

The book was found

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



## Synopsis

As Seen on the Today Show! The USA Today Bestseller! The last book you'll ever need about cellulite, and the first book you need to take control and change your health forever! Forget everything you've ever been told about cellulite—it's a myth! Ashley Black, fascia pioneer, and body guru to the stars, unveils never before known secrets to obliterating cellulite and changing your personal health paradigm. For years we've been conditioned to believe that cellulite is a fat problem, yet skinny girls have it, active girls have it, sedentary girls have it, curvy girls have it, older women have it and, guess what, so do younger women. In fact, 90% of women struggle with it . . . you are not alone! The appearance of fat is affected by the sticky webbing of tissue it's housed in called fascia—which can be manipulated. Get ready for the most radical shift in Health and Beauty of the century! Obliterate cellulite, transform your body, and revolutionize your life!

## Book Information

Paperback: 224 pages

Publisher: Post Hill Press (February 7, 2017)

Language: English

ISBN-10: 1682612880

ISBN-13: 978-1682612880

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 746 customer reviews

Best Sellers Rank: #1,365 in Books (See Top 100 in Books) #1 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style #5 in Books > Health, Fitness & Dieting > Women's Health > General #13 in Books > Science & Math > Biological Sciences > Anatomy

## Customer Reviews

What happens when you team up renowned scientist and inventor, Ashley Black, body guru to the stars, billionaires, and royals; with Joanna Hunt, best-selling ghostwriter who has worked with the top inspirational authors of our time? A dynamic interplay of science and inspiration packaged in a light-hearted, down-to-earth style that every person can digest and grab hold of. When their paths crossed serendipitously one day, they knew they were destined to work with each other to bring Ashley's life-changing discoveries to the world.

I'm a LMT, and I use the fasciablaster with my clients and I was really hoping that this was going to bring the fasciablaster out of the hype and into a clinical setting. There was a lot of buzz about how the book was filled with new and amazing information, but it's not. It's the same information available in the youtube videos. I was hoping for anatomical details on fascia, information/tips on tissue healing, and information on those trials that keep getting hinted. Instead, this was just a long motivational blog post. I forced myself to read the whole book because I knew my clients would be reading it, but the more I read...well...I actually felt embarrassed that I was using the fasciablaster. I was mortified that anatomical tissue was being called "gummy bears" and "cotton candy"...not just in analogies, but in ongoing discussions. The book is littered with hashtags and promises to get into detailed discussions in a later book. The most frustrating was when paragraphs opened a topic and then the reader was told to search the author's facebook page to continue reading on the topic. A good portion of the book is taken up with re-prints of facebook posts that fans have left for the author. Between these posts and the photos there really isn't much substance. I read the whole book in 2 hours. Now, if you have just purchased the fasciablaster and you don't want to root through lots of videos and you are looking for some motivation, then this book is spot on for you. The user's facebook posts will give you inspiration, and you have all the basic information in one place. But if you want to move beyond that and gain more knowledge, you may want to purchase a book on myofascial release where there is info on reactions in fascia and you can get up to speed with the current studies on fascial tissue.

I purchased the FasciaBlaster strictly for vanity and cosmetic reasons. I wanted my 55 year-old legs to look like they did when I was 35, smooth, sleek and cellulite free. Ashley Black promised this, stating her tool was "100% effective, no matter how big or small you are!" I'm 5'7" and 140lbs. The device is even advertised to "cure" many ailments (which, as a nurse, should have been a red flag for me). I am leery of "quick fixes" and medical scams. I did extensive due diligence. I joined her online Facebook groups. I could find no evidence to debunk her claims. I could find no negative reviews or locate any posts that did not claim "amazing results" from use of the device. I also couldn't find any actual medical trials or studies but the data I was able to gather told me to buy it!! And I did. And in the first 3-4 months, I felt like I was getting results. I was telling all my friends and family about it ad nauseam and even formed a local support group.

Then things started to change despite me following the protocols (which keep changing without notice), heating as instructed, oiling, activating, flushing, icing, etc. I started getting cellulite where I didn't have it before, namely my arms. The cellulite on the back of my thighs appeared worse. And most of all, my skin had changed. It appeared old, dry and crepe-like despite following directions on the blogs, and in the videos and on the Facebook page. I thought I was alone in my disappointment and was ready to chalk it up to another failed attempts at ridding myself of those nasty lumps and bumps. Until I found a Facebook page where results that were anything less than stellar were being posted. I used the FasciaBlaster for 9 months before quitting. Come to find out, the creator- AB, was censoring her Facebook page; not allowing negative results/adverse reaction post to be posted for a period. She was deleting any/all negative comments. I finally discovered that I wasn't the only one NOT getting the results that AB promised and also learned there were women actually being HURT with the device. My issues are small compared to some of the many others. I was made worse by a device that was guaranteed to give me 100% cellulite elimination. So now that I knew I wasn't alone, I did some more digging. When I bought the tool, her Terms and Conditions state that the FasciaBlaster is NOT a medical device however, the packaging it came in says it is a Class 1 medical device with US Patent No. D735.818. The T&C also state that the AB Company does not identify itself or any of its personnel, as a licensed dietician, nutritionist, certified personal trainer, massage therapist, medical provider, or licensed/certified as a professional in any field. She touts herself as a scientist but has no medical or health related credentialing what-so-ever. She holds her man Bart Jameson as out as a Fasciologist and her gal Kathleen Stross as a Neuroscientist. It is an insult to those of us with well-earned degrees and a dangerous practice to engage in because she is regularly offering medical advice to the unsuspecting public several times a day on her FasciaBlaster Facebook pages. She flat out denied to users that were experiencing weight gain, that the FasciaBlaster did NOT and could NOT cause weight gain but then updated her T&C to include weight gain as a possible side effect. The updated T&C are 11 pages long, and include multiple new contraindications and warnings-the last T&C update was 4 pages. Because there were no clinical trials or studies conducted outside of her camp prior to its release to the masses, one can only conclude we, the consumers, have unknowingly been her test subjects. She actually called us her "guinea pigs" on a post as recent as March 10, 2017. And I know that had AB been honest, had she allowed dissenting views to be shared, had she listed ALL of the possible side effects/adverse reactions, had she posted genuine, unfiltered and un-photo shopped photographs, I

would not have purchased the product. This woman's business practices are despicable. Her integrity is questionable. And now, she's threatening to sue anyone/everyone who has spoken out about her and her bad practices. The "device" is hurting people. It needs to be removed from market and studied. I agree that it has worked for some people. It even worked for me in the beginning.

[Download to continue reading...](#)

The Cellulite Myth: It's Not Fat, It's Fascia How to Get Rid of Cellulite: Cellulite Treatments, Exercises, Prevention & Natural Remedies - On Your Thighs, Stomach and Legs (Natural Remedies For Cellulite) The Cellulite Killer Formula-It Works!: Loose Thighs and Butts Cellulite in 14 Days How to Get Rid of Cellulite (Remove it Quick, Cheap & Easy with REAL Tips, Tricks & Secrets): 22 At-Home Treatments to Eliminate Cellulite FAST, from Real Women who Swear by Them The Fascia Fix Food Plan: Decrease pain, reduce cellulite, lower stress and inflammation, Improve muscle mass and performance Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Get Rid of Cellulite Thighs and Ugly Leg Fat Ketogenic Diet: 21 Days To Rapid Fat Loss, Unstoppable Energy And Upgrade Your Life - Lose Up To a Pound a day (Includes The Very BEST Fat Burning Recipes - FAT LOSS CRACKED) Fat Bombs: Delicious Low-Carb High-Fat Sweet and Savory Ketogenic & Paleo Fat Bombs Intermittent Fasting Hacks: How To Eat Whatever The F\*ck You Want To Burn Fat, Get Lean and Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding) How To Lose Thigh Fat: The Most Effective and Simple Solutions to Trim your Thighs (Thigh fat, slim thigh, reduce thigh fat, shape your thigh) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Eat Fat, Get Thin Fast!: Eat Fat and Get Thin with the best healthy high fat recipes; Complete pictures, nutrition facts, and serving sizes for every single recipe! FAT BOMBS: 120 SWEET AND SAVORY KETO TREATS FOR KETOGENIC, LOW CARB, GLUTEN-FREE AND PALEO DIETS (keto, ketogenic diet, keto fat bombs, desserts, healthy recipes, fat bombs cookbook, paleo, low carb) Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) Ketogenic Diet Fat Bombs: A Year of Keto Fat Bombs: 52 Sweet & Savory Low Carb Snack Recipes (Ketogenic Diet Fat Bomb Recipes for Rapid Weight Loss with

Low Carb Desserts) The 10-Day Skin Brushing Detox: The easy, natural plan to look great, feel amazing, & eliminate cellulite 33 Essential oil Recipes to Cure Skin Problems: (Wrinkles, Dandruff, Hair Loss, Stretch Marks, Cellulite, Sunburn, Acne, Age Spots, Uneven Complexion, Eczema, Psoriasis, Rosacea) Architecture of Human Living Fascia: Cells and Extracellular Matrix as Revealed by Endoscopy (Book & DVD)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)