

Causes of Cellulite

Cellulite represents one of the most frustrating aspects of the skin. More than 80% of women attempt to eliminate cellulite through many distinctly different ways. Cellulite-reduction methods include massage, diets or various lotions, creams, and potions. As a result of the connection between women and estrogen hormone estrogen, cellulite is generally strictly a female condition. However, there are a small number of men who suffer from cellulite. This is most likely explained by the small level of estrogen hormones in their body.

The exact cause of cellulite is not conclusively known, but there are many theories. What we do know is that, the causes of cellulite are different numerous. One most common aspect of cellulite is its origin. Specialists believe it originates in adolescence. It is at this time that the hormone estrogen begins to trigger the layering of the fat in the body. This occurs as the cells in the sub-dermis become enlarged, and is evidenced on the hips and thighs. Gradually, the tissues begin to accumulate lymph fluid as it passes through them. The fat cells then tend to compress and begin hardening into lumps. The characteristic orange-peel appearance of cellulite is the result.

This is not the sole cause of cellulite's appearance on our bodies. Several lifestyle factors can also lead to the appearance of cellulite. Among them is lack of exercise, aging, smoking, alcohol consumption, food additives, chemical preservatives, and excess sugar and fat ingestion. Aging is one of the most important factors. As a result of the aging process, the tone and thickness of the connective tissue within the dermis decreases, making cellulite appear much more rapidly in an older person than in a younger person.

Another cellulite theory is that the makeup of the strands of fibrous tissue in women and men are thought to be different. The structure of the fibrous tissue in the skin of a man forms a net that is perpendicular in shape. The net of fibrous tissue in a woman is formed in the shape of X's. It is also believed that a woman's fibrous tissue is more tightly woven, resulting in increased dimpling effects in women as compared to men.

Recent studies indicate that the number of obese people in the world is on the rise especially in developed countries. In fact, obesity statistics indicate that in the US 35% of the population is obese and in the UK about 20%. These statistics are similar in the majority of western countries. Because the population of obese people in our society is on the rise, cellulite's effects will only become more pronounced as cellulite is more severe in overweight women. It is also much more difficult for these women to eliminate it.

Thin women are also affected by cellulite. However, it seems to be less of a problem for thin women than it is for obese women. The first and most important step, if you have cellulite and you are overweight, is to lose weight. Do this by beginning to eat more health-consciously and exercise. You should then begin to see an improvement in the appearance of cellulite, if not a complete disappearance.