

Cellulite: Nature's Penance

It's normal for women to have cellulite. It won't kill you, it doesn't make you sick and it doesn't cause any pain. Yet you'd rather live without it. According to a dictionary, cellulite is defined as lumpy fat on thighs and hips. Some people describe it as orange peel dimpling of the skin and there are some additional spots where it makes an appearance like at the lower abdomen, buttocks and underarms. The fat is located in cells. They are located in large chambers which are walled up and fats are accumulated more and more over the years, the fat 'joyfully residing' within the chambers at ease and in the comfort of the cell walls. Fats are highly compressible, thus large amounts can exist in that little cell without any big problems. So whenever you pinch your belly fat, the fat pokes out and you get this cottage cheese or orange peel appearance, each dimple representing one cell of excess fat 'deposits'. Anyway, you can exercise, diet, become a vegetarian, slather on cream, get massages, or go to spa, the cellulite will still be there. It is really stubborn and the bad news is that these fat cells will not give up the fat no matter how you cajole or coax, preferring the comfort and protection of the cell walls. There are also pills, creams, drinks, suits and diet plans but not many seem effective. You have seen a lot of 'before and after' pictures in adverts claiming that their products work. However, when you are playing around with your digital camera, you realize that these pictures are really the result of a change in lighting or post-processing enhancements that make the photos look convincing. Thus, whom should you blame? Nobody actually. Naturally, female hormones promote the cellulite formation so it is more common in women. It is also present in lean females. One would not find it in pre-pubescent females but it even appears in men who are deficient in androgens (male hormones). The facts tell you that you cannot entirely get rid of cellulite as long as you still have female hormones in you. Mechanical massage and suction techniques may help. Liposuction does help in a way to remove it but it is an invasive technique involving anesthesia and skin incisions and it is not a total cure that makes sure cellulite won't appear again. What about infrared treatments that heat up the fat cells? They are not without their drawbacks; skin burns and inflammation have been reported. Thus, is there anything at all that will get rid of these irksome fat deposits? Some people believe that lasers to be the next 'weapon' in the cellulite 'combat'. If only the laser beam can be directed to specifically bring down the walls of the cellulite, then part of the battle is won. If the laser beam can be controlled to not cause skin burns, that would be perfect. It is advisable that since there is no mortality or morbidity associated with this condition, you might as well live with it. You can coexist harmoniously and symbiotically with the cellulite and make it part and parcel of you until the female hormones make an exit when the golden age of menopause dawns upon you.

About the Author

Alan Ball originally began writing American Beauty as a play. Jake Gyllenhaal auditioned for the role of Ricky Fitts. The shot where Annette.

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