

Natural Treatment

Cellulite

Exercise

The best solutions to cellulite problems involve reducing subcutaneous fat through diet and exercise. Working out for at least 30 minutes five times a week firms up the skin by increasing muscle tone and keeping connective tissue fibers healthy. Exercise also increases blood circulation to these problem areas.

Diet

Dieting has to be combined with regular exercise to be effective in controlling or reducing cellulite. The following dietary changes are recommended:

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Drinking lots of water. Water cleanses the digestive system and flushes toxins out of the body.

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Eating a low-fat, low-sugar, high-fiber diet with emphasis on fruits, vegetables, and whole grains.

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Refraining from smoking. Smoking causes poor blood circulation and contributes to premature aging of the skin.

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Avoiding highly processed foods, caffeine, and alcohol.

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Avoiding salty foods. Salty foods increase water retention and make cellulite appear worse.

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Maintaining a normal, healthy body weight. Obesity increases fatty deposits and makes cellulite much worse.

Body Massage

Massage with or without anti-cellulite cream may have some limited benefits by improving blood circulation and lymphatic drainage. Regular massage also helps maintain smoother skin.

Herbal Supplements

There are many herbal products on the market for the treatment of cellulite. Products such as Cellasene do not offer any therapeutic benefits. Cellasene is a popular herbal mixture of fucus vesiculosus, grape seed extract, sweet clover, ginkgo biloba, borage, lecithin, and fish oil. Its manufacturer claims that the herbal combination works by increasing the rate the body burns fat cells for energy. Many medical experts remain doubtful of its claim of effectiveness. A recent study shows that it may be just another fad product that has no therapeutic value.

There are several products, though, such as Centella asiatica (gotu kola) and Aesculus hippocastanum (horse chestnut) that may help improve the appearance of cellulite. These herbs improve the underlying integrity of the skin by making the connective tissue fibers stronger and more elastic.