



LIPDEMA

Lipedema is an inflammatory condition of adipose tissue closely linked to estrogen dominance and metabolic imbalances. Estrogen dominance and impaired hormonal detoxification stimulate disproportionate fat accumulation, fluid retention, and increased tissue inflammation.

COMMON SYMPTOMS

- Accumulation of localized, disproportionate fat (hips, thighs, and legs)
- Pronounced fluid retention and a sensation of heaviness in the legs
- Tenderness to the touch, pain, and a tendency to bruise
- Chronic inflammation, cellulite, and microcirculatory changes

**UNDERSTAND THE METABOLIC
AND HORMONAL CAUSES OF
BLOATING AND PAIN.**