

This is the dimpled appearance of skin that some people get on their hips, thighs, and buttocks. It is much more common in women than men because of differences in the way fat, muscle, and connective tissue are distributed in men and women's skins. The lumpiness of cellulite is caused by fat deposits that push and distort the connective tissues beneath skin, leading to the characteristic changes in its appearance.

Cellulite is not related to the condition known as cellulitis, which is a spreading bacterial infection or inflammation of the skin and tissues beneath the skin.

Cellulite can be a normal thing that many perfectly normal humans get. Cellulite occurs in people of all races living anywhere. Although female hormones may play a role in contributing to this pattern of fat distribution, cellulite is not treatable by hormone therapy.

Googling finds hundreds of suggested solutions, but few if any, work for everyone.

### **Causes vary**

- Hormonal factors - hormones play an important role in cellulite development. Many believe estrogen, insulin, noradrenaline, thyroid hormones, and prolactin are part of the cellulite production process.
- Genetics - certain genes are required for cellulite development. Genes may predispose an individual to particular characteristics associated with cellulite, such as gender, race, slow metabolism, distribution of fat just underneath the skin, and circulatory insufficiency.
- Diet - people who eat too much fat, carbohydrates, or salt and too little fibre are likely to have greater amounts of cellulite.
- Lifestyle factors - cellulite may be more prevalent in smokers, those who do not exercise, and those who sit or stand in one position for long periods of time.
- Clothing - underwear with tight elastic across the buttocks (limiting blood flow) may contribute to the formation of cellulite.
- Exercising and stretching the specifically affected areas can help. Most my age have had knee and hip joint replacements, which I fear so A long video at success after you buy their program, but at 83 I don't have Cellulite so did nothing about it, and don't know whether it works.

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