

10 WAYS YOUR HORMONES IMPACT WEIGHT LOSS IN YOUR 40S & 50S

THE MIDLIFE MENTORS
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Welcome...

INTRODUCTION

We're delighted you've downloaded this mini handbook.

We know there's a lot of conflicting and confusing information out there - much of which over promises and under delivers. So thank you for choosing to connect with us.

As we hit our 40s and 50s, life often becomes a little (or a lot!) more challenging. We're juggling children, careers, relationships, finances - and, of course, our body can feel like it's not playing ball.

We might be low on energy, feel tired most of the time, experience aches and pains and brain fog. We might also exercise and eat in EXACTLY the same way as we used to and yet it's no longer working - the inches keep piling on, we're buying bigger sizes and avoid looking in the mirror.

This compounds the fact that we're also stressed, anxious and suffering from ups and downs in mood.

Now - of course we all know about the change in sex hormones as we age - leading to the menopause and for men - the andropause.

However, it's not just a change in sex hormones that can negatively impact weight loss in our 40s and 50s. There is, in fact, a cocktail of hormones interplaying with each other, which exasperate the issue. Being educated about what they are and why they play a role in how your body and mind is feeling is hugely empowering. You realise it's not something you're dealing with alone and more importantly, it encourages a little self compassion.

From this empowered, knowledgeable place, we can start making informed, incremental changes to our lifestyle which will hugely benefit not only weight loss, but our mood, our energy, our health and our positivity.

So - we're excited for you to read on, because we're not only educating you on what's going on, but we're offering up SIMPLE STRATEGIES for you to take away, so you can start reclaiming control of your body, mind and life right away.



10 WAYS YOUR HORMONES ARE IMPACTING WEIGHT LOSS IN YOUR 40S & 50S... AND WHAT TO DO ABOUT IT

1. **You're losing muscle mass:** Whether you're a man or woman, you're experiencing falling levels of *testosterone* and therefore, you're losing muscle mass.

That not only means you're losing strength, but your metabolism is falling too, as muscle is metabolically active. If you're eating the same amount of calories, then weight gain will be the result.

What to do about it: Start resistance training hitting each muscle group twice a week. You do not need a gym for this. A majority of our clients work out at home and get amazing results with kettle bells, bands and body weight.

2. **You're becoming more prone to putting on more abdominal fat:** Not only are you losing muscle mass, but you're also becoming more *insulin* resistant. This essentially means you're less efficient at transforming food to energy and are more likely to store excess calories as body fat.

What to do about it: cut back on sugar in your diet, especially "hidden" sugars in many foods so you can move towards better insulin sensitivity.

3. **You're hungrier or overeat:** you have lower level of the satiety hormone *leptin*, meaning you're more likely to get hungry or overeat.

What to do about it: prioritise eating lean protein and healthy fats in your diet to stimulate leptin.

4. **You're stressed...:** you have consistently raised levels of stress hormone *cortisol*. This acts like a multiplier for many of the negative effects laid out here: increased insulin resistance, tendency to lay down and hold on to abdominal fat, poor digestion, anxiety, low mood, muscle breakdown, lowered libido...

What to do about it: commit to getting your stress under control. We coach various techniques to our clients, including recognising triggers and consciously choosing different reactions.

5. **Your gut health is poor:** stress (hello *cortisol* again) can impact your gut health, as can a diet that has raised sugar, that is high in processed food or low in natural fibres. This

can lead to bloated bellies, poor digestion or IBS. Poor gut health can also impact your metabolism by slowing it down - making weight loss harder.

What to do about it: cut back on processed foods, reduce sugar and increase your natural fibre intake - and of course, as we've said commit to reducing stress.

6. **You're feeling flat so lack motivation and energy to eat well and move:** this can be down to falling levels of your sex hormones, estrogen and testosterone, which play a role in mood. Estrogen helps with the production and transportation of serotonin (our feel good hormone) - so it makes sense that when a woman's estrogen drops, we won't feel as happy, motivated and inspired to make positive changes.

What to do about it: as well as moving your body more in ways you enjoy, also consider hormone supporting supplements: vitamins C and D, and the mineral zinc which plays a role in supporting our sex hormones. Supplements like black cohosh for women and ashwagandha for both sexes can also help balance hormone levels.

7. **You're not sleeping well:** when you don't sleep well, your body becomes stressed and raises cortisol. You're more likely to put on weight due to cortisol, but we're also more likely to make poor food choices and not exercise. A fluctuation in our sex hormones also play a role in sleep, as does the hormone melatonin which decreases with age.

What to do about it: ensure you practice good sleep hygiene: keep your bedroom dark, slightly cooler, free of electronic devices and establish a routine of going to bed and rising at the same time every day. Move away from screens two hours before bed as the blue light impacts melatonin production.

8. **You're reaching for high energy foods to lift your mood and energy:** sex hormones, neurotransmitters, cortisol... there's a melting pot of hormonal changes that on their own cause low mood, stress and anxiety. When we're stressed and anxious we're more likely to reach for energy rich food, such as sugar, high GI carbs and processed food - leading to weight gain (and remember we're also becoming more insulin resistant!)

What to do about it: adopt a morning routine to set the day off to a great start. Begin practising daily gratitude, set your intentions for the day and work on cultivating a positive mindset focused on opportunities, not obstacles through mindfulness or

meditation. This mindset work is the main part of our programme, using tools from NLP and hypnotherapy to rewire the brain for success and happiness - keeping those pesky hormones in check, and therefore less likely to make poor food choices.

9. **Your brain is rewiring so you find it hard to start or maintain a healthier lifestyle:**

as we age our brains shrink but not only that, they can actually rewire. When we allow anxiety or stress to prolong those falling sex hormones, serotonin and raised cortisol it can wire it's way into the brain making us more susceptible to it in the future. This means we'll find it harder to make and stick to health goals.

What to do about it: take the time to set health goals, as research shows working towards something helps our brain health, as does learning new skills, and surprisingly, exercising. Be aware of your state and take active steps to change it if needed, so you wire in a new default setting of happiness.

10. **You lack support & accountability:** technically, this isn't a hormone point(!).. but, with all these hormonal changes going on, it can feel hard to make headway... and it can be confusing trying to figure out what's going on with your body and mind, and why things aren't working.

What to do about it: work with someone who's trodden this path, who knows what they're doing and who will not only give you a proven strategy that gets results, but support you and keep you accountable.



We'd love to connect with you...

THIS IS HOW

We hope these tips have given you a few a-ha moments and practical ways to regain control right now, right from where you are.

We've helped hundreds of midlifers transform their bodies, minds and lives for the better - not just in 8 weeks via our Midlife Method, but for the long term, so they embrace life and their vision of what's possible - in a new way.

If this resonates and you're keen to know more, you can book a no obligation discovery call on the link below where we'll identify where you are now, where you'd like to be and how we might be able to help.

If we feel like we're a good fit, we'll go on to share details about The Midlife Method.

You can book your call HERE.

You can also listen to and read the inspiring story of others HERE.

And catch up on our hugely successful, five star rated podcast which is in the top 1.5% of global charts - **The Midlife Mentors** below:

iTunes

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You can also follow us on our Youtube channel HERE

And follow us on our Instagram: <https://www.instagram.com/midlifementors/>

Also, please feel free to connect with us in our **Facebook Group - The Midlife Mentors Community** - where we share (for free) Q&As, coaching workshops, live workouts and so much more.

Plus you get to meet an amazing bunch of people who are on a similar journey to you.

JOIN OUR FACEBOOK GROUP HERE

Here's to your health and happiness...

Claire & James