



# The LipedemaDiva Remission Protocol

*How I Supported My Kidney Function, Reversed Chronic Pain, and Regained My Energy*

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This is not a quick fix or a miracle cure. It's the result of hundreds of small, intentional choices I made over time. I believe it was the **synergy** of these steps - not any single one - that helped shift my body from decline to healing.

And this isn't the first time I've put chronic disease into remission! So please believe that it IS possible! This time, I was successful with Prediabetes and Chronic Kidney Disease, but previously I've done the same with Hashimoto's and psoriasis.

Here's what worked for me this time:

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## Eating Plan & Fasting

- Ketogenic eating plan (since Sept 2024), customized to my food sensitivities and inflammation triggers
  - Nightly 12-hour fasts
  - 36-hour fast every 9 days
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## Medications & Supplements

- Low Dose Naltrexone (LDN), ~5 mg daily (started mid-May 2025)
- Tulsi tea (Holy Basil) daily for cortisol, blood sugar, and inflammation support
- Stopped Pantoprazole and Famotidine (PPI and H2 blockers) in February 2025
- Ultima electrolytes (started mid-May 2025) for hydration and mineral balance



- L-theanine and magnesium glycinate to support mood and sleep
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## 🌞 Rhythm & Lifestyle

- Circadian rhythm support: morning sunlight, evening wind-down, blue-light blocking glasses after 6 PM
  - Vagus nerve support: humming, deep breathing, and time outdoors in nature
  - Daily sunlight exposure to stimulate vitamin D production
  - Infrared therapy to reduce cortisol and increase serotonin
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⚠️ *Note: Always consult your healthcare provider before making changes to medications, supplements, or diet. This protocol reflects what worked for me personally and may not be suitable for everyone.*

