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# The Cellulite Myth

IT'S NOT FAT IT'S  
*Fascia*



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Ashley Black

## The Cellulite Myth: It's Not Fat, It's Fascia



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While Seen on the Today Present! The USA Today Bestseller! If ever need approximately cellulite, and the first book you need to take control and modification your health forever! Neglect everything you've ever been told about cellulite—ve been conditioned to trust that cellulite is usually a fat problem, yet skinny young ladies have it, active girls own it, sedentary girls own it, curvy girls own it, older women have it and, guess what, thus do more youthful women.s housed in called fascia— Incomparable the most radical change in Health insurance and Beauty of the century!which can be manipulated. .it all' In fact, 90% of women struggle with it . For years we' . you are not alone! The last reserve you' The appearance of fat is suffering from the sticky webbing of tissue it's a myth! Ashley Black, fascia pioneer, and body guru to the superstars, unveils never before known secrets to obliterating cellulite and changing your individual health paradigm. Obliterate cellulite, transform the body, and revolutionize your life!



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I possibly could find no detrimental reviews or locate any articles that did not claim “amazing results” from use of the device. I needed my 55 year-old legs to appear to be they did when I was 35, smooth, smooth and cellulite free of charge. Ashley Dark promised this, stating her device was “100% effective, no matter how big or small you are! I would watch out for this for a number of reasons:1) It is likely that the protocol of blasting is causing weight loss as opposed to the tool itself. The device is even advertised to “treat” many ailments (which, as a nurse, must have been a reddish flag for me personally).. Some women experienced miscarriages whilst using this item. I joined her online Facebook organizations. Not forgetting the science of which they speak, doesn't exist.I wanted my 55 year-old hip and legs to appear to be they did when I was 35 We purchased the FasciaBlaster strictly for vanity and cosmetic factors. I also couldn't find any actual medical trials or research however the data I could gather told me to get it!2) This device is likely to be hiding the cellulite under inflammation but not actually removing the cellulite. And I did so. My issues are small compared to some of the many others. I was telling all my friends and family about any of it ad nauseam and even formed a local support group. Regrets I actually regret purchasing the book and fascia blaster and wish I had zero outcomes.C also state that the AB Company does not identify itself or any of its personnel, seeing that an authorized dietician, nutritionist, certified personal trainer, massage therapist, medical service provider, or licensed/certified seeing that a professional in any field. The cellulite on the trunk of my thighs made an appearance worse. And most of all, my pores and skin had changed. Suggest to anyone experiencing generalized discomfort and not used to fitness. I thought I was alone in my own disappointment and was prepared to chalk it up to another failed tries at ridding myself of these nasty lumps and bumps.. No clinical trials? Come to learn, the creator- Abdominal, was censoring her Facebook page;C are 11 webpages long, and include multiple fresh contraindications and warnings-the last T& She was deleting any/all negative comments. How come BPA so essential? And in the initial 3-4 months, I felt like I was getting good results. I was compounded by a gadget that was guaranteed to provide me 100% cellulite elimination. I'd NOT recommend usage of this product on women that are pregnant or anyone planning to get pregnant. When I bought the tool, her Conditions and terms state that the FasciaBlaster is NOT a medical device nevertheless, the packaging it arrived in says this is a Class 1 medical device with US Patent No. D735.818. The T& I started getting cellulite where I didn't have it before, namely my hands. She touts herself as a scientist but has no medical or medical credentialing what-so-ever. She keeps her man Bart Jameson as out as a Fasciologist and her gal Kathleen Stross as a Neuroscientist. It really is an insult to those of us with well-earned degrees and a harmful practice to activate in because she is frequently offering medical guidance to the unsuspecting open public several times a day on her FasciaBlaster Facebook pages. She flat out denied to users that were experiencing pounds gain, that the FasciaBlaster didn't and could NOT cause excess weight gain but then updated her T&C to include weight gain as a possible side effect. The updated T& not enabling negative results/adverse reaction post to be submitted... period.C upgrade was 4 web pages. Because there were no medical trials or studies conducted outside of “her camp” prior to it's release to the masses, one can just conclude we, the consumers, possess unknowingly been her test subjects. She actually known as us her “guinea pigs” on a post as latest as March 10, 2017. And I understand that had Stomach been honest, experienced she allowed dissenting sights to be shared, had she listed All the possible side results/adverse reactions, experienced she posted legitimate, unfiltered and un-picture shopped photographs, I'd not have purchased the merchandise. This female's business methods are despicable. Something that is normally promised to lessen cellulite has weight GAIN just as one side effect. Ashley Black promotes general healthy consuming and a blasting protocol that involves warming the body up (through workout or a sauna) and physically scrubbing your body with the blaster multiple times per week, some people do this up to 30 mins - one hour per day. Once again, causation is unclear, maybe chronic inflammation and the “poisons” released from fasciablastering (cell metabolites released from broken cells) may raise the likelihood of miscarriage. It needs to become remove from marketplace and studied. I must say she blew me apart with her kindness & Breaking through barriers I didn't even know I had until reading the publication and utilizing the blaster. Pseudoscience garbage I would not recommend purchasing this book since it is not factual and promotional material to go with her fasciablaster item, which, in my opinion as a doctor, is medically unsafe.Additionally, I wish I had not wasted money about purchasing this book because so many of the info in her book is freely available on her website. I really believe that the

fasciablaster can be medically unsafe, but even though you need it a fasciablaster, this publication does not really provide any more useful information that is not already freely available on her blog

page.-----PSEUDOSCIENCELet's look into Ashley Black's promises about the fasciablaster functions:1) Ashley shows that cellulite is due to body fat trapped in layers of fascia (this could be true) and that to be able to fix the cellulite, you should smooth out your fascia (this could also be true?). Five Stars fits great Read in a single sitting! Much like most pseudoscience, it takes you from an acceptable assumption (cellulite is due to tight fascia) gradually into completely incorrect assumptions (healthy fascia can be pulled away from the muscle mass.. I am leery of "quick fixes" and medical scams. like loose pores and skin). It may be true that cellulite is caused by the uneven pulling of the skin's fascia, and even, her tool certainly will pull your higher layers of fascia and skin from the muscle to reduce the appearance of cellulite, however PULLING YOUR FASCIA FROM THE MUSCLE Can be DEEPLY UNHEALTHY THE BODY. Doctors and researchers have been working with fascia since the advent of medicine and even ahead of that. Seriously! It generally does not, it simply shows that you are breaking your skin's capillaries, which is DAMAGING the layers of epidermis. I met Ashely and her team in ATL for a reserve signing &Any bruising can cause "haemosiderin staining" that is actually the iron from your own blood cells getting trapped in the layers of skin and causing a dark brown staining, such as a persistent iron rust - some women find that this staining stays only for a week roughly but some women have found this to stay around for a few months if not years, which is not ideal for a product which is made to improve the look of the body. There is definitely damage to the arteries happening when you see bruising, which Ashley Dark, strangely, promotes. What is likely to actually be happening is certainly that the higher layers of pores and skin have their blood supply broken from repeated trauma of utilizing the fasciablaster.3) Ashley says that blasting hurts when you start doing it because that is a sign of harmful fascia but she says that as time passes, it will become much less painful, and that this is proof that the fasciablaster is building your fascia much healthier. Reduced blood supply from damaged vessels could be reducing sensitivity of nerve endings to the tissue, or it is possible the nerves are broken directly because of scarring in the area from repeated trauma. Again, this is not a good thing - so if the using the fasciablaster hurts much less as time passes, it does not imply that the fascia is becoming more healthy, in fact, this is a sign the skin and fascia is now damaged. Females who stop blasting describe that their cellulite "comes back" very quickly ie. She says this "detox" could cause symptoms but she says not to worry as she has a number of factors she recommends to do to be able to "flush out the poisons". The syndrome of "detox" symptoms sensed by people utilizing the fasciablaster will probably actually be considered a condition known as rhabdomyolysis - that is due to damaging muscle cells along the way of vigorously scrubbing the body as referred to by Ashley Black. Through this system, it makes sense that this tool can cause weight gain. This is in no way good for the body.-----BUT IT APPEARS LIKE IT WORKS?Many ladies experienced short term positive results from utilizing the fasciablaster and rave about how exactly it has changed their life." I'm 5'7" and 140pounds. And today, she's threatening to sue anyone/everyone who provides spoken out about her and her bad practices. The sauna, physical activity and diet alone may very well be the true cause for women who've experienced weight loss using the product.! Utilizing the fasciablaster to physically scrub the layers of skin and muscle tissue in the region of cellulite may cause local trauma the areas where folks have cellulite, which is leading to swelling to the region, which hides the cellulite temporarily.4) Ashley Black claims that product produces "detox", because she says "toxins" can get trapped in the layers of fascia and are released during fasciablastering. within a week or two (there is a few on youtube who've tried it, and claim this is proof it functions) - this won't make sense. If the cellulite had disappeared due to fat cell lysis (unwanted fat cell bursting) as Ashley Black claims, then it should take quite a while for the cellulite to reappear - fat deposition does take time and people eating healthful and exercising regularly should not really have fat deposition happening at all. Deliberately leading to chronic swelling / inflammation isn't good for the body and can result in a host of health issues.3) Most of the pictures on the website and facebook web page and also Ashley's own fasciablaster "research" have been taken in differing lighting conditions. In some cases on the facebook page, the pictures have already been used in the wrong order ("before" photos are in fact "after" pictures - one client experienced a tattoo in her "before" picture that was not really in her "after" picture, this is quickly

deleted).-----CONCERNING Bad SIDE EFFECTSI want to explain a few concerning negative unwanted effects women have experienced after utilizing the fasciablaster, which Ashley promotes in her book.1) There are numerous of women who have experienced weight GAIN. from using the tool over the long term The creator of the merchandise claims that these women are lying, however, in the event that you check the warnings on the product's own site, you will see more information on possible unwanted effects, including a caution that it could cause weight GAIN. Her integrity is definitely questionable. Why would this be the case? Chances are that using the fascia blaster over a prolonged time period causes chronic swelling in the body, which then increases cortisol levels consistently over quite a while period which would after that increase extra fat deposition. Rhabdomyolysis is not a detoxification process, it is actually TOXIFYING your blood, raising the workload on your kidney - fasciablaster damages cells, which launch cell metabolites normally kept in the cells.2) The product contains BPA, that actually can end up being transferred in to the bloodstream through the skin using the fasciablaster. For the author to say no-one knew about fascia until she figured it out? Many of these women didn't have any documented background of blood clots before utilizing the item. According the Ashley Dark, the body should be heated up and oiled before utilizing the fascia blaster. Both these things Boost potential transfer of BPA from the merchandise to your skin and into the bloodstream. I finally discovered that I wasn't the only person NOT obtaining the results that Stomach promised and in addition learned there have been women actually being HURT with the device. It is a artificial esotrogen and unwanted estrogen in the body would also cause weight gain, in addition to a host of other problems.3) Several women experienced clots by using this device and while it is hard to prove these clots have already been caused directly by the device, the product will actually contain warnings not to use the gadget for those who have any background of blood clots. The exact mechanism because of this is unclear if you ask me at this point, but it seems feasible as this product can cause blood vessel damage, which is a result in for clot advancement (the proof that the fascia blaster can cause blood vessel damage is definitely that it causes bruising - bruises are due to blood coming out in to the tissue due to vessel damage). However, thermal receipt paper made up of BPA has been found in research to transfer BPA across the skin right into a person's bloodstream through just touching the paper.4) The merchandise website states that women that are pregnant should not utilize the product. I did so extensive due diligence. The "device" is hurting people. So now that I understood I wasn't by itself, I did so some more digging. Easy & informative This may be among the best kept secrets I am telling everyone about!. I've seen changes in my own body, but I have FELT pain melt off using on my back, legs & feet for plantar fasciitis. It is bringing blood flow in to the tissue, but not in a way it can be easily carried back into the bloodstream as you have DAMAGED the vessel transporting the blood, which will not promote healing, bruising it really is proof that you are actually causing damage. I concur that it has worked for some people. compassion for her blaster sisters who, like me, utilize it for pain management & increased flexibility & increased self-confidence by sculpting the body smooth. This reserve can be an easy read & a required companion for all the blasters. Don't waste your money Filled up with misinformation and total nonsense. This woman is a scam One Star Terrible book.. Full of useless information Oh please. I have been using the blaster for over a season now.. Poorly written, I feel like I'm listening to women trying to be teenagers and "easily fit into" Grammar, punctuation.. Until I came across a Facebook page where results that were anything less than stellar were being posted. I have dents and crepe pores and skin on the fronts of my thighs where I used the tool consistently. I could find no evidence to debunk her promises. Neither are experts in anything. I used the FasciaBlaster for 9 months before quitting. Ashley Dark has repeatedly said that should not be a concern as we are not consuming the fasciablaster.This actually clarifies why many longterm users of the fasciablaster have already been experiencing loose "crepey skin", as the upper layers of skin have grown to be completely disconnected from the muscle, and We suspect that the physical trauma of using the fasciablaster actually causes damage to the fascia, rather than making it more healthy. The Fascia blaster is the greatest self improvement device I have ever purchased! Love! Love the info and her personality! This book ought to be filed under the fantasy section.2) Ashley says that bruising promotes recovery because it brings blood flow to the area. It even worked for me initially. Worth the money and period, no question. Then items started to transformation despite me following the protocols (which maintain changing with no warning), heating system as instructed, oiling, activating, flushing, icing,

etc.ignore it. The theory that massive problems for the skin is wonderful for you is certainly a bunch of crap. Ashley Black makes me think of Elizabeth Holmes, who was simply in total denial on the true state of Theranos. It will be interesting to observe how the class action lawsuit ends. She also promotes the idea that healthy fascia should be able to become pulled from your muscle when you pinch it in the middle of your fingers (this is NOT true, and completely wrong). It appeared old, dry and crepe-like despite pursuing directions on the sites, and in the movies and on the Facebook page. Very intriguing idea! I can't wait around to try out this method!



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