

# Factsheet:

## Lipedema and Nutrition



**ALCHEMY**  
IN MOTION

### What is Lipedema?

Lipedema is a relatively common but often overlooked chronic condition that causes abnormal fat accumulation, typically in the hips, thighs, legs, and sometimes the arms. It mainly affects women and often begins or worsens during times of hormonal change, such as puberty, pregnancy, or menopause.

A common sign of lipedema is that the fat appears symmetrical and may be painful or tender. People with lipedema often notice easy bruising, swelling, and discomfort.

Because it can look similar to other conditions, it is often mistaken for simple weight gain (obesity; excess adipose fat) or lymphoedema (buildup of lymph fluid). It is possible for lipedema and obesity to be present at the same time, which may add to the physical and emotional challenges of the condition.

### The Role of Nutrition

Nutrition and lifestyle are important factors in managing lipedema. It's important to know that lipedema is not caused by poor diet or lifestyle choices. Unlike general obesity, lipedema fat does not respond well to calorie restriction or typical weight-loss methods. Often conventional weight loss diets result in weight loss only in non-affected adipose tissue.

Living with lipedema can be frustrating and emotionally challenging, especially if it has been misunderstood as 'just weight gain.' Recognising that lipedema is a medical condition, and not your fault, is an important step toward self-care and self-compassion.

While nutrition cannot cure lipedema, the way we eat can play a supportive role in managing symptoms and improving overall well-being. The focus is not on strict dieting but rather on making food choices that promote good health, reduce inflammation, and support energy levels. Current research on anti-inflammatory, Mediterranean and low carbohydrate diets, have shown promise for symptom management and should be guided by a nutrition specialist.

## How Nutrition Can Help:

- **Reduce inflammation and swelling:** Some foods may help calm inflammation in the body, which can ease discomfort.
- **Support lymphatic health:** Eating balanced meals with enough hydration helps the body's natural drainage system work more effectively.
- **Improve energy and strength:** Nutritious foods fuel the body, helping you stay active and prevent fatigue.
- **Support mental health:** Eating well-balanced meals can improve mood and provide a sense of control over symptom management.
- **Assist if obesity is also present:** If someone has both obesity and lipedema, a healthy diet can help with weight management and improve overall health outcomes, even though it cannot remove lipedema fat.

## Consult with a Nutrition Specialist

Lipedema is a complex condition, and you don't have to manage it alone. Nutrition plays a key role in symptom management but navigating it without support can feel overwhelming. Connecting with a qualified dietitian professional can equip you with tailored nutritional strategies. At Alchemy in Motion, our dietitian can:

- Provide a personalised nutrition plan tailored to your body, preferences, and health goals.
- Identify foods that might worsen inflammation or swelling and recommend supportive alternatives.
- Provide guidance if conditions such as obesity, diabetes, or heart disease also play a role.
- Support your emotional wellbeing by helping you move away from restrictive or unhelpful dieting patterns.
- Encourage realistic, long term nutrition habits.

Remember: Lipedema is not caused by what you eat, and it is not your fault. But with the right support, nutrition can be a powerful tool to help you manage symptoms, regain confidence, and improve your quality of life.

Ready to take the next step in your journey? **Book a consultation today** to receive practical, compassionate support tailored to your stage of life and unique needs.