



Nutritional Therapist

Lipedema Nutrition/Female Hormones

DipNT mNTOI

Republic of Ireland

Worldwide Zoom clinic

In person clinic:

Active Body Clinic

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WHAT IS NUTRITIONAL THERAPY

Nutritional Therapy is an evidence based, client centred approach to healthcare that focuses on identifying and preventing the underlying causes of chronic diseases, applying Functional Medicine Principles. Nutritional therapists usually work in private practice offering tailor made health plans, using nutrition and lifestyle interventions to help support the body towards maintaining health.



WHAT IS LIPEDEMA?

Lipedema is a poorly understood chronic debilitating disease of the subcutaneous adipose tissue often misdiagnosed as obesity.

It consists of bilateral swelling of extremities (legs but also arms) ,easy bruising and pain(often not present in early stages). Often confused with Lymphoedema which usually affects one side of the body. However in later Lipedema stages Lymphoedema can also develop which is called Lipo-Lymphoedema.

(Woolina U.2019)



WHAT LIPEDEMA LOOKS LIKE?



LYMPHOEDEMA VERSUS LIPEDEMA



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WHY NUTRITION IS A VITAL PART IN THE MANAGEMENT OF THESE TWO DISEASES?

It can help to
reduce non
“diseased” weight
(Lipedema)

It can help to
control swelling
and pain.

It can help with
tissue
inflammation
and joint
mobility.



WHAT IS INFLAMMATION?

- Inflammation is an essential part of your body's defence mechanism: The immune system.
- Inflammation occurs as a response to a “threat” such as virus or bacteria or foreign object.
- During the inflammatory response immune cells are recruited to “resolve” inflammation
- When inflammation isn't “resolved” the body develops chronic inflammation.



LIPEDEMA AND LYMPHOEDEMA ARE BOTH INFLAMMATORY DISEASES

- In **Lipedema** the SAT(subcutaneous adipose tissue) is inflamed with the formation of fibrotic tissue. The **vascular system** is also inflamed with leaky vessels and the lymphatics becomes inflamed in later stages.
- In **Primary** Lymphoedema the Lymphatic system is congenitally malformed and in **Secondary** lymphedema the lymphatics are “injured”



MAST CELLS AND HISTAMINE

- Mast cells are a type of white blood cells involved in the immune response and are located all over the body. There are a large number of mast cells in connective tissue, in the Gut and in the lymphatic system. They can also be found close to blood vessels.
- When these mast cells gets triggered they release a chemical called **Histamine** which is called an inflammatory mediator. Histamine causes pain, swelling, itching, heat as it tries to “resolve” the inflammation. There are also many other inflammatory mediators released from mast cells.

IS THERE A CONNECTION?


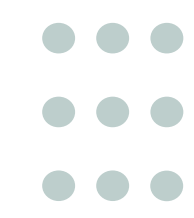
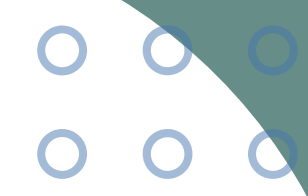
- **Possibly.** We do not know the exact involvement of mast cells but a lot of women with Lipedema struggle with Histamine intolerance and often also present with Mast Cell Activation Syndrome (MCAS) which are two similar but different things.
- What **we do know** is that inflammation is an issue for all Lipedema patients so it is important to follow an Anti-Inflammatory style of eating. There are some common triggers but in the end every Anti-Inflammatory plan should be custom made and personalized.



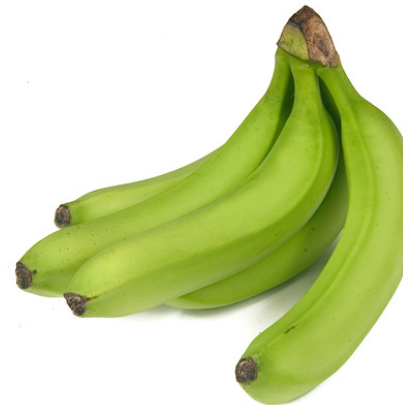
WHAT ARE ANTI-INFLAMMATORY FOODS?



BENEFITS OF SOLUBLE FIBRE

- Provide "fuel" for gut bacteria
 - Lower cholesterol levels
 - Balance blood sugars
 - Aids weight loss
 - Binds to toxins for elimination
 - Binds to used estrogens for elimination
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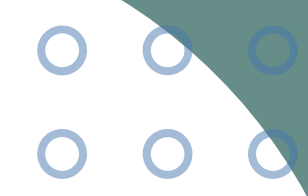
RESISTANT STARCHES



FOODS WITH INSOLUBLE FIBRE



BENEFITS OF INSOLUBLE FIBRE

- Aid constipation
 - Helps with colorectal health
 - Improves toxins elimination
 - Protects from certain types of cancers
- 
- 
- 

FERMENTED FOODS



CHOLINE IN EGGS

Choline is essential in maintaining function and structure of cells.

It is a vital nutrient to support healthy estrogen metabolism in the liver and it aids in the production of an enzyme that breakdown Histamine.



PROTEIN AND AMINO ACIDS

Protein intake of 1.5g per Kg of body weight have been shown to have anti-inflammatory benefits and may help with insulin resistance, reduce appetite and help with blood sugar management.



OMEGA 3 OILS

Omega 3 essential fatty acids have been shown to have anti-inflammatory properties and can help reduce pain and improve joint mobility. They can also assist in the healthy metabolism of estrogens.

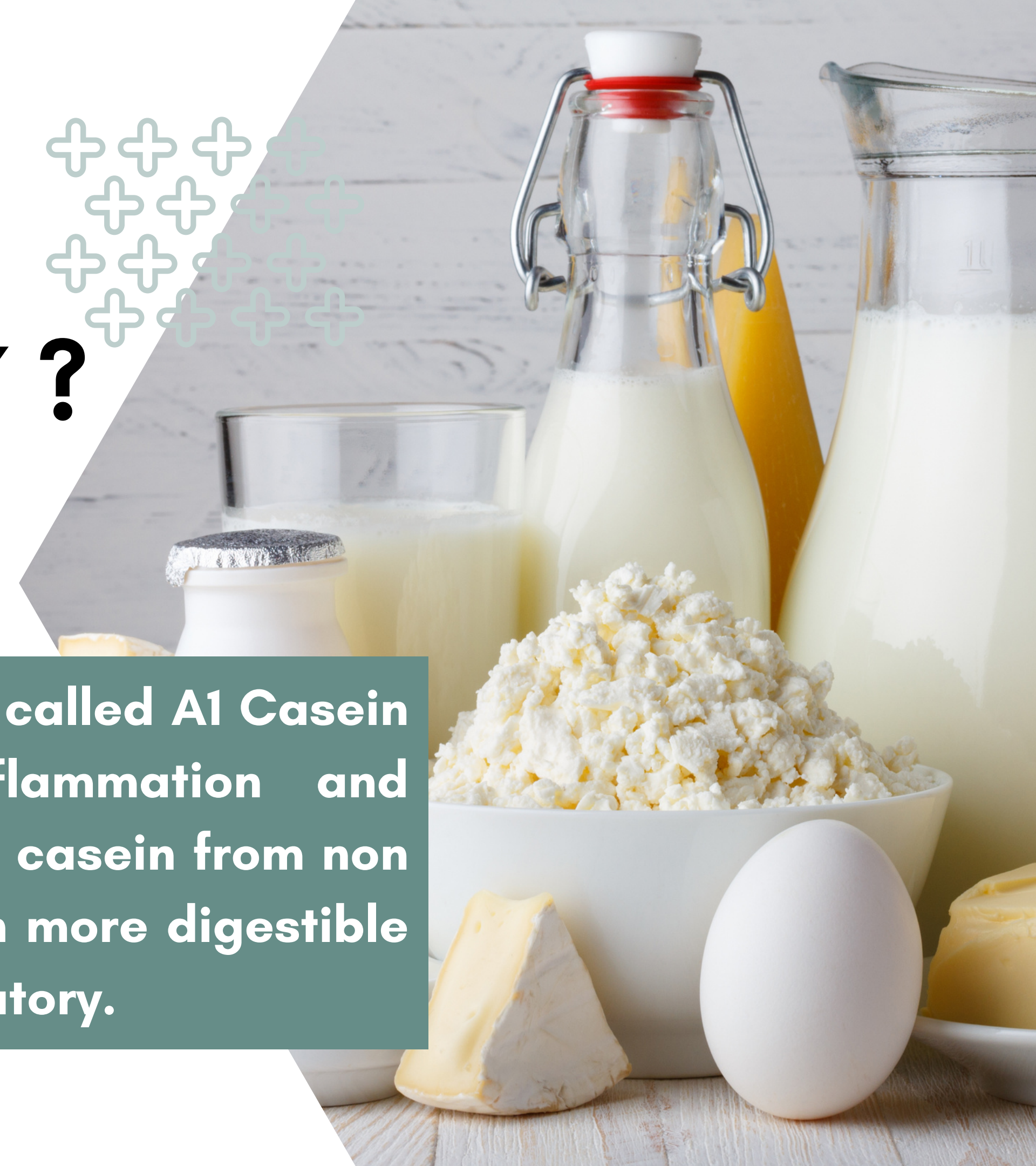


INFLAMMATORY FOODS



WHAT ABOUT DAIRY ?

Cow's milk dairy contains a protein called A1 Casein that has been linked with inflammation and increased pain. However A2 form of casein from non cow's milk sources contains a much more digestible form of casein and it's less inflammatory.



AND GLUTEN?

Gluten is an inflammatory protein and can increase pain and swelling. However research is now investigating Glyphosate as been the most triggering substance in Gluten sensitivities individuals. Better digestible forms of Gluten like sourdough bread are much more tolerated and have less impact on inflammation.



CASE STUDY:

- T. , 43 years old, fully diagnosed with Lipedema. Fibrotic tissue mainly on thighs.
- Presenting symptoms of Fibromyalgia , chronic fatigue, arthritis, endometriosis and ovarian cyst. Medication list: Tylex, Vimovo, Keral, Palexia.
- Painful dysmenorrhoea.
- Chronic pain and low energy
- Gut and digestive issues



ACTION PLAN:

- 3 months of Low Histamine and Low Carb protocol with a targeted anti inflammatory Nutraceuticals protocol.
- **Conservative treatments:** Deep Oscillation, Myo fascial release exercises, Swimming, Massage gun and Self massage.
(in collaboration with **Daniela Palazzi**)
- Regular **Osteopathy** treatments (in collaboration with **Donncha Phelan**)
- Very compliant to all protocols.



RESULTS:

- Loss of over 1 stone
- Substantial inches loss
- Off all pain medications
- Dysmenorrhoea completely gone
- Digestive and gut issues all in remission
- Fibromyalgia in full remission
- Pain free and report to have never felt this well in many years.





**THANK YOU
VERY MUCH!**

