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Cellulite Treatments Exposed! The Awful Truth About Reducing Lower Body Cellulite

Do you know this type of woman?

She looks great in her 'sexy jeans... She looks amazing in a form fitted skirt... and she actually looks like a 'hottie' in her workout gear... But when she's naked - she can't stand to look at her trouble spots in the mirror because of her cellulite...

A bikini is out of the question... the short little dress won't see the light of day... and her man is only allowed to "see her" with the lights off...

She doesn't know why she has it. She's heard so many different 'theories'. And she's wasted hundreds, if not, thousands on supposed '[cellulite treatments](#)' - only to find more disappointment and frustration when her cellulite got worse, instead of better...

She may have even tried "the gym thing" - doing the same routine every other members does - again only to find the cellulite is still there...

She loves her weight, her size and even her shape... All she wants is to be cellulite free...

Truth be told there is only one proven way to get rid of cellulite. And yes, it is 'exercise' - but it's not just any old fitness routine... The effective way to banish cellulite is with a specifically structured, laser-targeted cellulite reduction exercise program.

In order for the program to deliver the desired results, it must include these six principles called, R.E.D.U.C.E.

R.E.D.U.C.E.



Replace all 'weight and machine' lower body exercises with bodyweight exercises -- this may seem counter-intuitive to the mainstream 'fitness' approach to cellulite reduction - but its the main reason why it actually works...



Emphasize the slowness of each repetition - This allows the whole muscle to be involved and properly engaged in each exercise - a key to lower body cellulite reduction



Don't get caught up in the 'No pain - no gain' mentality -- this concept forces women to think "doing more is better" which is not the case. This actually prohibits the desired result of cellulite reduction and this is also where exercise related injuries occur...



Utilize 'items' in your home for a complete lower body, anti-cellulite exercise program -- items such as a cushioned chair or couch, a firm ottoman, and a pantry step stool are ideal...



Concentrate on moving from one exercise to the next with no more than 20 seconds between sets -- this is an important element for the cellulite reduction effect...



Expect visible cellulite reduction to start within 3-5 weeks if you get your lower body sessions in three times per week (some women can get away with just two sessions per week).

It is widely known that cellulite affects women of all ages, body types, and body weights.

Unfortunately this allows for a lot of unscrupulous marketers of 'hyped up' [anti cellulite products](#), to take advantage of desperate and hopeful women. They employ sneaky advertising tactics that prey on the emotional pain of this large target market - bringing in hundreds of millions of dollars in profits year after year - WITHOUT delivering the promised results...

But even when a woman tries the 'exercise' approach to cellulite reduction - she usually falls victim of simply not being on a cellulite-specific exercise program... Hence perpetuating her constant battle with all the ways her cellulite affects her daily life, attitude and happiness...

If you've "tried everything" with no results to show for your efforts -take a close look at your exercise program (if you are on one right now) and see how you can incorporate the principles of R.E.D.U.C.E. outlined above.

Most of all just be aware that the only way to get rid of the 'orange peel' look of your 'problem zones' is by proper stimulation of the muscles directly beneath your cellulite areas - not with some 'bodybuilder' routine, not with a magical rub-on cream and not with a vibrating toxin releasing massage treatment.

Click here to watch a rare cellulite reduction video. When you see the photo of the 90 muscles in your lower body, you'll see why this all makes sense.



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