

# The Cellulite Cure

*Presents...*

## Chapter 1

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The Cellulite Cure at  
[www.The-Cellulite-Cure.com](http://www.The-Cellulite-Cure.com)

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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. Within months I was able to put on lean muscle weight and totally reshape my body. 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, overall health, or a simple body transformation.

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## Disclaimer

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## Reality Check

The previous disclaimer is something that I must write. I partially feel my right to free speech is limited, or suspicious with the disclaimer that I must add. However, anything and everything I discuss is completely natural and I do not promote anything that I haven't tried, done, or whole heartedly believe in.

Have you ever noticed that every time you read about starting a healthy eating program or exercising that it states to first check with a physician. Why doesn't it read on the side of sugary cereals, and other processed junk food that you should first check with a physician? In addition, I have never read where you must first check with a physician before drinking alcohol or smoking either.

It seems that if we want to be healthy we must first have medical clearance. However, if we want to destroy our bodies, it's perfectly fine. Is there profit in the medical community having the public ignorant, sick and diseased?

Points to ponder...



## Introduction

Congratulations on making the decision to combat cellulite and diminish it forever. You have just taken the first step to a healthier, and cellulite free body. If you follow this program as outlined, there is no way you can lose the cellulite battle.

I wrote this eBook due to the countless amount of bad information on the Internet, books, and magazines regarding cellulite. People are being ripped off and it's time to put a stop to it. This eBook will reveal the most effective way to diminish cellulite, lose fat, build lean muscle tissue, increase energy, and improve overall health.

### **The five factors in making a cellulite reduction are:**

1. Having quality information
2. A focused decision
3. A sealed commitment
4. Sheer determination
5. Consistency

If you can master these five factors, then the seven cellulite reduction steps will come easily and effectively.

I have been in the fitness industry for two decades and have mastered the art of sculpting the ideal physique through nutrition and exercise.

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Surprisingly, it is that simple.

The trick is **consistency**, which can sometimes be the most difficult aspect. But hang with me, and together we can stomp out cellulite and you can attain the dream body you have always desired. It's just a simple matter of sifting through the media's mumbo-jumbo and getting the true facts.



## Chapter 1

### The Cottage Cheese Syndrome Stops Here

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Those darling dimples. Yes, that was nice to hear when you were a kid, but you certainly don't want to hear someone referring to your thighs in that manner! Cellulite is embarrassing and unattractive, and is a battle for many women and some men today.

Today the trend is to be thin, and people will do nearly anything to achieve that sleek and flawless look. Fashion and fitness magazines sport an image of sheer perfection, making the everyday person feel insecure and not up to par. This leads to extreme actions such as eating disorders, fad diets, excessive exercise, unnecessary dream creams, and costly surgery.

#### Cellulite Evolution

Cellulite is not a medical term. It is a word created by the European spas in the early 1900s to describe the fatty deposits that resemble cottage cheese on the hips, thighs, and buttocks. The notion made its way to the United States in the early 1970s via a United States publication in 1973 by Nicole Ronsard, owner of a New York City beauty salon specializing in skin and body care. Nicole wrote a book, *Cellulite: Those Lumps, Bumps, and Bulges You Couldn't Lose*.



Even though cellulite not a true medical term, it is a word that women identify with. Rather than calling the excess cushion they have “fat,” they prefer to call it cellulite. Many people view it as a different type of fat. I suppose in their thinking they don’t have to think of it as a true form of fat. However, fat is what it is, no matter what you call it or rename it.

Many women’s woes surround the cellulite issue and the war to combat it. You would be surprised that not just the overweight are plagued with cellulite concerns, but also many seemingly thin people are prone to the orange-peel syndrome.

## **What Lies Beneath**

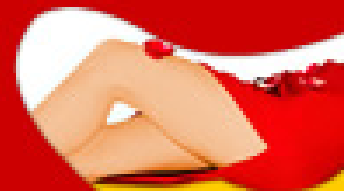
Pinch your leg slightly and if you see bumps and indentions, then you have cellulite. I don’t have to give you a technical definition of cellulite. You know what it is when you see it.

Some “experts” suggest that cellulite is caused by the mysterious intra-working of the fat cells, hormones, and a genetic predisposition. While these are some causes and effects, it’s not the primary factor, but just a lame excuse and failure to admit the real cause.

Why?

...Because there is money to be made in cellulite treatments and procedures.

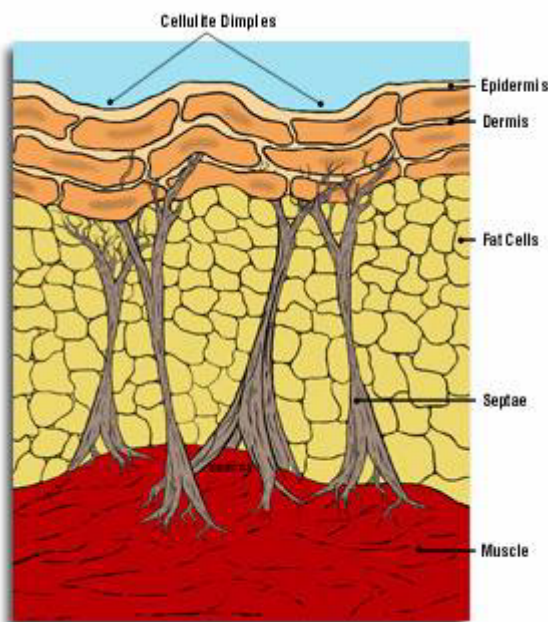
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Just under the surface of the skin is a collection of fat deposits and toxins compacted that has not been eliminated by the body. The fat and toxins simply team up and join together creating an unsightly vision. To put it bluntly, it's nothing but toxic fat. There you go. It can be on your arms, stomach, legs, abdomen, hips, buttocks, but it's still nothing but fat combined with toxins making it look like cottage cheese.

## How Cellulite Forms

Deep tissues and muscle are connected together by strands of fibrous connective tissue called septa. The septum also separates fat cells. Waste, toxins, and fat cells become trapped in this area between the septa.

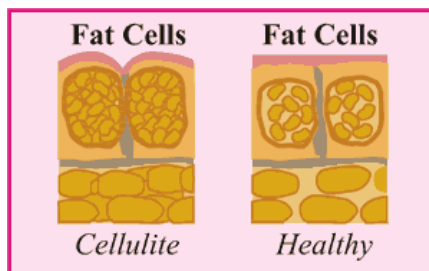


When the fat cells increase in size and number they cluster together forming clumps of fat formations. Waste and toxins also get trapped

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in this area. The fat formations and toxins build and grow, and put pressure weight on the strands and the increased pressure pushes against the skin. This result is the cottage cheese effect and this is what gives the fat formation just under the skin the coined name, cellulite.



As long as the body is fed waste and toxins, which are present in processed food and environmental toxins, the cellulite will stay.

The fewer toxins you have in your body, and the less body fat you hold, the smaller the fat cells are and the less pressure is placed onto the connective tissues.

Since cellulite is basically a bundle of fed toxins AND fat clumps trapped under the skin, overweight people are not the only victims. Many ladies with ideal weight can have cellulite.

On the flip side, you can see some very large women, such as female bodybuilders who have large thighs with the absence of cellulite. It has nothing to do with weight, size, or skin tone and skin structure, but everything to do with toxins and fat.

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Average Weight

Average Weight

Bodybuilder

Cellulite not a disease and it's not genetic, it's a condition developed by an unhealthy lifestyle, a lifestyle that can be changed!

## **The Purpose of Cellulite**

Everyone has fat. It is a vital element in the body. It cushions organs, the skeletal system, nerves, insulates our bodies and provides energy reserves. You must have fat on your body to protect it.

In a sense, cellulite is not a vital fat. It is basically slang for excess body fat and toxins that has an orange peel appearance. It is not another form of fat, it is simply fat and toxins that has become



collected and trapped beneath your skins surface. Cellulite does not provide “protective” padding so it is described in different terms (cellulite) to better identify it.

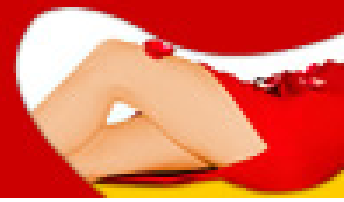
## **Where Does Cellulite Form and on Who?**

Cellulite appears on the hips, thighs, and the buttocks area and it can also nest on the upper back, ankles, back of upper arms, lower back, and stomach. It can begin formation as early as puberty when your hormones begin to change, toxins build, eating patterns stray, and exercise lessens.

Women are the primary victims of cellulite, but that doesn't mean it's a female condition only. Some men have cellulite, but it's less common in them. Cellulite affects more women due to the genetic makeup of where and how they store fat. Men usually gain fat in their midsection and back while women gain it in the lower body, midsection, and upper body. Yes, females have a greater tendency to have cellulite, but that does not make it a genetic predisposition. It is just how fat is stored on the female body.

What's worse, as we age our skin becomes thinner making the cellulite more apparent. Cellulite is thick, hard, and doesn't attach to muscles, but rather hangs loosely.

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## **It is Not Genetic**

The amount of fat on a person's body is determined by the persons eating and exercise habits. In addition, chemicals entering the body can have a direct effect on fat and cellulite. The distribution of fat can be a part of genetics, but genetics can be altered to some degree. Therefore you cannot blame your cellulite issues on your parents, grandparents, or great grandparents. You have control over your body and can make changes.

## **Some Causes of Cellulite are:**

- |                     |                            |
|---------------------|----------------------------|
| Fad diets           | Toxins                     |
| Birth control pills | Stress                     |
| Poor circulation    | Synthetic hormones         |
| Lack of water       | Thinning connective tissue |
| Alcohol             | Low capillary function     |
| Poor eating habits  | Poor lymphatic drainage    |
| Inactivity          |                            |
| Trans fat           |                            |
| Smoking             |                            |
| Certain medications |                            |
| Pollution           |                            |
| Processed food      |                            |
| Sugar               |                            |
| Poor liver function |                            |
| Slow metabolism     |                            |
| Poor elimination    |                            |



## Cellulite Myths

It's funny to me that people will straight out blame Mother Nature for their issues rather than looking to chemicals and the artificial environment we live in.

For example...

### **Myth: Too Much Sunlight Causes Cellulite (and cancer).**

**Busted:** This simply takes the cake. Africans, living in Africa, live day in and day out with the sun baking down on them. They have no skin cancer and they are cellulite free. African Americans living in America can have a very high rate of cellulite and skin cancer, and they spend the least amount of time in the sun.

Fifty years ago Americans received more sunlight than they do today, but today we have the highest rate of cellulite, and skin cancer, with less sun exposure. You do the math.

We NEED the sun. It's an essential element in our lives. The sun aids in calcium absorption, and it helps in toxin elimination via sweating.

So, what is the sun and skin cancer and cellulite connection? The sun does not cause cancer or cellulite. In fact, it can assist in curing cancer and reducing cellulite, but the medical community brainwashes people and keeps them from natural sunlight.

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If the sun did cause cancer, wouldn't the Africans in Africa all be infected with it? You might want to think about your sunscreen though. You may be surprised to find out that it's more harmful to your health than simple natural God given sunlight. Studies show that at least five ingredients in sunscreens can be linked to cancer. Statistics reveal that those who use sun block have the highest skin cancer rates. I will discuss topicals and toxins later...

Sun causes cellulite...  Get real... Get the facts!

## **Myth: Saturated Fat Causes Cellulite.**

**Busted:** Wrong. Saturated fat does not cause cellulite, it does not cause fat gain, and it does not cause heart disease. You have been given false information from the drug companies who pollute the doctor's continuing education. **Excess** consumption of any fat, saturated, polyunsaturated, or monounsaturated can cause you to gain fat, but that's because it's an overabundance.

Sixty years ago people ate tons of red meat which is very high in saturated fat and they suffered less fat accumulation, less heart disease, and less cellulite. Today, we eat far less saturated fat and have more body fat, more heart disease, and more cellulite. You do not have to be a mathematician or scientist to figure this out.

As technology excels, so does the chemicals we eat, breath, drink, and put on our skin. Chemicals we put in our bodies bring down our

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resistance, alters our bloods pH level, damages artery walls, clogs pores, etc. This is the cause of degenerative disease, and the fat issue that plagues America today. Why are people so apt to blame Mother Nature for our short comings? Perhaps there is money in the medical industry to keep us uninformed.

Saturated fat is natural, and it is necessary.

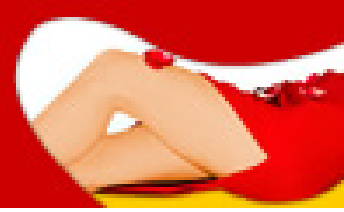
## **Myth: Spicy foods cause cellulite.**

**Busted:** Natural spices can AID in the removal of cellulite since they are natural, and many have a thermogenic (increase circulation) effect. Natural spices such as ginger, cayenne pepper, and horseradish can also give a sluggish lymphatic system a boost. Keep in mind that “natural” is the key word here.

Unfortunately, there is a shady side to this and many fail to explain the ins and outs of it. The food industry has influenced congress to allow toxic chemicals to be added to our food and be called “spices.” Therefore by law, they can sway the public into thinking that these synthetic and toxic chemicals are natural and safe. This is the biggest form of fraud in my opinion.

When you search for spices, you have to read labels and know what to look for. I don't mean the front label of the item where they market deceitful words, but look at the list of ingredients. If it contains words you can't pronounce or abbreviations then put it back.

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Natural and organic spices are things like basil, cayenne, celery salt, parsley, oregano, nutmeg, garlic, sage, pepper, thyme, and an entire array of others.

Spice it up, but do it organically and naturally!

Get more Real and True cellulite bashing information in [The Cellulite Cure!](#)



## What The Cellulite Cure Customers Are Saying...

[REDACTED]

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

[REDACTED]



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

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Don't YOU want these same OUTSTANDING cellulite vanishing results?

If you are 100% absolutely serious about ridding your body of cellulite once and for all, it's time to check out [The Cellulite Cure](#).

When you are armed with the facts and a guided step-by-step program, the only thing you have to lose is cellulite and body fat.

Fitfully Yours,

Karen Sessions NSCA-CPT

MsFit