

# Lipoedema *resources*

NOV 23



## Conservative Treatment Basics

- Eating plan targeted at reducing inflammation
- Moisturise skin daily
- Daily Movement  
aqua activities, yoga, weights, walking
- Stop Smoking
- Compression pumps, vibration plate
- Compression garments

## Nutrition

Nutrition is very individual. Research and see which approach resonates with you.

Kimmi Katte - [nutritionalsynergy.com.au](http://nutritionalsynergy.com.au)

Aimee Buchanan

[holisticnutritionprincess.com](http://holisticnutritionprincess.com)

Megan Pfeffer - [ichoosehealth.com.au](http://ichoosehealth.com.au)

## Metabolic Health

Dr Monika Fazekas Lavu

Dr Amanda Hor 02 9159 9158

[reception@sunriseendo.com.au](mailto:reception@sunriseendo.com.au)

## Psychologist

[www.purposefulpsychology.com.au/](http://www.purposefulpsychology.com.au/)

A psychologist who understands & has lipoedema for those struggling with diagnosis or body acceptance. Rebates may be available with GP health care plan

## Exercise Physiologist

Marcus Cassaniti

[fitnessclinic.com.au/new-patients/](http://fitnessclinic.com.au/new-patients/)

## Garments | Pump Resources



<https://naveensomia.snapforms.com.au/form/lipoedema-garment-resources-jan-23>

<https://naveensomia.snapforms.com.au/form/therapists>

## MLD Therapy | Endermologie



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**ASAPS** Australasian Society of  
Aesthetic Plastic  
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