

I bet anybody who has ever watch adult entertainment has wondered how do porn stars last so long when they have sex with such amazing looking women. I know I sure did. So I decided to find out what their secrets are.

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Luckily I had some contacts in the industry and managed to watch a few shoots and ask some questions. Everybody involved was more than happy to help, generally they're a very friendly bunch. I guess who wouldn't be given what they do for a living.

So what did I discover? Well of course there is some camera and editing trickery used, they are in show business after all. But these guys were also amazingly professional, and they had quite a few tricks to help their endurance. They wouldn't get paid if they didn't perform. The best bit is you can use most of these techniques at home to help your own duration.

Some of the most common methods were:

□ There is a brief outline of the most common methods that answers the question how do porn stars last so long. I discovered much more while I was on set.

It's of no surprise that there are numerous Hollywood stars with cellulite problems. Some of the biggest names in Hollywood have had, and still do have, cellulite deposits on their body.

Which stars have cellulite? Truth be told, we don't know. Why don't we know? Because stars with cellulite take care of the problem before it can become world news. They don't complain that they are "cursed" and whine about their problem day-in and day-out. Instead, they take the appropriate steps to remove cellulite from their bodies for good. What steps do these big-name stars take to get rid of cellulite? Well, you're about to find out.

Common Misconceptions About Why There Aren't Many Stars With Cellulite...

They spend a fortune on expensive remedies and cosmetic surgery.

False! Although they have plenty of money to take care of the problem through expensive remedies and cosmetic surgery, most big name Hollywood stars take care of cellulite through natural means. Why? Because natural remedies for cellulite don't involve needles, injections, cutting, scraping, or anything painful or invasive. The remedies are simple to do and can be done at home without arising any suspicion that the person is plagued by cellulite.

They have their personal trainer whip them into shape.

False! Although many stars with cellulite have personal trainers that are at their every beck & call, they do not need them for cellulite removal methods. Why? Because cellulite isn't normal fat that can be eliminated by doing rigorous exercise and weight training. Those activities may help to some degree, but they won't eliminate the problem entirely.

They simply cover up their cellulite affected areas with make-up and high-priced cosmetics.

False! Make-up and cheap cosmetic products will only work at a glance; meaning if anyone gets a closer look, the jig will be up. These sort of topical lotions and creams may be good for a quick fix, but they are hardly a way to get rid of cellulite for good. Hollywood stars know this to be true, which is why they don't resort to such cheap ploys.



## Natural Cellulite Removal Techniques That Stars With Cellulite Commonly Use

**Diet:** A few simple changes in the diet can go a long way towards cellulite reduction. By eating less junk food, saturated fats, and processed foods, you will be able to cut back on the toxin & calorie intake that cellulite so greatly adores. Switch out those foods with healthier, more natural foods -- such as fish & fish oils, fruits and vegetables (raw or steamed), beans & peas, low fat yogurt, lean cuts of meat, nuts, vegetable juice, etc. -- and you will be able to stop cellulite accumulation in it's tracks.

**Creams:** These anti-cellulite lotions are not to be confused with cheap cosmetics, as they are two completely different products. Creams made with natural, cellulite fighting ingredients can penetrate deep into the skin and attack cellulite head-on. Not only can they work to improve skin quality, but they can ensure that the skin is never affected by cellulite again.

**Exercise:** A bit of light exercise (20-25 minutes a day, 3-4 times per week) is all you need to increase circulation, blood flow, and muscle mass. With these 3 things increased, areas of the body become less stagnant and cellulite is slowly melted away as a result. Good exercises: running, jogging, brisk walking, swimming, biking, hiking, [□□□□□](#) etc.

All of the stars with cellulite share a common goal; to be rid of cellulite as quickly and as easily as possible. By using some of the methods they use, you too can achieve that shame goal!