

# Lipedema Home Care Guide





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Lipedema is a chronic condition characterized by the abnormal accumulation of fat, typically in the legs and arms, leading to pain and swelling. While lymphatic drainage/lipedema treatments are crucial to prevent progression, there are several at-home practices that can support your health and well-being. This guide provides tips on how to manage lipedema through lifestyle changes, self-care routines, and a positive mindset.

## Nutrition and Food Choices

- **Anti-Inflammatory Diet:** Incorporate foods that reduce inflammation such as leafy greens, berries, fatty fish, nuts, and seeds.
- **Limit Processed Foods:** Avoid foods high in sugar, salt, and unhealthy fats, as they can worsen inflammation and swelling.
- **Stay Hydrated:** Drink plenty of water to support lymphatic drainage and overall health. Aim for at least 8-10 glasses per day.
- **Herbal Teas:** Include teas like dandelion or ginger, which can help reduce inflammation and support digestion.
- Find more information on nutrition below.

## Exercise and Movement

- **Low-Impact Exercise:** Engage in activities like swimming, walking, cycling, or yoga. These exercises are gentle on the joints and help improve circulation without causing excessive strain.
- **Lymphatic Exercises:** Incorporate exercises specifically designed to stimulate lymphatic flow, such as deep breathing, leg lifts, and gentle rebounding on a mini trampoline.
- **Consistency:** Aim for at least 30 minutes of movement each day. Even gentle stretching can be beneficial.

## Dry Brushing

- **Stimulate Lymphatic Flow:** Open up the lymph nodes before you start brushing. Gently brush your skin in long, upward strokes towards the lymph nodes to stimulate lymphatic drainage. This helps reduce swelling and improve circulation. Watch this video ([www.studionourish.nl/drybrushing](http://www.studionourish.nl/drybrushing)) for an instruction on how to open up the lymph nodes and brush in the right way.
- **Frequency:** Do this twice a week.
- **Tools:** Use a natural bristle brush with firm bristles.
- **Be Gentle:** Start with light pressure and gradually increase as tolerated.

## Stress Management

- **Mindful Practices:** Incorporate yoga or (guided) meditation into your daily routine to reduce stress, which can exacerbate symptoms.
- **Rest and Sleep:** Prioritize good sleep hygiene and aim for 7-9 hours of sleep per night to allow your body to heal and rejuvenate.
- **Massage and Self-Care:** Regular lymphatic drainage massages (either professional or self-massage) can be very beneficial. They help stimulate lymphatic flow, reduce swelling, and promote relaxation.

## Positive Mindset and Visualization

- **Affirmations:** Practice daily affirmations that focus on self-love, healing, and resilience. Examples: "My body is healing every day" or "I am beautiful".
- **Visualization:** Spend a few minutes each day visualizing your body healing and how you would like your body to look and feel like.
- **Mindfulness and Meditation:** Engage in mindfulness practices to reduce stress, which can exacerbate lipedema symptoms. Meditation or deep-breathing exercises can help you stay calm and centered.
- **Tip:** listen to sound healing when you fall asleep (search on Spotify/Youtube for Solfeggio Frequency Healing your Body).

## Hydration and Skin Care

- **Moisturize:** Keep your skin hydrated with natural oils or moisturizers to prevent dryness and irritation.
- **Gentle Cleansing:** Use mild, chemical-free soaps and cleansers to avoid further skin inflammation.
- **Epsom Salt Baths:** Take warm Epsom salt baths to soothe muscles and promote relaxation. The magnesium in Epsom salts can also help reduce inflammation.

## Castor Oil Packs

- **Lymphatic Support:** Apply castor oil to the affected areas and cover with a warm cloth or pad. This can help reduce inflammation and improve lymphatic drainage.
- **How to Use:** Soak a piece of cloth in castor oil, place it on the affected area, cover with plastic wrap. Leave on for 30-60 minutes.
- **Frequency:** Use castor oil packs 2-3 times per week for best results.
- **Tip:** as castor oil might stain your clothes it might be worth it to buy a castor oil wrap online.



# Nutrition Guide Lipedema

It is extremely important for women with lipedema to optimally support the body. A body with lipedema suffers a lot from low-grade inflammation and difficulty burning fat. Therefore, a plant-based diet with less fat, less inflammation and more energy for recovery is recommended. Especially during the period of treatment, so that the body can detox properly and use all vitamins and minerals immediately.

## Why proper nutrition is essential for women with lipedema

- Less inflammation, so less pain/numbness: By choosing healthy plant-based foods, you prevent unnecessary inflammatory reactions in the body, such as those caused by animal products. After all, a body with lipedema already has enough inflammation.
- Better recovery: Fresh fruit and vegetables, preferably organic, provide optimal nutrition for recovery. Lipedema demands a lot from the body, so it is very important to take care of it.
- Storing less fat: Women with lipedema have difficulty burning fat. That is why it is important to follow a low-fat diet and get energy from carbohydrates (glucose) that can be found in fresh fruit, among other things.
- More energy and better in your own skin: An eating pattern with an abundance of fruit will not only give you the physical energy you need to deal with this debilitating disease, but also to support you mentally in the best possible way.

When the body is permanently in a fight with lipedema, it has to take extra good care of it. This way you suffer less from inflammation and you eat less fat, so that your body heals better and you have much more energy.

A healthy diet is very important for a body with lipedema:

The immune system is constantly triggered to dissolve, in vain, the fat deposits created by lipedema. As a result, women with lipedema permanently suffer from (often extremely painful) low-grade inflammation. It is therefore important to adopt an eating pattern that responds to this.

A plant-based diet has an anti-inflammatory effect, unlike animal products that trigger inflammatory reactions. In addition, the focus is on fruit, rich in carbohydrates (which every cell in our body works on) and low in fat (which women with lipedema burn poorly). This way, the body gets the nutrition it needs! If you do like to eat meat; choose lean options.



# Best food choices for Lipedema

- Leafy Greens: Spinach, kale, and Swiss chard are rich in antioxidants and anti-inflammatory properties.
- Berries: Blueberries, strawberries, and raspberries are high in antioxidants and can reduce inflammation.
- Fatty Fish: Salmon, mackerel, and sardines provide omega-3 fatty acids, which have anti-inflammatory effects.
- Nuts and Seeds: Walnuts, chia seeds, and flaxseeds are good sources of healthy fats and omega-3s.
- Olive Oil: A source of healthy fats that can help reduce inflammation.
- Garlic and Onions: Both have anti-inflammatory and antioxidant properties.
- Whole Grains: Brown rice, quinoa, and oats are high in fiber and can help maintain a healthy weight.
- Legumes: Beans, lentils, and chickpeas are high in fiber and protein.
- Turmeric: Contains curcumin, which has strong anti-inflammatory effects.
- Green Tea: Rich in antioxidants and can help reduce inflammation.
- Avocado: A source of healthy fats and antioxidants.
- Cruciferous Vegetables: Broccoli, cauliflower, and Brussels sprouts are high in fiber and antioxidants.
- Tomatoes: Contain lycopene, an antioxidant that helps reduce inflammation.
- Citrus Fruits: Oranges, lemons, and grapefruits are high in vitamin C, which supports immune function and skin health.
- Lean Protein: Chicken, turkey, and tofu provide essential amino acids without excessive fat.