

Nutritional support for Lipedema



Li promotes the following VEGF inhibiting foods, which could play a role in the reduction of inflammation and the stagnation of lymphedema and lipedema (2012).

- Green tea catechins
- Genistein in soy beans
- Lycopene in tomatoes, watermelon and other bright red fruits
- Omega 3 fatty acids
- Glucosinolates, Isothiocyanates, Indole-Carbinol 3, DIM, basically cruciferous vegetables
- Flavonoids in spinach, onions, parsley, beets and thyme
- Polyphenolic flavonoids in lettuce, chicory, arugula and red lettuce
- Proanthocyanidins in cacao, cinnamon, cranberry, apples, grapes, black current, persimmon and choke berry
- Anthocyanidins in berries, grapes and red wine
- Curcumin, turmeric
- Vit. K2 and fermented foods, pre-biotics
- Beta-cryptoxanthin in bright orange, red or yellow foods
- Pomegranate, berries of all kinds, walnuts, pecans, red grapes
- Salt intake – reduced
- Long chain fatty acids reduced – especially hydrogenated versions

