



**THERAPIST
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Transcript of Therapist Video Episode 2



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Lipedema Treatment - A Multi-faceted Approach

My name is Linda-Anne Kahn. I'm originally from South Africa, and I live in San Diego. I'm a certified Dr. Vodder manual lymph drainage therapist, certified by LANA. I've been treating lymphedema patients for over twenty-five years, and I own a wellness center in San Diego.

I myself have lipedema. I really have specialized in the treatment of lipedema. I do manual lymph drainage, I work with a full nutrition, exercise, lifestyle, and helping to support patients because this is such a frustrating illness, and people don't know where to go. The doctors are continually telling them that they're overweight. And so what I do with my patients is help them to find something wonderful about themselves, to really seek activities that make them feel good.

Lipedema is such a frustrating illness, and people don't know where to go. The doctors are continually telling them that they're overweight. And so what I do with my patients is help them to find something wonderful about themselves, to really seek activities that make them feel good.

And I love them to go to yoga if they can, and there's chair yoga for people who can't get down on the floor and do things. And there is an anti-inflammatory diet that's not going to cure lipedema, but that really helps with the inflammation. Swimming is absolutely wonderful because you're breathing, and you're helping to stimulate the lymph pump as you're doing that. If you can't swim, you can do a kick board, you can even hold your hands at the end of the swimming pool, and you can kick and then

breathe in. Pilates is amazing, and then I do whole-body vibration, and there are many, many units that you can get. The ultrasonic is really fantastic, and that also helps to move the lymph.

For legs that have lymphedema, you absolutely have to have compression. For lipedema in early stages, there should be compression. When a person is really in advanced stages, maybe 2 or 3, initially it may be difficult to get into compression until you have decongested the tissue.

Manual Lymph Drainage

When we talk about decongestive therapy, we're actually talking about manual lymph drainage. And manual lymph drainage is actually considered a medical massage in Europe. Therapists go through intensive certification, understanding the physiology and anatomy of the lymph system, and we actually do a manual massage, which is a pressure and a release. It's actually a very gentle massage, and it's a pressure and a release. It calms the nervous system, decongests the tissue, helps with toxic wastes in the body, and actually feels really, really good.

The lymphatic system is regarded as the system in the body that's going to filter toxic wastes. It's really like the garbage disposal of the body. And I always tell my, my patients, "When you put your garbage out every week and the garbage collectors come – imagine if they didn't come for two weeks and three weeks and four weeks. It would start to accumulate in the street, and then pretty soon, you wouldn't be able to get into the street, and you wouldn't be able to get food coming into your house." And so with the lymphatic system, when we get this congestion and this ultrafiltration, we're not eliminating wastes, and then nutrients can't come to the cells and oxygen can't come.

Manual lymph drainage is actually a very gentle massage, and it's a pressure and a release. It calms the nervous system, decongests the tissue, helps with toxic wastes in the body, and actually feels really, really good.

When we have inflammation, the cytokines come to the area, and then there's an increased number of macrophages, and there's an inflammatory condition that is created. And when that happens, there will be swelling, and there will be ultrafiltration into the tissues. And when you eat foods that are high in sugar and high in carbohydrates, which also turn to sugar, that actually increases the inflammatory response in the skin and in the tissue. And because this is painful fat syndrome, when you increase inflammation, you're going to further be increasing pain.

Anti-Inflammatory Diet

So we want to eat a diet that's rather going to quench inflammation as opposed to causing inflammation, and those are your essential fatty acids. Nuts and seeds and chia seeds, and omega 3 fatty acids, fish, fish oil. Coconut oil is a medium-chain triglyceride, and we have found that the medium-chain triglycerides actually bypass the lymphatic system and put less of a load on to the system, and so coconut oil is wonderful. It's also antibacterial and antiviral, and wonderful to cook with.

When you have long-chain fatty acids, like from meat or dairy, that goes to the lacteals and small intestine, and those are part of your lymphatic system. And when you have lipedema, that's all overloaded and we want to put as little of a load as possible on the lymphatic system. So you should actually avoid all gluten products and any flower products, so that's sugar, cookies, pasta, processed foods, packaged foods.

Eat at home as much as possible, because we want to have as much of the omega 3 fatty acids. And when you go to restaurants, there's a, abundance of omega 6 fatty acids, which are your safflower oils, your corn oils, and we want to really avoid those oils as much as possible.



So there is hope. You can have treatment. There's manual lymph drainage. There's compression. There's diet. There's exercise. It is a multifaceted approach.





Because I'm a lipedema patient and I know what I have done to maintain, I encourage all of my patients, you really need to be very strict about things. You could still enjoy your food. I love cooking. I enjoy my food, but I have healthy choices.

My goal as a therapist is to help my patients make sure that we either get the situation much better or we make sure that it does not progress. There is always hope. There are always things to do, and often patients give up, and they continue eating all the wrong foods, and when you eat all the refined carbohydrates, it's like putting fuel on to a fire.

So there is hope. You can have treatment. There's manual lymph drainage. There's compression. There's diet. There's exercise. It is a multifaceted approach. If necessary, you need to seek the counsel of a psychologist or a group. If you don't have the funds to do that, they are support groups, and there is always hope, and there are many things that can be done.

About Linda-Anne Kahn, HHP, CIDESCO, NCBTMB, CLT-LANA

Linda-Anne Kahn is an internationally trained Lymphedema Therapist, Clinical Aromatherapist, Integrative Health Coach and Nationally Certified massage therapist and with over 35 years in the industry. She specializes in the treatment of lipedema and has successfully controlled her own lipedema with an integrative approach. Linda-Anne is the Director and founder of Beauty Kliniek Aromatherapy Day Spa and Wellness Center and Lymphatic Therapy Services in San Diego, CA.

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