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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Menopause Weight Gain - You Can Lost It

By Susan Megge

It's probably safe to assume that the reason you found this article is because you've gradually, but progressively gained some unwanted weight, especially around your mid-section. This is somewhat surprising since you've not necessarily changed your lifestyle or eating habits. As a matter of fact, there's a good chance you've even cut your caloric intake, but still the weight remains. Could this weight gain be associated with menopause? If you're a woman in your thirties or forties, the answer is "yes - most definitely." Weight gain, as you approach menopause, is quite common and often one of the first symptoms of menopause that women notice. This is true even if you're still experiencing regular periods.

You see, as you approach menopause your body's hormone levels are declining, thus causing many changes to occur. As your estrogen levels decline, your body will naturally look for other places from where to get the needed estrogen. Unfortunately, fat cells are capable of producing estrogen, which results in your body working harder to convert calories to fat.

In addition to the declining levels of estrogen, your body's testosterone levels are also declining. As you may know, testosterone is the hormone that converts your calories to lean muscle mass. Obviously, with lower testosterone levels you're now losing muscle mass. Since muscle burns far more calories than does fat, your body is no longer capable of burning calories the way it used to.

As you can see, your declining hormone levels are the main culprit behind all of the weight gain you're now noticing. Don't think for one minute that you need to accept or welcome this unwanted enemy because you can easily lose this menopausal weight gain. I recently published some inspirational quotes on my website to assist women in their everyday lives. One of my favorites comes to mind when I think about what makes so many women complacent when they're faced with symptoms of menopause and weight gain. Jim Rohn once said "Discipline is the bridge between goals and accomplishment." If your goal is to lose the weight you've gained, the only thing that can possibly stop you from accomplishing this goal is a lack of discipline.

If you're willing to put your discipline into high gear you will undoubtedly lose the weight you've gained due to declining hormone levels associated with menopause. It's important that you understand what's

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taking place inside your body so that you're well aware that simply cutting calories will not significantly reduce or eliminate the weight around your mid–section. You must build muscle to turn your body into a calorie–burning machine. You needn't be extreme, but an exercise routine that includes weight training at least three days a week will give you results that will astonish you.

Remember, "Discipline is the bridge between goals and accomplishment." Don't be complacent. You're headed in the right direction because you researched the Internet seeking information regarding weight gain during menopause. Consider this the first step in your walk across the bridge to accomplishment.

Susan Megge is the founder of

<http://www.40isbeautiful.com>

, a website designed to assist mature

women as they approach and experience menopause. She is a grandmother, who started experiencing symptoms of menopause several years ago and researched various avenues to deal with these symptoms naturally. This led to her discovery of the significant role that exercise plays in making menopause a very manageable, and even wonderful time in a woman's life.

Menopause And Weight Gain

By Susan Megge

If you're like many women who are thirty–and–forty–something, you've probably noticed that you're gaining weight that stubbornly refuses to take its departure. You're also probably thinking that this extra weight couldn't possibly be due to menopause – after all, you're still experiencing regular periods.

Weight gain in pre–menopausal women is quite normal because menopause actually occurs in three major stages and can take 15 years or longer, depending on your age and family history. The first stage of menopause is known as perimenopause, and symptoms include spotting, hot flashes, night sweats, irritability, irregular periods and weight gain.

Most women will notice weight gain as one of the first symptoms of menopause, especially around the abdomen. This is due to the fact that their hormone levels are declining drastically.

One of the hormones that will have an effect on women as they approach and experience menopause is estrogen, which is the female sex hormone that is responsible for causing monthly ovulation. During your menopausal years, your estrogen levels decline rapidly, causing your body to eventually stop ovulating. This is the hormone that seems to play a big role in menopausal weight gain. When your ovaries produce less estrogen, your body will look for other places from where to get needed estrogen. Fat cells in your body can produce estrogen, so your body works harder to convert calories into fat to increase estrogen levels.

Another hormone responsible for your new body is androgen, which can be blamed for sending your

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new weight to your middle section. In fact, weight gain during these menopausal years is often referred to as "middle age spread" due to the rapid growth of the mid-section. Often, this is one of the very first signs of menopause.

Women also experience a drop in their testosterone levels during these years. While it's true that testosterone is known as the "male hormone," women have testosterone too, and this hormone helps your body to create lean muscle mass out of the calories that you consume. Since muscle cells burn more calories than fat cells do, with higher testosterone levels you'll have increased metabolism. Because your body is producing less testosterone during menopause you'll notice a loss of muscle, an increase in body fat and a much lower metabolism. Muscle burns more calories than fat does, so the more muscle you have, the higher your metabolism will be. As you know, the lower your metabolism, the slower your body burns calories.

Women can benefit a great deal by committing to a regular exercise routine. It's important to know that weight training plays a very important role in losing the extra weight you've gained. You can keep the weight off by building muscle to help burn calories.

In summary, every woman's hormone levels decline at some point in their lives. Yes, this is going to result in some uncomfortable symptoms, but it's certainly not the end of the world. You can naturally reduce a lot of menopausal symptoms by simply making some lifestyle changes that will help to make you look and feel beautiful and energized.

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