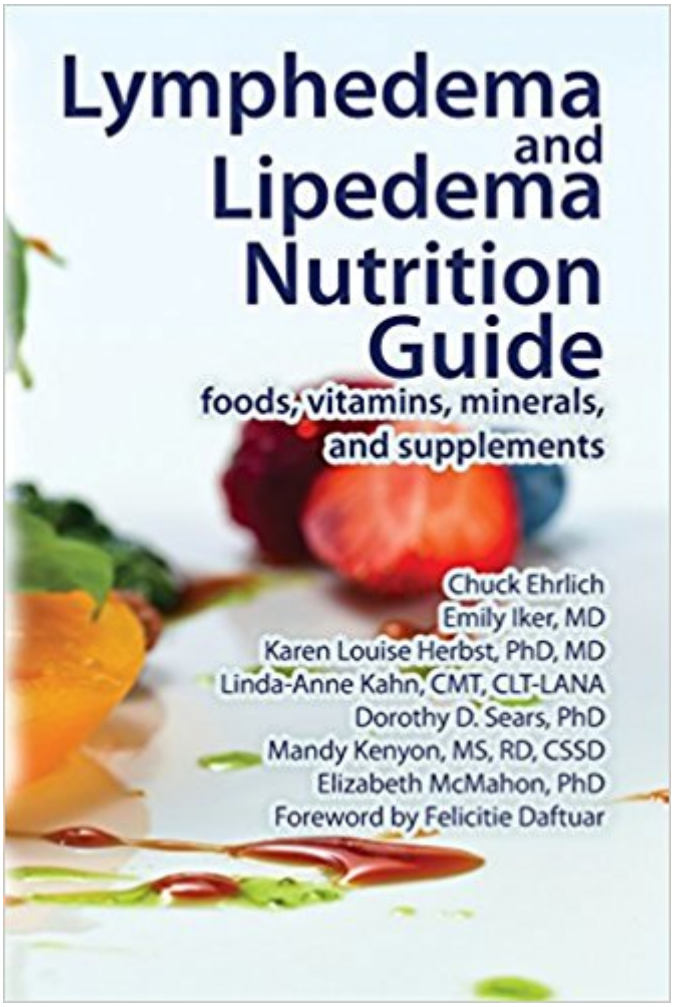
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Lymphedema And Lipedema Nutrition Guide: Foods, Vitamins, Minerals, And Supplements



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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. The authors include experts in lymphedema and lipedema treatment, nutrition research, and behavior change. Recommendations are based on published medical research combined with the clinical experience of the authors. In addition to sharing their clinical experience, Emily Iker and Linda-Anne Kahn share their personal insights from living well with lymphedema and lipedema, respectively. Chuck Ehrlich is a medical researcher and writer for LymphNotes.com, as well as a lymphedema caregiver. Emily Iker, MD, specializes in treating lymphedema and lipedema at the Lymphedema Center in Santa Monica and has lower-extremity lymphedema. Karen Louise Herbst, PhD, MD, treats people with lymphatic issues including lymphedema and lipedema, and leads the Treatment, Research and Education of Adipose Tissue (TREAT) Program, at the University of Arizona College of Medicine. Linda-Anne Kahn, CMT, NCTMB, CLT-LANA, CCN, is a lymphedema therapist, nutritional consultant and integrative health coach at Beauty Kliniek Day Spa and Wellness Center in San Diego, and has lipedema.

Dorothy D. Sears, PhD, researches diet and behavior patterns for reducing disease risk at the University of California San Diego School of Medicine. Mandy Kenyon, MS, RD, CSSD, is a consulting dietitian and research leader for Salk Institute and VeteranÃ¢â ¬â„¢s Medical Research Foundation. Elizabeth McMahon, PhD, is a clinical psychologist specializing in health-related behavior change and the author of several lymphedema books including Overcoming the Emotional Challenges of Lymphedema. Foreword by Felicitie Daftuar, founder and executive director of Lipedema Foundation and past-president of the Fat Disorders Research Society.

Book Information

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Customer Reviews

Chuck Ehrlich has been doing lymphedema research and medical writing since 2005. Emily Iker, MD is a cancer survivor with lymphedema and specialist in lymphedema and lipedema treatment (www.lymphedemacenter.com). Karen Louise Herbst, PhD, MD treats people with lymphatic issues including lymphedema and lipedema at the University of Arizona (www.lipomadoc.org). Linda-Anne Kahn, CMT, CLT-LANA has lipedema and provides lymphedema and lipedema therapy at Beauty Kliniek Wellness Center (www.pamperyou.com). Dorothy D. Sears, PhD researches diet and behavior patterns for reducing disease risk at UCSD School of Medicine. Mandy Kenyon, MS, RD, CSSD is a consulting dietitian and research leader for Salk Institute and VeteranÃ¢â ¬â„¢s Medical Research Foundation. Elizabeth McMahon, PhD is a clinical psychologist (www.elizabeth-mcmahon.com) and author of Overcoming the Emotional Challenges of Lymphedema.

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?

Lipedema is under diagnosed in the US. This book brought a lot of clarity about the diagnosis and what we can do to feel better in life.In just a few weeks of applying the data to our life's my partner is feeling so much better. Better then she has in years

I have completed my breast cancer surgery as well as the radiation treatments. I had to have all the lymph nodes removed from my arm. With Lymphedema I need to pay attention to what I eat and this book is a great help in that...

I have Lymphedema, so I was excited to see what this book had to say. The synopsis you had on it, was perfect. Exactly what I expected. Much information about a disease, that many aren't even aware of, so it's nice to see and read. Great resource. Thanks for the quick delivery.

Very good info! Could be edited for concise info and clean up some poorly worded sentences but the content is very helpful. I am sharing with clients!

It is going to be a lot of hard work to change over our lifestyle, but it will be worth it. I have heard from others that this really works.

Just started this book, so I will have to comment later when I have read more and have more knowledge to give a review.

I love this book and Dr. Iker is my doctor--amazing for lipedema people.

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