

Eating to Reduce Cellulite

By [Marguerita Vorobioff](#)

If you are female, odds are that you are one of the 80% of women who suffer from the development of cellulite.

When food is ingested, the body goes to work digesting it and transforming it so it can deliver nutrients into the blood for delivery to all the vital organs and tissues in the body.

As the blood passes through the liver, it is cleansed and excess protein, fat, toxins and other impurities.

Many remedies for cellulite have been tried from body wraps and lotions to over the counter medications. All these can have a temporary effect, but by far the most effective way to treat cellulite is through [diet](#).

One of the major causes of cellulite is excess toxins in the body. A good cellulite diet will not only reduce [fat](#), but also help to cleanse toxins from the body. The dimply appearance is created when toxins get trapped in pockets of fat just underneath the skin. Eliminating toxins from the body will not only reduce the appearance of cellulite, but also help to prevent the bodies tendency to create it.

Some people are genetically more predisposed to developing cellulite than others, so some cellulite may be unavoidable. But ensuring a healthy diet and lifestyle for life, can minimise or even prevent ugly cellulite.

It is important to realise that being overweight does not necessarily mean you are going to have cellulite. Some fat people may not have any cellulite, while I have seen skinny and very fit people with excessive cellulite.

Any dietary and lifestyle change must be sustainable. Long term reduction and prevention of cellulite will only be achieved through a lifetime of [healthy eating and exercise](#), and very important, drinking plenty of water. Dehydration will only limit the bodies ability to eliminate toxins from the body and sabotage all your best efforts to clean up your system.

Foods that may make cellulite worse include alcohol, highly processed and refined foods, including those high in artificial sweeteners and additives, foods high in sugar such as sweets and soft drink or soda, and eating a diet that has too much animal protein. These foods either contain an abundance of toxins or cause the body to produce excess toxins when processed.

As with any healthy lifestyle, combining [healthy diet](#) and exercise are much more effective than diet alone. Moderate exercise at least 3 times a week will make a considerable difference, but the more the better. Brisk walking is one of the best exercises as it is low impact, elevates the heart rate, and is weight bearing which stimulates the circulation.

Some myths you want to avoid are focusing on 'spot training'. Concentrating on one particular part of the body is absolutely not going to reduce cellulite. Only by reducing the total amount of body fat will produce desired results. There is also no evidence to support suggestions that taking hot baths and wearing loose clothing will reduce cellulite.

Lymphatic drainage massage can be very effective at helping the body to remove toxins by releasing them into the blood stream. Again, I must stress the importance of drinking up to 2 litres of water every day to ensure those toxins are able to be flushed out by the liver.

So, implement a realistic healthy lifestyle that is sustainable and you may see a very pleasing reduction in the appearance of cellulite.

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