

# LIPEDEMA STARTER

## *Blueprint*

FIRST STEPS TO  
EMPOWERED LIVING



Others are already changing their lives.  
Why not you?

*By Elise Cuadra*



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Hey beauty!

This blueprint ide is designed to be your daily companion through your first 31 days after diagnosis.

It's not just about what to eat or wear.

It's about how to think, feel, and act while building a foundation that truly supports you.

You're not alone, you're not broken, and you're not imagining things.

In this blueprint you are getting:

- 5 daily easy-tips to work on your Lipedema.
- Easy recipes & meal ideas, based on Dr. Karen Herbst's RAD Diet.
- Monthly and weekly self-care checklists.
- Reflections and small challenges to build momentum.
- Printable tools to organize your next steps.

This isn't about being perfect. This is about starting, with grace and realism.

Let's walk this together. Let's build a new story—day by day, step by step.

*Love,  
Elise*

# LIPEDEMA 101

If you've recently been diagnosed—or just suspect something isn't right—this section is your starting line. You'll learn what lipedema actually is, how it differs from other conditions, and why your experience is valid. This isn't in your head. It's in your tissues. And now you'll have the knowledge to begin responding with clarity and care.

## WHAT IS LIPEDEMA

Lipedema is a **chronic fat** and **lymphatic disorder** that primarily affects women (it's estimated 11% of the world are affected by it). It causes a **symmetrical** buildup of fat, especially in the legs, hips, and arms, and often comes with pain, tenderness, and easy bruising.

Many women with lipedema are misdiagnosed for years—often told it's just weight gain or “bad circulation.”

But lipedema is not your fault. It is a real medical condition that needs special care, not shame or restriction.



# TYPES OF LIPEDEMA

## THE BASICS

Adapted from the *Schingale* classification and medical sources such as the 'Instituto del Lipedema'.

- Type I – Fat is concentrated in the buttocks, hips, and pelvis (“saddlebag” area).
- Type II – Fat extends from the hips to the knees, often creating a fold inside the knee.
- Type III – Fat distribution includes hips, thighs, knees, and calves, down to the ankles.
- Type IV – Arms are also affected (upper arms), but fat usually stops at the wrists.
- Type V – Fat is primarily located between the knees and ankles, without affecting upper legs. This is the rarest form.

Many women have a combination of types (e.g., Type II + IV, or III + IV).





# STAGES OF LIPEDEMA

## WHAT'S MY CASE?

These stages (or grades) help understand how advanced the condition is—and which strategies might help.

- Stage 1: Smooth skin surface. Fat is soft with slight thickening. Nodules may be felt under the skin.
- Stage 2: Skin becomes uneven or dimpled (like “orange peel”). Fat becomes firmer and more fibrotic.
- Stage 3: Fat masses become larger and harder. Skin folds and deformities may appear. Mobility may decrease.
- Stage 4: Also called lipo-lymphedema. The lymphatic system is significantly compromised. Swelling becomes permanent and may affect hands and feet. Skin thickens, and pain increases.

## WHY THIS MATTERS

Understanding your type helps you recognize where the fat distribution is happening.

Knowing your stage shows how far the condition has progressed—so you can choose the right tools (nutrition, movement, compression, lymphatic support).

You don't need to know your type or stage perfectly to begin—but naming them can help replace confusion with clarity, and shame with strategy.





# HOW TO FIND OUT

## WHAT ARE MY SYMPTOMS?

Lipedema can look different for each woman, but here are some of the most common signs.

You can check off the ones you've noticed:

- Cuff sign: A visible “line” at your ankles or wrists where the fat suddenly stops.
- Heavy, painful legs that feel sore or swollen—especially at the end of the day.
- Feeling bloated after eating bread, pasta, pizza or sugar.
- Brain fog or poor memory—you feel cloudy, forgetful, or mentally tired.
- Extreme fatigue, especially after eating carbs or standing for long hours.
- Skin sensitivity or bruises that appear easily, even without hitting anything.
- No improvement from diet or exercise in affected areas.

You are not imagining things. Your body is sending signals—and now you're learning to listen.





# THE DIAGNOSE

## WHAT NOT TO DO WHEN DIAGNOSED

When you first get diagnosed, it's normal to feel panicked. You might want to fix everything at once, or you might freeze and do nothing.

Here are 3 things you should avoid at the beginning:

### **1. Don't starve yourself or over-exercise.**

Lipedema fat doesn't respond like regular fat. Extreme restriction or intense workouts can lead to burnout and even more inflammation.

### **2. Don't blame yourself.**

This is not your fault. It's a medical condition—not something you caused by eating pizza or skipping the gym.

### **3. Don't buy random compression garments.**

Not all compression is created equal. The wrong type can actually hurt. Start with trusted brands (like Lipoelastic), and get advice if you can.

The first step is to go slow, gentle, and smart. You're not here to punish your body—you're here to support it.

### **Thinking about getting a second opinion from a specialist?**

This team has been performing lipedema surgeries since the 80s, revolutionizing the industry with a patented technique—recognized by Harvard—that targets the ankles and calves, restoring their natural shape.

Click [here](#) for more info!





# STEP BY STEP

## YOUR FIRST 31 DAYS -A GENTLE START

Starting something new can feel overwhelming, so I created a simple 4-week roadmap to guide you. Each week, you'll add just small habits. These are not extreme, and they don't require more than 10-15 minutes a day.

The goal? Support your lymphatic system, reduce inflammation, and rebuild trust with your body—one step at a time.

Small wins = big change over time. Let's begin





# RAD DIET

## THE BASICS

The RAD diet is a low-carb, low-inflammatory, and nutrient-rich way of eating designed to reduce pain, swelling, and tissue fibrosis caused by lipedema.

It's not a short-term plan. It's a lifelong ally—one that empowers your body rather than punishes it.

## BACKED BY SCIENCE

Dr. Karen Herbst's research shows that inflammatory foods can trigger or worsen lipedema symptoms. Her RAD protocol helps stabilize fat expansion, improve lymphatic flow, and lower inflammation markers.

In Europe, Dr. José Luis Simarro advocates for similar principles, emphasizing how certain foods directly impact the connective tissues and immune response in lipedema.



# KEY PRINCIPLES

## A NEW WAY OF EATING

This isn't a keto cult or a food prison. Think of it as anti-inflammatory low carb, rich in whole foods, healthy fats, clean proteins, and deeply nourishing vegetables.

And yes—there are desserts too (I made a whole recipe book because I couldn't live without sweets!)

- Inflammation is the enemy. We eat to reduce it.
- Insulin spikes create chaos. So we keep blood sugar stable.
- The lymphatic system needs support. What you eat affects how your lymph flows.
- Consistency is key. It's not about perfection—it's about showing up for your body, every day.

## HOW IT HELPS LIPEDEMA

- Reduces swelling and water retention
- Improves energy, sleep, and mental clarity
- Eases joint pain and heaviness
- Slows down the progression of nodules and fibrosis
- Empowers you with food freedom, not food fear





# DAILY RAD SWAPS

Here's how you can gently start adapting your meals.  
These are practical daily swaps that work wherever you live.

MEAL	COMMON OPTION	RAD swaps
BREAKFAST	Toast & jam	Scrambled eggs with spinach
MORNING SNACK	Granola bar	Handful of macadamias & berries
LUNCH	Sandwich & crisps	Grilled salmon with zucchini
TEA TIME	Biscuits + latte	Coconut milk chai + dark chocolate
DINNER	Pasta & bread	Roasted chicken & cauliflower





# MEAL PLAN EXAMPLE

Here's a real example of what I eat in a RAD day.

This way of eating doesn't have to be boring. It's satisfying, flavorful, and inflammation-fighting.

MEAL	
BREAKFAST	Boiled eggs with avocado, olive oil & a slice of my Lippy loaf bread
MORNING SNACK	1 radish, handful of walnuts, herbal tea
LUNCH	Turkey burger on lettuce wraps + sauerkraut
TEA TIME	Almond flour muffin & unsweetened coconut latte
DINNER	Grilled cod, asparagus & a drizzle of ghee



# WHAT NOT TO EAT

When I started the RAD diet, I remember standing in my kitchen thinking:

“If I can’t eat gluten, sugar, dairy, or seed oils... what’s left?”

But here’s what I’ve learned: removing the right foods doesn’t shrink your joy—it shrinks your inflammation. And that changes everything.

I used to eat toast with jam every morning, yogurt mid-afternoon, and pasta for dinner. I thought I was doing “everything right.” But I was unknowingly feeding the fire inside my body. The swelling, pain, and heaviness I felt—wasn’t just lipedema. It was inflammation screaming for help.

I wish someone had told me this earlier. So now I’m telling you.



# FOOD THAT TRIGGERS INFLAMMATION

## A NEW WAY OF EATING

The RAD diet is based on reducing chronic inflammation, especially the kind that worsens lymphatic dysfunction and fat fibrosis.

These are the main food categories that trigger flare-ups, stagnation, and fat growth in lipedema.

### GLUTEN

- Damages the gut lining → worsens immune response
- Triggers systemic inflammation
- Causes water retention and puffiness

✗ Avoid: Bread, pasta, couscous, pastries, crackers, processed snacks

✓ Even gluten-free products can be ultra-processed—read labels carefully

### DAIRY

- A1 casein (common in cow's milk) is inflammatory for many
- Triggers bloating, congestion, and fatigue
- Can worsen lymph congestion and nodule formation

✗ Avoid: Milk, cheese, cream, yogurt, butter (from cow)

✓ Try: Ghee, coconut milk, almond milk, A2 sheep/goat cheese occasionally

### INDUSTRIAL SEED OILS

- High in omega-6 (pro-inflammatory)
- Alters cell membranes and contributes to pain, fogginess

✗ Avoid: Sunflower oil, corn oil, canola, soy oil, vegetable oil

✓ Use: Olive oil, avocado oil, coconut oil, ghee





# FOOD THAT TRIGGERS INFLAMMATION

## A NEW WAY OF EATING

### REFINED SUGARS

- Spike insulin → feed fat storage
- Directly feed inflammatory processes in tissues
- Fuel fatigue and cravings

✗ Avoid: White sugar, corn syrup, dextrose, maltodextrin

✓ Use: Stevia, monk fruit, small amounts of raw honey (if tolerated)



  
**LABELS TO  
WATCH OUT FOR**

When grocery shopping, even “healthy” items can hide harmful ingredients.

<b>INGREDIENT LABEL</b>	<b>HIDDEN IN</b>	<b>FOUND IN</b>
<b>Maltodextrin</b>	Protein bars, “keto” drinks	US: Quest UK: MyProtein
<b>Glucose syrup</b>	Sauces, cereals, “fit” cookies	US: Nature Valley EU: Gullón
<b>Modified starch</b>	Yogurts, pre-made soups	US/CA: Dole, Campbell’s
<b>Sunflower oil</b>	Hummus, dressings, mayo	Common worldwide
<b>“Natural flavor”</b>	Almost everything	Check especially flavored waters, teas





# PANTRY DETOX: LET'S CLEAN IT UP

I know how hard it is to let go of things you love. So don't toss everything overnight —just start replacing one category at a time.

Here's a simple checklist to guide your detox:

## TOSS OR DONATE

- Breakfast cereals, granola, toast
- Pasta, couscous, wheat flour
- Sugary sauces (BBQ, ketchup)
- Cow's milk, yogurts, cheeses
- Try gentle yoga
- Packaged snacks and bars (check oils!)
- Anything with >5g sugar per serving

## REPLACE WITH

- Eggs, seed-free bread (like almond flour bread)
- Zucchini noodles, cauliflower rice
- Homemade sauces (olive oil, herbs, lemon)
- Ghee or coconut milk
- Raw nuts, olives, boiled eggs, veggie sticks
- Olive oil, avocado oil
- Vegetable oils, margarines



## COMMON MISTAKES

### I MADE THEM TOO...

These are traps I fell into early on—sharing so you can avoid them

- Eating “gluten-free” cookies daily – still processed!
- Trusting green juices with 20g of sugar
- Snacking on nut butters all day (high omega-6)
- Using too much goat cheese – even that can cause flare-ups
- Forgetting to read the full label
- Thinking “a little won’t hurt”—until it adds up...

### FINAL WORDS FROM ME

Changing your food habits can feel overwhelming—especially when you’re also dealing with pain and frustration. I know it’s tempting to fall back on old habits, especially when life gets hard.

But this isn’t about being perfect. It’s about giving your body a chance to feel better. One meal at a time.

**I promise: your body will thank you.**

Mine did.





# WHAT TO EAT OCCASIONALLY

When I first started RAD, I thought:

“So, I can eat some foods occasionally? That sounds like freedom!”

And it is — but only if you know which foods won’t trigger flare-ups and how to keep portions in check.

**It’s not about deprivation.** It’s about smart choices that help your body heal, without feeling like you’re missing out.



# FOOD TO ENJOY IN MODERATION

## A NEW WAY OF EATING

Some foods aren't bad *per se*, but they can cause problems if eaten too often. They can slowly add up, stoking inflammation or water retention. The key is balance and mindfulness.

Remember, lipedema is complex and unique — some women might tolerate these foods better than others. Listen to your body, journal your reactions, and adjust as needed.

### WHOLE GRAINS (GLUTEN-FREE OPTIONS)

- Brown rice, quinoa, oats (gluten-free certified)
- Good source of fiber, vitamins, and minerals
- But watch portion size to avoid insulin spikes

**My tip:** I swap regular rice for cauliflower rice 4 days a week, and keep grains for “treat” meals or when I need more energy.

### LEGUMES AND BEANS

- Lentils, chickpeas, black beans (I can only chickpeas, the rest make me bloated)
- Great protein and fiber sources, but can cause bloating for some

**My tip:** Soak them overnight and rinse well. Start with small portions and observe how you feel.

### DARK CHOCOLATE & NATURAL SWEETENERS

- Choose 70% cocoa or higher for antioxidants
- Use natural sweeteners like maple syrup sparingly

**My tip:** I allow myself 1 squares of dark chocolate every other day—it feels like a treat but doesn't cause flare-ups.





# FOOD TO ENJOY IN MODERATION

## A NEW WAY OF EATING

### DAIRY ALTERNATIVES

- Unsweetened almond, coconut, or oat milk
- A bit of sheep or goat cheese occasionally (if tolerated)

**Remember:** Everyone's tolerance is different. Track your reactions and adjust.





# PRACTICAL DAILY SWAPS: OCCASIONAL EDITION

MEAL	COMMON OPTION	RAD swaps
BREAKFAST	Granola with yogurt	Gluten-free oats with coconut milk
MORNING SNACK	Cheese stick	Small handful of nuts + fruit
LUNCH	White rice + chicken	Quinoa + steamed veggies
TEA TIME	Sweet pastry	Dark chocolate square + herbal tea
DINNER	Pasta with cream sauce	Vegetable stew & two eggs





# MEAL PLAN EXAMPLE

Here's a real example of what I eat in a RAD day (including occasional food).

MEAL	
BREAKFAST	Gluten-free oats with coconut milk, chia seeds, and blueberries
MORNING SNACK	Handful of raw almonds and an apple
LUNCH	Quinoa salad with grilled chicken, spinach, cucumber, olive oil, and lemon
TEA TIME	Herbal tea and 2 squares of 85% dark chocolate
DINNER	Chickpeas stew with carrots, celery, and herbs





# EMOTIONAL CHECK

## I WISH SOMEONE TOLD ME...

Sometimes I craved pasta or bread so badly, I felt like giving up. But what helped me was knowing that having these foods occasionally is okay. It's not about being perfect; it's about progress.

If you slip up, don't stress. Instead, get curious—what triggered the craving? How did you feel afterward? This curiosity is your best tool.

## BONUS: LABEL TIPS

Some “healthy” gluten-free or dairy-alternative products are loaded with sugar or additives. When shopping:

- Check sugar content: Aim for <5g per serving
- Avoid artificial sweeteners like sucralose or aspartame
- Choose products with short ingredient lists
- Look for “organic” or “non-GMO” labels if possible

## FINAL THOUGHTS

You're doing an incredible job navigating these changes. RAD is a lifestyle, not a diet, and learning how to enjoy foods occasionally is part of that journey.

Treat yourself with kindness and celebrate every small victory.





# WHAT CAN WE EAT

When I finally embraced what I can eat on the RAD diet, it felt like a breath of fresh air.

**“I’m not just avoiding – I’m nourishing.”**

This chapter is about the foods that help reduce inflammation, support lymphatic flow, and make your body feel lighter and stronger.

These are the “go-to” staples you can enjoy every day to help manage your lipedema.



# THE POWER FOODS

## A NEW WAY OF EATING

### NON-STARCHY VEGETABLES

- Leafy greens: spinach, kale, Swiss chard
- Cruciferous veggies: broccoli, cauliflower, Brussels sprouts
- Others: zucchini, cucumber, asparagus, bell peppers

**Why?** These are low in calories but high in antioxidants and fiber—perfect for reducing inflammation and improving digestion.

### HEALTHY FATS (YOUR BESTIES)

- Extra virgin olive oil (my fave)
- Avocado
- Coconut oil and MCT oil
- Nuts and seeds (in moderation, watch omega-6 balance)

Healthy fats support hormone balance, reduce inflammation, and keep you full longer.

### HIGH-QUALITY PROTEINS

- Organic, free-range chicken and turkey
- Wild-caught fish (salmon, sardines)
- Grass-fed beef (in moderation)
- Eggs (preferably pasture-raised)
- Plant-based proteins (legumes in moderation)

Protein is essential for tissue repair and maintaining muscle, which helps mobility and metabolism.





# PRACTICAL DAILY SWAPS

Here's a real example of what I eat in a RAD day.  
This way of eating doesn't have to be boring.  
It's satisfying, flavorful, and inflammation-fighting.

MEAL	SUGGESTED FOOD
BREAKFAST	Veggie omelette cooked in olive oil
MORNING SNACK	Sliced avocado with a sprinkle of sea salt
LUNCH	Grilled salmon salad with mixed greens
TEA TIME	Cucumber slices with hummus
DINNER	Stir-fried chicken with broccoli and bell peppers





# EMOTIONAL SUPPORT

## WHAT HELPED ME MOST

At first, focusing on what I could eat felt like a radical shift — and honestly, a relief. Instead of fixating on restrictions, I found joy in discovering delicious, nourishing recipes that actually made me feel better physically and emotionally.

I also learned to forgive myself on tough days. Sometimes life gets busy, and not every meal is perfect. But every step toward nourishing your body is a win.

## TIPS TO MAXIMIZE BENEFITS

- Cook with fresh herbs like turmeric, ginger, and garlic — natural anti-inflammatories (except when doing keto, then use the powder option)
- Stay hydrated with water infused with lemon, cucumber slices or AquaLise
- Try to eat whole, unprocessed foods as much as possible
- Plan your meals ahead to avoid last-minute unhealthy choices

## FINAL ENCOURAGEMENT

The RAD diet isn't about deprivation—it's about empowerment. When you focus on eating what heals you, the results come not just in your body, but in your confidence and energy.

Remember, this is your journey — take it one delicious bite at a time.



# YOUR 4-WEEK FRAMEWORK

A soft plan to reset your body and your rhythm, one week at a time.

## **How this guide works**

Welcome to your reset. This is not a bootcamp, a detox, or a crash diet. It's a healing rhythm designed for women with lipedema—structured enough to support you, flexible enough to meet you where you are.

You'll be guided through 4 themed weeks, each focused on one core intention:

- WEEK 1: Understand your condition
- WEEK 2: Start small
- WEEK 3: Make empowered choices
- WEEK 4: Integrate your new rhythm



# WEEKLY FOCUS

Each day, you'll get:

- ✓ One small food action (like a sugar swap or hydration habit)
- ✓ One gentle movement cue (walk, stretch, bounce, etc.)
- ✓ One emotional prompt or mindset shift
- ✓ A motivational message from Elise

You do not need to do everything.

Think of this as a buffet, not a checklist. Start where you are. Repeat days you love. Skip what doesn't serve. Progress here is measured in reduction of pain, increase of clarity, and growing trust in your body.

You'll also find:

- A weekly exercise plan at the end of each week for lymph, mobility & mood
- Checklists to track what felt good (not just what got "done")
- Reflection prompts to close each week with intention

Let this guide be your gentle coach, your food therapist, and your daily permission slip to feel better—without guilt, without pressure.

Now, let's begin!



# WEEKLY ACTION PLANS

## WEEK 1: EMBRACE TO PROGRESS

- Begin to observe patterns (food, swelling, fatigue)
- Shift from self-blame to body-awareness
- Introduce light movement + simple swaps
- Emotional focus: “This is not my fault”

## WEEK 2: BUILD YOUR ROUTINE

- Establish a soothing morning or evening rhythm
- Deepen RAD eating: gluten/sugar awareness
- Begin lymphatic-friendly movement (rebounding, water, bands)

## WEEK 3: EMPOWERED DECISIONS

- Track symptoms after meals (food–mood–body connections)
- Make bolder food shifts without shame
- Explore how to talk about lipedema openly

## WEEK 4: REDEFINING NORMAL

- Keep what works. Release what doesn't.
- Build your “safe plate” & personalized self-care loop
- See your new habits not as rules, but as support



# DAY 1

## It's Not Laziness, it's Lipedema

**TIP** Write down how your symptoms have affected your daily life.  
Awareness is step one.



### Let's go for it!

I want you to say out loud: "My body is not lazy. My body is fighting a condition called lipedema."

This isn't about willpower or discipline. Lipedema is a chronic fat disorder that resists diet and exercise. You didn't cause it. And now that you know what it is, you can begin to manage it—with compassion.



### Goal

Start acknowledging your condition without shame.

Today's mission is to name lipedema out loud and release the old narrative that your body is lazy.



### Food

No changes needed yet—just pause and observe. Notice what you eat today without judgment and ask yourself: is this food helping my body feel better?



### Exercise

Step outside and walk for 5 to 10 minutes in the sunlight.

Don't track distance—just feel the ground under your feet and the air on your skin.



### Mindset

Say this aloud: "My body is not lazy. My body is managing a condition called lipedema."

Your healing starts with truth.





# DAY 2

## What's happening inside your body

**TIP** Today is the day to start listening to your body and start adapting to the new situation



### Let's go for it!

Lipedema affects the way fat is distributed, especially in the legs, arms, hips, and sometimes abdomen. It often comes with pain, heaviness, swelling, and a strong resistance to weight loss. The sooner you understand what's going on inside you, the sooner your decisions will feel aligned.



### Goal

Understand the basics of lipedema so your decisions feel grounded. Knowing the “why” helps you choose what's next with more clarity.



### Food

Today, scan your pantry and fridge. Which items do you think might increase inflammation? Don't remove anything yet—just get curious and make a list.



### Exercise

Do some gentle ankle circles while sitting, or stand and stretch your arms above your head for 30 seconds. These movements help your lymphatic system, even if they seem small.



### Mindset

Watch this [short explainer](#) video about lipedema. Then write down three things that surprised or validated you—awareness gives you power.





# DAY 3

## Compression 101: Start gently

**TIP** Track how your body feels before and after wearing light compression.



### Let's go for it!

Compression helps reduce pain and swelling by improving lymphatic flow. Start simple—try soft compression leggings for a few hours today. Don't force it. See how your body responds.

It's okay to feel weird at first. This is just the beginning.



### Goal

Dip your toes into the world of compression, without pressure to be perfect.

Today is about experimenting and noticing.



### Food

Choose one item you normally eat with gluten—like bread or crackers—and swap it for a gluten-free alternative. Just one small change today.

Make it a gluten-free day!



### Exercise

Wear light compression leggings for a few hours and take a walk indoors or in your yard.

The goal is comfort, not control.



### Mindset

Write down how your body felt before and after trying compression.

Were you more aware of your legs? Did anything surprise you?





# DAY 4

## Move without pain: Just walk

TIP Set a soft timer and walk while listening to your favorite music or podcast.



### Let's go for it!

You don't need to do HIIT or spin classes.

A simple 10-minute walk around your home or down the block counts.

Moving your lymph is like brushing your teeth—little and often is key.



### Goal

Ease into daily movement by focusing on what feels good—not what burns calories.

Movement is medicine, especially for lymph.



### Food

Start your day with a full glass of the electrolytic drink 'AquaLise' on an empty stomach, and enjoy another glass before lunch to support hydration and lymph flow.

Meal idea: Grilled trout with fennel, roasted carrots & olive oil dressing.



### Exercise

Take a 10-minute walk outside, let the sunlight caress you.

Breathe deeply, notice your surroundings, and let your mind relax.

**REEL ABOUT WALKING INSERT HERE**



### Mindset

You don't need to "work out" to be healthy.

Gentle consistency matters more than intensity when managing lipedema.





# DAY 5

## Telling someone you trust

**TIP** Choose one person who feels safe and let them know.  
Emotional support is part of healing.



### Let's go for it!

Explaining lipedema to someone close can feel scary. But you don't need to have all the answers. Just say:

"I've been diagnosed with a condition that affects my fat cells. It causes pain, swelling, and resistance to weight loss. It's called lipedema."



### Goal

Let one safe person in.

Lipedema can feel isolating, but sharing your experience can bring relief and connection.



### Food

Check the label of a packaged item in your kitchen. If sugar is one of the first three ingredients, make a mental note to reduce or replace it this week.

**Meal idea:** Soft-boiled eggs with steamed kale, avocado & a pinch of sea salt.



### Exercise

Walk or stretch while you speak to someone today—on the phone, voice note, or in person.

Combine movement with emotional support.



### Mindset

Say this: "I don't need to explain everything. I just need to be honest about what I'm going through."

Write or voice-record your story before sharing.





# DAY 6

## One food shift: Cut hidden sugar

**TIP** Check 3 food labels today.  
If sugar is in the first 3 ingredients, try swapping it.



### Let's go for it!

You don't have to go keto or give up everything. But removing added sugar (especially in sauces, drinks & processed foods) is one powerful anti-inflammatory step. Start with breakfast or your afternoon snack.



### Goal

Start reducing sugar—not by cutting everything, but by noticing the hidden sources and making small swaps.



### Food

Swap one sugary item (like juice, cereal, or flavored yogurt) for something whole and unprocessed. Do this at one meal only (or at all if you feel comfortable with the change).

**Meal idea:** Coconut zucchini soup with turmeric & a side of grilled chicken strips.



### Exercise

Do a 2-minute full-body stretch before or after a meal. Light movement after eating helps your digestion and lymph flow.



### Mindset

You're not "giving up" food. You're choosing to nourish your body in ways that reduce pain and inflammation.





# DAY 7

## One food shift that changes everything

**TIP** A soft intro to anti-inflammatory eating starting with sugar.



### Let's go for it!

Discover how anti-inflammatory foods can be both comforting and healing. The 'Creamy pumpkin soup' is a cozy way to nourish your body while giving it what it needs to calm inflammation.



### Goal

Discover how anti-inflammatory foods can be both comforting and healing. This soup is a cozy way to nourish your body while giving it what it needs to calm inflammation.



### Food

Try this creamy soup made with pumpkin, coconut milk, turmeric, and ginger. It's rich in beta-carotene, soothing for digestion, and perfect for batch cooking (check at the recipes section).

**Meal idea:** Shrimp sautéed in garlic, parsley & lemon, served with grilled eggplant (just 2 or 3 slices).



### Exercise

Stand while chopping or stirring, and do a few slow shoulder rolls or neck stretches. Let your cooking time double as gentle movement.



### Mindset

Say: "This is not a diet. This is how I take care of myself with love."  
Each bite is a step forward, not a restriction.





# BONUS: EXERCISES



## GENTLE ACTIVATION

This week is all about reconnecting with your body in a gentle and loving way. We begin slow and soft – not to push, but to awaken. The goal is consistency, not intensity. You do not have to do all of these exercises, they're just the start line to move your body.



## Build a walking habit

- Walk 3 times for 10 minutes each
  - Choose soft surfaces like grass or rubber tracks
  - Wear compression if available, even for short walks
- 💡 Short, regular walks improve lymphatic flow and ease leg heaviness without stressing your joints.



## Light bouncing, big benefits

- Use the rebounder/ mini trampoline and bounce for 3–5 minutes daily or every other day
  - Keep feet grounded—use “health bounce” technique
  - Hold onto a support bar or chair if needed
- 💡 Gentle bouncing activates your lymphatic system without strain. Small movements are powerful.



## Gentle strength start

- Use light resistance bands 2x/week, seated or standing
  - Complete 1 set of 5–6 reps: squats, glute bridges, or bicep curls
  - Focus on breath—exhale with effort
- 💡 Muscle activation supports lymph flow and prevents muscle loss—start slow, build steady.



## Low-Impact, lymph-loving cardio

- Use the elliptical 2–3 times for just 5 minutes per session
  - Keep resistance at Level 1 to avoid strain or overheating
  - Focus on posture—stand tall, keep shoulders relaxed, and let your breath lead. Watch this [video](#).
- 💡 Starting slow helps your body adjust without triggering fatigue or flare-ups.





# BONUS: EXERCISES



## Cycling Routine

- Cycle 3 times for 10 minutes each
- Use low resistance (Level 1)
- Focus on gentle, consistent movement. Watch this [video](#).
- 💡 Keep your legs slightly compressed (with garments if possible) to support lymph flow during your sessions.



## Water therapy walk

- Walk slowly in a pool or at the beach, with water up to your knees for 10 minutes (forward only)
- 5 minutes of high knees in place (slowly lifting one leg at a time).
- 💡 Walking in water lowers joint pressure by up to 80% – it's like moving in gravity-free therapy.



## Swimming

- Swim 2-3 x this week. 5 minutes breaststroke at a relaxed pace.
- Float on your back or with a noodle for 5-7 minutes, gently kicking your legs (flutter kicks).
- Let your body explore this soft, pressure-free movement.
- 💡 In water, you carry less weight – and more freedom.



## Lymphatic self-care bonus

- Practice grounding (barefoot on grass or earth) for 5-10 min, 3x this week. This helps lower inflammation and cortisol.
- Take in at least 10 minutes of morning sunlight daily.
- Try dry brushing before showering, always brushing toward your heart.



# — WEEK 2 —

## BUILDING YOUR ROUTINE

**Weekly Focus:** Deepening food awareness, building movement habits, introducing structured self-care, and strengthening boundaries.

**Theme:** In Week 1, we explored awareness. Now, it's time to shift from observation to gentle routine-building. This week, we focus on consistency—creating a lifestyle that supports your lymph, your energy, and your mind.



# DAY 8

## Start with one mini routine

**TIP** Choose either a morning or evening anchor habit. Just one.  
Do it for 3 days straight.



### Let's go for it!

A solid routine doesn't mean an hour-long ritual.  
It can be a 5-minute morning stretch, or a nighttime turmeric tea.  
Your nervous system craves predictable rhythms—especially when healing.



### Goal

Start building a small routine that helps your nervous system feel safe and grounded.  
It can be a 5-minute moment in the morning or night—nothing more.



### Food

Drink AquaLise or warm lemon water when you wake up, before coffee or breakfast. It supports digestion and sets a gentle tone for the day.  
**Meal idea:** Cauliflower rice with turmeric beef stir-fry and bok choy.



### Exercise

Pick one stretch or breathing exercise to repeat daily for the next three days. Try these [exercises](#) if don't know where to start.  
Keep it easy and repeatable—this is about rhythm, not effort.



### Mindset

Consistency heals more than intensity.  
You're building a new foundation with one small habit at a time.





# DAY 9

## Food focus: make a meal plan

**TIP** Print or write your 3-day food plan.  
Choose one new RAD recipe to prep ahead.



### Let's go for it!

Don't plan 31 meals—plan just 3 days.  
Focus on anti-inflammatory whole foods, especially colorful vegetables, quality protein, and healthy fats.



### Goal

Plan your meals for the next three days using anti-inflammatory principles.  
The goal is clarity, not perfection.



### Food

Choose three main meals with a balance of colorful vegetables, quality protein, and healthy fats. Keep them simple.  
**Meal idea:** Butternut squash mash with spiced turkey meatballs and sautéed spinach.



### Exercise

Stand and while planning your meals or prepping ingredients.  
You're combining intention with micro-movement.



### Mindset

Food planning isn't punishment—it's a gift you give to your future self.  
When life gets busy, you'll already know how to care for yourself.





# DAY 10

## Move lymph, not muscle

**TIP** Try a gentle stretch or bounce on a mini trampoline today.  
Note how you feel before/after.



### Let's go for it!

Lipedema-friendly exercise supports lymphatic movement, not fat burning.  
Think: rebounding, stretching, walking, water workouts.  
No pain = more gain.



### Goal

Discover movement that helps your lymph—not one that pushes your limits.  
You're not training for pain, you're supporting flow.



### Food

Snack on something RAD-friendly today, like cucumber slices with lemon, boiled eggs, or a small handful of walnuts. Bonus if it's protein-rich (like a slice of Lippy loaf).

**Meal idea:** Grilled sardines with roasted fennel and a side of avocado cucumber salad.



### Exercise

Try gentle bouncing (on your heels, a trampoline, or soft floor), or do 3 minutes of deep belly breathing.

These both support lymphatic drainage.



### Mindset

Say: "Movement doesn't have to be intense to be effective. I'm choosing what supports my body, not punishes it."





# DAY 11

## Compression check: Are you wearing the right fit?

**TIP** Take fresh measurements (thigh, calf, ankle) and re-check your garment size.



### Let's go for it!

Lipedema-friendly exercise supports lymphatic movement, not fat burning. Wearing the wrong size compression can be worse than none at all. Measure your legs first thing in the morning and compare with a reliable sizing chart.



### Goal

Check if your compression garment is helping—not hurting. Wearing the right fit makes a difference in pain, swelling, and fatigue.



### Food

Eat your meal sitting down with no distractions—no phone, no laptop. Today you won't eat gluten at all.

**Meal idea:** Chicken and mushroom lettuce wraps with ginger-lime dressing.



### Exercise

Do 3-4 sets of heel raises, 10-15 reps, resting a few seconds in between. Control the movement, don't let your heels drop suddenly! Check this [video](#).



### Mindset

Mindful eating helps reduce bloating and improves digestion. The right compression isn't about tightness—it's about support. When your body feels held, your pain begins to ease.





# DAY 12

## Set a boundary without guilt

TIP Write 3 phrases you can use when you feel overwhelmed or misunderstood.



### Let's go for it!

It's okay to say: "No, I'm resting today." or "I can't explain everything, but I'm dealing with a medical condition."

Boundaries are not rude. They are protection.



### Goal

Say "no" to something that drains you—even a small thing.

Your energy is valuable, and boundaries protect your healing space.

Bonus: cut out sugar completely for the day. Use sweeteners instead.



### Food

Avoid snacking out of boredom or stress today. Pause and ask: Am I hungry, or am I tired, anxious, or distracted? The day without gluten... again!

**Meal idea:** Roasted salmon with lemon-zucchini noodles and fresh dill.



### Exercise

Practice a physical boundary: close your eyes, stand tall, and stretch your arms around your body like a gentle hug.

Feel where your "yes" and "no" live in your body.

Or instead, do [these exercises](#).



### Mindset

You are not selfish for resting or protecting your energy.

Boundaries are a form of self-respect, not rejection.





# DAY 13

## You don't have to be productive every day

**TIP** Take one "off" day with no guilt. Read, sleep, color, or watch a comfort show.



### Let's go for it!

Rest is a strategy. Not a failure. Healing lipedema requires periods of stillness—mentally and physically.

If you're tired, you're not lazy. You're listening.



### Goal

Give yourself permission to rest without guilt.

Healing from lipedema involves deep rest—not just effort.



### Food

If you're tired or overwhelmed, eat something easy and nourishing like soup, scrambled eggs, or a smoothie. Say no to gluten the whole day.

**Meal idea:** Creamy broccoli soup with coconut milk + turmeric chicken skewers.



### Exercise

Take a full rest day if needed.

Or simply do a 1-minute stretch before bed. Rest can be movement, too.

But if you want to try something different, just watch this [video](#).



### Mindset

Say: "Rest is productive.

I'm not behind—I'm in alignment with what my body needs."





# DAY 14

## Healing starts on your plate

**TIP** A reminder that powerful changes can come from small meals.



### Let's go for it!

Fuel your body with omega-3s, healthy fats, and fresh greens. Great for reducing pain, swelling, and brain fog.



### Goal

Cook this vibrant 'Mediterranean salmon bowl' fights inflammation while making you feel satisfied and energized. Start thinking when you will say good bye to gluten. For good.



### Food

Enjoy a mix of protein (salmon), good fats (olive oil), and anti-inflammatory greens like arugula or spinach. Add lemon and herbs for extra support. Still no gluten day.

**Meal idea:** Seared cod with cauliflower purée and sautéed green beans.



### Exercise

Stretch your body while the meal is cooking. Try a few slow neck rolls or shoulder circles as you wait. Let food prep become a ritual. Or just try this [idea](#).



### Mindset

Each bite of this meal is an act of care. Eating well isn't about control—it's about peace, comfort, and long-term support. Check how you feel after 3 days without gluten. Noticed anything?





# BONUS: EXERCISES



## Waking up the flow

Now that your body is moving again, this week is about improving blood and lymph flow. Water remains your best friend – gentle resistance builds strength, while floating eases pressure on your joints. These are my weekly suggestions and ideas on how to get active again. Just select 2 or 3 to do!



## Walking: increase duration and frequency

- Walk 4 times for 12–15 minutes
- Add short pauses every 5 minutes to check in with your breath
- Bring a water bottle to stay hydrated before and after
- 💡 Pairing walks with music or podcasts makes movement feel easier and more joyful.



## Rebounder: add light motion

- Bounce 5–8 minutes, 3–4x/week
- Add shoulder rolls or arm swings while bouncing
- Focus on deep, even breathing while you move
- 💡 Rebounding improves circulation and supports hormone balance—especially helpful during hormonal shifts.



## Strength training: add reps and range

- Do 2 sets of 8 reps, 2–3x/week
- Target legs, glutes, and arms—keep movements slow and stable
- Rest 30–60 seconds between sets
- 💡 Resistance bands allow full control, reduce joint load, and activate deep support muscles.



## Elliptical: smooth progress

- Use 3x/week for 8–10 minutes
- Increase resistance to Level 2 for the last 2 minutes
- Add light arm swings or use elliptical handles gently
- 💡 Using both arms and legs improves circulation and supports full-body engagement.





# BONUS: EXERCISES



## Cycling: Boost circulation

- Cycle 4 times for 15 minutes each
  - Maintain resistance (Level 1)
  - Include 1-minute standing breaks every 10 minutes
- 💡 Hydrate well before and after—cycling helps move fluids, and hydration boosts the effect.



## Water therapy walk

- Walk 5 minutes + 5 minutes high knees in place + 2 minutes walking sideways (left and right).
  - Keep knees soft and upper body relaxed.
- 💡 Water walking with light knee lifts supports lymphatic drainage from the lower belly and groin – a hidden lipedema hotspot.



## Swimming

- Keep swimming 2-3x this week. Swim 6 minutes breaststroke + 2 minutes floating on your back.
  - Use a pool noodle under your arms and perform gentle scissor kicks for 8 minutes while floating.
- 💡 Kicking in water massages deep lymph vessels behind the knees and thighs, which are often blocked in lipedema.



## Lymphatic self-care bonus

- Continue grounding 3x this week – try it after your morning coffee or while watering plants.
- Soak in sunlight for 10-15 minutes, arms and legs uncovered if possible.
- Use a fascia massage tool (or your hands) to gently massage legs or arms 2x this week.



# WEEK 3

## EMPOWERED DECISIONS

**Weekly Focus:** Advocating for your needs, identifying triggers, adjusting your plate, and celebrating micro-wins.

**Theme:** Week 3 is about ownership—stepping into your role as CEO of your body. This week, you'll learn to make empowered decisions, guided by knowledge, intuition, and self-respect.



# DAY 15

## Your health, your voice

**TIP** Sharing your diagnosis doesn't mean explaining everything. It means giving yourself permission to be understood.



### Let's go for it!

Practice one sentence to use when you want to mention your lipedema without overexplaining. "It's a condition that affects my lymph and connective tissue, and I'm learning how to manage it."



### Goal

Today's goal is to express your experience with lipedema in a simple, confident way. You don't need to educate everyone—you just need to be clear with yourself.

Today cut out gluten and sugar completely.



### Food

Choose a whole, unprocessed snack today: fresh fruit, raw nuts, or boiled eggs. Keep it easy, satisfying, and as close to nature as possible.

**Meal idea:** Lamb burger with cumin & mint, served with grilled bell peppers.



### Exercise

Take a short walk or do a 5-minute movement break.

Move with the intention of being kind to your body, not punishing it.



### Mindset

Try this sentence: "I'm learning how to manage a condition called lipedema. I don't owe anyone a full explanation, but I do owe myself respect."





# DAY 16

## Food & mood: start tracking what shifts you

**TIP** For 3 days, write down: What you ate, how you felt 2 hours later (physically & mentally). Don't judge—just observe.



### Let's go for it!

Food influences inflammation, yes—but also mood, energy, and swelling. Patterns reveal power.



### Goal

Notice how different foods affect your energy, digestion, and swelling. Awareness creates choice, not restriction. Today we are going to cut out any dairy (except cow or sheep).



### Food

For the next nine meals, write down what you eat and how you feel two hours later. Look for any patterns in mood, bloating, or brain fog. **Meal idea:** Roasted chicken thighs with herbs, served with a carrot & ginger mash.



### Exercise

After eating, do a gentle walk, light stretching, or simply stand and breathe deeply for two minutes. These small habits help your lymph system.



### Mindset

Food isn't just fuel—it's information for your body. Your symptoms are messages, not failures.





# DAY 17

## You're allowed to modify

**TIP** Take one area where you've been rigid, and loosen the rules.  
Let your body guide you today.



### Let's go for it!

You don't have to follow anyone's plan perfectly. If a meal, workout, or schedule doesn't serve you—adapt it.



### Goal

Give yourself permission to adjust the "rules." What works for others doesn't have to work for you the same way.

The habits are starting to build. No gluten and no sugar for today.



### Food

Modify one meal today to suit your body better. Maybe that means skipping carb, eliminating processed foods or adding more fat or protein.

**Meal idea:** Grilled sea bass with lemon-basil pesto, served with sautéed zucchini ribbons.



### Exercise

Do a modified version of any activity you enjoy—walk half the distance, stretch in bed, or take breaks often. Your version is valid.



### Mindset

There is no perfect plan. There is only what works for you, today, in this body.





# DAY 18

## Compression reality check

**TIP** Try compression for just 6 hours today if you've been avoiding it—or aim for a full 12-14 hours daily if it's become routine.



### Let's go for it!

Are you wearing compression daily, or avoiding it? It's okay to be honest. Sometimes it's uncomfortable. But when well-fitted, it's powerful for managing pain and swelling.



### Goal

Reflect on your relationship with compression garments—are you using them regularly, avoiding them, or unsure how to start?

Say no to gluten or sugar today. Did you know I have [sugar + gluten free desserts recipes](#)?



### Food

Have a high-protein breakfast today. Smoked salmon or iberic ham with greens will help stabilize blood sugar and support muscle repair. Add 1 slice of Lippy loaf, it will make you start your day with energy!

**Meal idea:** Baked chicken drumsticks with rosemary, mashed celeriac, and sautéed chard.



### Exercise

Wear compression for just 6 hours today if you haven't been using it, or aim for 12+ hours if it's already part of your routine. Track how you feel after.



### Mindset

Compression is not a punishment—it's a tool to support circulation, reduce pain, and feel more in control.





# DAY 19

## Celebrate one small win (loudly!)

**TIP** Post it, journal it, or tell someone you trust.  
Validation is healing.



### Let's go for it!

You've said no to sugar and to gluten. Or took a walk. Or just didn't hate your legs for one day. That counts. Celebrate it.  
Progress isn't loud—it's daily.



### Goal

Recognize something you've done well—big or small. Every positive action matters and deserves attention.  
Let's continue saying no to gluten and sugar. This is a step by step win!



### Food

Choose one meal today that makes you feel proud. Whether it's low-carb, homemade, but always RAD diet—celebrate the choice.  
**Meal idea:** Pan-seared trout with sautéed cabbage and a drizzle of lemon-parsley oil.



### Exercise

Dance in your kitchen, take a victory walk, or stretch while smiling.  
Celebrate movement, not just progress



### Mindset

Say: "I'm proud of myself for showing up today." Tell someone, write it down, or post it in Instagram—because healing needs celebration.  
I'd love to be tagged and share progress with you!





# DAY 20

## Create your "safe plate" go-to meal

**TIP** Choose 1 meal that takes <15 minutes to make, keeps you satisfied, and doesn't trigger swelling. Keep ingredients on hand.



### Let's go for it!

Build a simple meal you can rely on when you're tired, stressed, or overwhelmed. Your "safe plate" should be RAD-friendly, comforting, and easy to prep.



### Goal

Build a simple meal you can rely on when you're tired, stressed, or overwhelmed. Your "safe plate" should be RAD-friendly, comforting, and easy to prep.

I know it ain't easy. I've been there. No gluten or sugar today either.



### Food

Choose a go-to combo: protein & healthy fat & low-starch veg.

**Meal idea:** Eggplant boats stuffed with spiced ground turkey, tomato, and olives. Grill it in the oven with a bit of parmiggiano cheese. Lovely!



### Exercise

While your meal cooks, do three rounds of deep breathing and shoulder rolls. Let your cooking time double as a calming ritual.



### Mindset

Having a safe, satisfying meal on hand is a form of self-respect. It helps you stay consistent even on your hardest days.





# DAY 21

## Eat to reduce pain, not to shrink

TIP A mindset shift: food is care, not control.



### Let's go for it!

Create a meal that's rich in flavor and kindness to your body. The 'Coconut-turmeric chicken & cauliflower rice' calms inflammation, supports digestion, and feels like comfort food.



### Goal

Make this recipe or prep it for later in the week. It's rich in healing fats, warming spices, and easy-to-digest ingredients. FYI: remember you cannot freeze coconut milk.



### Food

Try this combo of lean protein, anti-inflammatory herbs, and cruciferous veggies. It's designed to reduce swelling and improve digestion. **Meal idea:** Wild-caught shrimp and avocado salad with cucumber, cilantro, and lime.



### Exercise

Stretch while cooking or walk in place during prep. Even 5 minutes of movement while waiting can stimulate lymphatic flow.



### Mindset

Every meal is a chance to reduce pain—not by restriction, but by intention. You're learning how to love your body through food, not fight it. Have you eaten any sugar or gluten today? Check if having any symptoms in your body. I'd love to be tagged in Instagram explaining your journey!





# BONUS: EXERCISES



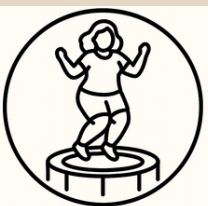
## STRENGTH WITH SOFTNESS

This week introduces more muscle engagement — but we keep the gentle, flowing energy. You may begin to feel more circulation and even small mood shifts. Stay consistent and always listen to your body. Keep the pace, select just 2 or 3 to do this week.



## Walking: add activation to your walk

- Walk 5 times for 15–18 minutes
- Include 2–3 sets of heel raises during or after your walk
- Focus on posture—roll your shoulders back, walk tall
- 💡 Heel raises during walking sessions support your calf pump and stimulate lymph drainage.



## Rebounder: boost circulation

- Bounce 10–12 minutes, 4–5x/week
- Alternate between feet-on and light lift-off bounces
- Include a few seated stretches after your session
- 💡 As your rhythm improves, rebounding can reduce heaviness, brain fog, and stiffness.



## Strength training: integrate full body

- Add upper body: triceps, shoulders, rows
- Continue with glute bridges and seated leg presses
- Include a 5–10 minute stretch after each session
- 💡 Strength improves circulation and stability—your body becomes more resilient with each set.



## Elliptical: improve strength and flow

- Ride 4 times this week for 10–12 minutes per session
- Alternate resistance between Levels 1 and 2 every 5 minutes
- Cool down for the last 2 minutes with slow pace and deep breathing
- 💡 This steady rhythm helps your lymphatic system adapt while supporting long-term endurance.





# BONUS: EXERCISES



## Cycling: strengthen without overloading

- Cycle 4 times for 15 minutes each
- Alternate between resistance Level 1 and 2
- Add short stretching session after cycling (5–10 min)
- 💡 Post-ride stretching reduces inflammation and helps prevent soreness from fluid build-up.



## Water therapy walk

- Walk 7 minutes forward + 3 minutes sideways.
- Walk 5 minutes + 5 minutes high knees + 3 minutes heel lifts with small arm circles.
- Add light arm pushes under water (as if pushing water away).
- 💡 Side steps and gentle lunges in water support fascia mobility – essential for preventing lipedema nodules.



## Swimming

- Swim 7 minutes breaststroke + 3 minutes floating with light flutter kicks.
- Swim 5 minutes backstroke + 5 minutes gliding arms-forward with light kicks.
- Use a kickboard or noodle and perform 10 minutes gentle kicks while keeping arms relaxed.
- 💡 Kicking in water massages deep lymph vessels behind the knees and thighs, which are often blocked in lipedema.



## Lymphatic Self-Care Bonus

- Keep grounding 2–3x this week. Add deep breaths to amplify the calming effect.
- Take in sunlight for 15 minutes, ideally before 10 AM or after 4 PM.
- Use a vibration plate or fascia roller for 5–10 minutes to stimulate lymph flow.



# WEEK 4

## REDEFINING NORMAL

**Weekly Focus:** Building new rhythms, tuning into your energy, and shifting your mindset from coping to thriving.

**Theme:** This week is about integration. You've tested tools, observed your body, and adapted to change. Now it's time to make this your new "normal"—on your terms.



# DAY 22

## Redefining what "better" feels like

TIP Journal: What does “better” feel like for ME? Think sensations, not just numbers.



### Let's go for it!

“Better” doesn't mean cured.

It means less pain, more peace, and growing trust in your body.

Let go of chasing someone else's version of health.



### Goal

Let go of comparing yourself to others or to your past self.

Today is about defining your own version of “better”—less pain, more peace, and more trust in your body.

No gluten and sugar for today. You're doing an amazing good job, you know it right?



### Food

When your nervous system is calm, digestion flows more easily.

**Meal idea:** Baked salmon with green asparagus and a turmeric almond cream (unsweetened).

Ask yourself: 'How does this meal make me feel an hour later?'



### Exercise

Choose movement that helps you feel emotionally better, not just physically.

A slow walk, a stretch in silence, or dancing barefoot all count.



### Mindset

“Better” might look like fewer crashes, softer legs, or clearer mornings.

You get to define it—no one else.





# DAY 23

## Try an “energy audit”

TIP Rate today’s activities (1–5):

- Recharged me
- Neutral
- Drained me

Tomorrow: Replace one ● with a ●.



### Let’s go for it!

Lipedema affects energy more than people realize.  
What gives you energy? What drains you?



### Goal

Notice what gives you energy and what drains it. Your body is always communicating—you just need to listen.  
We’re going to focus on no gluten, no sugar and no dairy for today.



### Food

Before your first bite, take one deep breath. Being fully present helps your body receive your food with trust.  
**Meal idea:** Grilled chicken breast with cauliflower mash and cinnamon-caramelized red onions.



### Exercise

Do one short energizing movement like swinging your arms, stepping side to side, or walking in place.  
Keep it light and refreshing.



### Mindset

Rate your tasks from today:

- Energizing
- Neutral
- Draining

Tomorrow, swap one ● task for a ● moment.





# DAY 24

## Your body is not a before photo

**TIP** Choose one photo you've been avoiding. Write 3 positive truths about what it shows.



### Let's go for it!

You're not "on your way" to being worthy.  
You're already here. This body has survived and adapted—it deserves celebration now.



### Goal

Detach your progress from external appearance.  
Your body isn't an image to be judged—it's your partner in healing.  
This is a step by step journey. We are still going gluten-free, sugar-free and dairy-free today. Yes, it is possible!



### Food

Choose a meal that feels both nourishing and beautiful. Pleasure and health can go hand in hand.  
**Meal idea:** Scrambled eggs with spinach, garlic & turmeric + roasted zucchini.



### Exercise

Move in a way that feels joyful—not strategic.  
Do heel raises, walk with music, or stretch while smiling in the mirror.



### Mindset

Try to post on social media that you have lipedema and what it means for you if you do, just tag me! Saying it out loud it's the first step towards healing. And if feeling confident, tag me. I'd love to be part of your journey! If not able to, just write it down on a journal.





# DAY 25

## Your inner circle matters

**TIP** Identify 1 person you can talk to this week about your progress. Let them in.



### Let's go for it!

You need people who support you, not drain you. Lipedema is misunderstood—choose your circle with care.

Explain to them that you are heading to a no gluten, no sugar, no dairy lifestyle and why. They'll see how brave and strong you are for going in this healing journey!



### Goal

Pay attention to the people who make you feel seen, safe, and supported. Your circle shapes your healing more than you realize.



### Food

Share a meal, recipe, or food win with someone close to you. Nourishing relationships are part of your anti-inflammatory plan too.

**Meal idea:** Warm broccoli salad with boiled eggs, avocado, olive oil & hemp seeds.

I think you already know... gluten, sugar and dairy? Is it a no-go, right?



### Exercise

Take a walk or stretch while leaving someone you love a kind message.

Let movement and connection coexist today. If you feel comfortable, post it on social media as a part of your success (I'd love to be mentioned!).



### Mindset

Say this after drinking AquaLise first thing in the morning: "The people around me influence my healing. I choose kindness, curiosity, and support."





# DAY 26

## Self-care doesn't have to be pretty

**TIP** Do one thing today that supports your health—even if it's not Instagram-worthy.



### Let's go for it!

Sometimes self-care is sweating. Or unplugging. Or asking for help. Not just candles and skincare.



### Goal

Do one act of self-care that doesn't look like the movies. Maybe that's crying, canceling plans, or organizing your compression drawer. Toss away all gluten, sugar and dairy at your pantry. It'll make things easier! (If the rest of the family eat it, just make a special 'drawer' for you).



### Food

Today, let food be your fuel—not your enemy. Prepare a meal that's quick and doesn't require effort—.

**Meal idea:** Creamy pumpkin & ginger soup with coconut milk + turmeric hake fillet.



### Exercise

Try 10 minutes of micromovements: shoulder rolls, deep breaths, heel lifts. These count even if you're in pajamas.



### Mindset

Self-care isn't always pretty. Sometimes it's messy, quiet, or invisible—and that's still valid.





# DAY 27

## Start thinking long-term (without pressure)

TIP Highlight 3 habits you'll KEEP in month 2—and 1 you'll let go.



### Let's go for it!

After 30 days, you have data. What works? What doesn't? Time to think about what's sustainable, not just doable.



### Goal

Reflect on what has worked for you this month.

Healing takes time, but now you have data—habits to keep & a few to gently release.

No pressure. Just my advise: say no to gluten, sugar and dairy. This is healing from the inside.



### Food

Look back at your food choices this week. What felt good, what felt heavy, what would you like to repeat next month?

**Meal idea:** Homemade rosemary turkey burger with sweet potato chips and arugula salad.



### Exercise

Commit to repeating one movement practice from earlier this month.

Whether it's walking, bouncing, or swimming, lock it in as a habit.



### Mindset

You're not starting from zero anymore.

You're building something sustainable—one repeatable choice at a time.





# DAY 28

## You're not missing out—you're leveling up

**TIP** Because food should make you feel better, not worse.



### Let's go for it!

Creamy, tangy, and fresh—the 'Zucchini noodles with lemon-tahini sauce' RAD-friendly meal is comforting and deeply satisfying.



### Goal

End the week with a light, satisfying meal that supports your lymph and digestion.

Zoodles are the perfect alternative to pasta—fresh, fast, and full of flavor. Missing crunchiness of bread? I've been there. Get addicted to sunflower or pumpkin seeds, they are gorgeous!



### Food

Pause and thank your body for showing up every day, even when it's tired. Nourishment is an act of care.

**Meal idea:** Spiralize zucchini and top with a creamy lemon-tahini dressing. Add garlic, olive oil, hemp seeds, or sautéed shrimp for protein and depth.



### Exercise

Use this meal prep time to gently stretch your back and shoulders. You're transforming routine into a healing ritual.



### Mindset

You're not "giving up" pasta.

You're discovering new ways to nourish your body without triggering pain or inflammation.





# BONUS: EXERCISES



## **BUILDING FLOW & CONFIDENCE**

You've created a rhythm — and your body is starting to respond. In Week 4, we're deepening endurance and flow, not pushing limits.

This is about celebrating what your body can do, not what it can't. Let's focus on maintaining your pace, let's keep it on just 3 of these exercises.



## **Walking: build endurance without burnout**

- Walk 5–6 times for 20 minutes
- Try a slightly faster pace for 1-minute intervals
- End your walk with a calf stretch or legs-up pose
- 💡 Consistency beats intensity—20 gentle minutes daily can change how your legs feel.



## **Rebounder: build fluid movement**

- Bounce 15–20 minutes, 5x/week
- Try 30-second "pulse" intervals of quicker bouncing
- End with 1–2 minutes of stillness and gratitude
- 💡 The rebounder is a gentle strength + cardio + lymph combo—one of the most complete tools for lipedema.



## **Strength training: maintain strength without flare**

- 3x/week, complete 3 sets of 10 reps with band resistance
- Alternate muscle groups: legs one day, arms next
- Use a mirror or camera to check posture and form
- 💡 You're not training to shrink—you're training to stay mobile, powerful, and supported.



## **Elliptical: move longer, feel lighter**

- Use the elliptical 5 times this week for 15 minutes total
- Add 1-minute faster-paced intervals every 5 minutes to stimulate flow
- After your session, do 5 minutes of gentle stretching or a fascia massage
- 💡 Endurance builds without pain when you follow your body's signals instead of pushing past them.





# BONUS: EXERCISES



## Cycling: strengthen without overloading

- Cycle 5–6 times for 20 minutes each
- Use resistance Level 1–2, alternating (5–10 minutes)
- Add a 1-minute faster-paced interval (not sprinting—just slightly quicker) every 10 minutes to activate circulation
- Finish with legs-up lymphatic drainage pose or dry brushing after your session

💡 This week focuses on gently improving stamina and fat-burning capacity without overloading your lymphatic system.



## Water therapy walk

- Walk 10 minutes forward + 5 minutes sideways + 5 minutes high knees.
- Walk backward 5 minutes + 5 minutes knee lifts + 5 minutes walking figure-8 paths.

💡 Movement variety reduces fascia stiffness and helps prevent the "cemented" feeling common in lipedema legs.



## Swimming

- Swim 4 minutes backstroke + 4 minutes breaststroke + 2 minutes gliding with breathwork.
- Float with noodle for 5 minutes + 5 minutes gentle arm and leg coordination (lift opposite limbs slowly).

💡 Coordinated floating improves lymph movement through the torso — especially the underarm and ribcage area, often overlooked in lipedema.



## Lymphatic Self-Care Bonus

- Ground yourself on sand, grass, or soil at least 3x this week. Let your feet "speak" to the earth.
- Get sunlight daily — even on cloudy days. Nature counts.
- Do a full lymphatic routine this week (dry brushing + rebound + Aqualise drink).



# BONUS DAYS

## FROM AWARENESS TO ACTION

**Theme:** These final days are about consolidation, clarity, and next steps. You've made it through your first month post-diagnosis—a huge accomplishment.

Now we move from reacting to creating. This is your launchpad, not the finish line.



# DAY 29

## Measure what truly matters

**TIP** Choose 3 markers you'll track in Month 2 (e.g., leg pain, energy levels, ankle visibility). Create a simple log—use checkboxes, smiley faces, or color codes. Make it yours.



### Let's go for it!

Forget weight and inches. How's your sleep? Your mood? Your swelling? These are your real indicators.



### Goal

Let go of the scale, tape measure, or old jeans. Today you'll define your real markers of progress—those that reflect healing, not shrinking.



### Food

Track how full you feel, how your digestion reacts, and how your energy flows afterward. Meal idea: Homemade rosemary turkey burger with sweet potato chips and arugula salad. Use the Lippy Loaf bread recipe today!



### Exercise

Do a gentle walk, mobility routine, or stretch while reflecting on how your energy or pain has changed this month. Movement is data, too.



### Mindset

Choose 3 things to track next month that truly matter—like swelling, sleep quality, leg heaviness, or confidence. Create a color code, emoji chart, or simple checkboxes.





# DAY 30

## Create your lipedema emergency kit

**TIP** List what soothes you.

Prepare a small physical or digital “emergency care” box for flare-up days.



### Let's go for it!

Some days will be harder. Plan for them with grace.

Have a kit ready: compression sleeves, magnesium spray, a playlist, a comforting meal in the freezer.



### Goal

Today is about preparing for flare-up days with love, not fear. When your body feels off, you'll have your own toolbox ready to support you.



### Food

List (or prep) two comfort meals that follow RAD basics and soothe you during bad days. Think nourishing foods you can freeze or prep ahead.

Meal idea: Sardines in water with cucumber, celery, lamb's lettuce & lemon-tahini dressing.



### Exercise

Pack or set aside tools that help: compression sleeves, foam roller, magnesium spray, lavender oil, or a playlist.

Gentle movement like bouncing or foot circles can go in your kit, too.



### Mindset

Flare-ups don't mean failure.

Say: “I'm not starting over. I'm supporting my body through what it needs today.”





# DAY 31

## This is the beginning

TIP Write a note to your future self:

- ♥ How do you feel today?
- ♥ What are you proud of?
- ♥ What do you want to remember when things feel hard again?

Read it in 30 days.



### Let's go for it!

You've completed a full month of tuning into your body, practicing self-leadership, and making empowering choices. You're no longer just managing lipedema—you're leading your life with it.



### Goal

Celebrate the end of your first month—not as an end, but as the start of something real.

You've shown up for yourself in ways that most people never do.



### Food

Choose one meal today that feels like a ritual—light a candle, set the table, or simply say “thank you” before eating.

Meal idea: Warm broccoli salad with boiled eggs, avocado, olive oil & hemp seeds.



### Exercise

Move however you like today—walk, sway, lie down and stretch.

Let your body know you're proud of it, not just for moving, but for showing up.



### Mindset

Embrace all of the changes that you've been doing to improve your health,. Healing from the inside, with natural actions and your self-love.

Remember, you are not lazy. Lipedema needs consistency and you're on the right track.





# LYMPH-CARE MINI-GUIDE

Caring for your lymphatic system is one of the most powerful ways to manage lipedema – and it starts with understanding the why behind each tool we use.

In this section, we dive into the **essentials of compression** therapy, from understanding the **different types** and levels of compression to **choose the brands** that blend comfort with function. You'll also find **real-life tips** to make wearing compression more sustainable and even stylish.

But beyond the physical, this is also about **emotional care**: creating small self-love rituals around your lymphatic routine can turn a clinical necessity into a grounding daily act of empowerment.



# COMPRESSION MUST KNOW

## DISCOVER WHY IT'S IMPORTANT

If you've been diagnosed with lipedema, you've probably heard about compression garments—and maybe felt intimidated or even frustrated by them.

**Take a deep breath.** This guide is here to show you that compression isn't about restriction—it's about relief, support, and confidence.

When paired with anti-inflammatory food choices (like the RAD diet), compression can be one of your most powerful tools for reducing pain, swelling, and fatigue.

Let's walk through the different types, how they work, how to use them without stress, and how to make them part of your everyday life (and style!).

You deserve to feel better—and this is one of the ways to get there.

## DOES IT REALLY MATTER?

Compression helps:

- Reduce pain and heaviness
- Improve lymphatic and venous flow
- Prevent fluid retention and inflammation
- Support your joints and connective tissue
- Slow the progression of lipedema symptoms

According to the medical community, compression therapy is essential for managing lipedema and can improve mobility, energy, and mental health when used regularly.

Without compression, swelling and tissue damage can worsen over time, increasing fibrosis, nodules, and discomfort.





# TYPES OF LIPEDEMA COMPRESSION

## DISCOVER THE OPTIONS TO CHOOSE FROM

Each woman's body is unique.

You may need to try a couple of types before finding your perfect fit.

### FLAT-KNIT (CUSTOM MADE OR OFF-THE-SHELF)

- Ideal for Stage 2 and 3 lipedema or large limb disproportion
- Rigid and supportive
- Prevents garment from cutting into folds or rolling down
- Best for severe swelling and nodules

### CIRCULAR-KNIT

- More elastic and softer
- Suitable for early-stage lipedema or layering with flat-knit
- Less supportive but more discreet under clothing

### SHORT-STRETCH WRAPS

- Often used post-MLD (Manual Lymphatic Drainage) or in flare-ups
- Adjustable and temporary
- Great for acute swelling management





## KINDS OF COMPRESSION

FEATURE	Flat-Knit	Circular-Knit
Firmness	More supportive	More elastic
Custom fitting	Yes (usually)	Less common
Best for	Moderate-severe	Early stages, layering
Shape adaptation	Excellent	Limited
Style/stealth	Bulky	Discreet under clothes



  
**COMPRESSION GARMENTS**

BRAND	WHERE TO FIND	MY NOTES	CODE
<b><u>Lipoelastic</u></b>	USA, UK, EU, Canada	Stylish + functional.	WITHELISE 10% off
<b>Mediven (Medi)</b>	Global	Durable, medical-grade, custom options	
<b>Marena</b>	USA + worldwide shipping	Soft fabric, good for beginners	
<b>Voe</b>	EU + international options	Post-op and aesthetic wear	
<b><u>Jobst</u></b>	Global	Widely available, classic medical brand	
<b>Sigvaris</b>	USA, Canada, EU	High-quality, especially circular-knit	
<b><u>CzSalus</u></b>	EU (Italy-based). Check other countries	Stylish compression, growing presence	ELISE 5% off
<b>Solidea</b>	EU, USA (limited), Amazon	Micro-massage fabric for daily wear and travel. Some models offer light compression.	
<b>Juzo</b>	USA, EU, Canada	Custom-fit flat and circular knit	





# USEFUL COMPRESSION TIPS

## HOW TO PUT COMPRESSION ON (WITHOUT A BATTLE)

- Use rubber donning gloves for grip (or a gardener's option is good too)
- Start at your toes/fingers and smooth up gradually
- Sit down, go slowly, and take breaks if needed
- Avoid bunching—smooth the fabric as you go up
- Try pulling garments inside out first, then roll them up
- Use shape shorts or bodywear to hold garments in place (if needed)

## WHEN & HOW LONG TO WEAR COMPRESSION

- Begin with 2–3 hours a day, increase to 10–12 hours
- Avoid sleeping in compression (unless prescribed)
- Wear during walking, work, travel, or standing periods
- Use compression consistently for long-term benefits
- Combine with the RAD diet for visible changes in 4–6 weeks

## WHAT SHALL I NOTICE?

You might start feeling lighter or less sore within a few weeks, especially if:

- You're also eating anti-inflammatory (RAD + keto or low-carb)
- You're moving daily (even gently)
- You're drinking enough water and taking care of your lymphatic system
- Be patient and consistent. Results come with daily love and effort—not perfection.

## WHEN WILL I SEE RESULTS?

The combination of RAD + low-carb or keto diet, helped me to:

- Reduce swelling after 2–4 weeks
- Less pain and heaviness in 4–6 weeks
- Improved mobility and confidence in 1–2 months
- Small daily steps matter more than big bursts. You're building a long-term relationship with your body.

## 10 STYLE & CONFIDENCE TIPS FOR WEARING COMPRESSION

1. Choose colors that match your skin or wardrobe
2. Try skater skirts, maxi dresses, or flowy pants to feel stylish
3. Use layers: wear compression tights under jeggings or boots
4. If wearing arm sleeves, pair with loose tops or shawls
5. Go for lace-trimmed or printed styles (yes, they exist!)
6. Add body confidence jewelry or lipstick to lift your mood
7. Focus on function first, style second—but both matter!
8. Wash them regularly to keep them fresh (every 2 days)
9. Take mirror selfies to celebrate your progress
10. Remind yourself: This is not a burden. This is your armor.





# COMPRESSION GARMENTS

## FIRST TIME CHECK-LIST

<input type="checkbox"/>	Measured in the morning	<input type="checkbox"/>	Checked brand's size chart
<input type="checkbox"/>	Tried with donning gloves	<input type="checkbox"/>	Wore for 2 hours and increased slowly
<input type="checkbox"/>	Tracked comfort over 7 days	<input type="checkbox"/>	Took mirror photo to celebrate progress

## PROPER CARE:

- Compression? I use two types: one for daily wear and one for sport.
- I wash them at least every other day to maintain elasticity and hygiene.
- Always wash your compression garments at low temperatures (20–30°C / 68–86°F).
- Make sure to dry them flat—never in direct sunlight or near a heat source.
- I use a minimum of 3 compression garments, to swap options for everyday use.

## QUOTES FROM WOMEN JUST LIKE YOU:

- “Compression used to scare me. Now I feel naked without it—it’s my support system.” Elizabeth D.
- “I used to dread long days on my feet. Compression has changed everything. I feel lighter.” Martha P.
- “It was confusing at first, but once I found the right fit, it became part of my healing.” Dawn C.



# SELF-CARE EXTRA TIPS

## *Crafting Lymphatic Love Moments*

*These self-care practices are not about doing everything. Not every tip needs to become your daily ritual. Consistency is key.*

*Try what fits your lifestyle, rotate what you enjoy, and listen to your body.*

### DAILY

#### ★ **AquaLise Water:**

1 glass every morning on an empty stomach. Before coffee/tea and breakfast.

#### ★ **Dry Brushing** (before shower):

Brush gently from feet to heart for 2–3 min.

Start with arms and continue with legs. Watch these short videos:

Phase I: [ARMS](#). Phase II: [LEGS](#).

#### ★ **The BIG 6 steps:**

Lymph Node Activation. Very easy, it'll take just up to 5-7 minutes.

I do it every morning before leaving home, just right before putting my compression. Also do it before any exercise (walk, swim, bicycle, rebound, etc).

Watch this [video](#) to have more info.

1. *Collarbones*: Think of this as the 'drainage gate' of your lymphatic system. Activating this area **FIRST** ensures everything flows properly.
2. *Ears*: Stimulating this area boosts circulation, relieves tension, and helps drain excess fluid from the face and neck
3. *Armpits*: This is an important step as we have many lymphatic nodules in this area and must be activated!
4. *Belly*: Your gut has a huge concentration of lymph nodes! Massaging here supports digestion, reduces bloating, and helps with detox.
5. *Inguinal area* (groin): A key drainage point for the lower body. Stimulating it can reduce leg swelling and improve circulation.
6. *Back of the knees*: This is where fluid often gets stuck in the legs. Gently massaging here helps ease heaviness and puffiness.

#### **BONUS TIP:**

At the end, always do what I call 'Freestyle movement'. It can be dancing or jumping up & down. Help your lymph moving! Just for more 10-20 seconds!

#### **How to do it:**

Always use gentle pressure and slow, rhythmic movements. Tappings is an effective way! Your lymphatic system doesn't have a pump like your heart—it relies on movement and massage to work efficiently!





# SELF-CARE EXTRA TIPS

## *Crafting Lymphatic Love Moments*

### ALTERNATE DAYS

#### ★ **Vibration plate**

How to: Stand or sit on a vibration plate for 5 minutes. Start on low intensity and increase as tolerated.

Benefits: The vibrations stimulate lymphatic flow, break up stagnation, and gently activate lymph nodes through whole-body micro-movements.

Bonus Tip: Lift your heels slightly while standing to enhance leg stimulation.

 Frequency: 3–4x per week |  Duration: 5 min

#### ★ **Fascia massager**

How to: Glide the fascia tool across thighs and calves using upward strokes. Use medium pressure and always work toward the heart.

Benefits: Breaks up fascia adhesions, increases circulation, and supports lymph movement in deeper tissues.

Bonus Tip: Use after a hot shower when your skin is relaxed.

 Frequency: 1–2x per week |  Duration: 10 min per area

Watch this [short video](#).

#### ★ **Cold Water Foot Bath**

How to: Soak feet and ankles in cold water (covering up to the ankles) for 5–10 minutes. Optional: Add sea salt or rosemary.

Benefits: Cold water constricts blood vessels and stimulates the lymphatic pump effect, reducing swelling and heaviness.

Bonus Tip: End with elevating your feet for 10 minutes.

 Frequency: 3x per week |  Duration: 5–10 min





# SELF-CARE EXTRA TIPS

## *Crafting Lymphatic Love Moments*

EVERY 3-4 DAYS

### ★ Grounding

How to: Walk barefoot on grass, sand, or earth for at least 10 minutes. Breathe deeply and relax your jaw.

Benefits: Neutralizes static energy, lowers inflammation, and connects your body's electrical field with the earth.

Bonus Tip: Combine with meditation or journaling outdoors.

 Frequency: 2-3x per week |  Duration: 10-15 min

### ★ Sunlight therapy

How to: Expose arms, legs, or face to early morning sunlight for 10-15 minutes. No sunscreen during this short window. Ideally? Do it daily.

Benefits: Vitamin D supports immune health, mood, and inflammation balance — all crucial for lymphatic flow.

Bonus Tip: Pair with your grounding or water walking ritual for double benefit.



 Frequency: 2-3x per week |  Duration: 10-15 min

### ★ Water Walking

How to: Walk slowly in knee-high water for 10 minutes. Pool, sea, or shallow lake works perfectly.

Benefits: The water's resistance activates lymphatic and muscular systems while reducing joint stress.

Bonus Tip: Use pool noodles for stability if needed.

 Frequency: 2-3x per week |  Duration: 10 min





# SELF-CARE EXTRA TIPS

## *Crafting Lymphatic Love Moments*

EVERY 3-4 DAYS

### ★ Red light therapy

How to: Use Swirise on legs and arms for 10 minutes. Activate both 'Red Light' + 'Ca2+' for max benefits.

Benefits: Reduces inflammation, increases lymph flow, relieves pain, and stimulates skin tissue repair.

Bonus Tip: Best used post-massage or workout.

 Frequency: 3-5x per week |  Duration: 10 min per session

### ★ Red light and vibration therapy

How to: Turn on your preferred heat/vibration level (I recommend the lowest). Glide along lymphatic pathways (manual guide included), working upward toward the heart.

Benefits: Stimulates lymph drainage, boosts blood flow + detox, firms and tones skin and reduces swelling and puffiness.

Bonus Tip: Use it in the morning to lower cortisol, reset your nervous system, and de-puff.



 Frequency: 3-5x per week |  Duration: 10-15 min per area

### ★ Bellicon Rebounder

How to: Gently bounce on the rebounder for 5-10 minutes. You don't need to lift your feet off the mat — even light bouncing while keeping your feet grounded activates the lymphatic system. Keep shoulders relaxed, breathe deeply, and let your arms swing naturally.

Benefits: Stimulates full-body lymphatic drainage, improves circulation and oxygenation, supports detoxification, boosts energy and mood through endorphins, gentle on joints.

Bonus Tip: Try rebounding in the morning with your favorite music for a natural energy boost. You can also do it barefoot to connect with your body more fully.

 Frequency: 3-5x per week |  Duration: Start with 5-10 min, work up to 15-20 min as tolerated





# TOOLS & PRINTABLES

Knowledge is important — but structure is what makes healing consistent. That's why I've included a **set of ready-to-use tools and printables** designed to help you stay organized, motivated, and connected to your progress.

Inside, you'll find a **monthly habit tracker**, **weekly self-care checklist** and weekly diary pages, a **7-day grocery list**, and even **batch cooking tips** tailored to the RAD way of eating.

Plus, I'm sharing 12 of **my favorite RAD-friendly recipes** so you always have inspiration at your fingertips. Think of this section as your personal toolkit — created to support your rhythm, not overwhelm it.





# SELF-CARE CHECK LIST

*Tick the box if completed 3 times this week*

## FOOD

 Gluten-free swap
 Sugar-free
 Clear pantry

## BEVERAGES

 Aqualise
 Sugar-free options
 No soda

## LYMPHATIC CARE

 Compression +6hrs
 Rebounder
 Dry brushing

## EXERCICES \*

 10 min walk
 5k steps
 Gym (+10 minutes)
 Swimming / Water walking

## MINDSET \*

 Grounding
 10 minute direct sun
 Read out loud the daily messages

*\*Don't need to do all 3x.  
Choose your preference*



# WEEK 1: DIARY

WHAT EMOTIONS CAME UP THIS WEEK?

WHAT WAS THE MOST HELPFUL ACTION YOU TOOK?

WHAT FELT HARD OR SURPRISING?

ONE THING YOU'RE PROUD OF:





# SELF-CARE CHECK LIST

*Tick the box if completed 4 times this week*

## FOOD

 Gluten-free
 Sugar-free
 RAD meal ideas

## BEVERAGES

 Aqualise
 Sugar-free options
 No soda

## LYMPHATIC CARE

 Compression +8hrs
 Rebounder
 Dry brushing

## EXERCICES \*

 8k steps
 Strength training
 Gym (+15 minutes)
 Swimming / Water therapy
 Heel raises

## MINDSET \*

 Grounding
 10 minute direct sun
 Read out loud the daily messages

*\*Don't need to do all 4x.  
Choose your preference*



## WEEK 2: CHECK-IN

DID ANY NEW ROUTINE FEEL HELPFUL OR CALMING?

WHAT FOOD CHANGE MADE YOU FEEL GOOD THIS WEEK?

WHAT BOUNDARY WAS HARDEST TO SET—AND WHY?

SOMETHING YOU WANT TO TRY NEXT WEEK:







## WEEK 3: CHECK-IN

WHAT FOOD-MOOD CONNECTION DID YOU NOTICE?

WHAT SURPRISED YOU ABOUT YOUR BODY THIS WEEK?

WHEN DID YOU FEEL MOST EMPOWERED?

WHAT WILL YOU CARRY INTO WEEK 4?





# SELF-CARE CHECK LIST

*Tick the box if completed 6 times this week*

## FOOD

 Gluten-free
 Sugar-free
 RAD meal ideas

## BEVERAGES

 Aqualise
 Sugar-free options
 No soda

## LYMPHATIC CARE

 Compression +10 hours
 Rebounder
 Dry brushing

## EXERCICES \*

 10k steps
 Strength training
 Gym (+35 minutes)
 Swimming / Water therapy
 Heel raises

## MINDSET \*

 Grounding
 15 minute direct sun
 Read out loud the daily messages

*\*Don't need to do all 6x.  
Choose your preference*



## WEEK 4: CHECK-IN

WHAT FEELS LIKE A NEW HABIT NOW?

WHAT BELIEF ABOUT YOUR BODY CHANGED THIS WEEK?

WHAT'S ONE THING YOU'RE PROUD OF FROM THIS MONTH?

WHAT DO YOU WANT MONTH 2 TO LOOK LIKE?





# 7-DAY RAD DIET GROCERY LIST

## Low-carb cooking friendly

TIP I recommend to have these basics in your pantry every week



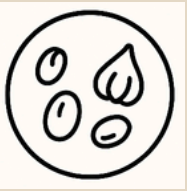
### PROTEINS (Choose 3-4 for variety)

- 2-3 lbs Chicken breast or thighs (for shredding or baking)
- 1 lb Ground turkey or lean beef (for meatballs/patties)
- 1 pack Wild-caught salmon (fresh or frozen)
- 1 dozen Eggs (pasture-raised if possible)
- 1 pack Nitrate-free turkey bacon or sausage (check ingredients, gluten-free)
- Optional: Canned tuna, sardines in olive oil or shrimps



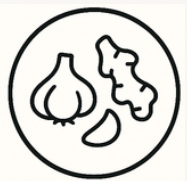
### NON-STARCHY VEGGIES

- 1 head Cauliflower
- 2-3 Zucchini (also for noodles)
- 1 head Broccoli
- 1-2 Bell peppers
- 1 Eggplant or yellow squash
- 1 pack Baby spinach or kale
- 1 head Cabbage (great sautéed or in soups)
- 1-2 Cucumbers (for fresh crunch/salads)



### HEALTHY FATS

- Extra Virgin Olive Oil (cold-pressed)
- 1-2 Avocados
- Coconut oil or ghee (for cooking)
- Raw nuts/seeds (almonds, pumpkin seeds, sunflower)
- Olives or olive tapenade



### FLAVOR & HERBS

- Fresh garlic, onion
- Fresh ginger
- Lemons (zest, juice, and freeze leftovers!)
- Fresh or dried herbs: rosemary, oregano, basil, thyme
- Spices: turmeric, cumin, smoked paprika, black pepper, cinnamon
- Sea salt or Himalayan salt (organic)
- Apple cider vinegar (as natural as possible)



# 7-DAY RAD DIET GROCERY LIST

## Low-carb cooking friendly

TIP Swap some ingredients every week, so you enjoy eating and cooking



### PANTRY BASICS

- Unsweetened coconut milk or almond milk
- Flaxmeal or chia seeds (for RAD baking or meatball binding)
- Quinoa or wild rice (optional if you're not fully keto)
- Bone broth or vegetable broth (better homemade – no added sugar or yeast extract)
- RAD-safe coconut aminos (soy sauce alternative)



### LOW-GLYCEMIC FRUITS (Optional, limited)

- Berries (strawberries, blueberries, raspberries – frozen is fine)
- Green apples or grapefruit (limit to 1/day)



### PREP & STORAGE

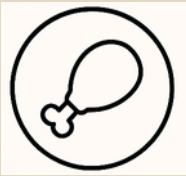
- Freezer bags or glass containers
- Silicone ice cube trays (for freezing broth or sauces)



# RAD-DIET BATCH COOKING

## 5 Low-Carb Basics to Batch Cook & Freeze

TIP Don't overcook vegetables, they'll taste better.



### Shredded Chicken (or Turkey)

- Why: Protein for wraps, salads, soups.
- Batch Tip: Cook a whole chicken or slow-cook breasts/thighs with herbs and salt. Shred and freeze in portions.
- How to Use: RAD taco bowls, lettuce wraps, or mix with avocado for chicken salad.



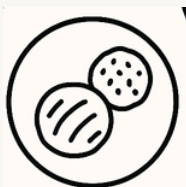
### Roasted Non-Starchy Veggies

- Why: They're the base of most RAD meals and easy to reheat.
- Veggies to batch: Cauliflower, zucchini, eggplant, broccoli, bell pepper.
- Batch Tip: Roast with olive oil, salt, rosemary – freeze in flat containers for easy reheating.



### Zucchini Noodles or Spiralized Veggies

- Why: Great low-carb pasta swap!
- Batch Tip: Spiralize raw, freeze in bags. Or lightly sauté first to reduce moisture before freezing.
- How to Use: Toss with olive oil, protein, herbs for quick bowls.



### Mini RAD Meatballs or Patties

- Why: Kid-friendly, versatile, freeze perfectly.
- Ingredients: Ground turkey or beef, grated zucchini, herbs, flaxmeal as binder (no breadcrumbs).
- How to Use: Serve over greens, with roasted veg, or RAD-approved sauce.



### Bone Broth or Vegetable Soup Base

- Why: Healing, anti-inflammatory, soothing for flare days.
- Batch Tip: Make big batches, freeze in silicone trays or containers.
- How to Use: Sip alone, or add frozen chicken and veggies for instant soup.

# RAD RECIPES

Each recipe is:

- RAD Diet Compliant (no dairy, sugar, gluten, nightshades, or processed foods)
- Anti-inflammatory
- Simple to prepare
- Adaptable to batch cooking



# LIST OF RECIPES

## MY MUST-HAVE

AquaLise

*My cozy electrolyte drink for daily lymph love*

Lippy Loaf

*The bread you will always have in your home*

## ENJOY EATING WITHOUT GUILT

Crunchy keto crackers

*They won't last in your pantry*

Ginger-lime cabbage stir-fry

*It's amazingly so good*

Creamy coconut-turmeric soup

*Tasty and so addictive!*

Chia flax pudding

*Let's start the day with good vibes*

Detox green rad smoothie

*Quick to prep, satisfying and gorgeous.*

Cauliflower "rice" pilaf

*Comfort and antiinflammatory veggies*

Salmon bowl with broccoli & quinoa

*All that you need packed in a bowl*

Collard wraps with avocado & sprouts

*It's amazing what can be done with a wrap*

Zucchini noodles with lemon-tahini sauce

*Really, this isn't pasta?*

Coconut chicken curry

*Minimal mess, maximum flavor.*



# Aqua Lise

My cozy electrolyte drink for daily lymph love

 5 calories  
 4-5 servings  
 5 minutes

## INGREDIENTS

- 🔑 7grs (1 ¼ tsp) iodized sea salt -organic & unrefined is best (rich in trace minerals)
- 🍋 Juice of 1 lemon or lime (vitamin C + lymph love)
- 🍯 Optional: few drops of stevia or monk fruit (zero sugar)
- 💧 Fill a 1L (34oz) bottle with filtered water, mix, chill, and sip!

## BENEFITS

- 💧 Rehydrates deeply without sugar or chemicals
- 🧠 Helps reduce brain fog and chronic fatigue
- 🧪 Replenishes essential minerals we lose easily
- 🔄 Keeps the lymphatic system flowing daily
- 🌿 Supports anti-inflammatory routines like RAD/keto

## PRO TIPS




- ✓ Make It before bedtime & keep in freezer for a refreshing glow-up
- ✓ Sip it slowly throughout the day (especially before meals)
- ✓ Use glass or BPA-free bottles to avoid toxins

If you're constantly feeling tired, puffy, or foggy—it's not just in your head. Lipedema can worsen with dehydration and electrolyte imbalance. This mineral drink is something I never skip. It's like lymphatic drainage in a bottle—and it tastes amazing.



# Lippy Leaf

The bread you will always have in your home

 300 calories  
 14 servings  
 65 minutes

## INGREDIENTS

- 500g / 17 oz goat or sheep fresh cheese
- 3 eggs
- 300g / 2 cups almond flour
- 10g / 1 tsp baking powder
- 19g / 1 tsp salt
- 50g / 1 tbsp flaxseeds
- 50g / 1 tbsp sunflower seeds
- 50g / 1 tbsp pumpkin seeds
- 10g / 1 tsp flaxseeds (for decoration)



## PREPARATION

- Preheat your oven to 180°C / 355°F.
- Drain the mozzarella for about 15 minutes, removing all the liquid. Blend the cheese until smooth.
- Mix the cheese, eggs, salt, baking powder, almond flour, and seeds in a bowl.
- Pour the mixture into a rectangular (20 cm / 8 in) pan. You can also use a round or oval pan—personally, I love ❤️ using an oval one. It's curvy, like you and me.
- Line the pan with parchment paper. This bread is on the moist side and might break apart if you skip this step.
- Bake in the preheated oven for 60 minutes.
- Always test by inserting a knife or toothpick. When it comes out clean, it's ready to blow your mind with how good it is!



# Crunchy keto crackers

They won't last in your pantry

 180 calories  
 4 servings  
 65 minutes

## INGREDIENTS

- 3/4 cup almond flour
- 1 tbsp ground flaxseed
- 1/2 tsp garlic powder
- 1/4 tsp sea salt
- 1 tbsp olive oil
- 2-3 tbsp water


## PREPARATION


- Preheat oven to 350°F (175°C).
- Mix all dry ingredients. Add oil and water to form dough.
- Roll between parchment sheets to 1/8" thick.
- Score into cracker shapes with knife.
- Bake 15-18 min until crisp. Cool before breaking apart.




# ★ *Creamy coconut-turmeric soup*

*Tasty and so yummy. You'll get addicted, like me!*

 240 calories

 3 servings

 30 minutes

## INGREDIENTS

- 1 tbsp olive oil or coconut oil
- 1/2 yellow onion, diced
- 1 clove garlic, minced
- 1 tsp fresh grated ginger
- 1 tsp ground turmeric
- 1 zucchini, chopped
- 1/2 head cauliflower, chopped
- 1 can full-fat coconut milk
- 1.5 cups filtered water or bone broth
- Sea salt and black pepper to taste


## PREPARATION


- Sauté onion, garlic, and ginger in oil until soft.
- Add turmeric, zucchini, and cauliflower.
- Stir for 1-2 minutes, then add coconut milk and broth.
- Simmer for 15-20 min. Blend until creamy.
- Serve warm with chopped parsley or hemp seeds.




# Detox green rad smoothie

Quick to prep, satisfying and gorgeous.

 180 calories

 1 servings

 5 minutes

## INGREDIENTS

- 1/2 cucumber
- 1 small green apple (peeled)
- 1/2 avocado
- Juice of 1/2 lemon
- Handful of spinach
- 1 tbsp chia or flax seeds
- 1 cup water or unsweetened almond milk
- Fresh mint or ginger (optional)


## PREPARATION

- Blend all ingredients until smooth.
- Serve chilled. Add ice if desired.



# Salmon bowl with broccoli & quinoa

All that you need packed in a bowl

 450 calories  
 2 servings  
 15 minutes

## INGREDIENTS

- 2 salmon filets
- 1 tbsp coconut aminos or lemon juice
- 1/2 tsp garlic powder
- 1 tbsp olive oil
- 1 cup cooked quinoa
- 2 cups steamed or sautéed broccoli
- Chopped parsley, sesame seeds (optional)

## PREPARATION

- Season salmon with lemon juice, garlic powder, salt.
- Cook in skillet 3–4 min per side.
- Plate with quinoa and broccoli.
- Drizzle olive oil and sprinkle herbs/seeds.



# *Zucchini noodles with lemon-tahini sauce*

Really, this isn't pasta?

 320 calories  
 2 servings  
 20 minutes

## INGREDIENTS

- 2 medium zucchini (spiralized)
- 2 tbsp tahini
- Juice of 1 lemon
- Zest of 1 lemon
- 1 clove garlic (minced)
- 2 tbsp olive oil
- Salt and pepper to taste
- Optional toppings: parsley, hemp seeds, tuna, boiled eggs or sautéed shrimp.


## PREPARATION


- Whisk tahini, lemon, garlic, olive oil into a sauce.
- Lightly sauté zoodles or serve raw.
- Toss with sauce.
- Top with protein of choice.




# *Ginger-lime cabbage stir-fry*

*I would have never thought this could taste so good*

 210 calories

 3 servings

 10 minutes

## INGREDIENTS

- 1 tbsp coconut oil
- 1/2 head green cabbage, shredded
- 1 carrot, julienned
- 1/2 leek or green onion, thinly sliced
- 1 tbsp grated fresh ginger
- Juice of 1 lime
- 1 tsp coconut aminos
- Sea salt to taste
- Sesame seeds or hemp seeds (optional)


## PREPARATION


- Heat oil in skillet over medium heat.
- Sauté leek, ginger, and carrot for 2–3 minutes.
- Add shredded cabbage and stir-fry for 5–7 minutes.
- Add lime juice, coconut aminos, and salt.
- Cook until tender-crisp. Top with seeds if desired.




# Chia flax pudding

Let's start the day with good vibes

 270 calories

 2 servings

 15 minutes

## INGREDIENTS

- 3 tbsp chia seeds
- 1 tbsp ground flaxseed
- 1 cup unsweetened almond or coconut milk
- 1/4 tsp cinnamon
- 1/2 tsp vanilla extract
- 1 tsp monk fruit or 1 mashed date (optional)
- Toppings: sliced berries, coconut flakes, or pumpkin seeds


## PREPARATION


- Mix all ingredients in a bowl or jar.
- Let sit 5–10 minutes, stir again.
- Refrigerate at least 2 hours or overnight.
- Stir before serving. Top as desired.




# Cauliflower "rice" pilaf

Comfort and antiinflammatory veggies

 200 calories

 2 servings

 12 minutes

## INGREDIENTS

- 2 cups cauliflower rice (fresh or frozen)
- 1 tbsp olive or avocado oil
- 1/4 cup diced celery
- 1/4 cup grated carrot
- 1 tbsp chopped parsley
- 1/2 tsp ground turmeric
- 1 tbsp lemon juice
- Salt and black pepper to taste


## PREPARATION


- Heat oil in a pan over medium.
- Add celery and carrot, sauté 3–4 minutes.
- Stir in cauliflower rice, turmeric, and salt.
- Cook for 5–7 minutes until fluffy.
- Finish with lemon juice and parsley.




# Collard wraps with avocado & sprouts

It's amazing what can be done with a wrap

 260 calories

 2 servings

 12 minutes

## INGREDIENTS

- 4 large collard green leaves
- 1/2 avocado, mashed
- 1/2 cucumber, sliced into matchsticks
- 1/2 cup alfalfa or broccoli sprouts
- 1 tbsp tahini
- Juice of 1/2 lemon
- Pinch sea salt


## PREPARATION

- Remove thick stem from collard leaves.
- Mix tahini, lemon juice, and salt into the mashed avocado.
- Spread mixture on each leaf. Add cucumber and sprouts.
- Roll up like a burrito. Slice in half and serve fresh.



# Coconut chicken curry

Minimal mess, maximum flavor – one-pan dinners are a game changer.

 420 calories  
 2 servings  
 35 minutes

## INGREDIENTS

- 1 skinless, boneless chicken breast
- 1 onion
- 1 green bell pepper
- 1 red bell pepper
- 1 celery stalk
- 1 can (400 ml) full-fat coconut milk
- 1-2 garlic cloves
- Spices: turmeric, black pepper, salt, (optional: cinnamon)
- Extra virgin olive oil or coconut oil for cooking

## PREPARATION

- Cut the chicken breast into small chunks. In a large pan, sauté it in your choice of oil until golden. Remove and set aside.
- Slice the onion, peppers, and celery into small pieces (the smaller, the better for texture and flavor). Sauté them in the same pan until soft and translucent.
- Remove any excess oil from the pan, then add the cooked chicken back in. Stir together over medium heat for about 5 minutes.
- Lower the heat to a minimum. Pour in the coconut milk and season with turmeric & black pepper (they work best together to activate anti-inflammatory benefits). Add a pinch of cinnamon for a warm twist, if desired.
- Let it simmer slowly until the sauce thickens and becomes creamy.
- Try it with cauliflower rice, cold-cooked rice (for that resistant starch boost!), or cooled boiled potatoes for a balanced, anti-inflammatory plate.





# EXTRA RESOURCES

## My affiliate links

I want to share with you tools that I've personally used and checked that are useful for my Lipedema. They're a just an extra help for our bodies.



### Bellicon Rebounder

- Gently stimulates your lymphatic system without stressing your joints.
- Boosts circulation, mood, and energy in just a few minutes a day.
- Ideal for lipedema: low-impact movement that reduces leg heaviness and inflammation.
- Click [here](#) for more info.



### Swirise Red Light Therapy

- Uses near-infrared and red light to reduce inflammation and promote healing.
- Helps improve skin texture, fat metabolism, and pain relief in lipedema areas.
- Compact and easy to use –Use 10 minutes per area, 3–5 times per week.
- Press both the 'Red Light' and 'Ca2+' buttons at the same time to get all the lipedema-loving benefits.
- Bonus: use the red light also in your face to improve skin and reduce wrinkles.
- Click [here](#) for more info. Write 'Elise' for 10% off.



### Oscillating Vibration Plate (LifePro)

- Uses side-to-side rocking motion (not up-and-down) to gently activate lymph flow.
- Improves mobility, flexibility, and fluid drainage—especially in lower body.
- Highly recommended for lipedema due to its anti-inflammatory and detox effects.
- Click [here](#) for more info, get 10% off.



### Farad Heated Lymph Brush

- Combines heat and massage to stimulate lymphatic drainage and relieve swelling.
- Helps break up fibrotic tissue in arms and legs affected by lipedema.
- Use it as part of your daily routine to feel lighter and reduce tension.
- Click [here](#) for more info, get 10% off.



# A CLOSING WORD FROM THE HEART

## *Final note*

This guide was written from the heart. I created it for the me of 2018 – newly diagnosed, overwhelmed, and shaken by the words “chronic illness.”

“There’s no cure.”

“It will progress if untreated.”

And most haunting of all: “Why me?”

If you're reading this now, it means you've taken a brave step. You're searching for answers, for clarity, for a way to take your power back – just like I once did.

I see you. I was you. Confused, scared, aching – not just physically, but emotionally. I feared losing my mobility, living in constant pain, and watching my body change without explanation. What helped me through it was learning, researching, and listening closely to the signs my body gave me – even when doctors dismissed them as “normal.”

This isn't a rulebook. You don't have to follow it perfectly. It's a starting point – a soft landing, a supportive nudge. A reminder that healing is possible. That your body is not your enemy. That you can learn to live with lipedema – and thrive – without giving up on yourself.

No matter your shape, stage, or story, you deserve to feel strong, hopeful, and whole.

You are not alone.

You are not broken.

You are more powerful than you think.

With love and deep understanding,

Elise

