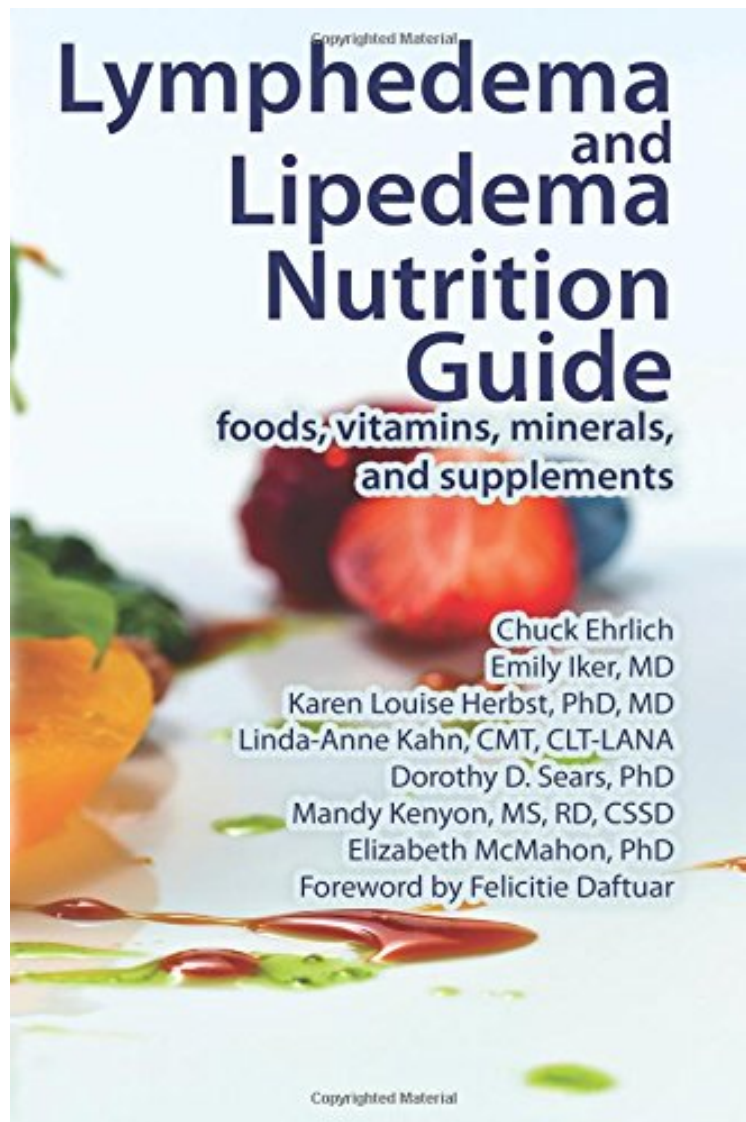


(Pdf free) Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements

Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements

Chuck Ehrlich, Emily Iker, Karen Louise Herbst, Linda-Anne Kahn, Dorothy D. Sears, Mandy Kenyon, Elizabeth McMahon

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Chuck Ehrlich, Emily Iker, Karen Louise Herbst, Linda-Anne Kahn, Dorothy D. Sears, Mandy Kenyon, Elizabeth McMahon : Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements before purchasing it in order to gauge whether or not it would be worth my time, and all praised Lymphedema and Lipedema Nutrition Guide: foods, vitamins, minerals, and supplements:

48 of 50 people found the following review helpful. Lots of information but a bit inconsistent
By CustomerI have very mixed feelings about this book. Obviously a lot of research went into it but I find it to be a bit poorly organized. The thing that throws me is some of the inconsistency-coffee and tea are listed under foods that one should 'eat primarily' and also under 'eat rarely or never'. Which is it? Also, in a past 2015 version of the recommended eating plan that was published, fish and eggs were under 'eat primarily' and now they are under 'eat in limited quantities'. Potatoes and raw nuts and seeds have also moved categories. My question is, between 2015 and 2016, how much has the evidence changed to influence the categorization of these foods, and therefore, are first two categories arbitrary?
0 of 0 people found the following review helpful. Great book happy to finally have
By Jessica burmeisterSo happy I finally got this book now that it's available. I went to a medical conference last year and then only had a few copies available so I was unable to get one. Having this disease I wish more people would write books about it as it's nice having it In write like this book lays it out for us. A lot of great tips in it!
0 of 0 people found the following review helpful. Perfect
By CustomerI have Lymphedema, so I was excited to see what this book had to say. The synopsis you had on it, was perfect. Exactly what I expected. Much information about a disease, that many aren't even aware of, so it's nice to see and read. Great resource. Thanks for the quick delivery.

Eat to starve lymphedema and lipedema by having foods that fight these conditions (and cancer) and avoiding foods that contribute to symptoms or related conditions. Learn how food choices affect both conditions and how better nutrition can improve symptoms (including pain) and delay changes associated with progression to more advanced stages. Intended for anyone with, or at risk for, lymphedema or lipedema, caregivers, lymphedema therapists, and other health care providers. Signs of lymphedema and lipedema (painful fat syndrome) include swelling (edema), abnormal fat accumulation, pain, skin changes, and infections (cellulitis, wounds or ulcers) in affected areas. Lymphedema and lipedema are progressive conditions that can be depressing, disfiguring, disabling, and (potentially) deadly, without treatment. This guide explains why nutrition is an essential part of treatment and self-care for these conditions, what to eat, and how to change your eating pattern. It also covers vitamins, minerals, and supplements that may be beneficial. You may be at risk for lymphedema if you have chronic venous insufficiency, other venous disorders, heart disease, obesity, a cancer diagnosis (especially breast cancer, reproductive system cancers, or melanoma), or a family history of lymphedema or swollen legs. Eating wisely and maintaining a healthy body weight can help reduce your risk of developing lymphedema symptoms. This guide includes all the information you need for changing your eating pattern including ways to increase your motivation and build support for changing your eating pattern, meal plans and recipes for recommended foods, a shopping guide, cooking tips, suggestions for eating away from home, and much more. It also includes detailed information on lymphedema and lipedema including risk factors, signs and symptoms, treatment, other health care considerations and over 40 photos showing different stages of each condition. The authors include experts in lymphedema and lipedema treatment, nutrition research, and behavior change. Recommendations are based on published medical research combined with the clinical experience of the authors. In addition to sharing their clinical experience, Emily Iker and Linda-Anne Kahn share their personal insights from living well with lymphedema and lipedema, respectively. Chuck Ehrlich is a medical researcher and writer for LymphNotes.com, as well as a lymphedema caregiver. Emily Iker, MD, specializes in treating lymphedema and lipedema at the Lymphedema Center in Santa Monica and has lower-extremity lymphedema. Karen Louise Herbst, PhD, MD, treats people with lymphatic issues including lymphedema and lipedema, and leads the Treatment, Research and Education of Adipose Tissue (TREAT) Program, at the University of Arizona College of Medicine. Linda-Anne Kahn, CMT, NCTMB, CLT-LANA, CCN, is a lymphedema therapist, nutritional consultant and integrative health coach at Beauty Kliniek Day Spa and Wellness Center in San Diego, and has lipedema. Dorothy D. Sears, PhD, researches diet and behavior patterns for reducing disease risk at the University of California San Diego School of Medicine. Mandy Kenyon, MS, RD, CSSD, is a consulting dietitian and research leader for Salk Institute and Veterans' Medical Research Foundation. Elizabeth McMahon, PhD, is a clinical psychologist specializing in health-related behavior change and the author of several lymphedema books including *Overcoming the Emotional Challenges of Lymphedema*. Foreword by Felicitie Daftuar, founder and executive director of Lipedema Foundation and past-president of the Fat Disorders Research Society.

About the Author
Chuck Ehrlich has been doing lymphedema research and medical writing since 2005. Emily Iker, MD is a cancer survivor with lymphedema and specialist in lymphedema and lipedema treatment (www.lymphedemacenter.com). Karen Louise Herbst, PhD, MD treats people with lymphatic issues including lymphedema and lipedema at the University of Arizona (www.lipomadoc.org). Linda-Anne Kahn, CMT, CLT-LANA has lipedema and provides lymphedema and lipedema therapy at Beauty Kliniek Wellness Center (www.pamperyou.com). Dorothy D. Sears, PhD researches diet and behavior patterns for reducing disease risk at UCSD School of Medicine. Mandy Kenyon, MS, RD, CSSD is a consulting dietitian and research leader for Salk Institute and Veterans' Medical Research Foundation. Elizabeth McMahon, PhD is a clinical psychologist

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