**Some of the top foods for decreasing or preventing cellulite are:**

* **Flaxseeds.** Flax is great for skin health and losing weight as it modulates estrogen levels and may also increase collagen production. You can sprinkle [**flaxseed**](https://draxe.com/10-flax-seed-benefits-nutrition-facts/) on your breakfast, in your smoothies or simply eat the seeds by themselves.
* **Hydrating foods.** Because dehydration can lead to bloating and dry skin, try to eat more naturally hydrating foods. These include fresh veggies and fruit, especially melon, berries, cucumber, celery, citrus fruits and fresh herbs. Making [**Cellulite Slim Down Juice**](https://draxe.com/recipe/cellulite-slim-juice/)at home is one of the best ways to consume a bunch of these at once.
* **High-fiber foods.** These include vegetables, nuts, seeds and berries. Fiber helps cleanse the colon, curb hunger, support your metabolism and balance hormones. [**High-fiber foods**](https://draxe.com/high-fiber-foods/) containing lots of antioxidants, such as leafy greens or berries, are also beneficial because of their ability to decrease free radical damage (which ages skin).
* **Clean protein sources.**High-quality [**protein foods**](https://draxe.com/protein-foods/) like grass-fed beef, free-range poultry, pastured eggs, wild-caught fish and organic protein powder can increase metabolism and aid in cellulite reduction. Ideally, aim to consume at least 3–4 ounces with every meal.
* [**Potassium-rich foods**](https://draxe.com/top-10-potassium-rich-foods/)**.** Flushing excess fluids and waste out of cells can help reduce cellulite. Green leafy vegetables, avocados, bananas, coconut water and cultured dairy are all high in potassium.
* [**Healthy fats**](https://draxe.com/healthy-fats/) **(EFAs and MCFAs).** Coconut and wild-caught fish contain fatty acids that promote healthy tissue. Consume 1 tablespoon daily of extra virgin coconut oil and 1 serving of wild-caught fish (or 1,000 mg of fish oil daily) for the best results.
* **Kelp.** [**Kelp**](https://draxe.com/kelp/) has many benefits and is a very low cost nutrient. It contains a compound called “fucoxanthin,” which is found in chlorophyll bearing green plants. It can help the body burn fat, thus reducing the appearance of cellulite. Add kelp to your diet by sprinkling a small amount onto your savory meals. If you prefer a supplement version, check out [Fuco Thin by Garden of Life](http://amzn.to/1l0OwnV).

**3. Take Anti-Cellulite Supplements**

For help reaching a healthier weight safely, while also improving the health of your skin and entire body, I recommend consuming the following anti-cellulite supplements and nutrients:

* **Bromelain and proteolytic enzymes.**Systemic enzymes have been used with great success to fight inflammation and to dissolve gatherings of cellular tissue. According to findings published in *Biotech Research Journal*, “studies demonstrate that bromelain exhibits various fibrinolytic, antiedematous, antithrombotic, and anti-inflammatory activities.” ([09](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3529416/)) Uterine fibroids, ovarian cysts, gallstones and cellulite may all be broken down more easily and eliminated by the body with help from enzymes. I recommend enzymes such as [**bromelain**](https://draxe.com/fight-cancer-with-this-tropical-fruit/), serrapeptase and nattokwinase, all of which have the ability to dissolve fibrinogen (the tissue that holds these unwanted formations together).
* **Kola.** This extract has been the subject of many cellulite studies, and has shown some positive results. This is a caffeine-free herb that has relaxing properties and can be taken before bedtime. It works by helping to improve the elasticity of the skin, while also making it thicker. It will help minimize the appearance of the cellulite bumps.
* **And more.** Green coffee extract, African mango and fucoxanthin are additional supplements that offer similar benefits.

**4. Exercise Regularly**

Along with improving your diet and trying natural supplements, exercise can be your best ally when it comes to shedding extra body fat and getting rid of cellulite. Although long distance cardio can be of value in boosting your metabolism and helping you reach a healthy weight, doing interval training (also known as burst training) will likely be much more effective. In 2011 a report published in the *Journal of Obesity* stated that “Emerging research examining high-intensity intermittent exercise (HIIE) indicates that it may be more effective at reducing subcutaneous and abdominal body fat than other types of exercise.” ([010](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2991639/))

Here are some quick facts and tips to keep in mind:

* Interval or[**Burst** **training**](https://draxe.com/whats-the-1-exercise-to-burn-belly-fat-fast/) is known to increase metabolism and burn calories long after (24-48 hours) your workout is over (known as the [**Afterburn effect**](https://draxe.com/afterburn-effect/)).
* Interval training incorporates short intense exercises, such as sprinting, and then returns you to a cool-down period briefly (this concept is also called high-intensity interval training, or [**HIIT**)](https://draxe.com/hiit-workouts/).
* Look for a program that ideally combines burst cardio and resistance training to optimize your body’s ability to burn fat fast by exercising for only about 20 minutes a day.
* Two more effective strategies I recommend are weight training and isometric training – such as Barre, BarreAmped and Pilates. BarreAmped is an effective workout based on Pilates, dance, yoga and deep stretching. Together, these are helpful for lowering your weight, improving cellulite and toning the body. And here’s another perk: These come without the possible risks and only short-term benefits of liposuction.

**5. Use Skin-Healing Essential Oils**

Commercial or prescription cellulite creams can be ineffective or expensive (or both!), plus the majority are full of chemicals that can aggravate your skin. Instead, try making your own natural homemade [**Grapefruit Cellulite Cream**](https://draxe.com/grapefruit-cellulite-cream/). The recipe uses fat-reducing grapefruit essential oil along with coconut oil to help hydrate the skin. How does grapefruit oil help? Studies show that grapefruit essential oil contains large amounts of the anti-inflammatory enzymes, such as bromelain, which helps break down cellulite and prevent the formation of new fat cells (inhibits adipogenesis) below the skin in mammals. ([011](https://www.ncbi.nlm.nih.gov/pubmed/20143292))

### **Precautions When Treating Cellulite**

In some cases, cellulite isn’t overall harmful and is more of a concern for vanity reasons. However, sometimes cellulite may be due to underlying issues like narrowing blood vessels and forcing water from the skin. If your cellulite does not respond to the treatments above and suddenly gets worse, have a dermatologist review your symptoms and risk factors. They can help rule out problems like lack of blood flow, which can be dangerous for people with heart or circulatory problems.

**Final Thoughts On Getting Rid of Cellulite Naturally**

* Cellulite is the appearance of lumpiness on the skin, usually due to sagging and an accumulation of fat under the skin’s surface. Factors that contribute to the development of cellulite include: being overweight, eating a poor diet, fluid retention or dehydration, lack of circulation (blood flow) and weak collagen structure of the skin.
* Losing extra body weight helps decrease the appearance of cellulite. Eating an unprocessed diet and trying HIIT workouts (interval training) can help you reach a healthy weight in a healthier way.
* Other ways to reduce the appearance of cellulite include: applying grapefruit essential oil to skin, staying hydrated, consuming more collagen and taking natural supplements that support a healthy body mass/appetite.