

## **Daniel Ayton's Top 10 cellulite-busting foods**

### **Ginger**

One cause of cellulite is poor circulation, so eating foods such as ginger that **boost blood flow** can help to improve its appearance. As well as being good for circulation, ginger is also good for **detoxification** and **strengthening the lymphatic system**, which can help with the circulation of lymph fluid and toxins that can accumulate in fat pockets under the skin, contributing to the bumpy appearance of cellulite.

### **Asparagus**

Asparagus is another food with **circulation-boosting properties**. On top of this, asparagus is a great **stress reliever** due to its abundance of **folic acid**, which can help to stabilise a stressful mood. As prolonged levels of stress can increase fat storage on the body, adding foods such as asparagus to your diet can help to reduce the appearance of cellulite.

### **Avocados**

While anyone fat, thin, young or old can suffer from cellulite, ageing does tend to increase the visibility of cellulite due to the loss of elasticity and thinning of skin. Therefore, try eating foods rich in **Essential Fatty Acids** (EFAs) which can help to **strengthen skin and keep it supple and elastic**. Avocados are a particularly rich source of EFAs, as well as being high in many essential nutrients.

### **Oily fish**

Another top food for keeping the skin in good condition is oily fish, which is high in **skin-strengthening omega-3 fatty acids**. As an added bonus, the fatty acids present in oily fish are also good for **reducing inflammation** and **boosting the cardiovascular and lymphatic systems**, making them a good choice for keeping cellulite at bay.

### **Dark, leafy greens**

Dark green leafy vegetables such as spinach and kale are rich in an antioxidant called **lutein**, which research has shown is good for helping the skin to retain its moisture and elasticity and increase its lipid levels - all good news for those suffering from cellulite. On top of this, leafy greens are nutrient-rich and are good for the **circulation** and **detoxification**.

### **Cranberry juice**

A sluggish lymphatic system is one of the primary causes of cellulite, so those wishing to reduce its appearance should try boosting their intake of cranberry juice, which is noted for its abilities to **cleanse the lymph system**. This powerful juice helps to **emulsify stubborn fat deposits** in the lymphatic system so that they are more easily flushed out the system.

### **Bananas**

Bananas are a rich source of **potassium**, which is helpful for reducing cellulite in many ways. Firstly, potassium helps to **reduce water retention** which can be a leading cause of cellulite. Furthermore, potassium can help to support the lymphatic system and ensure it works efficiently at circulating fluid and cleansing the body of impurities.

### **Whole grains**

Whole grains are packed with **fibre**, which is an essential for keeping your body running smoothly. Fibre helps **speed up the process of detoxification** and clear out waste products that can build up in your system, often leading to cellulite. Eating whole grains also helps to keep the heart healthy and **boost circulation to cellulite-prone areas**.

### **Papaya**

Eating plenty of fresh fruit and vegetables is one of the best ways to detox the body and reduce the appearance of cellulite, and papaya is a particularly good choice of fruit. Papaya is not only rich in potassium - one of the most important nutrients when it comes to battling cellulite - but it is also high in antioxidant **beta-carotene**, which can help **prevent damage to body tissue**.

### **Berries**

To help **keep skin firm and taut** and disguise the appearance of cellulite, try adding some **vitamin C** to your diet to help **boost your skin's collagen levels**. Berries are a particularly good source of vitamin C, as well as being extremely high in the antioxidants necessary for fighting toxic waste, which can slow down the lymphatic system and accumulate in cellulite-prone areas.

