

KICKSTART GUIDE

Lipedema-Effective KETO

5 Steps to
Burn Body Fat
and Reduce
Pain & Swelling
on Command!



5-STEP KICKSTART GUIDE

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& Swelling on Command!

Introduction

Within a few short months of learning I had lipedema I lost 28 lbs. (13 kilos) and 24 inches (62 cm), primarily on my legs.

And best of all: I started to feel confident in my body. And I started to feel beautiful and more free than ever.

And how did I do this?

Well, several things went into this, but, bar far, the most important thing was eating keto in a lipedema-effective way.

...let me explain...



tina ava

Founder, Lipedema Solution
www.TinaAva.com

What Makes Keto So Different?

The ketogenic (keto) way of eating has been shown to be an effective tool that can really make a difference in lipedema. There is an abundance of anecdotal proof of it in international communities of women with lipedema who successfully manage their lipedema symptoms with keto – including myself.

And emerging research suggests the same; that keto might be uniquely beneficial for us with lipedema.

Exactly as I have experienced for myself and as I've seen for my clients, studies have shown that the ketogenic way of eating can not only result in fat loss and weight loss but also significantly reduce other lipedema symptoms. For example, having less pain, swelling, and the feeling of having lighter legs – and improved quality of life as a result.

Now, you might be wondering why a ketogenic diet is so helpful for lipedema, especially since no other diet has been successful in the past...

First, it is important to understand that keto is not a diet. **It is a metabolic process happening inside your body** when you eat this way.

When we eat 'normal' diets we generally consume a lot

"It is important to understand that keto is NOT a diet, but a metabolic process"

of carbohydrates, and the body stores the energy from it as sugar, which eventually gets stored as body fat.

When we follow a keto way of eating, the body utilizes stored body fat and produces ketones to fuel the body.

Ketones have a large range of positive effects on the body, including turning off harmful genes, reducing inflammation, promoting healthy gut bacteria, and boosting brain function, among others.

How does it help with fat loss, pain and swelling in lipedema?

Eating keto can not only help your body burn its own fat for fuel but also decrease inflammation which means less pain, swelling and provide a lighter feeling in your legs.

Also, the ketones produced in the body and brain by this way of eating may have protective effects against tissue damage caused by low oxygen levels in lipedemic fat. Some studies have even found that ketones promote the growth of lymphatic vessels, which could help reduce inflammation and swelling associated with lipedema.

And these are just a few examples of what keto can do.

The more you nerd with it and the more you learn about the benefits for us with lipedema, the more hooked you'll be on mastering this way of eating!

My Story

Just like you, for years, I didn't understand why my legs looked and felt the way they did.

How could the rest of my body be fit and slim and my legs so, well, you know... weird?

I was eating and living healthier than most of my slim friends, so what the heck?

...I've worked as a life, wellness, and resilience coach since 2008, and still, even in this world I never came across the word lipedema. So wild!

After trying every diet and exercise under the sun for years, luck would have it, I met a massage therapist who suggested I had lipedema.

Googling "lipedema" opened my world to both the relief, and the overwhelm you may be familiar with after first hearing about lipedema.

I realized that I had lipedema in my full legs and in my upper arms...

I decided right there and then that



tina aava
Founder, Lipedema Solution

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**"Keto
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I would find a way to manage this. I wanted to turn this new knowledge about my body into a GOOD journey where it IMPROVED my life instead of making it worse.

So, I began exploring.

I knew KETO was a fat-burning process. I had tried it before but hadn't really known what I was doing – and got poor results.

Now I **wanted to fine-tune it so it got lipedema-effective...**

I wanted to experience **fast, tangible results to keep up my motivation** to not let lipedema ruin my body & life.

I also set 3 ground rules for my exploration:

- * It had to **feel easy & non-restrictive** + work for my lifelong lipedema-needs.
- * It had to be **healthy & sustainable** for my hormones, soon entering perimenopause.
- * I didn't want it to get in the way of my **social life**.

And here's what happened to my body as I discovered lipedema-effective keto:

...Within a few short months I lost 28 lbs. (13 kilos) and 24 inches (62 cm), primarily on my legs!

And, best of all, I **started to feel confident** in my body. And I started to **feel beautiful** and **more free** than ever.

I started to feel confident, beautiful and more free than ever.

Now I'm on a mission to teach women with lipedema world wide how to put together an effective and enjoyable tool kit for managing their lipedema, preventing progression, and creating amazing health for the entire body on the way.

I want to teach women with lipedema how to turn having this condition into a GOOD health journey.



5 Steps to Lipedema-Effective Keto

Why should keto be adapted especially for lipedema?

Because of the inflammatory nature of lipedema, it's important to adapt 'usual' keto in specific ways to support the body and prevent exacerbation of symptoms.

5 examples of foods that are typically included in a keto diet but may worsen lipedema:

- * **Dairy products** such as cheese, milk, and cream are often staples in a keto diet, but they can be problematic for some women with lipedema
- * **Artificial sweeteners** can have a highly negative impact on pain and swelling
- * **Vegetable oils** like fx. soybean oil, corn oil, canola oil, sunflower oil and grapeseed oil are highly inflammatory and will worsen your lipedema symptoms
- * **"Keto-friendly"** snack options, for example, protein bars, are often made of highly inflammatory ingredients that worsen lipedema
- * **Nightshades:** Certain vegetables in the nightshade family, like tomatoes, eggplant, and peppers, contain a substance that can contribute to inflammation and worsen lipedema symptoms in some women.

Step 1: Fat Adapt

The first thing you need to do is to become fat / keto adapted. This means removing most of your carbohydrates from the food you eat and replacing them with plenty of healthy fats.

Be patient and give yourself and your body a couple of weeks to adapt to this new phase.

Examples of recommended fats:

- Avocado and avocado oil
- Olive oil (organic, cold-pressed, extra-virgin)
- Coconut oil (organic, cold-pressed, unrefined)
- Grass-fed butter and ghee (organic)
- MCT oil

Step 2: Avoid Most Common Mistakes

In order to get many of the benefits healthy fats provide, you need to ensure that you are breaking down fat efficiently.

This is something many women forget to focus on, and so they may start to feel like crap from eating the fats and they say that keto doesn't work for them...

...But it is super easy to help your body break down the fat, so you feel amazing eating it...

...All you've got to do is stimulate your bile production by **eating bitter foods such as:**

- Ginger
- Turmeric
- Apple Cider Vinegar
- Dandelion Greens
- Arugula
- Radicchio
- Coffee (organic, mold-free)

Step 3 : Adjust Your Carb Intake

The core thing you must do to get into ketosis is to eat only very few carbs.

To get started with keto keep your carb intake to around 20 grams per day. This will bring most people into ketosis pretty quickly.

Once you've gotten the hang of it and are ready to learn more advanced strategies to support your hormonal health and to keep your metabolism firing long-term it is important to flex and circle your carb intake so it meets the needs of your hormone cycle. There is a perfectly good physiological reason why many of us crave carbs just before our period starts. This is a time you'd want to have a few more carbs.

Once you're well versed in the keto lifestyle, you'll generally eat between 20-50 grams of carbs per day, depending on where you are in your hormone cycle - and some days up to 150 grams (meaning you'll get out of ketosis for a day or two.)

Step 4 : Eat Enough Quality Protein

Protein is the all-important building material for your body. It is the most important macronutrient, and if you were to choose just one thing to eat for the rest of your life – let it be protein.

Protein is responsible for maintaining your bones, muscles, and organs like your heart, liver, kidneys, lungs, connective tissue, skin, hair, and so much more.

Protein also helps you to have a strong immune system, balance your hormones, and other good stuff. Protein is needed to repair everything in your body that constantly needs repair.

And you want the best quality protein. Protein from animal sources will give you the protein, and the quality of amino acids your body needs, whereas plant protein doesn't have the quality of amino acids that are needed to keep the body's repair capabilities as smooth as you want when you have lipedema.

Step 5 : Refuel Day

This should only be implemented after a minimum of 6 weeks from starting keto, to make sure you're fat-adapted and don't go back to craving a lot of carbs after a "refuel" day.

If you keep eating super low-carb keto without a break (strategically placed right in your hormone cycle) every now

and then, your body will inevitably begin to slow down fat burning at one point because it tries to preserve its precious fuel. This is a natural human-build-in survival mechanism.

So one day per cycle, in the week up to your period, complete a 'refuel' day. Have 3 meals of high (healthy) carbohydrates and less protein and eat less fat on this day.

What Others Say:

"After two weeks in Keto Kickstart:
My legs already feel slightly lighter, and the severe pain I usually have is decreasing! I'm getting into my eating routine, and I have to say the carb cravings have completely gone! It's astonishing! I encourage you all to keep going, you will not regret it. How I feel now is testimony to how well this entirely new way of approaching eating that you teach works. Thank you SO much, Tina! "

*Participant in Lipedema Keto Kickstart,
Manchester, UK*

"After three weeks in Keto Kickstart: I am so excited!! I have been very preoccupied with family needs, but I recognize that I am better equipped to handle all of the stress because of my improved lifestyle/food choices. Breaking up with gluten and sugar are two of the best decisions I have EVER made!! Thank you so so much Tina!"

*Participant in Lipedema Keto Kickstart.
New Zealand*

"After two weeks in Keto Kickstart: My feet hasn't been swollen the past week (I also have lymphedema). 👍😊 I had an amazing experience when eating out for a birthday celebration this weekend! 🎉 I asked the waiter to adjust my plate for my needs and they happily did so! It felt amazing to stand up for myself! 💪😭 I also used some of your ideas on how to explain to other guests why I eat differently, and it was awesome to see how they supported me with care instead of judgment! "

*Participant in Lipedema Keto Kickstart.
New York, USA*

Want Support To Implement Keto Into Your Life?

If you'd like to learn about lipedema-effective keto in-depth and get support implementing it in your life, stay close to your email inbox as I open up registration for my Lipedema KETO Solution step-by-step online program once or twice a year.

Questions?

Email me at support@tinaava.com

In your corner, always,

tina ava

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