



You are not imagining it.

You are not alone. 

LIPOEDEMA AWARENESS MONTH

♥ EDUCATE • SUPPORT • EMPOWER ♥

Lipoedema is a chronic, progressive, inflammatory condition that affects up to 11% of women. It is not caused by weight, diet or lack of willpower and does not respond to diet or exercise alone.

IT'S NOT LAZINESS. IT'S NOT YOUR FAULT.

WHAT IS LIPOEDEMA?

Lipoedema causes an abnormal build-up of fat tissue – usually in the hips, thighs, legs and sometimes arms. It almost exclusively affects women and is often triggered or worsened by hormonal changes such as puberty, pregnancy, menopause, surgery or stress. It is genetic, progressive and can impact mobility, lymphatic function and emotional wellbeing if left unmanaged.




EARLY SUPPORT CAN CHANGE YOUR JOURNEY.

SIGNS & SYMPTOMS

- ✓ Disproportionate fat in legs and/or arms
- ✓ Fat that does not reduce with diet or exercise
- ✓ Pain, heaviness, tenderness or aching
- ✓ Easy bruising
- ✓ Swelling or fluid retention
- ✓ Reduced mobility over time
- ✓ Family history (often on mother's side)
- ✓ Symptoms triggered or worsened during puberty, pregnancy, menopause or stress
- ✓ Anxiety, depression or a difficult relationship with food and body image



If this sounds like you, please know – you are not alone. 

THE 4 STAGES

- 1 STAGE 1**
Skin is smooth, but fat causes a disproportionate shape.
- 2 STAGE 2**
Skin becomes uneven with indentations.
- 3 STAGE 3**
Fat deposits become larger and harder with skin folds and lobules.
- 4 STAGE 4 (LIPO-LYMPHOEDEMA)**
Lymphatic system overwhelmed, causing swelling and fluid retention on top of fat accumulation.

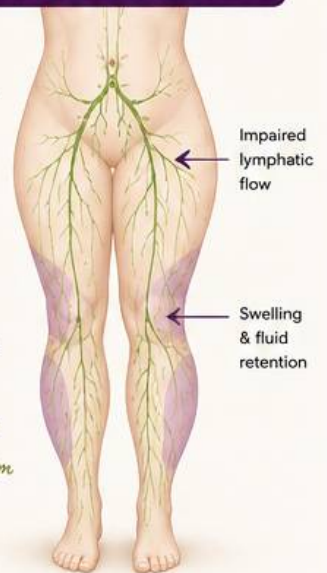
EARLY INTERVENTION HELPS PREVENT PROGRESSION.

THE LYMPHATIC CONNECTION

As fat accumulates abnormally, it can impair the lymphatic system leading to fluid retention, swelling and discomfort.

Without support, lipoedema can progress to Lipo-Lymphoedema.

Supporting your lymphatic system is essential.



MANAGE & SUPPORT YOUR BODY



MOVEMENT

- Walking
- Swimming
- Rebounding (10–15 mins daily)
- Aqua therapy

Stimulates lymph flow without stressing joints.



NUTRITION

- Anti-inflammatory, keto-leaning eating
- 3 meals a day, no snacking
- Adequate protein
- Hydration

Supports inflammation management and tissue health.



SUPPLEMENTS*

- Omega-3 fatty acids
- Vitamin D & Zinc
- Magnesium
- Collagen + Vitamin C

Ask your health professional for personalised advice.



SLEEP

- Restful sleep is vital for repair, reducing inflammation and supporting lymphatic and metabolic function.

Prioritise quality rest without guilt.



MANUAL LYMPHATIC DRAINAGE (MLD)

- Encourages lymph flow
- Reduces swelling and discomfort
- Supports immune function & wellbeing
- Learn self-MLD techniques

We provide MLD and teach you self-care routines.



SELF-CARE

- Stress management
- Self-compassion
- Body connection
- Support & education

Mental and emotional wellbeing are part of healing.

*Always discuss supplements with your health professional.

WHO WE SEE



DIAGNOSED

You know you have lipoedema and are seeking support, guidance and conservative care.



SUSPECTING

You suspect you might have lipoedema and are looking for answers & a plan that actually makes sense.



NO IDEA AT ALL

You've been told it's "just weight gain". We offer education and a completely different lens.

WE CAN HELP

At Hands to Heal Massage Therapy we offer:

- ✓ Manual Lymphatic Drainage (MLD) Massage
- ✓ Self-Care Education & Support
- ✓ Tools to Help You Take Charge of Your Health

BOOK ONLINE TODAY!



We look forward to supporting you. 