

# TURNING YOUR ORANGES INTO APPLES!

## The truth about Cellulite

By Tanja Carruthers, Editor

Though diet and exercise can diminish cellulite, a large part of cellulite is comprised of toxins and fat that accrue within the body. A holistic approach is required to minimise the appearance of cellulite.

Cellulite is a term that was adopted by the fitness industry to describe the appearance of a lumpy substance, resembling cottage cheese, which develops under the skin. Common areas for this bulged or waffled appearance is on the stomach, thighs, hips, and buttocks area.

Changes in metabolism and physiology have shown to contribute to the appearance of cellulite. Hormones also play a huge role in the development of cellulite, and estrogen is the most important hormone. Estrogen can initiate and aggravate cellulite, along with insulin, adrenalin, and thyroid hormones as well. Cellulite is also related to genetics, since certain genes can determine how fat will be distributed throughout the body. Diet and lifestyle

can also cause cellulite to form, since lack of exercise, smoking, tight clothes, and unhealthy diets can all increase the appearance of cellulite.

One misconception is that people who are slender are immune from developing cellulite. This couldn't be further from the truth. There are a great number of individuals who are not overweight and yet are dealing with the reality that they fall under the "cellulite population".



## Why does it cause such an “orange peel” effect?

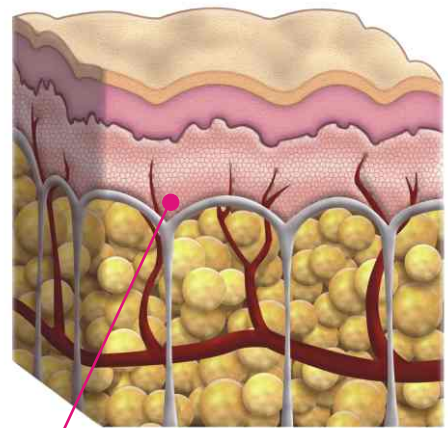
Many people simply assume Cellulite is caused by fat that is pushed against the connective tissue beneath the skin, and that the swelling of fat cells are due to an increase in calories which causes this dimple effect. While this is true, there are many more dynamics to how this process occurs, making it understandable why so many slender people also suffer from this dimpling effect.

Cellulite is not only a “fat” problem; it is also a dermal and cellular problem, which explains why left untreated it will worsen over time.

As the blood vessels deteriorate from dehydration and deprivation of cell building nutrients they allow wasted water / toxins to accumulate. This process causes Collagen and Elastin to break down allowing sub dermal fat to clump together. Because of the weakened dermis, these lumps of fat

cells move upwards towards the surface which then causes the visible change in skin texture, commonly referred to as an orange peel texture. As this process occurs the synthesis of new collagen slows down even more and connective tissue breaks down, allowing the fat cells to now become surrounded by fibrous bands, worsening the skin texture even more. Connective tissue continues to worsen causing the fat cells to harden and thicken. After a lengthy period of time the cells become more like hardened nodules, changing the skin texture and might even be accompanied with pain and tenderness.

It is mostly found in women, although some men are also known to have it in the neck and abdomen area. It is less often found in men's bodies because they have a different fat distribution. Their connective tissues around their fat cells are stronger, and the skin is



Sub-dermal fat clumps together to cause the appearance of cellulite

thicker. There is no proven way to get rid of cellulite, but there are many ways to prevent it and lessen its appearance. The first step in getting rid of cellulite is to **prevent** it, since there are many different factors that can cause the appearance of “orange peel”.

## What is the secret then? How does exercise and diet assist with lessening the appearance of cellulite?

Through exercising regularly and maintaining a healthy lifestyle where your nutrition is concerned, deep fat and sub dermal fat is kept to a minimum. This not only lessens the appearance of cellulite because your body fat is low, it also aids in keeping your body, and your skin, healthy. And that is where the secret lies! Through a healthy lifestyle you do not deprive your body of key nutrients required by your skin to produce collagen and dispose of harmful toxins. In being active and aware of your health, you are actually preventing the process to occur, or at least slowing down this process to an incredibly slow and manageable pace. So, it's effective from both sides, keeping body fat low and keeping your body healthy.

## Preventing it

Eating a healthy diet with fresh fruits and vegetables is very important in reducing the appearance of cellulite, as well as keeping yourself healthy and at a healthy weight. Bad habits that can increase the appearance should also be avoided, such as smoking or high alcohol consumption on a regular basis. Individuals with desk jobs may be more susceptible to cellulite since they are required to sit for long periods of time, so make sure you take a break every few hours to take a short walk. This will not only help prevent cellulite, but will also ensure good blood circulation as well as keeping your body energised.

## Reducing it

Exercise and diet are the most important when trying to reduce the appearance of cellulite. Because cellulite is essentially the appearance of fat that has accumulated due to various

## Prevention tips:

“Prevention is better than cure” the old saying goes. Help your body help you! Here are some tips on how you can prevent cellulite or stop the process in its tracks!

Eat a balanced healthy diet, including lots of veggies.

Stay well hydrated

Keep active

Hydrate your skin from the outside as well as in. Invest in a good quality moisturiser.

Stay away from substances that are harmful to your body, such as smoking, drugs and excessive alcohol consumption.

Take your time to explore other options available to you, such as treatments and creams.

**Cellulite is not a “fat girl” problem; it affects almost 90% of women. Skinny, chubby, athletic, slender, obese and the perfect 10 – they are all affected by cellulite!**



Many surgeons warn that liposuction is not an effective treatment for cellulite because liposuction is designed to remove deep fat instead of cellulite, which is close to the skin. (Sub dermal)

factors listed above, it is important to decrease the amount of fat in the body. Exercise works great to burn fat and decrease cellulite, and it is also important to stay healthy and avoid other health conditions. Certain exercises can work to target certain areas of the body where cellulite is present, such as the thighs or buttocks area. Lunges, leg lifts, scissor kicks, and even walking and jogging work great for those problem areas, since they can decrease body fat which in turn reduces the appearance of cellulite and also helps to tone your muscles.

## Are there alternative ways to get rid of cellulite?

Since cellulite is primarily caused by genetics and your history of treating and caring for your problem areas, many women will never be able to free themselves from it completely. However, there are some things that can help improve the appearance of cellulite.

Topical creams and ointments can help to reduce the appearance of cellulite, but do not really target the problem directly. Keeping the skin hydrated will help to keep it looking healthy and smooth, and skin-tightening creams can also provide some relief. These creams can work to keep the skin tight and cellulite free, but they must be applied on a regular basis and can be somewhat expensive. Medical procedures have recently been developed to help reduce the appearance of cellulite, and actually work on the fat inside to make the appearance on the outside look free of

cellulite. Some physicians will massage the area using ultrasound, thermotherapy, and pressotherapy, and they help to move around the fat and make it look less dimply. A new non invasive treatment to the market which has proven to yield superior results is tissue massaging with bi-polar radio frequencies and infrared light, such as the VelaSmooth treatments. These procedures can effectively reduce the appearance, but it is then up to the patient to maintain the healthy look through diet and exercise.

Cellulite is a completely harmless medical condition, but many women wish it never existed. There is no way to completely get rid of the appearance, but it is important to keep your body in a healthy condition in order to prevent it from occurring. All women can get cellulite no matter what their size, so it is important to eat a healthy diet and exercise on a regular basis in order to stay healthy and keep the skin looking smooth.



## Treatment review

By Tanja Carruthers

A sad truth that many women hate to admit is that our lives are all influenced by "the orange peel effect". The degree of severity differ from woman to woman, however the embarrassment and every conscious awareness about it remains. Fat or thin, fit or unfit, I have come to discover that about 90% of woman battle with this common problem. While I advocate 'prevention is better than cure', and living a healthy lifestyle is number one on my list, there must be other ways to lessen the cottage cheese effect. Here's my personal experience undergoing the VelaSmooth™ treatment

### About the treatment:

VelaSmooth™ is the first medical device of it's kind to effectively treat cellulite and body contouring. It is driven by the revolutionary new Elos Technology (combined bi-polar RF, Infrared light/heat, deep tissue massage and vacuum). The treatment is a non-invasive solution for breaking down cellulite and tightening skin, thereby improving the contour of the body. VelaSmooth™ treatments are a relaxing experience

with most patients reporting the feeling of a warm, soothing, deep tissue massage.

VelaSmooth™ is indicated for reduction of cellulite, body contouring, skin tightening as well as cases of reduction of stretch marks, lymphatic drainage and relief of minor aches and pains.

### My Experience:

#### Starting out:

I'm fit and conscious of my diet. On a scale of 1-10 I say that visible cellulite on my buttocks and thighs are a 3. It's visible, and I'm conscious of it, and it's most definitely something of concern come the summer months! I'm fortunate that a healthy lifestyle has helped with leaving me with non-severe cellulite, but it's still there. And like all women, I want it to go away!

#### Sessions 1-4:

A noticeable improvement in the smoothness and firmness of the skin around the thighs and buttocks. As the treatments progressed the areas which were focussed on appeared to become smoother, giving the skin tone a more youthful and healthy appearance.

#### Sessions 5-8:

A visible difference in the texture of the skin. Small bumps and dimples seem to become more even and tone

in with the general contours and curves of my body. It was most noticeable when pressure was applied to the thighs; the dimpling of the skin slowly started disappearing. The firmness of these areas started improving, and most importantly after session 5, I was already down 1cm in measurements on each thigh.\*

#### Sessions 9-12:

From here on out the progress accelerated. Visually I don't notice any cellulite or slight dimples in my skin when I stand upright, the areas treated are incredibly smooth and most of all appears healthy and tight. In total I lost almost 2 cm off each thigh.

I rate this treatment:

★★★★★

### Treatment duration

A course of between 12 - 16 treatments is recommended depending on the severity of the cellulite or degree of skin tightening required. Most patients obtain outstanding results after 12 treatments which is a standard course, some in as little as 8 treatments.

### Treatment Costs

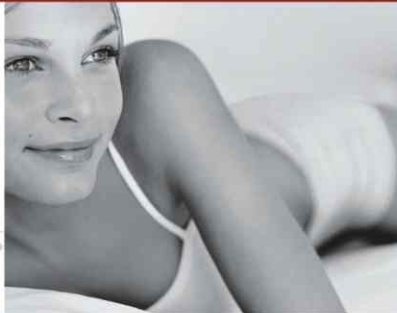
The recommended cost of treatments is R450-00 per treatment or R4 500-00 for a course of 12.

[www.velasmooth.co.za](http://www.velasmooth.co.za) and [www.renewclinics.co.za](http://www.renewclinics.co.za) for more information.

\* I incorporate healthy eating habits already. I just insured that I kept well hydrated allowing my body to dispose of any toxins that the treatment breaks down.

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