

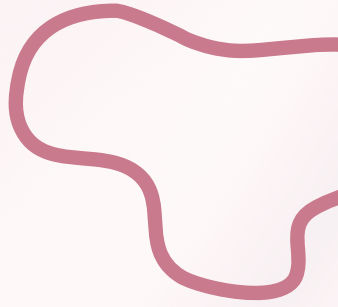
# LIVING YOUR BEAUTIFUL LIFE WITH LIPOEDEMA

KIMMI KATTE & KATRINA HARRIS

[www.kimmikatte.com](http://www.kimmikatte.com)



FIND US ON FACEBOOK



FIND US ON INSTAGRAM

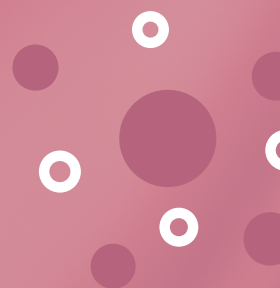


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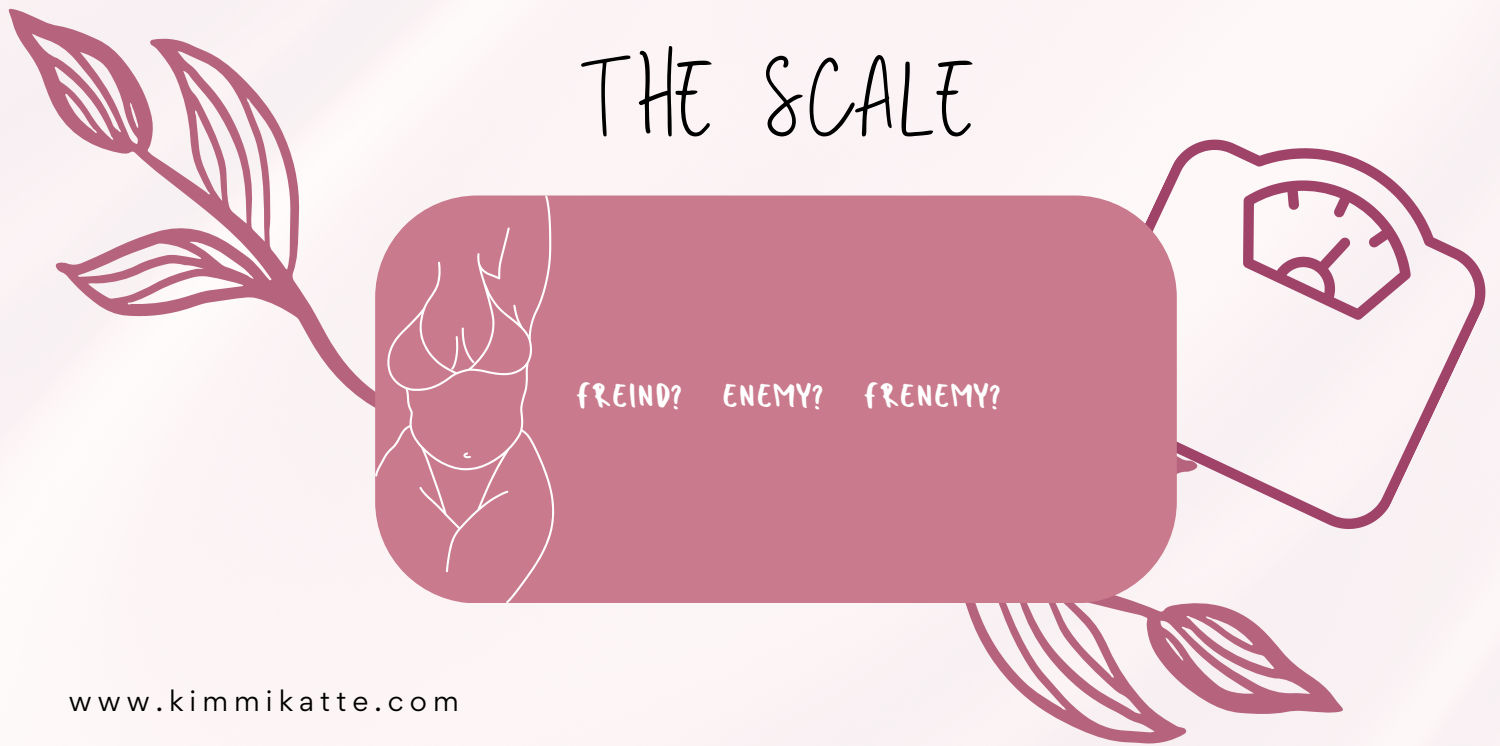


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# THE SCALE



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# THE SCALE

## ACTIONABLES:

- GIVE YOUR SCALE TO SOMEBODY YOU DON'T LIKE VERY MUCH
- ASK SOMEBODY TO HIDE IT FOR YOU SO YOU CAN ONLY USE IT ONCE PER MONTH
- ASK FOR A "BLIND WEIGH"
- LEARN TO USE YOUR TAPE MEASURE



YOUR INSPIRED ACTION



# BE PATIENT

"PATIENCE IS ALSO A  
FORM OF ACTION."

~ AUGUSTE RODIN

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# BE PATIENT

## ACTIONABLES:

- ACKNOWLEDGE THAT MANAGEMENT OF LIPOEDEMA IS MUCH MORE COMPLEX THAN "LOSING WEIGHT"
- GIVE YOUR CONSERVATIVE MANAGEMENT STRATEGIES A DECENT AMOUNT OF TIME

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YOUR INSPIRED ACTION





# COMFORT OR ESCAPE?

**OXFORD DEFINITION OF COMFORT:**

**A STATE OF PHYSICAL EASE AND FREEDOM  
FROM PAIN OR CONSTRAINT.**

**THE EASING OR ALLEVIATION OF A PERSON'S  
FEELINGS OF GRIEF OR DISTRESS.**

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# COMFORT OR ESCAPE?

## ACTIONABLES

ASK YOURSELF IF THE FOLLOWING PROVIDE TRUE COMFORT TO YOU

- FOODS
- ACTIVITY / MOVEMENT
- MEDIA (WHAT YOU READ, WATCH, LISTEN TO)

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YOUR INSPIRED ACTION





# EAT BETTER



"THE ONLY DIETS WE KNOW FOR  
SURE THAT DON'T WORK FOR  
LIPOEDEMA, ARE VERY LOW  
CALORIE DIETS.  
EAT BETTER, NOT LESS."

~KIMMI KATTE

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# EAT BETTER

## ACTIONABLES:

### SWITCH TO:

- EATING ENOUGH FOOD
- UNPROCESSED, NUTRIENT DENSE FOODS
- PRIORITISE PROTEIN

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YOUR INSPIRED ACTION



# YOUR WARDROBE

"A WOMAN IS NEVER SEXIER THAN  
WHEN SHE IS  
COMFORTABLE IN HER CLOTHES."

~VERA WANG



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# YOUR WARDROBE



**ACTIONABLES:**  
**FIND WAYS TO REFRAME ...**

- COMFORT
- CONFIDENCE
- COLOUR
- CREATIVITY
- UNDERWEAR!

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YOUR INSPIRED ACTION



# MOVE BETTER

"START WHERE YOU ARE.

USE WHAT YOU HAVE.

DO WHAT YOU CAN."

~ARTHUR ASHE

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# MOVE BETTER

## ACTIONABLES:

- FIND A WAY TO START WHERE YOU ARE RIGHT NOW AND GET STABLE, GET MOBILE, AND GET STRONGER.

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YOUR INSPIRED ACTION





# BUILD YOUR CHEER SQUAD

"CONNECTION:

THE ENERGY THAT EXISTS BETWEEN PEOPLE WHEN THEY FEEL SEEN, HEARD, AND VALUED;  
WHEN THEY CAN GIVE AND RECEIVE WITHOUT JUDGEMENT;  
AND WHEN THEY DERIVE SUSTENANCE AND STRENGTH FROM THE RELATIONSHIP."

~BRENE BROWN



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# BUILD YOUR CHEER SQUAD

## ACTIONABLES:

- TELL YOUR FAMILY AND FRIENDS YOU WANT & NEED THEIR SUPPORT
- FIND GROUPS OF PEOPLE YOU RESONATE WITH & FEEL COMFORTABLE AROUND
- START BUILDING YOUR HEALTHCARE TEAM ACCORDING TO YOUR GOALS



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YOUR INSPIRED ACTION





# LIVE YOUR BEAUTIFUL LIFE

"DO NOT SET ASIDE YOUR  
HAPPINESS. DO NOT WAIT TO  
BE HAPPY IN THE FUTURE.  
THE BEST TIME TO BE  
HAPPY IS ALWAYS NOW."

~ROY T BENNETT

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# LIVE YOUR BEAUTIFUL LIFE

## ACTIONABLES:

- BE IN PHOTOS
- PARTICIPATE IN YOUR LIFE
- STOP HIDING AND ISOLATING
- FIND THE POSITIVE IN YOUR BODY NOW
- HAVE SEX WITH THE LIGHTS ON



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YOUR INSPIRED ACTION



# MORE OF US:

CLICK BELOW TO LEARN MORE

## DIY KETO

A self-paced Keto program specifically built for women with lipoedema or lymphoedema.

## LOW CARB WORKSHOP

A personalised 6-week Workshop built for women with lipoedema or lymphoedema teaching you how to use a Low Carb diet and lifestyle modifications to help you manage these conditions.

## COACHING WITH KATRINA

Life Coach Katrina Harris helps you get from wherever you are now to embracing empowering and sustainable changes in overcoming the challenges of lipoedema.

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