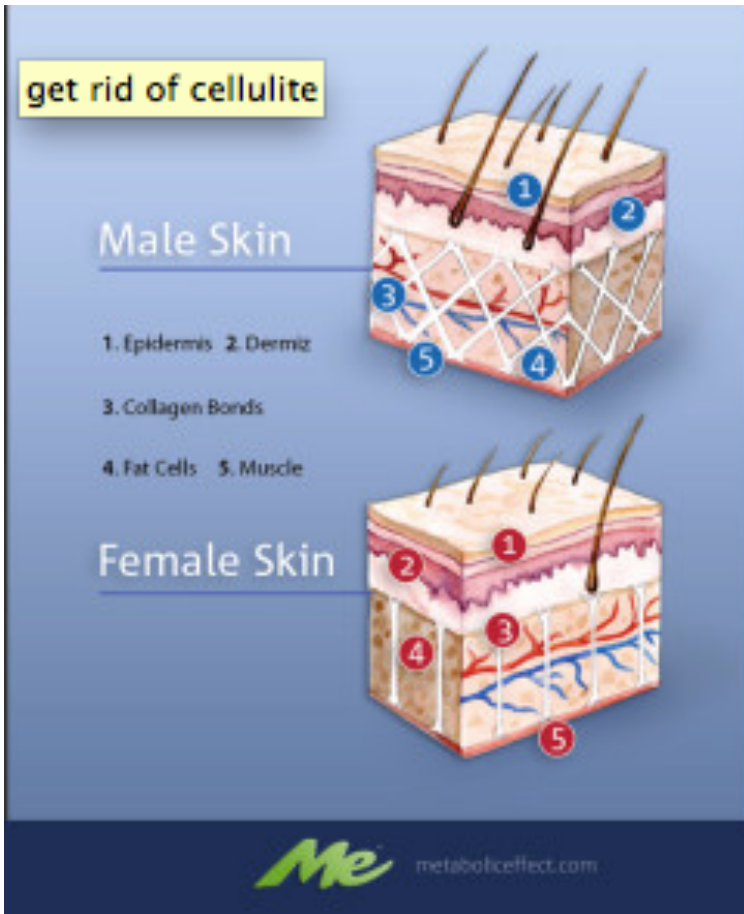




Summary of a Metabolic Effect Blog on Cellulite

Most women and some gents have a little cellulite on the backs of their upper legs and/or bum, and some women have loads. Sometimes larger ladies have none, and sometimes slim people have plenty of the little dimples! So, what causes it? The 'bobble' effect is caused by fat cells that sit in little pockets under the skin

and on top of the muscle. It tends to be worse in women for a couple of reasons – humans have collagen fibres (connective tissue) in their skin. Male collagen is largely in a kind of criss-cross pattern, but women's skin collagen, especially in the lower body, tends to be straight up & down (see diagram below), so this pattern makes little pockets in which fat cells can grow. If the fat cells grow in these confined spaces, they cause the bobbling/orange peel effect under the skin. The distribution of your collagen fibres is a largely genetic thing, although there are some things you can do. The other main reason for cellulite is that women tend to store fat around the bum/thigh/hips compared with men. In addition, body fat cells have lots of chemical receptors on them, which tell the fat cell to either store or burn the fat. Women, thanks to oestrogen, have many more alpha-receptors, which are the 'store' messages. And not only that, but lower body fat tends to have a poor blood supply and that also makes this type of fat more stubborn to get rid of.



So before you give up completely, there ARE things you can do to address cellulite:

1. Burn fat using a low carb diet (NOT no starchy carbs!). Carbs stimulate the release of insulin, which in turn stimulates the alpha-receptors = storage!
2. Remodel the Fibres – there are low-tech methods, such as deep tissue massage, but these tend to give temporary improvements, and higher tech methods to stimulate the tissue, such as using heat, vibration and light therapy. There has been little research on the effectiveness of these methods, but locally, Geri at Fitfigures is getting good results with her VCT vibration programme, in combination with a low-carb diet.

3. Increasing the blood flow – by movement or by heat. Exercise and massage do both, hot baths/steam rooms and contrast therapy (sauna), but again, a lack of research make it difficult to confirm whether the improvements (again often temporary) are fat or water moving.

4. Firm – get weight training to firm the muscles underneath the collage fibres, and lower body weight training in particular, focusing on muscle growth. Hopefully it makes sense that toned firm muscles impact on the tone of the connective fibres in the skin.

Not the perfect answer ladies, but some steps you can take to make a difference. See <http://www.metaboliceffect.com/how-to-get-rid-of-cellulite-on-legs/> for further information.