

# Q & A



## DR. FIONA WRIGHT

Join the forum today by emailing our Dr. Wright at [drwright@onmagazine.net](mailto:drwright@onmagazine.net) and express your personal fitness or beauty question. She may answer your question or she may ask a colleague for their expert opinion. Then, read ON Magazine's next issue to discover the *wright* answer to your fitness or beauty question.

## If you have questions, we have the *wright* answers. What do you want to know?

Say Goodbye to Cellulite! Summer is officially here; are you ready? Mentally – likely so. But is your skin? Probably not. As we pull out our summer clothes, I am frequently asked, "How do I get rid of my cellulite?" Read on to find the *wRight* answer on how to get your body ready for summer!

80% of women worldwide have cellulite, and you don't have to be overweight or fat to have it. **Everyone** – even skinny supermodels – can get it. Cellulite is described as having that orange peel appearance and usually plagues our thighs, abdomens, and buttocks. If you do have cellulite, it is comforting to know that you are not alone and even more comforting to know that there are things you can do to reduce the appearance of cellulite once and for all.

**What is cellulite?** Cellulite is made entirely of ordinary fat cells. What is unique to cellulite is the network of fibers that holds the fat in its place. Poor skin structure caused by hormones, heredity, smoking, lack of exercise, and poor diet all play a role in the breakdown of this network. The fibers become weak and hard, causing the fat to move to the surface of the skin and creating that unattractive dimpling we are all-too-familiar with. If you do nothing else to fight cellulite, some basic dietary changes can put you on the right path:

**1. Cut down on fats.** Aim for 1200-1500 calories a day, focusing on low fat, high protein, and fruit and vegetable packed meals. As well, the nutritional supplement L- Carnitine is receiving new attention in its ability to reduce cellulite. L-Carnitine, an important amino acid (without it, fats cannot be burned), is thought to be critically important in fat metabolism, speeding fat oxidation (fat breakdown) and helping the body naturally remove toxic ketone bodies (left over from fat metabolism). Researchers are now recommending L-Carnitine supplements in the diet, particularly for people who do not consume much red meat, the main food source for carnitine.

**2. Fight fluid retention.** Areas of cellulite contain higher than average amounts of water-attracting cells: if you have excess fluid in the body, it will gravitate toward these cells, causing them to swell (a

major cause of cellulite in thinner women). Cutting down on salt and drinking at least eight glasses of water a day will help fight this.

**3. Increase anti-oxidants.** The walls that surround the fat boxes are made from collagen and therefore can be damaged by free radicals (produced by things like smoking, sunbathing, pollutants, etc). This makes the walls tougher and causes them to shrink, which stretches the skin more tightly over the top of the fat cells making them more noticeable. Nutritional supplements such as Coenzyme Q-10 and Green Tea are potent skin anti-oxidants.

**4. Reduce toxins.** While it's not true that cellulite is stored toxins, saturated fat, sugar, coffee, alcohol, and cigarettes do play a role in its formation. All of these trigger free radicals, and they also put pressure on the lymph system (the job of which is to flush toxins from the system). This is bad news, as when the lymph system is sluggish, it actually creates fibers which bind to the walls of the fat cells making them thicker. This in turn creates extra pressure on the fat—squishing things further upwards and making the skin look more dimpled.

A simple and relaxing way to begin removing fluid and stimulating the body to rid itself of trapped toxins, excess fat, and excessive trapped lymph fluid is to get a therapeutic Contouring Body Wrap. Many include natural ingredients which create a chain reaction of softening and removing fat and toxins from your body—they can also be used to keep your skin tight when losing weight on any reduction diet. This relaxing treatment is also a great addition to more advanced cellulite programs using **VelaSmooth** and **VelaShape**.

**VelaSmooth** is an effective non-surgical, non-invasive treatment that smoothes out cellulite while tightening your skin and contouring your body. It works on all skin types and requires no

downtime, no diet, and no change to your normal activities. This treatment is best for mild-severe cellulite with minimal need for body contouring. **VelaSmooth** will offer the best reduction in cellulite. As well, patients will notice a moderate improvement in skin tightening and mild-moderate improvement in size.

**VelaShape** is different from all other cellulite reduction remedies as it not only reduces cellulite but also offers advanced contouring of the body by treating the areas where one can accumulate pockets of fat that are resistant to exercise such as thighs, love handles, and flanks. **VelaShape** differs from **VelaSmooth** in that it provides a significant increase in the amount of energy used with a higher level of comfort. This higher intensity of heat allows for greater localized increase in metabolism resulting in a reduction of fat and cellulite in fewer treatment sessions. This treatment offers the best protocol for mild-moderate cellulite and reduction of extra inches. **VelaShape** will offer the best reduction in size.

It is important to remember that different body types will need different treatment plans. With many treatment options available it is important to consult a Cellulite Treatment Center that offers a full and comprehensive menu for cellulite. So don't delay—this summer show off your smooth and sexy summer legs and finally **Say Goodbye to Cellulite!**

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Dr. Fiona Wright is the founder of Skin MD and Beyond Wellness Center (formerly the Aesthetic Institute of Plano). She has lived and practiced in Collin County for 12 years and has earned a reputation as one of the premier physicians in the area of cosmetic dermatology in the Dallas - Fort Worth area. She has been featured in several NBC News Health Reports and is well known for her honest opinions and expertise.