Spotlight on Cellulite

Taking The Measure Of Cellulite
Cellulite--It's Time To Erase the Myths

Raymond O. West, M.D., M.P.H.

"Who wants to be a millionaire?" Well, you could be one a hundred times over if you could find a cure for "cellulite." Without doubt, millions of dollars have been stashed away by scores of entrepreneurs offering their wares with promises to erase "cellulite" now and forevermore. Products like massagers, rubber trousers, toning lotions, brushes and rollers. We could go on and on.

Perhaps we should pause and describe cellulite before we try to cure it. First, the word is not a medical or scientific one. It was first coined in European spas several years ago, and predictably, Americans embraced the term and the condition with alacrity. Cellulite is just plain fat, with nothing extraordinary about it. It is simply oily yellow tissue that lies beneath the skin and provides insulation against excessive cold and heat. Sure, and in ladies at least, it softens the contours, smoothes and shapes the face and neck, limbs and thorax.

So cellulite is not a unique substance, but rather an effect, an appearance. Consider this: Fat is squishy, soft and squeezable. Left to its own ends it sags, and pulled by gravity it droops. So then, what is it that holds it in place? Our Creator in His wisdom fashioned strands of tough fibrous tissues that form compartments to contain globs of fat, holding them firmly in place. Thus the effect is similar to that sown into a quilted jacket. The dimpled or pebbled surface shows when all those fat cells increase in size, and push out against the undersurface of the skin. In short, they bulge. And no one is pleased about that.

Somewhere there must be a cure for "cellulite." Dermatologists, plastic surgeons, liposuctionists, where are you when we need you?

How about trying a nice body-wrap to "melt away" the fat? Not much help there for although specialWRAPs and rubberized garments may cause water loss, it is only temporary and is rapidly replaced by eating and drinking. So that's not the brightest light in the harbor.

Some claim that muscle stimulators, those devices that deliver an electric shock to certain muscles will smooth out the skin. Sorry, they have no more effect than thigh creams or a variety of herbs. Slim chance.

In 1998 the FDA gave approval to a procedure called "Endodermologie." Performed with powerful massagers, it compresses the surface tissues between rollers, and combined with suction it enhances the surface appearance of "cellulite". As many as 12-20 treatments are required and at least one "maintenance treatment" monthly is necessary to sustain the effect. It's new and lacks the test of time. Oh yes, keep your credit card handy; it's a "big ticket" item.

Here are the simple facts on cures for the cosmetic appearance called "cellulite: there are none.
Unless we can consider life style. Graded exercise, judicious eating, cautious weight control. There’s no better cures for “cellulite” than these. May you find, as many do, that the results are worth the effort.

You can get this article in printer-friendly .pdf format! Click here!