



Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, supplements. C. Ehrlich, E. Iker, K. Herbst, L-A. Kahn, D. Sears, M. Kenyon, E. McMahon. Foreword by F. Daftuar. Published by Lymph Notes, 2015

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This informational guidebook, supported by current research and expertise of the authors, may be the first of its kind to provide specific nutrition guidelines for those suffering with Lipedema and Lymphedema. The intended audience is patients, family/friends of patients, and health care professionals seeking guidance and knowledge to improve health with proper nutrition.

The collection of reputable authors includes two physicians (one of which has Lymphedema), a medical writer/consultant, an experienced Lymphedema Therapist with many specialty certifications (who also suffers with Lipedema), a researcher with specialty in endocrinology/metabolism and public health, a dietitian/researcher, and a clinical psychologist.

This guidebook contains twelve chapters and five appendices. The first chapter describes signs and symptoms of both Lymphedema and Lipedema, stages of each, types, and characteristics. Also included is a description of Dercum's Disease and Multiple Symmetric Lipomatosis. Appendix D includes actual example photos of each which provide an excellent visualization of the various stages and types.

Chapter two describes the physiology behind the disease processes and how food choices impact progression or regression. This chapter may be the most scientifically detailed as it outlines the function of the gut lymphatics, gut microbes, how common foods can elicit dysfunction and disease in grain and gluten metabolism, the skin as an organ, abnormal biological signals including how tumors and other conditions promote lymphedema, and the role of

estrogen in lipedema fat.

Chapter three outlines a recommended eating pattern to "starve" lymphedema and lipedema by avoiding added sugars, refined grains, chemically modified fats; and by limiting animal products and high-salt foods.

Chapter four explains macronutrients, American food labels, and what to look for when comparing foods. Ketogenic diets are described, as are fat and carbohydrate types, whole foods, and plant based eating. Descriptions of calories, short and medium-chain fats, cholesterol, sodium, carbohydrates, and protein are outlined.

Chapter five covers other nutritional factors including the difference between omega-3 fats and omega-6 fats, the benefits of insulin, how fermented foods support healthy gut microbes and stimulate the immune system, and avoidance of artificial sweeteners. A table of food sources of insulin is included with serving size in ounces, grams, and insulin g/100g.

Chapter six outlines recommendations in three categories: 1) vitamins and minerals everyone should consider taking daily, 2) routine supplements to consider taking regularly, and 3) as needed supplements for specific needs or occasional use. The reader may find it helpful that suggested doses for an average adult are included which eliminates guesswork for many individuals.

Chapter seven lists helpful strategies for changing eating patterns. Four elements are described as key to changing eating patterns including: will/motivation for change, skills for

building new habits, acceptance or responsibility for progress, experimentation to learn what works best individually, and overcoming emotional issues related to food consumption. This chapter effectively addresses the behavioral and emotional side of change. The strategies outlined prove applicable not only to eating patterns, but also provide framework for making a commitment to a variety of life changes and decisions.

Chapter eight encompasses example meal plans, meal planning tips, suggested foods for special occasions, and transition aids for moving away from bread, pasta, and meats. Interestingly, some personal meal plans belonging to Emily Iker and Linda-Anne Kahn are included in this chapter. Suggestions are clearly outlined for breakfast, lunch, snacks, dinner, and dessert. Meat substitutes and vegetarian meat alternatives are described.

Chapter nine is a list of recipes for main dishes, soups, sides, and salad dressings. The ingredients listed can be substituted for accommodation of strong to mild tastes. The ingredients are not exotic, and would be available at an average grocery store.

Chapter ten encompasses how to prepare various fresh fruits and vegetables, and chapter eleven describes practical tips and guidelines for making and sustaining changes in eating patterns including eating away from home, cooking tips, and frequently asked questions.

Chapter twelve outlines record keeping for patients including weight tracking, foods and moods, food diaries, activity tracking, limb measurements, and body temperature.