



***www.The-Cellulite-Cure.com***

*Presents...*

## **Proven Strategies to Combat Cellulite**

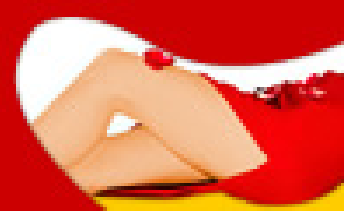
**Learn The Hard-Hitting Facts On Getting  
Rid Of Cellulite And Reclaiming Your  
Sleek And Sexy Body.**

Written By Karen Sessions (Ms Fit), author of *The Cellulite Cure* at  
[www.The-Cellulite-Cure.com](http://www.The-Cellulite-Cure.com)

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# The Cellulite CURE



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# The Cellulite CURE



Who am I? I'm Karen Sessions, a multi-certified fitness instructor, eBook author, success coach, and nationally qualified female bodybuilder.

I have been in the fitness industry since 1988. I started bodybuilding severely underweight due to a mild eating disorder, anorexia. I used weight training for recovery and within months I was able to put on lean muscle weight and totally reshape my body.

Since then I spent a lot of time thoroughly researching and educating myself on nutrition of quality, muscle physiology, and every aspect in-between.

I took my physique to the competition level for several years, mastering the art of competitive bodybuilding. After a few years of dabbling with various tactics of dieting, cardio, and training I was able to perfect the formula to bring me to 7% body fat naturally. I have won many bodybuilding contests and have qualified nationally in the NPC organization.



I have now taken my knowledge and experience and jam-packed it into eBooks to help you on your fitness endeavors, whether it is muscle building, fat loss, cellulite reduction, overall health, or a simple body transformation.

Karen Sessions NSCA-CPT  
MsFit



## What this free report is about

Cellulite, the mere mention of that word will send women running and screaming the opposite direction. “How to I get rid of cellulite” has to be the most common question I receive.

There is a lot of information around about cellulite, what it is, what causes it, treatments, and so forth. Perhaps you have tried some of the cellulite reduction “proven” methods touted by doctors and other “experts.”

What was your outcome?

Chances are, if you are reading this, the outcome was negative and you are still looking for that one cellulite solution... the one final once-and-for-all cellulite cure.

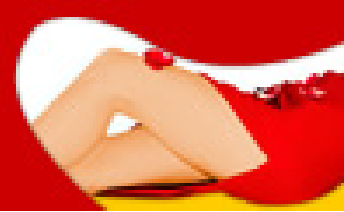
What really “grinds my gears” is that much of the information I read about cellulite suggests that it’s a natural part of a women’s life after the age 18-25.

This is false, it is misinformation, and it is repulsive. Look at pictures of your grandmother and great grandmother (not too sure if many women wore shorts back in the day) but do you see cellulite on them between the ages of 18-35?

Probably not... and if so, not many women had cellulite years ago. You will understand why as you read this information.

The medical industry, health care industry, and cosmetic industry are on to this cellulite epidemic, too. You’ll find each trying to push the latest cellulite blaster to tone, tighten, trim, and slim your lumps, bumps, and craters.

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With all these highly-technical gadgets on the market... how many are truly effective in diminishing cellulite? If they all work so well, why are “90% of the women” (as most articles site) still bound to cellulite?

What's the missing link?

The missing link is certain organizations are providing misleading information.

If you are confused and fed-up with cellulite at this point, lay your frustration aside. Clear your mind of all the crazy cellulite tactics you have read about and open your mind.



## Up Close and Personal

### Can I ask you a few honest questions?

Do you feel that you have been misled by the “health” industry in regards of how to successfully getting rid of cellulite?

If you are reading this free report, you are undoubtedly suffering with the common ailment, cellulite.

How does the word “cellulite” make you feel?

Better yet... You HAVE cellulite. How does having it make you feel?

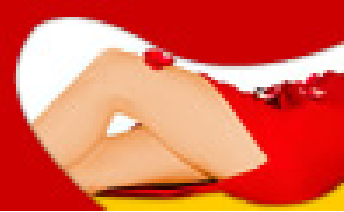
- Unpleasant feelings
- Embarrassment
- Feel like you are not good enough
- Feel you can't wear certain clothing you want
- Can't have fun at the beach
- Watching life go by rather than participating
- Humiliation

Do any of the above statements surface any feelings?

The next time you are at the checkout line at the store, check out some of the magazines on the shelf. Notice how all the models and actresses appear absolutely flawless.

Models and actresses in magazines are airbrushed to give that perfect look.

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Check out this link: <http://homepage.mac.com/gapodaca/digital/bikini/index.html>

Run your mouse over to see the changes airbrushing makes (you may need to click the mouse over the picture the first time).

Below are some before and after pictures of an airbrushed job.



The reality is... the models and actresses that you see in the magazines are not flawless. They are human. And some may even have cellulite!

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## **What is Cellulite?**

Cellulite is medically known as edematous-fibrosclerotic panniculopathy. It is an accumulation of irregular pockets of fat deposits, fluid, and toxins trapped under the skin in the network of elastin and collagen fibers. These fatty deposits can be found on the hips, thighs, buttocks, stomach, and arms.

These days, more women suffer from cellulite than ever before in history. However, just because you get older doesn't mean you have to be a victim of cellulite. There are steps you can take to prevent and even reverse this condition.

## **Who does cellulite affect?**

While most overweight and obese people have cellulite, many thin, and seemingly healthy women develop it.

Many people suggest that cellulite is harmless... and it is to a degree. But, it is also your body's way of telling you that something is not right inside your body. Cellulite is not formed on healthy people.

## **How cellulite develops**

Cellulite is not your everyday fat that cushions your body and organs for protection. Cellulite can be thought of as that pest you don't want around. Cellulite will find its way to various areas on your body rather than evenly all around your body.

When toxins, trans fat, and other impurities are not removed from the body they become stuck, and trapped between the subcutaneous fat chambers, creating a harden lumpy area that resembles cottage cheese.

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## Causes of cellulite

Many theories point to the female hormone, estrogen that lays the path to a cellulite-filled life. It's true that women are physiologically prone to developing cellulite because the connective tissue under the skin has more elasticity and, when not taken care of, can be vulnerable to disruption, which creates an environment where cellulite can accumulate.

Then there's the heredity theory. Ah yes, it's your gene's that caused your cellulite. Okay, so this theory suggests that you are born with a certain color eye, certain color hair, and the cellulite gene.

Just because your mother has or had cellulite does not make you a prime candidate for it. However, the "health care" and medical industry would say differently to capitalize on the market.

Just because you are female, over 18, or have a mother who has cellulite doesn't predispose you to have it, too.

**Many factors can contribute to cellulite and these are some of the REAL factors:**

- ☹ Stress
- ☹ Toxins
- ☹ Free radicals
- ☹ Lack of activity
- ☹ Poor diet
- ☹ Dehydration

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There is a 4-stage cellulite self-pinch test you can conduct on yourself to assess the severity of your cellulite. It's the Nurnberger-Muller Scale and it simply classifies various stages of cellulite development.

Take this easy test yourself in the privacy of your own home by gently pinching a few inches of skin between your forefinger and thumb on your upper arms, stomach, thighs, and buttocks.

- **Stage 0** – No appearance of dimpling when lying, sitting, or standing. When skin is pinched there is no evidence of cellulite. (None)
- **Stage 1** – No visible appearance of dimpling when lying, sitting, or standing, but when you pinch your skin you can see cottage-cheese lumps. (Mild)
- **Stage 2** – Visible dimpling of the orange-peel effect when sitting or standing, but not lying down. (Moderate)
- **Stage 3** – Visible dimpling of cellulite when lying, sitting, or standing (Severe)

There are a million and one cellulite remedies on the market, everything from basic to complicated and from free to expensive (and worthless).

You didn't obtain cellulite overnight or by some crazy mishap or alien abduction. You acquired the orange-peel syndrome from unhealthy patterns in your life.

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## Proven Tips to Reduce Cellulite

These are just a few tips to lead you on your cellulite-free journey. While they may appear insignificant, they are the key factors in reducing cellulite.

**Drink Water** – Don't just drink water, drink *more* water. What is more water? Well, right now more water is double what you are currently drinking. If you are drinking a pint of water a day, start drinking 2 pints as of right now. But don't stop there. Every other day increase your water intake a little until you are able to drink a gallon of water a day. Yes, a gallon. Your body is primarily composed of water so you must drink a sufficient amount of water for it to function properly.

By increasing your water consumption you will be well-hydrated and the increased water will literally flush fat and toxins right out of your body. But I must warn you. This water drinking episode is not a one day or one week event. For water to flush the toxins out of your body and cells you must be consistent!

There are some "experts" out there preaching that drinking water has no impact on cellulite. Again, misinformation being fed to you by paid endorsers of organizations.

**Lose Excess Fat** – If you are overweight or obese, lose some fat weight. That's right; a healthy and balanced diet is in order. Most people can lose a good deal of fat weight simply by cleaning up their eating habits such as eliminating sugar, bread, and other refined carbs. Others may need to take it up a notch and cycle carbs or lower calories.

Simply by implementing a healthy diet of natural foods will feed the body useable nutrients and cause it to function as it should. When your body is functioning optimally, it is much better able to assimilate nutrients and rid some toxins.

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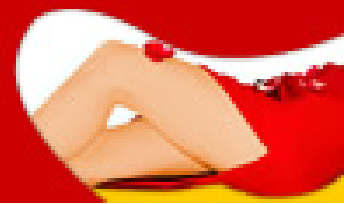
**Exercise** – Exercising is great for the entire body, and mind. Some “experts” tout that exercise won’t have any impact on cellulite, but they couldn’t be further from the truth.

Cellulite has very poor circulation. If you begin to implement these steps listed you will begin to reduce cellulite, and as you do, the exercise will increase capillary function, increasing circulation in all areas, including those plagued with cellulite.

Now understand that exercising won’t immediately diminish your cellulite condition, but adding it will make a world of difference, and in time you will witness your cellulite vanishing.

**Wrap it up** – A body wrap can give you temporary results, but it may be just enough to motivate you to work toward your cellulite-free goal.

I’m not going to lie to you and tell you that a body wrap is the trick to getting rid of cellulite, but it can help many mentally to get into the mindset they need to be in to move forward on their journey.



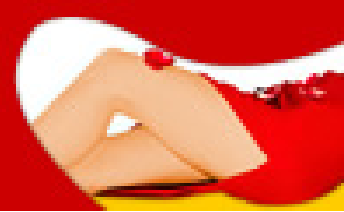
## Your Cellulite Profile

### Do you have cellulite or are you a candidate?

- Do you have clear and visible cellulite (stage 2-3)?
- Do you experience pain when you pinch your cellulite?
- Is cellulite visible on more than one area of your body?
- Did you notice cellulite before the age of 25?
- Do you take birth control pills
- Do you continually retain water?
- Do you take prescription or over-the-counter medications?
- Has your weight increased in the recent years?
- Do you take synthetic hormones?
- Do you smoke?
- Do you drink less than 8 glasses of water a day?
- Do you drink faucet water?
- Is your diet rich in trans fats (processed or man-made)
- Is your diet rich in processed or refined carbohydrates (pasta, rice, bread, candy, etc)?
- Are you inactive (not exercised within the last 2 months)?
- Have you participated in fad diets or yo-yo diets?

Give yourself 1 point for every question you answered "yes."

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If you scored 8 or more, it's suggested that you make some changes now to reduce cellulite.

- Drink more water
- Lose excess fat
- Avoid processed and refined carbs
- Avoid trans fat
- Eat natural foods, that which can be found in nature.
- Exercise regularly
- Implement holistic alternatives with prescribed and OTC medications
- If you smoke, stop smoking
- Eat a balanced meal plan rather than fad or yo-yo diets
- Incorporate the 7 steps in [The Cellulite Cure!](#)

## **Conclusion**

This is only the tip of the cellulite iceberg. There are many more in-depth avenues and steps you can take to reduce and eliminate cellulite naturally.

In fact, you would be floored at the amount of FDA approved ingredients allowed in food products and beauty supply items that actually CONTRIBUTE to cellulite!

Keep it simple and keep it natural and you will be cellulite-free in no time.

Fitfully Yours,

Karen Sessions NSCA-CPT

MsFit

# The Cellulite CURE

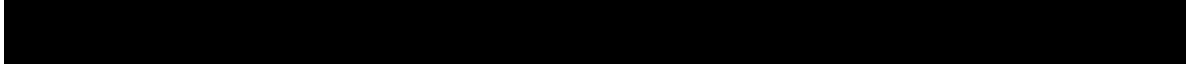


**P.S** Cellulite is stored, hard to metabolized fat. Regardless of its stubbornness, [The Cellulite Cure](#) gives you all the 100% all natural tactics with its 7 Step Cellulite Free System to making this nagging condition a thing of the past.

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*See what others have to say about The Cellulite Cure...*



Hi Karen,

"I just wanted to send you an e-mail of thanks. I've struggled with cellulite since I was 20. I tried every anti-cellulite product I could find, but nothing seemed to work. Disheartened, I purchased your eBook, The Cellulite Cure. What I read was a new concept.

I am happy to say that my cellulite has reduced remarkably in just 10 weeks. Not only that, I lost 9 pounds, without even trying!

I feel better and look healthier. I also wanted to share with you that I went out and bought a 2 piece swimsuit. Something I haven't worn since I was a teenager. I feel GREAT!

Thank you so much. I was at a complete lost until I found your book online."

Jenna Loewe  
Ionia, Michigan



# The Cellulite CURE



Hi Karen,

"I just wanted to tell you how much I LOVE your eBook The Cellulite Cure. It's a real eye-opener with some of the best information I have ever come across.

I have been applying your 7 step program to reduce cellulite and I noticed results in a week and a half! I never thought my legs would ever look good again. Not only do I see the difference, but so does my friends and family... and that's saying a LOT!

Thank you so much for such straight-forward information, and thank you for sending me additional eBooks to help me with my cellulite-free journey."

Jenna Thompson  
Cheval, FL

Hey Karen,

"Your eBook The Cellulite Cure is very enlightening. I'm embarrassed to say that I thought the only way to get rid of this eyesore cellulite was by liposuction. I am SO glad there are answers and cures for this unsightly condition. Since applying the steps outlined, my dimples and creases have nearly vanished. I'm so amazed at the changes over the last few months. Thank you, thank you, THANK YOU!"

Megan Watts  
Greenville, Maine



Karen,

"I just have to tell you that I love The Cellulite Cure eBook! I haven't gotten around to all the steps you suggested, but just implementing three so far has given me jaw-dropping results. My husband is blown away too!

Thanks you so much for your honesty and not being afraid of sharing your knowledge with us. You are a true inspiration. I can't wait to see how awesome I look when I begin adding the rest of the steps."

Thank you, thank you, thank you! (((hugs)))

Janice Tipton

Meeker, Colorado

Hi Karen

"I download The Cellulite Cure and have already read most of it. This is the third one of your books I have bought and each one has been extremely helpful. Since March I have lost 26 pounds of fat and gained 15 pounds of lean muscle."

Thanks!

Janice Williams

# The Cellulite CURE



Your story here...

Get [The Cellulite Cure System NOW!](#)