



We welcome you to join us for the NLN Clinical Focus Group on Healthy Lifestyle facilitated by Leslyn Keith, OTD, CLT.

Please join Leslyn in discussing the importance of nutrition and lifestyle in an overall lymphedema management plan.

We encourage submission of questions or topics for discussion via email at [continuingeducation@lymphnet.org](mailto:continuingeducation@lymphnet.org)

These are not recorded, therefore they are not accessible at a later date.



Leslyn Keith, OTD, CLT is a certified lymphedema therapist and has a Clinical Doctorate in Occupational Therapy with an emphasis on lymphedema and obesity. She has treated lymphatic and fat disorders for over 20 years and currently conducts research, consults, and lectures on lymphedema, lipedema, and obesity nationally and internationally. She is the author of two books (The Ketogenic Solution for Lymphatic Disorders and The Lymphatic Code) and published several articles about the efficacy of a ketogenic diet for lymphatic and fat disorders. Currently, Dr. Keith is Director of Research and Board President for The Lipedema Project and an instructor in lymphedema therapy for Klose Training and Consulting.