

5 Critical Keys to Kill Your Cellulite

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One of our contributing experts recently put together a kick-butt article that is the “Do This – and DON’T Do That” rule-book when it comes to getting rid of unsightly cellulite dimples, shadows and ripples. It’s a quick read with some eye-opening tips and a helpful video that you’ll want to see while it’s still up.

-contributed by – Joey Atlas, Womens’ Body Enhancement Specialist — M.S., Exercise Physiology"

"Ask any woman on the street what the definition of "cellulite" is and you'll get a confused variety of answers. From *“toxic fat pockets caught in the skin”* to *“bands of fiber pulling down on the skin”* and many odd things in between..."



Cellulite Gone – Bikini On

The truth is: most people really don't know what "cellulite" actually is, or, what causes this odd appearance of the lower body trouble zones..."

This is no surprise as there actually is no such thing as 'cellulite'... So how do we get rid of something which doesn't exist?"

Here's the answer:

"The word, "cellulite", was cleverly made-up several decades ago, in a European beauty-spa, to DESCRIBE the bumpy, shadowy and dimpled appearance of skin in the lower body trouble zones of the female body. (butt, hips, thighs, legs)"

The beauty spas then started cashing-in and profiting big-time by marketing "beauty" services and products to get rid of "cellulite". And if you're like most women who've been challenged by this issue, then you probably already know all of those passive and superficial beauty treatments do not get rid of the dented shadows and mushy dimples on your buns, legs and thighs."

In order to make your lower-body smooth, tight and attractive, there are 5 steps to follow.

Here they are:

5 Critical Keys to KILL Your Cellulite

1: You cannot get rid of the dimples and shadows (cellulite) by rubbing an odd gel, weird lotion or goopy cream on your trouble zones and problem spots.

So, stop using them – as some can actually make your cellulite worse.

Despite the fact that there are dozens of supposed 'cellulite reduction creams' on the market, there is no possible way for any one of them, no matter how expensive, to get rid of your cellulite. Cellulite is not a skin problem. Its an underlying structural issue, that can only be corrected by reversing the cause of atrophied muscle fibers directly beneath your "cellulite" trouble spots."

Since the squishy dimples and shadows are a superficial symptom of a problem below the surface; it's impossible for the creams, lotions or gels to have any physiological impact on the cause of the issue..."

2: Risky and expensive 'medi-spa treatments' can only reduce your bank account – not your cellulite problems. And there are many consumer reports about women being seriously scarred or injured as well.

Stay away from these as the FDA reports show women who've been scarred or injured for life.

Painful, dangerous and uncomfortable services ranging from endermologie to body-wrapping have been proven to be totally ineffective when it comes to treating cellulite. However, advertising and marketing loopholes allow these services to be cleverly marketed to desperate women who are at wits end with the unattractive dimples and shadows on the lower-body problem areas."

3: The unattractive dimples, shadows and saggy ripples known as cellulite are not 'genetic' and you are NOT stuck with them forever if you have them.

Falsely believing this will prevent you from getting rid of your cellulite. So, don't entertain this nonsense for 1 second.

These two ridiculous myths are often passed around by 'neighborhood know-it-alls' – and many women actually believe these 2 myths – especially if they haven't found the right way to get rid of the cellulite. Whats even more alarming are the number of doctors who also believe in and foster these 2 demoralizing falsehoods.

Yes – it is common to see a mother and daughter, both with the lower-body "orange peel" look, BUT this doesn't mean cellulite is genetic – it simply means both women have not found a way to lift, tone and firm the muscle layers under the dimpled, saggy skin."

4: You can get rid of cellulite, regardless of your age – or when you began to notice it."

Since cellulite is a structural issue (muscle) – it can be fixed with simple and unique body movements which target the cellulite areas."

These types of moves can be followed by any woman, regardless of her age or fitness level. And it doesn't matter if the cellulite started in the early teen years – or after pregnancy – or after menopause – it's still a structural issue that results from soft, un-toned muscles underneath the saggy, dimpled, shadowy skin."

5: The only proven way to permanently get rid of the dimples and shadows of cellulite is through a series of simple, yet specifically targeted lower-body movements"

These unique movements focus on lifting, shaping and toning the muscle layers so they gently push outward against the skin – to bring back the smooth, tight and sexy appearance, while burning off any excess flab, if there is any."

This is how regular women reverse the cause of cellulite dimples and shadows... AND, if there happens to be any excess fat in those zones – it will be burned off as fuel by the muscles. This bonus of losing any unhealthy excess body-fat is nice because it reveals a great body and it works wonders for your health profile."

BUT you won't learn about these unique slow-tempo movements in the gym or your local health club."

These body movements are NOT done with typical weights and machine type exercises."["Most regular fitness instructors don't even know about this type of targeted cellulite-killing method. \(click to watch video\)](#)

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These muscle-stimulating movements can be done right at home, in total privacy."

– The female lower-body has over 90 muscles..."

Picture those 90 muscles BENEATH your skin's surface in your legs, butt, hips and thigh zones. That's where the magic happens in regards to true removal of mushy dimples and saggy shadows in the trouble spots and problem areas...

Despite what most women have been led to believe, there is a critical difference between a 'general workout program' – and a laser-focused, cellulite removal method. The sweetest benefit of this is; you don't need access to a health club or fitness center." ..."**Just click PLAY on this video by Joey Atlas, (M.S., Ex.Phys.) and get it started now:**" (it opens in a bigger screen so you don't miss a thing)

These are simple, unique moves you can start doing today, right in the privacy of your own home. And if you start this type of targeted muscle stimulation method today – you will start feeling results within 2 weeks and seeing results within 3 to 4 weeks."



To see the 90 muscles in your lower-body and how you can reverse the cause of the bumps, shadows and dimples in your trouble zones and problem spots, just click play above.

EXTRA TIP – # 6: The Dimples, Ripples and Shadows of Cellulite Get Worse if They Are Not Taken Care of Properly. And the worse it gets, the harder it is to reverse.

So, watch the video above to avoid further frustration, disgust and anger. It's your body so just do the right thing for it."