



## **What is Cellulite?**

Cellulite is the expression used to describe pockets of fat which are trapped and cause dimpling in the skin. This dimpling is irregular and patchy and has been identified with orange peel. It is not a medical or scientific term and is unrelated to cellulitis, which is an infection of the skin and its underlying connective tissue. Cellulite occurs mostly on the thighs, hips, buttocks and knees. It is in no way pathological, and it is not inflammatory, infectious, or water-filled.

### ***What Causes Cellulite?***

There is much research done on the exact cause of cellulite. The following is a list of common factors most experts would agree on.

#### **Hormones**

Many researchers believe hormones play a role in aggravating cellulite. Estrogen is thought to be involved because:

- The condition mainly affects women.
- It usually appears after puberty
- Condition is aggravated during pregnancy, menstruation, nursing and estrogen therapy
- Estrogens interacts and influences other hormones. The other hormones that may be involved are insulin, cortisol and thyroid hormones.

#### **Genetics**

Important hereditary factors include:

- Sex, affects mostly women
- Fatty tissue distribution
- Hormones like estrogen and cortisol

#### **Lifestyle**

A diet with excessive intake of carbohydrates and fats provokes hyperinsulinemia and an increase in lipogenesis (storage/creation of fat cells). Hyperinsulinemia is a condition caused by a high level of insulin in the blood; it is almost always caused by an individual's diet. Lipogenesis is the sequence of biological reactions involved in the storage of lipids (fats). The body can only use so much fat for energy and the excess is stored in fat cells (adipocytes) which leads to obesity and more cellulite.

### ***How does Ideal Protein aid in the reduction of cellulite?***

The Ideal Protein Weight Loss Method addresses many of the causes of cellulite.

When a woman has excess fat in her abdominal area it facilitates the storage of extra hormones, namely estrogen. When we are following the protocol and begin to lose weight, we naturally eliminate the extra hormones that were trapped in our fat cells. Not only will this aid in the reduction of cellulite but it is a natural way to regulate hormone levels.

Our protocol also puts an emphasis on regulating our insulin levels by restricting our simple and complex carbohydrate intake for a period of time and reintroducing them gradually once our goal is achieved. In doing this we are preventing our bad food combinations (fat and carbohydrates) to have the ability to be stored in our fat cells (Lipogenesis). No new fat cells, less visible cellulite.

When we restrict our carbohydrate intake we are also forcing our bodies to turn to our lipid (fat) and protein reserve for energy. Because we are incorporating high biological protein isolates into our diet, we will never lose our muscle mass and our bodies have no choice but to exhaust the adipocytes (fat cells). Reduction of fat cells results in reduction of cellulite.

Over all, the human body needs a minimum of ½ gram of protein per pound of lean body mass per day to function optimally. It is essential not only for weight-loss and cellulite reduction but essential for growth and development. Skin, organs, muscles, hair and nails are all mainly proteins. Our Ideal Protein foods are also crucial to the immune system, because antibodies which are synthesized from specific proteins fight disease.