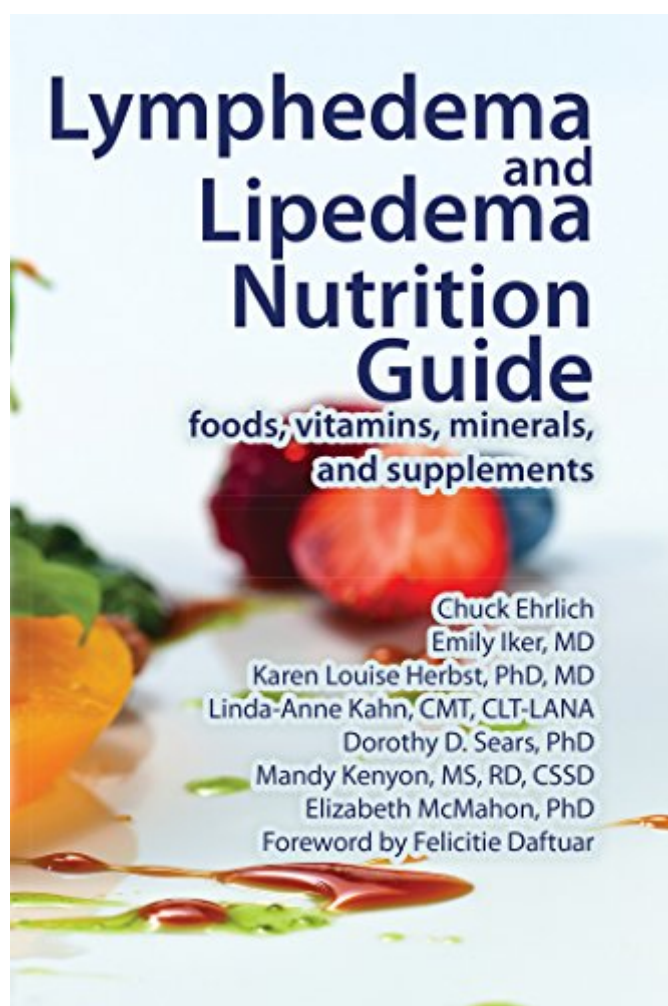


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# Lymphedema And Lipedema Nutrition Guide: Foods, Vitamins, Minerals, And Supplements



## Synopsis

Eat to starve lymphedema and lipedema by having foods that fight these conditions (and cancer) and avoiding foods that contribute to symptoms or related conditions. Learn how food choices affect both conditions and how better nutrition can improve symptoms (including pain) and delay changes associated with progression to more advanced stages. Intended for anyone with, or at risk for, lymphedema or lipedema, caregivers, lymphedema therapists, and other health care providers. Signs of lymphedema and lipedema (painful fat syndrome) include swelling (edema), abnormal fat accumulation, pain, skin changes, and infections (cellulitis, wounds or ulcers) in affected areas. Lymphedema and lipedema are progressive conditions that can be depressing, disfiguring, disabling, and (potentially) deadly, without treatment. This guide explains why nutrition is an essential part of treatment and self-care for these conditions, what to eat, and how to change your eating pattern. It also covers vitamins, minerals, and supplements that may be beneficial. You may be at risk for lymphedema if you have chronic venous insufficiency, other venous disorders, heart disease, obesity, a cancer diagnosis (especially breast cancer, reproductive system cancers, or melanoma), or a family history of lymphedema or swollen legs. Eating wisely and maintaining a healthy body weight can help reduce your risk of developing lymphedema symptoms. This guide includes all the information you need for changing your eating pattern including ways to increase your motivation and build support for changing your eating pattern, meal plans and recipes for recommended foods, a shopping guide, cooking tips, suggestions for eating away from home, and much more. It also includes detailed information on lymphedema and lipedema including risk factors, signs and symptoms, treatment, other health care considerations and over 40 photos showing different stages of each condition.

## Book Information

File Size: 18121 KB

Print Length: 348 pages

Publisher: Lymph Notes; 1 edition (April 1, 2016)

Publication Date: April 1, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01DYJ8YSS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #72,947 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #22 in Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Diet Therapy #36 in Kindle Store > Medical Books > Allied Health Professions > Diet Therapy #187 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition

## Customer Reviews

I am NOT being compensated directly or indirectly in any way for this review. Picked this up at the Fat Disorders Research Society Conference this weekend and read through it already. Couldn't put it down. I could write a lengthy review on why to buy this book, but the short of it is this: If you know you have a Lipedema or Lymphedema, if you have Dercums Disease, or are at risk of any of these issues because others in your family have such issues. If you are a medical doctor of any variety or dietitian. If you work in the mental health, life coach, or casework capacity in supporting someone with these issues. If your loved one may have such issues. If you have always viewed yourself as fat and just can't lose the fat by traditional means and want to explore if you have a fat disorder. This book is for you. Many with Dercums Disease, Lipedema and Lymphedema have suffered for years being misdiagnosed, misunderstood, and traveling many miles at great expense to see a doctor who has researched and understood what really is needed to give us a better quality of life. This book is the support so many have prayed and hoped for for years. We have wanted this book for ourselves, and professionals who work with us so that finally we can find better health and the education for the general medical community that is so over due!

I have very mixed feelings about this book. Obviously a lot of research went into it but I find it to be a bit poorly organized. The thing that throws me is some of the inconsistency- coffee and tea are listed under foods that one should 'eat primarily' and also under 'eat rarely or never'. Which is it? Also, in a past 2015 version of the recommended eating plan that was published, fish and eggs were under 'eat primarily' and now they are under 'eat in limited quantities'. Potatoes and raw nuts and seeds have also moved categories. My question is, between 2015 and 2016, how much has the evidence changed to influence the categorization of these foods, and therefore, are first two categories arbitrary?

I wasn't sure about ordering this book because so many books these days ... are quick prints.. just printed quickly to capture our money but I'm really glad I took the risk and ordered my copy. Now you might question my 5 star rating but it's genuine. The work that went into this book, all the information gathered and the skill it took to organize and translate it into something that can be understood without a medical degree is pretty amazing to me. Be prepared, this book is about educating yourself. I'm going to be able to hold my hold talking to doctors and other specialists who don't understand what Lipedema is. But more important to me ...is this book is showing me how to take charge of my own health. Learning how to adapt is one thing. I've been there... where they throw a diet plan at you and tell you to follow it ... but learning how to personalize and create my very own nutritional game plan that is graded on how well its working for me is priceless.

So much knowledge in one resource!! I believe everyone will benefit from this book. I wish there were more physicians like Dr. Karen Herbst! I have been traveling cross country for a 30 minute appointment for 6 years now. The information in this book is priceless! I think I better put in a bulk order because most people that see it, want to read it!

Eight percent of cancer survivors contract secondary lymphedema from their treatment. I can't tell you how difficult it is to survive a life threatening disease only to contract a life altering incurable disease as a result of your treatment. The emotional and physical toll of lymphedema is expediently increased by inadequate access to care and support to assist people living with the disease. Doctors are not trained in treatment and no medical specialization exists in lymphatic diseases. This book gave me hope. The people who wrote it have experienced and live with lymphedema. The strategies they suggest and I will follow will help me deal with the symptoms and progression of this hideous condition while practicing cancer prevention at the same time. This is undoubtedly a win win solution!

I love this new book. I am a Lipedema patient and I love the anti-inflammatory diet. It's easy use. It's a great daily guide to maintain a healthy lifestyle. It has helped me to control my lipedema and improve my mobility.

This book answered so many questions I had re lymphedema. The idea that the foods you eat can reduce the production of lymph is mind blowing. I believe that every person that suffers from these two conditions me as to read this book. Practitioners also. I won't know til I try if it helps...But it

certainly won't hurt. Read this book. Make yourself finish. It is full of scientific and medical facts, but believe me, they make sense. Do yourself the favor.

This book offers great eating plan ideas and life-change tips for those who suffer from any of the aforementioned conditions. I only wish many of the recipes included more specific measurements. I also wish there were more recipes for dips and salad dressings patients had taste-tested. Overall, this is a great reference for those with lymphatic issues and excellent medical explanations for why certain foods are healthier for those with lymphatic disorders. The lists of foods to choose and avoid, with descriptions of ways they affect your metabolism are invaluable. This is definitely worth the money!

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