



## Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements

By Chuck Ehrlich, Emily Iker, Karen Louise Herbst, Linda-Anne Kahn, Dorothy D. Sears, Mandy Kenyon, Elizabeth McMahon



**Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements** By Chuck Ehrlich, Emily Iker, Karen Louise Herbst, Linda-Anne Kahn, Dorothy D. Sears, Mandy Kenyon, Elizabeth McMahon

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 Veteran'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.

 [Download Lymphedema and Lipedema Nutrition Guide: foods, vi ...pdf](#)

 [Read Online Lymphedema and Lipedema Nutrition Guide: foods, ...pdf](#)

# Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements

*By Chuck Ehrlich, Emily Iker, Karen Louise Herbst, Linda-Anne Kahn, Dorothy D. Sears, Mandy Kenyon, Elizabeth McMahon*

**Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements** By Chuck Ehrlich, Emily Iker, Karen Louise Herbst, Linda-Anne Kahn, Dorothy D. Sears, Mandy Kenyon, Elizabeth McMahon

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 Klinik 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 Veteran'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.

**Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements By Chuck Ehrlich, Emily Iker, Karen Louise Herbst, Linda-Anne Kahn, Dorothy D. Sears, Mandy Kenyon, Elizabeth McMahon Bibliography**

- Sales Rank: #26841 in Books
- Published on: 2016-04-01
- Original language: English
- Dimensions: 9.00" h x .79" w x 6.00" l, 1.03 pounds
- Binding: Paperback
- 348 pages

 [Download Lymphedema and Lipedema Nutrition Guide: foods, vi ...pdf](#)

 [Read Online Lymphedema and Lipedema Nutrition Guide: foods, ...pdf](#)

**Download and Read Free Online Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements By Chuck Ehrlich, Emily Iker, Karen Louise Herbst, Linda-Anne Kahn, Dorothy D. Sears, Mandy Kenyon, Elizabeth McMahon**

---

## **Editorial Review**

### About the Author

- 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](http://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](http://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](http://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 Veteran's Medical Research Foundation.
- Elizabeth McMahon, PhD is a clinical psychologist ([www.elizabeth-mcmahon.com](http://www.elizabeth-mcmahon.com)) and author of *Overcoming the Emotional Challenges of Lymphedema*.

## **Users Review**

### **From reader reviews:**

#### **Vickie Hintz:**

In this 21st hundred years, people become competitive in each and every way. By being competitive currently, people have do something to make all of them survives, being in the middle of the actual crowded place and notice by means of surrounding. One thing that often many people have underestimated this for a while is reading. Sure, by reading a guide your ability to survive increase then having chance to remain than other is high. For yourself who want to start reading the book, we give you this kind of Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements book as nice and daily reading publication. Why, because this book is more than just a book.

#### **Matthew Thompson:**

Playing with family in a park, coming to see the coastal world or hanging out with good friends is thing that usually you will have done when you have spare time, and then why you don't try point that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements, you are able to enjoy both. It is good combination right, you still need to miss it? What kind of hang-out type is it? Oh can happen its mind hangout people. What? Still don't have it, oh come on its identified as reading friends.

**Carol Shull:**

Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements can be one of your beginner books that are good idea. We all recommend that straight away because this book has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The writer giving his/her effort to get every word into enjoyment arrangement in writing Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements nevertheless doesn't forget the main stage, giving the reader the hottest and also based confirm resource data that maybe you can be certainly one of it. This great information can drawn you into fresh stage of crucial pondering.

**Mary Cox:**

Is it a person who having spare time in that case spend it whole day by simply watching television programs or just laying on the bed? Do you need something totally new? This Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements can be the response, oh how comes? It's a book you know. You are therefore out of date, spending your spare time by reading in this brand new era is common not a geek activity. So what these books have than the others?

**Download and Read Online Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements By Chuck Ehrlich, Emily Iker, Karen Louise Herbst, Linda-Anne Kahn, Dorothy D. Sears, Mandy Kenyon, Elizabeth McMahan  
#TUZ14P6BAHQ**

## **Read Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements By Chuck Ehrlich, Emily Iker, Karen Louise Herbst, Linda-Anne Kahn, Dorothy D. Sears, Mandy Kenyon, Elizabeth McMahon for online ebook**

Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements By Chuck Ehrlich, Emily Iker, Karen Louise Herbst, Linda-Anne Kahn, Dorothy D. Sears, Mandy Kenyon, Elizabeth McMahon Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements By Chuck Ehrlich, Emily Iker, Karen Louise Herbst, Linda-Anne Kahn, Dorothy D. Sears, Mandy Kenyon, Elizabeth McMahon books to read online.

## **Online Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements By Chuck Ehrlich, Emily Iker, Karen Louise Herbst, Linda-Anne Kahn, Dorothy D. Sears, Mandy Kenyon, Elizabeth McMahon ebook PDF download**

**Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements By Chuck Ehrlich, Emily Iker, Karen Louise Herbst, Linda-Anne Kahn, Dorothy D. Sears, Mandy Kenyon, Elizabeth McMahon Doc**

Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements By Chuck Ehrlich, Emily Iker, Karen Louise Herbst, Linda-Anne Kahn, Dorothy D. Sears, Mandy Kenyon, Elizabeth McMahon Mobipocket

Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements By Chuck Ehrlich, Emily Iker, Karen Louise Herbst, Linda-Anne Kahn, Dorothy D. Sears, Mandy Kenyon, Elizabeth McMahon EPub