

# Cellulite, what is it and can it be treated?

Ok ladies here it is, the dreaded topic of cellulite. Too many of us it is a four letter word. One that plagues us woman with low self esteem, discouragement and frustration. It seems no matter what we do, eat, or apply the cellulite remains a constant battle in our lives. I'm going to tell you that it doesn't have to be. You can improve your appearances despite the scientific facts. First what is cellulite? Cellulite is a skin condition that produces lumpy, dimpled flesh usually on the thighs and buttocks, and mostly on women. "Little is known about what causes cellulite. It involves fibrous connective cords that tether the skin to the underlying muscle, with the fat lying between. As fat cells accumulate, they push up against the skin, while the long, tough cords pull down." <https://www.mayoclinic.org/diseases-conditions/cellulite/symptoms-causes/syc-20354945>. This creates an uneven surface or dimpling. Cellulite can be associated with age since skin loses its elasticity with age, also the reduction in estrogen can play a part in the production of cellulite, and finally there seems to be a strong genetic component as well. If your mother or grandmother struggled with cellulite chances are you will too. It is not harmful according to many medical journals. It will not harm your health, but if you take into the consideration of what it can do to many women's self esteem it is not only harmful but very frustrating, and depressing.

There are many products, techniques and even surgeries out there that can reduce the appearance of cellulite but ladies there is no panacea! These different methods can help tighten the skin or improve the elasticity but the affects are not permanent. Even surgical procedures only last for a limited time. Right now you are all probably thinking..thanks Jen for being a beacon of hope... seriously you can make a change, but it has start in your mind. The way you think about yourself. Many women struggle with body image problems. Conditions like cellulite can be tough but not impossible. My advice is to maintain a healthy lifestyle, Eat well, sleep and exercise, specifically strength training. Cardio can help lose the weight as does of course maintaining a good diet, but strength trying can actually help you mold your body. Through strength training ladies we can reduce the size of one area while increasing the size in another. Think of your body as a lump of clay. Strength training can help you produce the best you! We all have what we believe to be as flaws, we all wish we could have Michelle Obama arms, but instead of wishing to look like someone else, why don't you spend the time making your genes work for you! The healthiest form of you is the most beautiful form of you! Cellulite or not! From Jen