



# “Fast Cellulite Removal...”

By Joey Atlas

Woman’s Body Enhancement Specialist  
& Bestselling Author

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## Introduction

Interviewer: Joey Atlas is a **woman's body enhancement specialist** who teaches average busy women **how to defeat common body issues** to reveal their toned, healthy, and sexy bodies. Joey is a **bestselling author on Amazon.com** and his unique and powerful methods are all backed with a **master's degree in exercise physiology**.

In today's interview we are going to be talking about the topic of **fast cellulite removal**. Joey thanks so much for being here with us today.

Joey: Total pleasure.

Interviewer: Perfect.

## What Causes Cellulite

Interviewer: So Joey, when women are looking for fast cellulite removal they are probably also wondering **what caused it in the first place**. Can you shed some light on the cause?

Joey: Absolutely.

Cellulite is kind of this enigmatic thing. **Women really don't even know what it is or how to even define it** themselves. So trying to figure out what caused it, it confused a lot of women.

So you can take women ranging anywhere in age from their early teens into their late 60s and you will hear stories, personal stories of women saying they **got cellulite at various stages of life**. A girl getting it in puberty, a woman getting it after her first child or a woman that has gone through menopause and **all of a sudden has these dimples and shadows on her lower body**. What is confusing is that **they don't know why it happens**.

So they have this event or phase of life where they **go from having a smooth and pretty toned lower body with no issues to actually possibly being the same weight, not gaining any weight but the appearance of the lower body changes, they get these dimples and shadows, skin starts to sag**, and it just doesn't have that lifted type shape anymore. So they are **kind of confused** because they are saying I didn't gain any weight, I am not eating too much, but yet it looks like I am getting flabby, I am getting these dimples and shadows. So there is a **lot of confusion**.

**What happens there is they start going to look for answers and they are looking for answers in all the wrong places**. Talking to friends who really don't know the answer, they are reading all of these women's magazines that have different information every month and different theories and of course you have the internet which as a whole slew of misleading places to look for answers and they just get more confused.

So they have this problem, they go looking for answers, and they get even more confused as to what it actually is and what caused it.

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## Why Women Look For a Fast Way to Remove Cellulite

Interviewer: As a follow-up to that **what triggers a woman to look for a fast way to remove cellulite?**

Joey: Ok this is good.

So she has it. Again **regardless of the age a women** who has these dimples and shadows and mushy appearance and saggy appearance of the lower body **having it is one thing and then being seen in public or even just being seen by herself naked in the mirror or with her lover it's an issue.**

So most of them want to find out ok how can I get rid of this quickly. So it may be a vacation is coming up. It may be that spring and summer is right around the corner and it is going to be time for being outdoors at the pools, at the beaches in shorts, and a bikini. You name it. It could be a wedding coming up and of course every woman wants to look her absolute best on her wedding day and for the honeymoon, for her husband or partner whichever one you want to call it.

So you have these **events that come up relatively quickly** in life that make a woman realize oh my god I am going to be wearing a bathing suit or a really short dress or even nude and I need to get rid of this fast. So **those are some of the main triggers.**

Interviewer: I can definitely understand that as a woman myself. The bikini trying on season is always a tough one.

## What Women Aim For with Cellulite Removal

Interviewer: So following up to that. **What is a woman aiming for in her cellulite removal** efforts and what should she consider success?

Joey: Ok. There are **two layers** to this.

The first layer is she is **aiming to get rid of the dimples and shadows**. She **wants the skin to be smooth and even**. She **doesn't want this weird appearance** when she is looking in the mirror under the lights or when she is outdoors and the sun is shining on her. She **does not want people seeing her with these dimples and shadows** all over her lower body. So she is **aiming to get rid of that**. She is **aiming to get smooth skin, tight skin, and lifted skin so that there is a nice shape and smoothness and tone to the lower body**. That is the first level.

The **second level she is aiming for is just to be self-confident to have self-esteem to not feel self-conscious**. It's the mental and emotional part. She just **wants to feel good about herself** and feel free enough to be seen in a bikini or be seen in really short shorts or a nice dress or even nude when the time calls for it.

So you got the two layers that she is aiming for.

## Surgical Procedures: Do They Work

Interviewer: Are there any **surgical procedures such as liposuction that can be done?**

Joey: The short answer is **no**. This is a very very misleading topic or an angle on the topic.

First of all **liposuction most times actually makes the appearance of cellulite worse.**

Interviewer: Really?

Joey: That is a whole different road though because you have really really good cosmetic surgeons who will be honest with women and say look cellulite is not something that can be treated with liposuction and then you have others who are willing to do whatever the woman wants because they are going to get paid that fee for doing the surgery. So it's unfortunate but that is the cold truth.

Now **why doesn't liposuction work?** Liposuction doesn't work to remove the dimples and shadows of cellulite because **you can't remove dimples and shadows from underneath the skin.**

Liposuction sucks out excess fat from a woman's body which hold excess fat. So if you are taking a woman who isn't over weight to begin with and you are going to try to suck out some of that fat under their skin to hopefully get rid of these dimples and shadows well you are **taking out some of the structure** that is actually giving some support under the skin and now you are **giving less support under the skin**. So you are **going to see a worsening of the look of the dimples and shadows**. So **liposuction will make it worse.**

Many many women have come to me over the years who were strong enough and bold enough to admit that they got it done and they learned after the fact that it made it worse and they shouldn't have gotten it done.

Interviewer: Right.

Joey: There are lots of stories like this. All you have to do is search for them.

**Now there is always going to be some kind of new procedures that are being created and tested in the hopes of being able to treat cellulite surgically.** I can't mention too many names here or brand names

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but there was one fairly recently that got a lot of press and I watched some of the videos and I just couldn't believe it.

The way the interviewers were clueless to begin with and the people they were interviewing were just speaking lie after lie and **I wouldn't trust any of these people** to put a knife to my body if my life depended on it. Just hearing them made me cringe and the women that they interviewed that were going to be volunteering to go in for the surgery as initial patients they were just as clueless as anybody.

Again, they **had all the wrong information** to begin with. So they are making this decision to try this new radical surgery without the right information. So number one they are **setting themselves up for after the fact finding that they didn't fix the problem**. Two that they **probably will make it worse** and three that they undertook a **crazy risk to do that**.

Interviewer: That is so unfortunate.

Joey: It is.

So the short answer is there are **no surgical procedures to treat the dimples and shadows of cellulite** because you can't get rid of something that doesn't actually exist under the skin.

## Body Wraps: Are They an Option

Interviewer: What about **body wraps as an option**?

Joey: Body wraps business is huge and there are **many different types of body wraps** now ranging from weightloss body wraps to skin enhancing body wraps to youth enhancing body wraps.

**There are all kinds of body wraps** its really endless now. However, the ones that are pitched to treat and cure and get rid of cellulite **can be very very dangerous** and if anybody listening to this has enough time to do research body wrap scams or body wrap injuries or complaints you will find **enough information to make you realize wow there are some body wrap procedures that actually can kill women if not put them in the hospital with some really bad effects.**

There are some **great body wrap procedures that are good for spa treatments** if you want to relax or if you want to exfoliate your skin or moisturize the skin those are cool. Those can do what they are intended to do.

Radical body wrap treatments to treat or remove cellulite is totally **off the charts**. I mean again there are **plenty of stories out there and complaints against body wrap companies** or institutions that promote body wrap for either weight loss or fat loss or cellulite treatment and removal and the educated woman already knows this but the problem is **most women get their information and education from the wrong places** or they don't even bother to get enough of it before making their decision on whether to try something or not.

So **body wraps do not and cannot treat cellulite** and get rid of the dimples and shadows but they can actually **cause physical harm** and that is really the bottom line.

Interviewer: It's great to know that both liposuction and body wraps are **not a good option for cellulite removal.**

## How to Achieve Fast Cellulite Removal

Interviewer: So in your opinion, since you are obviously informed on this topic, **how can a woman achieve fast cellulite removal?**

Joey: **Ok sometimes the right answer is not the exact answer people want to hear.**

However, the truth is really what is going to work and for fast cellulite removal we are going to speak about this in relative terms. If you take a woman who tries all of these other things from wacky creams and lotions to extreme body wraps to weird skin brushing techniques and heated lasers and vacuum suction cups and meso injections or anti-cellulite shorts.

If you take a woman and I know many of them they will admit they **spent years and thousands and thousands of dollars on all of these things only to find that they either didn't get rid of their cellulite or it's even worse** and they have skin problems because of these things.

So again **when we speak about fast we are speaking relative**. If you take the long road which I just described you are **never going to get rid of cellulite it is only going to get worse**. For fast cellulite removal you **have to address it at the source** and the source of the dimples and shadows **is actually in the muscle layers underneath the skin**.

Interviewer: Interesting.

Joey: Most women don't know that **muscles can atrophy at any stage of life** and atrophy means **muscles get softer and mushy and deflated and flattened**. When they do the skin layers **lose that base of support**, they lose that firm, smooth, rounded base of support under them. So the skin puckers and sags and ripples and it dimples.

So when these muscles get soft and mushy and atrophy **they can't support the skin anymore**, everything sags down, and you have this appearance of the dimples and shadows that show.

**So for fast cellulite removal a woman has to get those muscles stimulated properly**. She has to reverse the cause of atrophy. She has to get the muscles to tone, to strengthen, to become more dense, and to fill up to their physical potential. To take their proper shape.

When that happens, when she does this and it really isn't hard. I am not talking about a crazy machine to do this or some kind of crazy workout

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routine or gym and body building routine. **This is something much more subtle and much simpler.** Once she does this **those muscles then push out against the skin layers on top of them and it pulls them tighter** and smooth them out and gives them back that lifted firm smoothly tone shape and look.

Interviewer: So it's good to know that **once the muscle has been atrophied it can be reversed.** That is very positive news.

Joey: Absolutely.

Interviewer: That is awesome.

## How to Keep the Results Long Term

Interviewer: So **how can she keep her results long term?**

Joey: Ok.

So once she gets the affects she wants then the **maintenance is basically continuing to do the same thing that fixed it.**

So **by doing the proper targeted toning routine** for the lower body that lifts all the muscles and therefore lifts and smooth all the skin and shapes the body nicely then she just **goes into a maintenance routine several times a week** of doing the same type of muscle stimulation movements that got her the fix in the first place.

She **may not have to do it as often** or go through the method or routine as many times but she **shifts into a maintenance mode that keeps the muscles from atrophying.** That is really where the long term results come. You prevent the muscles from going back into atrophy and you are just aiming to keep them firm, toned, strong, and healthfully dense.

Interviewer: Very good. Well Joey this was fantastic. Thank you so much for your time today. Is there anything else you would like to add in?

Joey: Yeah. I mean the key is, any woman listening to this, **do your research first.**

Look at yourself, think about what you are feeling, what you are seeing, what bothers you the most about this and then ask yourself why is it you want to fix it, what are you willing to do to fix it, and ultimately ask yourself does your long term health, longevity, and wellness and quality of life matter as you are thinking about the cellulite issue because this is really **about the bigger picture.**

Interviewer: Right.

Joey: So as you are doing your research take all of that into consideration and **don't fall for the scams and the quick fixes.** Anything that looks too good to be true and sounds too good to be true most likely is. Any kind of overnight fix you should just cross it off your list as fast as you found it.

Really just **use common sense and logic** as you are doing your evaluations to find what it is that you are going to implement for your health, your body, your longevity, and your beauty. It's really simple.

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Interviewer: If you are listening to this interview and you would like to learn more about **how to remove your cellulite fast** Joey has put together a special **free resource** for listeners of this interview. To get 5 free tips on how to kill your cellulite starting today visit [yourcelluliteanswer.com](http://yourcelluliteanswer.com). Once again that is [yourcelluliteanswer.com](http://yourcelluliteanswer.com).

Thanks so much for being with us.

Take care.

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