

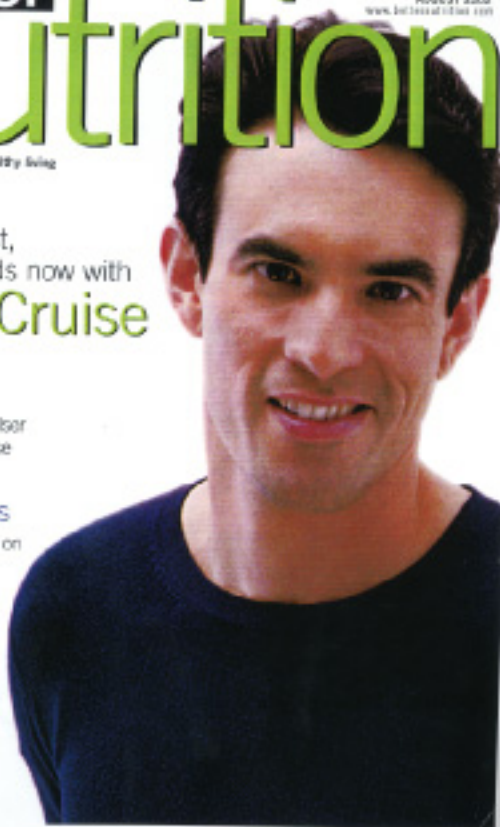
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fat or fiction

the truth about cellulite by Lisa Turner

Dimples may be darling, but if you're one of the estimated 90

cellulite-taming topicals

In combination with a healthy diet, regular exercise and other treatments, cellulite creams, lotions and baths may help. Some to try: Body Lind Cellulite Creme from Borlind of Germany; Jason Natural Cosmetics' Firming Therapy Daytime Gel; Susan Ciminelli's Algae Fine Powder Bath; Body Sculpture from Spectrum Inc.; and Dr. Hauschka's Rosemary Arm and Leg Toner.

Melvin M. Propis, MD, president of the Florida Academy of Cosmetic Surgery. "Between the skin and the muscle is a space filled with fat cells. When the fat cells start pushing against the skin between these fibers, it creates a lumpy appearance. It's like pushing the fat through cheesecloth—where the skin isn't being tethered down done, and where the s down, there's a pitting."

So, if cellulite is just pitting is it so stubborn? Theories say sluggish blood and lymph allow fluids and toxins causing fat cells to inflate against the skin. Another

te, they're a source of irritation and it women are familiar with the kin, cellulite remains the subject

d- and sun damage cause skin to lose its elasticity and strength, so it's unable to "hold" fat smoothly.

skin-toning treatments

The good news: Whether or not you believe it's fat or fiction, cellulite can be treated.

"Start by focusing on your diet," says Linda Upton, vice president of Borlind of Germany, a cosmetics company located in New London, New Hampshire. "Eliminate processed foods, alcohol, sugar and caffeine, cut back on salt and focus on fresh fruits and vegetables. And exercise is an important component—focus on aerobic forms that rev up the whole system, rather than spot toning."

Other tips:

- Water encourages elimination, flushes
- Massage, with or without cellulite cream, helps boost blood circulation and lymphatic drainage, says Susan Ciminelli, owner of Susan Ciminelli Day Spa in New York.