



## **Lipedema Summer Survival Guide**

*Quick-Reference Tips to Stay Cool, Manage Swelling, and Reduce Inflammation in Hot Weather*

---

### **BEAT THE HEAT**

- **Stay indoors** during peak heat hours (10am–3pm)
  - **Use cooling devices:** cooling towels, ice packs on pulse points, neck fans (Check my Amazon Picks page for the **Baimei IcyMe Ice Roller!**)
  - **Wear breathable fabrics** (cotton, bamboo, linen)
  - **Plan errands or walks in the early morning or after sunset**
- 

### **STAY HYDRATED — WITH ELECTROLYTES**

- Use **electrolyte mixes** (LMNT, Hi-Lyte, Keto Chow drops, etc.)
  - Sip **mineral-rich broths** or add a pinch of sea salt to water
  - Avoid plain water overload (can dilute electrolytes further)
  - Monitor for signs of imbalance: dizziness, fatigue, brain fog
- 

### **DEFLATE THE SWELLING**

- **Elevate legs** several times a day (above heart level if possible)
  - Use **compression garments** (flat-knit if available, remove if overheated)
  - Try **short cool foot soaks or contrast hydrotherapy**
  - **Rebound** or gently move every hour to support lymph flow
- 

### **FIGHT INFLAMMATION**

- Avoid inflammatory foods (sugar, processed carbs, seed oils)
  - Emphasize anti-inflammatory foods: leafy greens, fatty fish, turmeric, berries
  - Use adaptogens (like **Tulsi tea**) to reduce cortisol
  - Get **enough sleep** — aim for 7–9 hours in a cool, dark room
-



## TRAVEL SMART

- Hydrate with electrolytes before and during flights
  - **Wear compression on travel days** (full-leg - and double-up during flights)
  - Move feet and ankles hourly (even while seated)
  - Pack **cooling gear** in your bag (cooling towel, mini fan, mineral spray)
- 

## WATCH FOR SIGNS OF TROUBLE

- Sudden swelling or pain in one leg
- Dizziness or fainting with standing
- Rapid heartbeat, especially after heat exposure
- Skin changes (redness, heat, blistering)

Seek medical care if these occur, especially with underlying conditions like POTS or EDS.

---

**You can still enjoy summer — just with smarter strategies. Protect your lymph flow, cool your body, and keep inflammation low.**

#LipedemaSummerSurvival #LymphaticHealth #TakeControlofYOURLipedema  
#HeatTipsForLippyLadies #HeatIntolerance #POTS

#CalmInflammation  
#TakeControlofYOURLipedema  
#LetsMakeLipedemaAHouseholdName

#BeALipedemaDiva

