

Published based on [Unbelievable! Cellulite is Not Created By Fat After All.](#)

# **Unbelievable! Cellulite is Not Created By Fat After All.**

Everyone knows the reasons for dimpled thighs, lumpy butts and 'cottage cheese' on the hips. It's extra, lumpy toxic fat, right? Wrong. But women tend to accumulate fat in these areas, and in many women, something goes wrong with the way this fat 'layers on' so that it starts to look bumpy, right? Wrong. By the end of this short article you will understand that the connection between fat and cellulite is a complete myth. Here we go...

Many if not most women have an extra padding of fat on their hips, thighs and buttocks. But it is lumpy and bumpy in some, not in others. Why is this? Is it a genetically inherited trait? Many have assumed that cellulite was mainly caused by genetics and nothing could be done about it. This myth is furthered by the knowledge that cellulite appears not only on women with extra fat padding, but sometimes also on women who are almost stick thin.

That is a big clue. Because what we are now finding is that cellulite is not related to fat! Fat padding may make cellulite more obvious, but is neither the cause of cellulite, nor the avenue to cure cellulite. Intrigued? Read on!

Some say this is a special kind of toxic fat, where fat somehow layers on in globs due to toxins and waste products stored in the fat cells causing them to be blobby. This whole concept seems to have been made up by salon owners who wanted to sell cellulite treatments that 'detoxed' the 'toxic fat cells.' In one study, researchers removed actual fatty tissue from a large sample of women who had cellulite lumps and another control sample with no cellulite. Their findings? Fat is fat, there was no difference between the fat from the cellulite sufferers and the fat from the non-cellulite control group. No extra toxins, nothing. That's because cellulite is not connected to fat, at all.

Here's the simple reality: Cellulite is not about fat, it is something completely different. Did you really get that sentence? Here it is again: Cellulite and fat are not related.

The good news is that with the correct muscular toning therapy, cellulite vanishes quickly and with little expense or difficulty. Check other articles in this series for more details. The bad news is that, since cellulite is not connected at all with fat, the treatment has no effect on fat. The struggle with excess fat remains, but the cellulite war has been won.

For decisive information and review of the [Truth About Cellulite](#), visit [TheTruthAboutCellulite.com](http://TheTruthAboutCellulite.com) to find the single best technique to [get rid of cellulite](#).

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