



AN ESSENTIAL GUIDE FOR ANYONE EXPERIENCING SYMPTOMS OF LYMPHEDEMA

In *The Complete Lymphedema Management and Nutrition Guide*, registered dietitian Jean LaMantia and certified lymphedema therapist Ann DiMenna share their expert knowledge of lymphedema, explaining the many different therapeutic approaches and offering nutritional recommendations. Together, they have created the most comprehensive guide for lymphedema management available.

You'll learn about the underlying causes and symptoms of lymphedema, how to reduce your risk of flare-ups, and effective treatments backed by both clinical experience and scientific research. Step-by-step photographs and detailed illustrations offer you guidance on performing self-MLD, putting on compression bandages and exercising safely. And over 50 delicious, satisfying recipes will help you follow a low-salt, low-fat, anti-inflammatory diet. These proven lifestyle adjustments and self-management strategies will help you gain control of your condition, lessen your symptoms and improve the overall quality of your life.



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LYMPHEDEMA
MANAGEMENT AND NUTRITION GUIDE

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Empowering
Strategies,
Supporting Recipes
& Therapeutic
Exercises

JEAN LAMANTIA, RD
AND ANN DIMENNA, PT, CDT

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