Consider what the book *The New Our Bodies, Ourselves* states - “much of our ill health as fat women results from the stress of living with fat hatred - social ridicule and hostility, isolation, financial pressures resulting from job discrimination, lack of exercise due to harassment, and, perhaps most important, the hazards of repeat dieting.”

- *The New Our Bodies, Ourselves, 1992*
Lipedema is not well known in either the medical field or by the general public.

- Lipedema Treatment Guide
I believe that the more we move towards fat acceptance the better understood fat tissue disorders will be understood and therefore, useful and effective treatment will be more available to people with lipedema.

- Lipedema Treatment Guide
There is no pill or operation that can instantly cure lipedema, but collecting a team of experts as well as friends and loved ones who understand and care about you can make living with lipedema easier.

- Lipedema Treatment Guide
Having lipedema feels like I am in the Elephant Man movie and I am the star attraction.

- Teresa Hiatt
The dangerous reality is that far too many Americans put off visiting their doctor for care because of fears around the way they will be treated.

- Lipedema Treatment Guide
The reality is that some people with lipedema find that MLD massage is effective, while others don’t see any changes. This might be due to the severity of the lipedema and existence of more than one type of lipedema.

- Lipedema Treatment Guide
It's nice to know, that after so many years of gaining weight, regardless of every effort to lose it, it is NOT MY FAULT. Because I know that, I am making a real effort at radical self-love, at celebrating all the things my body CAN do, instead of lamenting the things it can't.

- Rachael Griffith
I treat my lipedema by trying to nourish myself body, mind and spirit. I find self-care for me means movement, stillness and being connected to community.

- Kathryn Lynn Hack
In the book ‘The Obesity Myth,’ author Paul Campos states that “we live in a culture that tells the average American woman, dozens of times per day, that the shape of her body is the most important thing about her, and that she should be disgusted by it.”

- Campos, 2004 p. xviii
I began practicing meditation during a period of high anxiety in my life. I had just sprained my ankle, forcing me to cancel running a half marathon race for which I had been training over the previous three months. This ‘meditation thing’ worked for me and I became so impressed by the positive effects of meditation in my life I trained in Sedona with former Chopra Center Program Director and best-selling author Sarah McLean to become a meditation teacher.

- Kathleen Lisson
I want you to know that you can reclaim your sexuality, embrace your sexiness, and experience pleasure as a fat person!

- Sarah Thompson
Intuitive eating helps individuals to drop the judgment around food choices and experiences, get in touch with their appetites, and gently integrate nutrition as one factor of eating but not the only factor.

- Lindsay Stenovec, CEDRD
Lipedema feels like a burden, one you have to carry around all day every day. Not just physically but mentally.

- Amy Victoria Fretwell
My family was very relieved to find out that I had lipedema and that there was an actual diagnosis for it.

- Michelle Kohn