

The Truth On Menopause And Weight Gain

The truth on menopause and weight gain

One of the major causes of weight gain in women is the changes in their hormone levels and sedentarism. Studies show that about 90 percent of menopausal women experience weight gain between the ages 35 to 55. This is not surprising because weight gain comes with the territory of aging and menopausal.

Medical experts say that menopause occurs when a woman's ovaries has stopped producing estrogen which is responsible for ovulation and menstruation. Today, more and more women who are experiencing menopause go through weight gain due to hormonal changes brought about by aging. Experts explain that with aging, the muscles in the body start to decrease in bulk along with the slowing of metabolism. This slowing down of metabolism along with decrease in bulk of the body's muscles contributes to weight gain. Aside from weight gain, menopause also leads to loss of sexual appetite or loss of libido, vaginal atrophy, and growth or loss of hair in the head and face. With all these demoralizing truths, it is common that women who are experiencing menopause lose self-confidence and esteem. But, it shouldn't stay that way. With the help of science and modern researches, weight gain during menopausal years can be solved.

THE WEIGHT GAIN

Weight gain during menopause is as common as aging. Usually, women sometimes gain about 10 to 15 pounds starting from their abdomen, to the hips, thighs, and rear. Studies show that weight gain on women usually starts during their pre-menopausal years and will continue to pile up as they grow older. For those who have experienced early menopausal due to major operation or surgery, they are expected to gain weight faster compared to those who haven't.

Because of the changes in their weight or size, many women are starting to dread the thought of menopausal. It is recommended to exercise regularly and eat to one's appetite. Experts say that women should be more aware when they are entering the stage of menopausal so they can prepare for it. Physicians say that women should expect that as they enter the early stages of menopause, they would have difficulty maintaining their weight because of the fluctuation in their hormones. Because of these natural hormonal changes that include estrogen, testosterone, and androgen levels, a man's or woman's appetite, metabolism, and fat storage are greatly affected.

UNVEILING THE REASONS BEHIND WEIGHT GAIN DURING MENOPAUSE

Before sulking into a pit of depression, a woman must know the reasons behind it so she can make the necessary adjustments.

1. Hormone deficiency and lack of female hormones that slows down metabolism. Lack of estrogen leads to excessive weight gain because it alters certain functions of the body and greatly influences fat distribution in the body. You must understand estrogen and fat distribution very well.
2. Slow metabolism due to aging. As people grow older, their metabolism starts to slow down. One effective way of reducing energy intake, women who are experiencing menopause are recommended to have a balanced diet composed of whole grains, fruits and vegetables.
3. Lack of exercise or physical activity. As women enter their menopausal stage, they become more sedentary in almost everything that they do. This inactive lifestyle leads them to weight gain because they are not getting enough physical exercise they should get. If muscle pains are giving a woman a hard time to do such simple and regular exercises, she can try taking in vitamin and mineral supplement to boost her energy levels that contain calcium, magnesium, potassium, zinc, chromium and selenium.
4. The use of hormone replacement therapy (HRT) can also be a big factor in gaining weight. Although HRT is known to help give back lost female hormones, this treatment can also add up on the weight she already has

because it works. HRT has also been subject to serious warnings in their use recently.

5. Weight gain can also be traced in increased food intake due to emotional problems like depression. Emotional eating or overeating due to frustration over weight gain is also a big factor that contributes to excessive weight gain. Talking to friends and staying active are powerful ways to fight back.

Short note about the author

Dr Nathalie Fiset is a family doctor and a certified hypnotherapist. For more information go to:

<http://www.bestmenopause.com/weight-gain.html> <http://www.aperfectharmony.com> or
<http://www.myalpha-power.com>

Author: Nathalie Fiset, M.D.

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