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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**How To Get Rid Of Cellulite: 5 Simple Tips**

**By Troy Boyd**

First of all, you cannot completely get rid of cellulite. I don't say that to discourage you but rather to encourage you. The reason being that all women have it, even supermodels! That's right, even the woman who makes Supermodels out of mere mortals, Tyra Banks has admitted to having cellulite.

However don't fret. Here are 5 Simple Tips you can use to smoothe it out.

Simple Tip #1: By working out.

Your best bet is to combine cardio training with strength training to hit it with a double whammy.

Running and stair climbing should be a big part of your cardio for targeting cellulite.

As far as the strength training, you want to build muscle in the areas that are most likely going to be affected, such as the butt, the thighs, and the belly.

Squats, leg curls, sit-ups, and reverse sit-ups are your very best bet.

Simple Tip #2: You must drink plenty water! About 1 – 2 litres a day to flush out toxins that can cause cellulite.

Fat cells surround toxins as a way of protecting your body. One way to lose the fat cells that surround the toxins is to lose the toxins of course.

Also, staying hydrated is important to the appearance of the skin, keeps the muscles fuller, and of course flushes the system.

Simple Tip #3: Body brushing helps.

It's very simple. The best place to do this is in the shower since you're already naked anyways.

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You want to brush in circular movements upwards towards the heart. This promotes circulation and blood flow, plus a detoxifying affect since it stimulates the lymph system.

Simple Tip #4: Eat plenty of green vegetables such as broccoli, which is great for de-toxing.

Obviously, entire books can and have been written about diet so I can't go through it all here, but the best diet for cellulite and fat reduction is one made up mostly of vegetable, particularly raw ones.

Okay, Tip 5 is not soooo simple.

Not so Simple Tip #5: After trying exercise and a good diet without positive results in losing cellulite dimples, the last resort is through liposuction. There are some creams with caffeine in them that may mask the cellulite appearance, but surgery is usually the last resort effort. The downfall being that the cost is usually at least \$5000 on up.

Bonus Tip#6: Become happy with yourself the way that you are. Read self-help books, or see a therapist. There's no better feeling than being happy with yourself. Go grab the great book "Psycho Cybernetics" and apply what you learn to developing killer self-confidence.

Cellulite may just be the least of your problems on the grand scale.

Troy Boyd is giving away a full 5 Day Mini-Course on how to get rid of cellulite at

<http://www.LoseYourCellulite.com>

Go grab your mini-course now!

### **Dispelling The Myths About Cellulite**

**By News Canada**

Cellulite results from the skin losing its elasticity and firmness. This allows fluids and fat deposits into the lower layers of the skin and is not the result of being overweight.

While losing weight may reduce body fat, it does not correct or eliminate cellulite. Even very slim women can have cellulite on their thighs, buttocks and hips.

Cellulite is influenced by several factors including your genes, gender, the amount of fat on your body and the thickness of your skin. For example, thinner skin and excess body fat makes cellulite more visible.

Cellulite can develop as early as puberty but is not easily noticed due to the suppleness of young skin.

While it can worsen with age, you don't have to sit back and accept it. Regular exercise, eating a

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healthy diet and using a body contouring cream daily can visibly reduce cellulite. A good body contouring cream to try is RoC® Retinol Body Contouring Triple Action, a clinically proven formula that reduces the appearance of dimpled skin in just eight weeks.

If you don't take action against cellulite it will get worse over time, especially as the skin continues to lose its firmness and elasticity.

On its own, dieting cannot eliminate cellulite. In fact, strict dieting is more likely to eventually increase your body fat percentage, worsening the condition.

As with dieting, exercise alone will not get rid of cellulite. To visibly reduce the look of cellulite – diet, exercise, and the use of a body contouring cream daily are key.

Men don't usually have a problem with cellulite because their fat cells are shaped differently and fat is stored differently.

However, some men may develop cellulite on their neck or stomach.

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Dispelling The Myths About Cellulite  
Cellulite Treatment:: The Cellulite Checklist

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