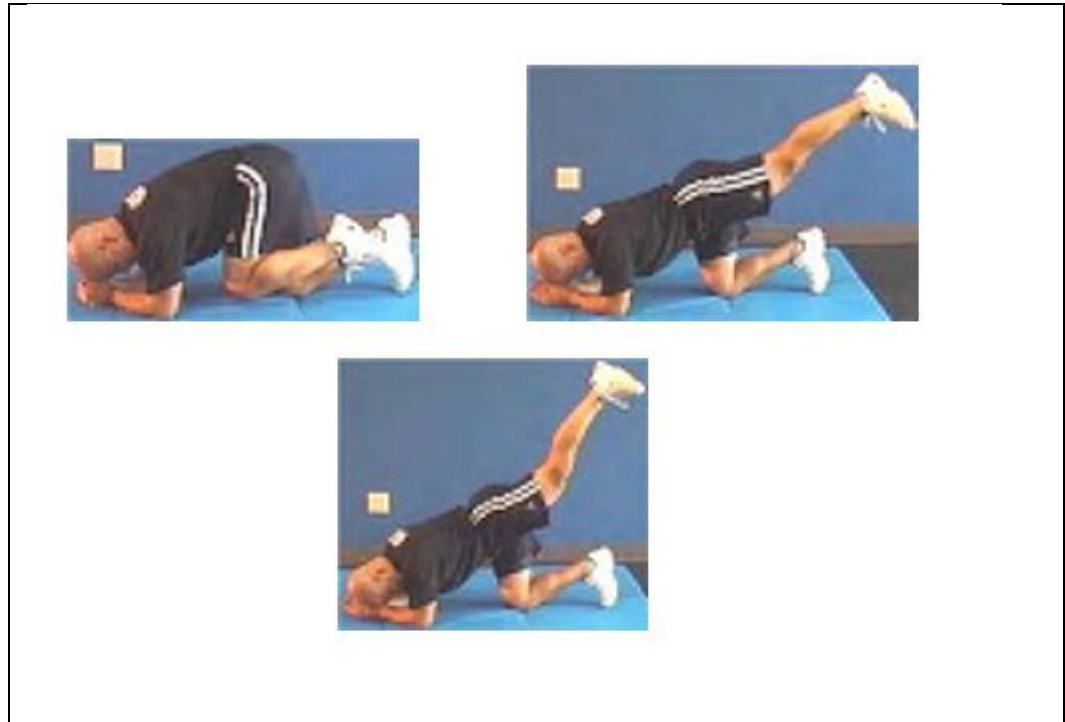
Below is a sample extracted from the Synergistic workouts manual.

- 1) **From your hand and knees.** Start by putting your left leg back letting your toes touch the ground. The lift the left leg straight up make sure you are concentrating on moving from the butt/glutes and pause slightly at the top for about 2 seconds. Then bring the leg back down let the toes touch. It is important that you note when the toes point towards you or in a neutral position. Make sure you do 8 – 10 reps on each side. And most importantly move slowly.



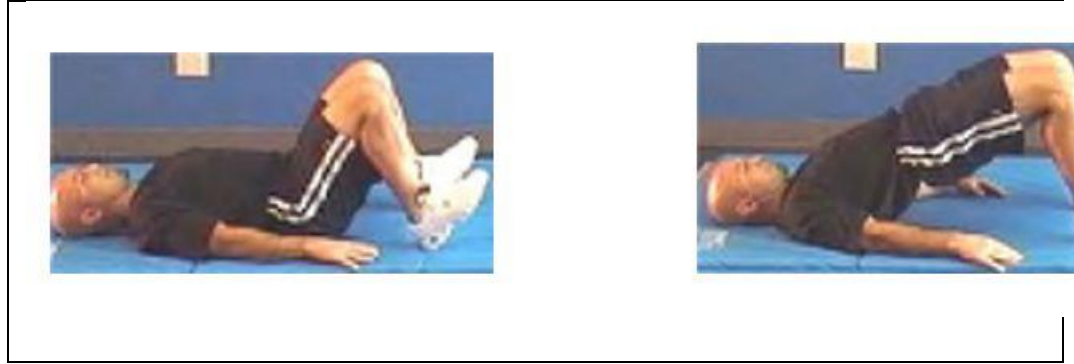
- 2) **Start position shown below, on left.** Just lift your left knee off the ground and move it toward the chest. After doing that, extend the leg straight back and up. Your focus should be on the muscles that you are

using, pausing momentarily at the top. Then return to the start/finish. Make sure that you have done 8 – 10 reps on each side. Always remember to move slowly.

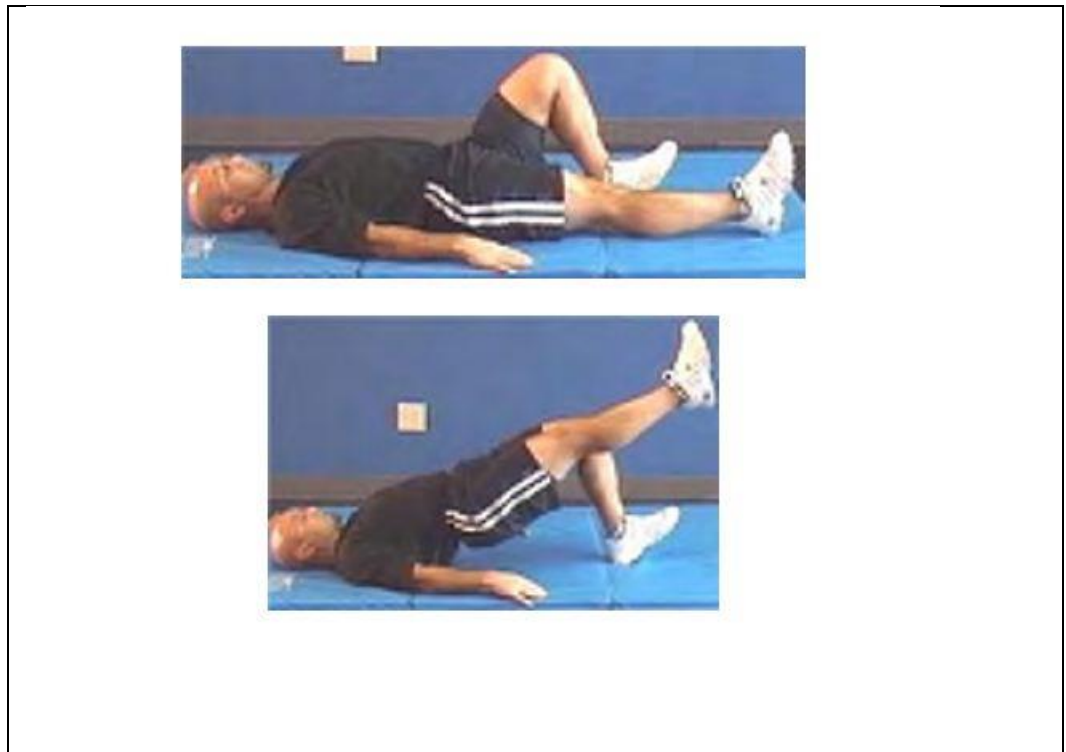


- 3) **Start/Finish position shown below left.** You are required to extend your arms out for support. Then raise your hips as shown below to your right and contract your glutes/butt while pausing at the top. After that you return to the starting position. Make sure you have done 8 – 10 reps on each side. Most importantly, don't be fast, just move slowly.





- 4) **Start/Finish position shown below (top).** In this step you are required to raise your right leg, hips and butt off the ground together. Then you return to the start/finish position. While at the top position your body should form a straight line as shown below. You should do 8 to 10 reps on each side. The most importantly, move slowly.



#### Benefits of following the program

Cellulite affects many aspects of your life in several ways:

- You will be forced to wear clothes you would rather not, which prevents you from dressing impressively in a way you would really love to
- It makes you avoid fun times at the pool or the beach. It simply stops you from being able to enjoy a vacation where you can soak up the sun, looking gorgeous in a bikini.
- It forces you to avoid sex or make love with the lights off because you do not want your man to see what it looks like.
- It wears away at your self esteem, your self confidence, and deprives you of your joy for life

All a woman wants is to look and feel sexy with or without their clothes. Don't you want to feel that way? The Symulast method is the future for female cellulite eradication. After going through the program you won't need:

- any more phony lotions
- to undergo anymore painful treatments
- any more crazy skin-brushing
- any more "wonder undergarments"
- any more useless body-wrapping
- any more toxin-flushing pill scams

## What others say

Dana, an old college friend (Joey Atlas) sent me this email which would lead me to create the program

--Original Message --

From: Dana-bizzyB@\_\_\_\_\_.com

To: joey atlas

Subject: old friend needs your help

Date: Nov. 6 12:15 AM

Dear Joey,

I know it's been a long time but you know how it can be with marriage, kids 'n work. I hope you guys are all doing well. I'm writing to you about this because I know you'll give me the complete honest truth and if anyone can help me its gotta be you. If you remember back in college I had a little bit of cellulite but it wasn't too bad. Well, after 2 kids my lower body looks horrendous, I mean cellulite everywhere. I'm so embarrassed to take the kids to the pool or beach – I even cringe when I get undressed and can't stand looking at the mirror with my clothes off. I look great in my jeans or a form fitting skirt but what lies underneath is atrocious and I need to get rid of it, Joey.

Making love is not fun or exciting for me and its bothering Tim also, of course. I can't believe I'm telling you this but it's at that point you know. Joey can I get rid of the cellulite on my butt, hips and thighs with exercise or am I cursed for life? And if so, can you make me a program to get the job done. I will gladly pay you for your time Either way I know you won't BS me & you'll tell it to me straight.

If you think you can help, keep in mind the program needs to be for 'at home' use and not be longer than 30 minutes. As a (crazy) 'busy mom' my time is limited and, as you know, I'm not the 'health club' type. I hope you can help. Say 'Hi' to the family for me.

Hugs, Dana

## Conclusion

This condition, cellulite is painful, irritating, and embarrassing to say the least. This skin condition is enough to tarnish and ruin your body's natural beauty. Doctors and scientists have spent enormous resources and time in research and experiments trying to find a permanent solution to treat cellulite. You, however, need to be very careful when you decide to try something new for the elimination of the ugly cellulite on your skin.

From previous discussions, we have learned that cellulite is a skin alteration, often described as an 'orange peel,' 'mattress,' or 'dimpling' appearance. Cellulite mainly affects a woman's lower body- the thighs, buttocks and the hips. Sometimes it affects the lower abdomen of an otherwise healthy woman.

Although some men are known to develop cellulite, 90-98% of cellulite cases occur in women. Cellulite is not a disease; it is a changed skin condition. Some scientific literature, as a matter of fact, refers to this changed skin condition as "so-called cellulite". It is not entirely known what causes cellulite in the body but there are several factors that are thought to predispose someone to cellulite. These include

- Genes- we are all made of different genetic make-up. It is due to the inherited factors like sex, size, hormones and others that will predispose you to cellulite.
- Hormones- females have different body hormones like progesterone and estrogen that are believed to affect body metabolism, which in turn affects how fats are stored in the body.
- Personal lifestyle- our lifestyles affect the way our bodies function. Some substances like nicotine in cigarettes affect the body's metabolism.
- Obesity- an obese person will have body swellings which may crack/tear causing a weak zone that could encourage fat storing, leading to that 'orange peel' appearance.
- Eating habits- taking unhealthy meals, such as junk food, or eating foods in excess will aggravate or worsen the cellulite.
- Sedentary lifestyle- a low activity lifestyle makes the body lazy, and hence lowers the rate of metabolism. This encourages fat storage, which leads to cellulite.

As we have seen, the fitness industry boasts about several methods for “treating” cellulite. These are in the categories of therapeutic methods that are either physical or mechanical and include pneumatic massages, massages that stimulate lymphatic flow, heat therapy, ultrasound, radio frequency therapy, magnetic therapy, radial wave therapy, endermologie, and electrical stimulation.

Unfortunately, none of these methods have been scientifically proven to work. A second class of cellulite removal strategies consists of drugs that are supposed to act on fatty tissues. There is a wide range of pharmacological agents which are used for getting rid of cellulite, including methylxanthines (caffeine and theobromine), pentoxifylline, beta-agonists and adrenaline, alpha-antagonists, amino acids, ginkgo biloba, rutin, and Indian chestnut. People with cellulite have tried to apply these agents topically, orally, or by injection, but none have been proved effective.

Some people with cellulite wear special clothing called compression garments to reduce the appearance of cellulite. These garments try to compress arteries and increase blood and lymph flow to reduce visual cellulite.

Cellulite affects many aspects of your life in many ways:

- You will be forced to wear clothes you would rather not and prevents you from dressing impressively in a way you would really love to
- It makes you avoid fun times at the pool or the beach. In other words it simply stops you from being able to enjoy a vacation where you can soak up the sun, looking gorgeous in a bikini
- It forces you to avoid sex or make love with the lights off because you do not your man to see what it looks like.
- It wears away at your self esteem, your self confidence and deprives you of your joy for life

All a woman wants is to look and feel sexy with or without your clothes. Don't you want to feel that way? Symulast method is the future for cellulite eradication. According to the program, when these muscles in the critical zones are not *sufficiently/ properly*

*stimulated* they get soft, limp and ‘deflated’. This is a phenomenon most people refer to as being ‘mushy’ or ‘flabby’.

There are, in fact, more than 90 individual muscles along the lower body of your body. As time goes by time and you get older these parts of your body becomes pulpy, mushy, and flaccid. This is a problem called Muscular Atrophy. So when muscular atrophy occurs, your body begins to lose its support. As a result, cellulite in form of bumps or uneven areas appears in your legs.

After going through the program you will need:

- no more phony lotions
- not to undergo through painful treatments anymore.
- no more crazy skin-brushing
- no more “wonder undergarments”
- No more useless body-wrapping
- No more toxin-flushing pill scams.

The good news is that next month when your cellulite is gone, you’ll want it to stay gone for the rest of your life. You should be ready to turn some heads at the next beach outing or poolside gathering. Good luck!

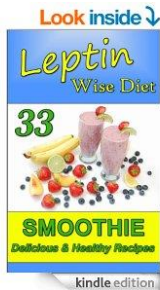
[> Click Here to Check out Symulast Method <](#)

Thanks again for downloading this book, I hope you enjoy it!

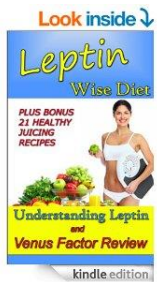
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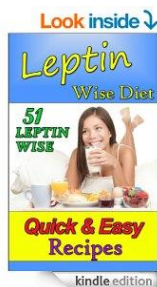
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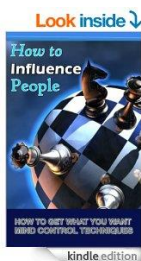
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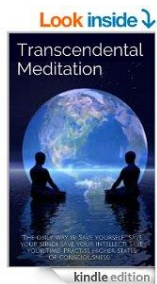


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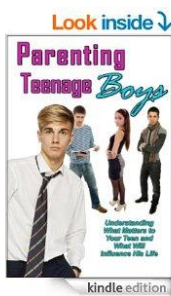


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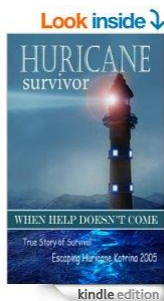
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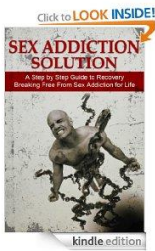


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## Sex Addiction Solution Find Freedom



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