

cellulite:

Fat, Fascia or Fiction?

By Lacey Johnson

Imagine a world where you were not imprisoned by the genetic ailments you inherited.

A world where the cellulite that plagued your grandmother's and mother's hips do not have to plague your own. Where freedom exists from the unsightly veins taking up precious real estate on the potentially beautiful legs they inhabit. Where slipping on that party dress is a pose-striking pleasure.

A world where the butt of your dreams can be built to your most ambitious architectural standards, sans needles and risky surgical procedures. A world where standing in front of your bathroom mirror - naked and under the high beam - is a state of awe and wonder rather than a slaughterhouse of self-shaming chatter. And, most importantly, a world where your body functions according to its optimal design. Wouldn't that be nice?

That world exists. You're living in it.

Ladies and gentlemen, join me in rolling out the red carpet for Ashley Black - celebrity bodywork therapist, edu-tainer, inventor, scientist and - ultimately - body wizard. I recently had the pleasure of spending an afternoon interviewing the blonde, spunky and pint-sized 44 year-old, who reeks of brilliance and charisma to the same degree that she oozes girl-next-door approachability and charm.

Black has spent almost two decades navigating her own path through the noisy chatter of exercise misinformation. She has now arrived, and is eager to debunk your every body myth. Most importantly, she is committed to making your most far-fetched and glittering body dreams come true.

In preparation for meeting Black, I not only became a dedicated user of her infamous invention, the FasciaBlaster®, but I also spent months scouring blogs, forums, Facebook groups, Instagram and Youtube. I clicked, read, scrolled and viewed until my eyeballs and fingers ached.

Black's devoted following was no mystery to uncover - comprised of women offering evidence of the eradication of their saddlebags, love handles, batwings, cankles, loose skin, scarring, uneven fat distribution, painful pockets of tightness, postpartum stomach pooch, sagging necks, falling jawlines and drooping knees. Some of the videos gifted me with the feeling of having spent an afternoon at the circus, in fact.

As I poured over the evidence - all the while being an active participant in the cultivation of my own results - every shred of skepticism contained within me soon combusted into a cloud of relenting smoke.

At that point, I got excited.

What if What Your Reflection Offers Is No Indication of What Your Body Could Be?

My findings brought to mind a story I once heard - the story of a Buddha statue located in Thailand which was once covered in clay and filth for hundreds of years.

In the 1950s, a group of monks were instructed to relocate the statue. In the midst of the move, a small chip caught the eye of the head monk. This nearly-overlooked chip would soon reveal something both surprising and delightful underneath it. Curious and intrigued, the monk employed the use of a chisel and hammer, tirelessly determined to see what else would emerge if he expanded its' size. What he found was as extraordinary as it was shocking.

The statue - long believed to have been composed of solid clay - was actually a solid golden Buddha statue merely covered in layers upon layers of clay.

So, reader, as you venture through the material contained within this article, I dare you to consider: What if what you see is no indication at all of what you are capable of becoming? What if your body's golden potential is hidden under layers of clay and filth - perhaps caused by a unique combination of genetic dysfunctions, environmental factors, misuse, poor diet and faulty movement patterns?

Regardless of how you arrived in the body you are currently operating from, I invite you to fasten your seatbelt and continue reading for the possibility of uncovering the golden potential underneath it...
Meet Ashley Black, Your New Body Magician

Seventeen years ago, a 27 year-old Ashley Black was living a relatively quiet existence as a mother and part-time Pilates instructor. But, fate had a different agenda. Shortly following the birth of her second child - a healthy baby girl she named Madeline - Black contracted a deadly bone-eating staph infection that gnawed into both her hip and femur - spreading into her spinal fluid and plaguing every nerve in her body with debilitating pain.

Her medical advisors presented her with a death sentence. Even surviving the condition to live a life of physical agony seemed an impossible feat.

But, her doctors were wrong.

Black's life did not end in that hospital bed. Rather, her near-death experience presented her with an unlikely renaissance. A new life path was laid out for her - one with a myriad of twists and turns, and paved with discoveries so eerily astonishing, they seemed to be of a divine nature.

While in process of lifting her head out of the dark waters of near-mortality, she became a tenacious researcher of human anatomy - almost as though she had been possessed to do so.



"All the right seminars, courses, alternative and integrative healers came into my life," said Black. "I learned from them, practiced their techniques and intuitively began to invent. I also deconstructed everything I knew about exercise (after realizing it was all wrong) and then discovered that ill movement patterns are usually caused by a physical asymmetry or some other structural problem."

While pioneering through the winding and unpredictable road to a better understanding of her own body, Black witnessed a human dissection. Through that experience, she was struck with a life-altering epiphany: "I realized that the body's fascia, which are the web-like connective tissue fibers, is all throughout it. It is everywhere - head to toe and hand to hand. I realized it was a key piece of every [body problem] puzzle."

Black did not rest in such discovery, however. Rather, it lured her to begin creating the science she now calls Fasciology™.

"By studying raw data from all over the world - including Eastern and Western medicine principles, experimenting with my own crippled body as well as on thousands of clients in the clinics I gradually built, the science of fascia began to rapidly evolve."

Black developed a program so effective, opportunities to work with male professional athletes began rolling in. She assisted them in rehabilitating their bodies, healing from sports injuries, increasing their range of motion and reaching their maximum physical potential.

Her unique approach spread like wildfire among the rich and famous, garnering her a faithful catalog of devotees. In fact, Black has had her hands on a number of male public figures so elite, revealing their names would provoke the majority of women in America to blush and squirm in their seats.

But, even then, Black opted not to rest in those victories. She felt an innate responsibility to share her treasure chest of knowledge with the world.

So much has transpired since Black developed her rehabilitation program. At the time of this writing, hundreds of thousands of women now join me in chanting their gratitude for her survival. Black's long-anticipated book, "The Cellulite Myth: It's Not Fat, It's Fascia," set for release in January 2017 - is currently in pre-sale and holding tightly to its number one spot on Amazon's best-seller list. It landed to the top of the list within three hours, in fact.

Black's ultimate mission - with her book, program and hands-on tools - is not to merely reach the top of every list, however. She is fiercely determined to educate the world about the life-changing power of healthy fascia. And, she is doing exactly that - oftentimes with a smile, a wink and an unapologetic "what you see is what you get" method of delivery.

Black has a knack for making anatomy lessons fun, which leads me to the most burning question of all: What in the world is fascia?

What Is Fascia, and How Does it Have Anything to Do With My Body's Appearance?

Have you ever noticed the thin, clear and shiny film covering the top of a raw chicken breast? That's fascia. Humans have it as well, as it is vitally important to the state of our health.

Black explains: "Fascia is an interwoven system in the body and is everywhere, from head to toe. It is your body's connective tissue, but it is also a communication system and is so significant in the state of health that it cannot be removed from any bodily condition - internal or external. Every muscle - tiny and large - is divided by structural fascia. The nerves and blood also run through the fascia, therefore it holds them in place.

Fascia determines the shape of the muscles like a sausage casing. If the casing is shaped like Mickey Mouse, then the muscle will be shaped like Mickey Mouse. However, if the fascia is loose, aligned, hydrated and

free of adhesions, then and only then can the muscles be developed and shaped."

In other words, reader, that booty of your dreams can never be designed to your liking if there is unhealthy fascia restricting the muscles you are working to build, lift and tone. You can perform all of the squats and side lunges with utmost exuberance, but it's never going to happen if your fascia is unhappy.

Black went on to explain how fascia affects not only muscle development and performance, but is also responsible for the fictitious epidemic known as cellulite:

"The fascia is also the casing that determines the shape of the fat. It is the system that causes bulges, fat rolls, cellulite, dents and discrepancies in the skin. Simply put, cellulite does not exist. 'Cellulite' and poor fat distribution are a result of tight fascia. Poor fascia makes the fat ugly."

In essence, Black is trying to convey to cellulite and problem-area sufferers that the fascia is a body system monumentally responsible for why you look the way you do. And, she has invented a tool which serves as a facilitator to remedying your body's most discomforting and unsightly ailments:

Ladies and gentlemen, join me in a round of applause as Black's pride-and-joy, the FasciaBlaster®, takes center stage.

What Is the FasciaBlaster®, How Does it Work and Why Did Ashley Black Create it?

Black originally created the FasciaBlaster® - a tool designed to scrub over a warm and well-oiled body, for the purpose of releasing bound and restricted fascia to injured, misaligned and tight areas - for her lengthy clientele of male professional athletes. She realized her clients needed "hands on" fascial work on a regular basis - more often than she was able to treat them in the flesh. Therefore, the FasciaBlaster® was created to take the place of her fingers and cater to the needs of the athletes - wherever they may be playing or training on any given day.

But, a single text message rewrote Ashley's script forever.

"Your stick got rid of my cellulite," one of her client's girlfriends informed her.

"I literally fell to my knees and sat in awe," Black confessed. "The science I loved so much and spent my adult life thinking about almost every second - for rehabilitative purposes - was also the root cause of cellulite. Of course it was!"

Ashley began taking FasciaBlaster® to thigh until - within a relatively brief period of time - voila! She stood in front of her bathroom mirror, astounded and pinching herself upon realizing that her own cellulite had vanished. This glorious invention was not solely effective at breaking up fascial adhesions for the purpose of healing injuries, increasing range of motion and getting her clients out of pain; It was also every woman's dream of a magic wand.

"I was dumbfounded. And, to this day, every picture I open in social media gives me the same visceral response to their cellulite solutions as I did my own. I'm cheering right along with them. It never gets old working on myself and it certainly never gets old seeing others change their cellulite and - oftentimes - their life."

Black has since expanded the FasciaBlaster® line of products - including a smaller device for contouring the face and jawline, as well as compact variations of the tool which help the user hone in on smaller, difficult-to-reach and tightly-bound areas.

What if Magic Wands Do, in Fact, Exist?

Tales of magic, miracles and phenomenon have long captivated me. At

the same time, I'm a perpetual skeptic. I am charmed by fantasy and possibility, but require factual evidence and throat-punching proof in order to subscribe to any level of belief. But, my husband turned to me one night not long ago - less than two months after sporadic use of the tool - and declared, "Baby, I don't know what you're doing, but your legs look the smoothest they've ever looked."

And, he was right.

One night in fact, I recall catching a side glimpse in my mirror while departing from the shower. My initial thought was, Excuse me? Who is in my house, and how can I push her out of here before my husband feasts his eyes upon her?

This is no sales pitch, readers. I'm a journalist by profession - a journalist with integrity, in fact. However, when I stand in my bathroom mirror, just as Black did all of those moons ago, I am also a woman - awed, bug-eyed and grateful over her own body's ever-evolving transformation.

Despite my initial hesitance, I am now convinced that Black presents metamorphic solutions for a variety of real-life conditions - ranging from emotional, to medical to vanity-related.

As of late, I have become somewhat like a child hanging onto every word of their parent delivering them their most beloved bedtime story - except this is not a tale courtesy of Walt Disney. This is a story I am living. This is me in my own bathroom mirror staring at my very own God-given ass.

The more transformations I have witnessed and the more my own problem areas have begun to surrender to the proper care of my fascia, every long abandoned and buried vanity-related aspiration has begun to reach through its grave - with a mighty fist - as if to say, "Oh, hey girl. Had you forgotten about me?"

So, I ask that you take my hand and continue on this journey with me as I offer a detailed and unfiltered unraveling - along with additional exclusive insights and tips from my interview with Ashley Black - at my very own pride-and-joy: TheDailyDoll.com.

There, I will be publishing a series exploring the science of Fasciology™ in greater detail, as well as delving into the emotional, mental and wellness-related benefits I and others have encountered. I will also share my experience of being assessed and treated by Black herself, following the completion of our interview. Do not miss it!

Until then, I will conclude this article with a list of Black's most comprehensive rules for the proper care of one's fascia and, thus, the cultivation of the body of their dreams.

Ashley Black's Fascia Commandments:

1. Thou Shalt Fasciablaster.

2. Thou Shalt Not Engage in Activities Which Further 'Jack Up' Your Fascia.

"Staying biomechanically fit and structurally sound is the first key to keeping your fascia healthy. I have many videos with tips on Youtube, as well as DVDs available at ashleyblacksystems.com which will help you avoid exactly that."

3. Thou Shalt Not Wear Clothes That Fit Too Tightly!

"Anytime that you wear something restrictive like low rise jeans that create a muffin top, corset/waist trainers or even Spanx, it can actually cause the fascia to create permanent dents where the clothing pulls in."

4. Thou Shalt Be Aware of How You Sit and Stand.

"The way you sit, stand, drive, etc. creates rolls and folds! If you have a sway back, the fascia will eventually stick in that position. Anytime you repeatedly are in a position, your body can actually tack you into that position. And by 'tack,' I mean the fascia can stick you there like duct tape!"

5. Thou Shalt Hydrate.

"The fascia is filled with fluid and responds positively to hydration. I am hardcore about this, and recommend working up to drinking a gallon of water a day."

6. Thou Shalt Eat Well, Manage Stress & Get Adequate Rest.

"All of these factors affect the quality of the fascia. One of my favorite radio shows was one I hosted with my friend Dr. Rakowski who is amazing at explaining and elaborating on the importance of these concepts. If something isn't good for your overall health, it isn't good for your fascia."

For more information on Ashley Black and the science of Fasciology™, and/or to purchase products from her FasciaBlaster® line and her other personal training programs, go to www.ashleyblacksystems.com and www.fasciablaster.com.

Her long-anticipated book, "The Cellulite Myth: It's Not Fat, It's Fascia," is currently available for pre-order on Amazon.com.

