

COULD IT BE LIPEDEMA?

HERE'S HOW I GOT REAL ANSWERS

The team that helped me

- For years, I tried everything—the most bizarre diets, exercise until exhaustion.
- But my legs kept growing and the heaviness and pain increased.
- Protein powder, ‘miracle pills’.. you name it!
- But I kept gaining weight and weight... slowly but steady.
- I thought if I tried to starve to death my body wouldn't allow it, since I eat so little!
- Things got worse when I got a hormonal IUD... and I gained 10kgs/ 22 lbs in just 10 months. And my doc? She said it had nothing to do.

And then... the solution!

- Until I connected with a specialized team nothing had sense.
- If you're wondering if what you have is lipedema...
- You can have your diagnostic process online.
- So easy from home, right?



IT WAS SO HARD TO FIND

After a lot of research

- I researched lipedema and learned that **lowering inflammation is key to improving it.**
- That's when I found the RAD diet—and how keto or low-carb could support my body.
- I was **determined.** I wanted surgery.
- So I got ready—**no personal trainer, just me,** a plan, and discipline.
- I worked out. I changed how I ate.
- I spent months **digging deep,** meeting with surgeons...
- Until I chose Clínica Chamosa in Spain—a pioneer in lipedema surgery since 1987.

What stood out to me?

- They offer a unique treatment for calves and ankles.
- They're serious, detail-oriented, and professional.
- And most of all... they listened. For the first time, I felt like someone had a plan for me.

Be diagnosed

If you're wondering if what you have is lipedema... You can now have your diagnosis online.

Once you email them, you'll receive info on what tests and documents are needed.

clinica@clinicachamosa.com

Just from one lippy-girl to another.

*Love,
Elise*

PS: Just write ELISE at email or subject



October 2021
Lost 25kgs/55lbs in 6 months



November 2021
Recovered after surgery



2023
Before-after arms surgery

