**Initial low carb consultation report**

Michele (Client in Geneva)

10 Dec 2024 (Whatsapp)

Met for 75 minutes.

Michele, age 61, is fairly recently diagnosed with Lipedema (or Lipoedema), after a frustrating period of non-diagnosis.

Referred by her doctor, her motive for the consultation is weight loss and improved quality of life.

Good general introductory talk, touching on many aspects of the low carb lifestyle, not just food (e.g. building muscle, time-restricted eating, sleep).

Michele already has a high degree of general knowledge, and is implementing aspects of low carb under some family constraints (although the family is supportive).

Some concepts which were brought to her attention:

* Micro-managing the diet (i.e., counting calories and/or carbs) is generally not necessary with the simple avoidance of foods high in carbs.
* Fat is much more calorie-dense, and satiating, than carbs.
* Ketosis is a metabolic state requiring a certain metabolic “retooling”, not just the body’s short-term reaction to a lack of carbs in the diet.
* Evidence is increasing with regard to the health advantages of ketosis.
* Ketosis is easily measured in the blood with a device similar to those used by diabetics prior to continuous glucose monitors (CGMs) - devices such as the Keto-Mojo which measure both blood glucose and ketones.

I had shared a link to recent Pubmed research on Lipedema and Keto; Michele expressed an interest to take a deeper dive into this.

There are several examples of quality research in the past few years (including randomized control trials) suggesting the efficacy of low carb in the treatment of Lipedema.

Actions:

* Michele is encouraged to share this report with Dr. Vuala.
* Michele expressed willing to share her recent lab work with me (in all privacy), and to list the medications and complements she is taking. I will study these prior to recommending any changes to her current path.
* We will meet again in a few weeks to review progress (perhaps between Christmas and New Year).
* Michele is welcome to reach out to me anytime with any questions.

I much appreciate this opportunity to be of service,

Thomas JACK

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