

LIPEDEMA TREATMENT GUIDE

Available in paperback and ebook format at Amazon

Are you newly diagnosed with lipedema, a painful adipose tissue disorder?

Maybe you have had the condition for years and are looking for ideas for self-care from a holistic perspective.

In this book you will learn: Treatment goals for lipedema / lipoedema Tips for reducing pain and inflammation How to boost your lymphatic system If you are looking for a research-packed guide to caring for lipedema, read this book!

Praise for Lipedema Treatment Guide: **Steven Dean, DO, FACP, RPVI**, Professor of Clinical Internal Medicine, Ohio State University Wexner Medical Center calls the Lipedema Treatment Guide “incredibly well-written and informative” and has added it to his patient lipedema handout.

Jacqui Beutel teaches Decongestive Lymphatic Therapy courses in Australia & New Zealand and gives copies of the Lipedema Treatment Guide to her students.

Lis from Georgia “I am using it as my “diary”. There are several pages that have room for notes. I have highlighted things pertaining to me, and i have written notes, remarks, and some frustrations in it. I will bring it to EVERY future doctor appointment!”

By Kathleen Lisson, CMT, CLT

✉ LipedemaTreatmentGuide@gmail.com

🌐 LipedemaTreatmentGuide.com

