



**3 STEPS TO  
SLIMMER LEGS & LESS  
PAIN AND HEAVINESS**

**LIP EDEMA  
BEGINNER'S  
GUIDE**

TINA AVA | THE LIPEDEMA SOLUTION

# WELCOME!

# Hi, I'm Tina.

I understand your struggles. I have lipedema, too. But I have improved my legs a lot, and you can improve your legs too.

For YEARS I was frustrated with my legs. But when I heard about "lipedema", everything changed.

I quickly lost 28 lbs. (13 kg) and 24 inches (62 cm) primarily on my legs and reduced my legs' ache and heaviness significantly. And it made me feel more beautiful, confident, and free, than ever before.

How? I experimented like a mad-woman and discovered a solution to manage lipedema that worked.

Since then, I've helped women all over the world get similar results.

I'm SO happy you are here. I cannot wait to get to know you along our journey together!



My mission is to give you all the support and knowledge I wish I had when I first learned I had lipedema.

Implementing the strategies in this guide will bring you far.

But also, **keep an eye on your email inbox**; I'll be sharing everything I know about managing lipedema the best way possible.

I insist on making living with lipedema a GOOD journey.

Join me and start feeling more beautiful, confident, and free than ever!

In your corner—always,  
Tina



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**Have a question?**

Email [support@tinaava.com](mailto:support@tinaava.com)

# Lipedema Beginner's Guide

**3 Steps to Slimmer Legs  
& Less Pain and Heaviness**

## Have Unexplained Fat in Your Legs?

Is the fat or swelling on your legs not disappearing, no matter how hard you train or diet? Well, it's possible that you have a condition called lipedema.

11% of women worldwide are estimated to have lipedema, a condition that is believed to be chronic and progressive. Yet most doctors and the general public aren't aware of the condition, and millions of women are left with no strategies to manage it and prevent it from progressing.

When I figured out that THAT's what was up with my legs (and arms), I experimented with a ton of things—and transformed my life and my body. I quickly lost 28 lbs. (13 kg) and 24 inches (62 cm), primarily on my legs, and I significantly reduced my legs' ache and heaviness.

I discovered a solution to manage my lipedema, and it led me to feel more beautiful, confident, and free than ever before. I'm here to teach you everything I learned along the way so you can improve your legs and your life, too.

**11 % of Women  
Have Legs  
Like yours**

## It's Not Your Fault

First and foremost, it is critically important to understand that it is not your fault that you have lipedema. Even if you eat nothing but carrots and exercise all day every day—if you are dispositioned for this condition—it likely will develop eventually.

The symptoms you have in your legs or other affected body parts when you have lipedema are very real and frustrating to deal with. Especially when you don't have the right strategies to manage them. But **don't lose hope. There are LOTS of ways you can reduce your symptoms and get better.** I'll share some of the best strategies with you in this guide.

First, let's look at some common signs that you may have lipedema.

## Common Lipedema Symptoms

- Unshapely knees/"fat pads" around your knees
- Swelling in legs (not in feet.) Symmetrically in both legs
- Disproportionally bigger legs than upper body
- Excess "fat" on legs, thighs, and/or upper arms
- Legs feel heavy
- Ache, discomfort, and pain
- Sensitive to touch

- Spongy feeling in shin/calves
- Dry skin with mattress/diamant patterns on shins
- Easy bruising
- The legs/arms don't respond to regular dieting or exercise advice in the same way it does for women without lipedema

**Important!** *You don't have to have all the listed symptoms to have lipedema. There can be symptoms other than those mentioned.*

## Common “Body Type” Definitions

- **Type 1:** Buttocks affected
- **Type 2:** Buttocks, hips, thighs down to knees affected
- **Type 3:** Buttocks, hips, thighs, lower legs down to ankles (not feet) affected
- **Type 4:** Upper arms affected
- **Type 5:** Lower legs from knees down to ankles (not feet) affected

**Important!** *These are common “types”. It is also possible to have lipedema in other body parts. More “types” are commonly combined in one person.*

**For example,** *I have lipedema in my hips, thighs, lower legs, and upper arms. But not in my butt. So I have Type 4 + Type 3 minus the butt.*

# Stages Of Lipedema

The more time that goes by without managing lipedema with effective strategies, the more it can progress through different stages with symptom add-ons.

For example, lipedema tissue may grow and become hard nodules. Your skin may change in feel and appearance, pain levels may increase, and sensitivity to touch may become unbearable. In worst cases, poorly managed lipedema can affect your mobility. The earlier you start taking charge of it, the better.

**Stage 1:** Early stage. Visible signs are often limited, and lipedema may be hard for an untrained eye to detect. Feeling of heaviness and unexplained bruising may occur. Pain/ache, even to unbearable levels, may already occur at this stage, even with minimal visible signs.

**Stage 2:** Visible signs are clear. Affected body parts appear swollen; muscle definition is hidden under the lipedema tissue. Many experience pain/ache and heaviness. It is commonly possible to feel “nodules” under your skin.

**Stage 3:** Lipedema is absolutely visible, and “nodules” under the skin are commonly quite large. Pain, heaviness, and severe sensitivity to touch are common in this stage.

**Stage 4:** Development of lipo-lymphedema – a condition where both lipedema and lymphedema are present. Large overhangs of tissue on lipedema affected body parts. Mobility is challenged.

## Knowledge Is Power

If you're thinking, "Wow, that sounds like me," to at least a couple of these symptoms, you're likely feeling your heart beating a bit faster now. If so—don't panic.

**The good news** is that now you know! Knowledge is power! You can now start to take the RIGHT actions to take control of your situation, reduce your symptoms, and slow down the progression of it. That is awesome!

You don't have to struggle alone and feel misunderstood anymore. I understand what you're going through. I see you. In fact, there is a whole world of women with lipedema who understand you.

**Knowledge  
Is Your  
Super Power**

## Now It's Your Responsibility

While it is NOT your fault you have lipedema, it IS your responsibility to take the action needed to reduce the symptoms you already have and to slow down (or, who knows, even stop?) its progression. No one else is going to do this for you. Most doctors, unfortunately, don't know anything about lipedema, and even if they did, there are no medical treatments besides surgery that can help yet.

**The good news is that there IS a LOT you can do!** I am living proof. And countless other women worldwide have reduced swelling, pain, and heaviness in their legs too.

You are in the right place! I got you!

Let's start with an overview of the basic but very effective things you can get started with today.

## Reducing Your Symptoms

As part of my personal journey with lipedema, I discovered a process that helped me lose 28 lbs. (13 kg) and 24 inches (62 cm) on primarily my legs and helped me reduce ache and heaviness significantly (and made my body much healthier!) All within a few months. **Best of all: it led me to feel more beautiful, confident, and free than ever before.**

I developed The Lipedema Solution:

Introducing...

# The Lipedema Solution

The full Lipedema Solution consists of 7 pillars:

1. **FOOD**
2. **COMPRESSION**
3. **REST**
4. **MOVEMENT & LYMPHATIC SUPPORT**
5. **DETOX**
6. **MIND-BODY WORK**
7. **BIOHACKING**

In this guide, we'll dive into three solutions that will give you the fastest results and reduce your symptoms significantly.

I suggest you begin with those:

## 1. Lipedema FOOD Solution

Getting your food right is the most impactful way to reduce your lipedema symptoms (and feel fabulous overall.)

Eating the wrong food—even if it is generally considered healthy—can increase swelling, pain, and lipedema growth.

Now, what's the “right” way of eating for lipedema?

## Effective Ways of Eating

Some forms of anti-inflammatory low-carb eating lifestyle, like keto or carnivore, are widely considered the most effective ways to manage lipedema and to slow or maybe even prevent its progression.

When beginning the keto or carnivore eating lifestyle, women commonly quickly lose a lot of swelling, inches, and pain in their legs—just like I did.

And it makes sense: when you eat keto or carnivore, your body becomes a natural fat-burning and inflammation-reducing mechanism and ignites many other awesome natural healing processes.

Flexing in and out of keto, carnivore, and low-carb in rotation is the best way forward for your long-term hormone- and overall health.

As with most things in life however, no one-size-fits-all way of eating hits home with all women with lipedema. A smaller group of women also seem to be able to manage their lipedema following the Mediterranean and Paleo way of eating.

Personally, I rotate anti-inflammatory keto, carnivore and low carb—all adjusted for lipedema needs. It has helped me tremendously and I love how it makes me feel.

## Foods To Avoid - No Matter Eating Style

**Gluten**

**Sugar**

**Artificial sweeteners**

**Fructose**

**Inflammatory vegetable oils & -seed oils**

**Alcohol**

If you do nothing else but eliminate these things from your diet, you will be well on your way to see and feel tremendous results in your lipedema—and in your overall health.

## Foods That Commonly Trigger Symptoms

**Dairy (cow).** (Few exceptions like fx. butter, cottage cheese.)

**Nightshades.** (Tomatoes, bell peppers, etc.)

## Many With Lipedema Are Undernourished

A challenge for many of us with lipedema is to learn to eat ENOUGH of the RIGHT foods to allow our body to heal. Many of us have lived in constant dieting for years in an effort to lose weight on our legs. All this dieting often results in our body being undernourished making it difficult for it to activate its natural healing processes. Understanding we have lipedema we need to relearn how to eat to support our body's natural healing processes.

## Foods To Eat

**Proteins:** Nourishing animal protein. Grass-fed beef is a top priority but all meat, fish and seafood are great sources of protein.

**Healthy fats:** Avocado, coconut oil, olives, oliveoil, ghee, lard, grassfed butter, etc.

**Vegetables:** Low carb vegetables such as broccoli, cauliflower, asparagus, brusselsprouts, rocket salad, etc.

**to burn  
body fat,  
you need to  
eat healthy  
fat and  
protein.**

## 2. Lipedema COMPRESSION Solution

Wearing compression tights is the non-FOOD-related strategy that's continuously making the most significant impact on my legs and well-being. It's been an absolute game-changer. And it is a game changer for many women with lipedema.

Compression supports the lymphatic system and can decrease swelling, discomfort, and pain, and may contribute to slowing down the growth of lipedema. When you wear the right pair for you, you'll likely feel much lighter in your legs. When I found a pair of well-fitting compression tights, I felt like I was flying when walking. I became painfully aware of how heavy my legs had felt before and how it had affected how I walked. To add to it, I felt the support made me walk more elegantly and feminine—my legs felt longer and slimmer.

Compression wear comes in many colors and variations. I wear mine under dresses, skirts, and jeans.

I encourage you to get a made-to-measure pair so they fit you perfectly. But off the shelves sizes may also work for you.

My favorite compression brand is CzSalus. Check out their website [cizeta.it](http://cizeta.it) or look for off the shelf sizes on Amazon.

## 3. Lipedema REST Solution

Not getting adequate REST can worsen lipedema symptoms significantly and quickly. REST is crucial because it allows your body to heal and recover.

REST includes sleep, minimal stress, resting your brain, and much more.

The most significant thing to focus on first is to optimize your sleep. I encourage you to start there.

### Sleep

Getting quality sleep—enough hours, in the right conditions, and at the right time—can significantly decrease swelling, pain and other lipedema symptoms.

Quality sleep reduces inflammation in the entire body, strengthens the immune system, cleanses the brain, supports the mitochondria (the powerhouses of our cells), helps the body burn excess fat, and SO much more.

Good sleep helps improve your sense of self-control and willpower, which is helpful when embarking on the lifestyle changes managing lipedema effectively requires.

Something as simple as ensuring the bedroom is com-

pletely dark and cool in temperature, going to bed and sleeping from around 10-11 PM for about 8 hours per night, and being consistent with bedtime are very good places to start.

*“But, I’m a night owl; I cannot sleep that early!”* you might say. Well, I can tell you that I was a hardcore night owl since young teenager, and when I decided to change my unhealthy sleep habits, I couldn't believe how many things changed for the better in my life. If I, the hardcore night owl, can change sleep habits, so can you.

If you struggle with sleep because of peri-/menopause symptoms eating keto can help tremendously. I would also encourage you to look into bioidentical hormone replacement therapy (HRT). It is magical for sleep (and a wealth of other health issues.)

**few things are  
more healing than  
good sleep**

Finally, but importantly...

## Don't Let Lipedema Define You

I encourage you not to fall into the trap of calling yourself a 'lipedema-lady' or a 'lippy-lady,' as is very common among women with lipedema. If you had arthritis, I'm guessing you wouldn't call yourself an 'arthritis-lady.' Or, if you had diabetes, I'm guessing you wouldn't call yourself a diabetes-lady. Do NOT let lipedema define you, either.

**You HAVE lipedema. You ARE not lipedema.**

You are SO much more than how your body looks and feels; I want you to remember that.

Also, remember: knowledge is power. You can make the lifestyle changes needed to improve the look and feel of your legs.

You've got this! I believe in you!

In your corner—always,  
Tina