How Age-related Hormone Changes Contribute to Weight Gain Transcript

(Transcripts are generated by AI and may contain errors)

Hormone Changes and Weight Gain

I'd like to take a moment and talk about how hormone changes influence weight. Many of my clients are women in menopause and perimenopause and men in andropause.

For some of us, as we age, the rules suddenly change. Weight gain becomes easier. Muscle loss accelerates. Lead sugar levels are harder to control, and what used to work simply doesn't.

I hear all the time, I haven't changed my diet, I haven't changed my exercise, but I'm gaining weight, especially around the middle. Here's why. During menopause and perimenopause, declining estrogen can lead to increased insulin resistance, more visceral fat storage, that's the storage around the belly, faster loss of lean muscle, changes in hunger and satiety signaling, and higher rates of depression and anxiety, which can increase our stress eating and our cravings.

This creates a perfect storm where calories are stored more efficiently, energy drops, and dieting backfires.