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Cellulite FAQ: Does Cellulite Happen To Thin Or Overweight People?

Over 85% of women will develop cellulite, which is those unattractive bulges, dimples and lumps that cause the 'orange peel' or cottage cheese looking skin on your thighs, stomach, upper arms and buttocks. But, The question on most women's minds is does cellulite happen to thin or overweight people?

Cellulite is usually associated with people who are overweight but the truth is that it can affect women and men of any weight. Cellulite does happen to both thin and overweight people. Weight isn't a specific risk factor for cellulite but being thin doesn't stop the dimples from occurring either.

In many cases cellulite is a result of poor nutrition, sedentary lifestyle and unhealthy habits and genetics. Other causes of cellulite include estrogen from birth control or naturally produced, a sluggish circulation after an injury, dehydration, alcohol, caffeine, spicy foods, medications, stress and tension, smoking and crash diets.

Cellulite happens to thin and overweight people and can be minimized with a healthy lifestyle. Some people opt not to make changes but instead put hundreds, if not thousands, of dollars and hope on a cream or procedure to do the magic. But, as with diet pills, there must be effort into getting a positive result.

Although cellulite happens to thin and overweight people some who are overweight put their hope in liposuction. Unfortunately this procedure isn't designed to eliminate cellulite but instead to get rid of the deeper fat and not the fat near the surface of the skin that causes cellulite.

If you intend to try to lessen the amount of cellulite you first have to reduce excess body fat; combine this with strength training and aerobics. Cellulite happens to thin and overweight people and so even this may not change the way the cellulite appears if it is developing from hormonal surges or your skin is thin allowing the cellulite to become even more apparent. Cellulite doesn't distinguish between overweight or thin people but is more a factor of how your individual body stores fat and how it is distributed throughout your body.

Cellulite does happen to thin and overweight people from all socioeconomic levels. It has no boundaries. The majority of women throughout the world suffer from it and today's society does not value cellulite but rather a slender, smooth and almost perfect appearance that is unreachable by 99.9% of women. This dichotomy leaves women feeling inadequate and with poor self-esteem. Treatments are available but most are not cost-effective. The best treatment is to avoid triggers as much as possible and prevent what cellulite you can.

Recommended For Cellulite Reduction

Try the only permanent cure for cellulite that actually works! You can learn more and order your copy online by [CLICKING HERE](#)

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