

# CELLULITE: FACT AND FICTION

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*Information on cellulite from an article by Dr. Samuel Hartley, PhD, titled 'Doctor's Report on Cellulite'*

An age old problem still haunts women today. Year after year, new gimmicks are introduced to get rid of cellulite.

There were the salt solutions, hot oils, herbal solutions, clay wraps, seaweed wraps, and today, the thigh creams. Each one reported to be the next miracle to get rid of cellulite.

Frankly, research shows that none of the above do any more than cause a temporary loss of water from the fat cells, which returns as fluids are ingested.

According to extensive studies conducted in Germany in the late 70's, by Drs. Nuimberger and Muller, it was found that cellulite formation has its basis in the structure of the subcutaneous fatty layer that is unique to females.

They found that in women, the uppermost layer of subcutaneous tissue consists of what they called "standing fat-cell chambers," which are separated by vertical walls of connective tissue.

At the top of these upright fat cells, arc-shaped

domes are formed which are weak and more prone to fold and buckle under the pressures of excess weight, water retention, or a sedentary lifestyle.

This, in turn, causes smaller compartments of fat cells (papillae adiposae) to then break up and cluster tightly just under the skin. This combination creates the change of appearance in the skin's surface that we know as cellulite.

According to a study done by Drs. Sherwitz and Braun-Falco, also in the late 1970's, a cause of the rippling effect of cellulite is fluid retention in adipose (fatty) tissues. The researchers observed clear signs of fluid invasion in the connective fibers of the upper layers of the skin.

The retained fluids cause visible swelling of thighs, hips and abdomen, etc., but even worse, the toxic wastes they contain break down the all-important collagen and elastin fibers that keep the skin firm and smooth.

While they found that the direct cause of cellulite is the breakdown of the connective fibers, they

determined that the biggest reason for this breakdown was poor blood circulation. How-ever, toxic accumulation and fluid retention are a major contributing factor in the formation of cellulite.

Loss of blood flow to an area, whether from the lack of exercise, excessive sitting, clogged arteries, or nutrient deficiency, can have a disastrous impact on cellulite formation.

According to cellulite experts, cellulite generally chooses areas with poor circulation, to start with, which in turn slows circulation even more. The amount of damage that inhibited blood flow can do in fragile connective tissues cannot be calculated, but every system of the body is adversely affected when circulation is reduced or blocked.

In addition, valuable reconstructive materials like vitamin E, the fatty acids, selenium, and vitamin C are prevented from doing their normal repair job. As a result, the sagging, rippled cellulite can affect even slim women in good physical condition.

## ***How Do I Then Get Rid Of Cellulite?***

The most important job in eliminating cellulite is to restore normal, healthy, vigorous circulation to cellulite prone areas.

Aerobic exercise, jogging, dancing, jumping rope and etc., help, but because cellulite tissues are so densely packed and circulation has become so poor, exercise is rarely enough to restore healthy circulation.

Niacin (in the form of nicotinic acid) has the documented ability to widen and open blood vessels all through the body. It is especially effective in opening the smaller blood vessels and capillaries near the surface of the skin, even in hard-to-reach cellulite constricted areas. Also, taking supplemental niacin orally was found to be helpful.

External massage done with a sponge or cloth was found to have a similar effect on circulation.

It was found that specially prepared herbal creams, that penetrate the cellulite tissues, would literally drain out cellulite water and wastes.

When used with an external wrap, which increased heat in the tissues, immediate results were seen.

Also, it was found that cleansing herbs would

remove waste accumulations in the connective tissues. Based on the above studies, a complete program to increase health and eliminate cellulite was developed by Beneficial International, Inc., in 1979.

M'Lis markets this program to salons, spas, and other professionals.

The M'Lis Contour Wrap Program consists of an herbal diuretic to help soften and flush cellulite from the tissues, a niacin cream that penetrates the skin and cellulite, increasing circulation even in the worst cellulite prone areas, increasing the natural cleansing action of the body, and a plastic wrap which helps to hold the heat in and create pressure on the cellulite areas which helps with the evacuation.

M'Lis has also gone even further to cleanse the source of the problem. It is estimated that as much as 95% of all disease starts in the colon. The trapped waste materials that have been referred to are carried from the colon into the connective tissue and are deposited, forming cellulite.

M'Lis detoxification program works hand in hand with the contour program not only to enhance the elimination of cellulite but to help prevent its formation in the first place.

The logo for M'Lis features a stylized lowercase 'm' with a vertical line extending upwards from its center, topped with a circular swirl. To the right of this symbol, the lowercase letters 'lis' are written in a simple, sans-serif font. A registered trademark symbol (®) is located at the bottom right of the 's'.