



# Thin Thighs for Life

*Karen C. Burke*

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## **Thin Thighs for Life** Karen C. Burke

More than 90% of women have cellulite, the lumpy fat which mainly accumulates on hips and thighs, but which can also be found on the upper arms and back. This book dispels many of the common myths about cellulite, explains its structure in simple scientific terms, and offers a simple, 30-day plan to eliminate cellulite without the need for a starvation diet or hours spent in the gym, instead focusing on eating foods that reduce cellulite, easy and short exercise routines, and a programme of massage which helps to remove fat from the body.

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