Why Visceral Fat Increases After 35

If you are 35 or older If you are 35 or older and you feel like and you feel like your body is your body is no longer listening to you: same no longer listening to you: same food, same workouts, food, same workouts, but more but more belly fat. Stop belly fat. Stop scrolling, scrolling, scrolling, let's talk let's talk about this. It's not your about this. It's not your fault, and it's not about fault, and it's not about discipline.

discipline. discipline. In fact, it's a matter of In fact, it's a matter of hormonal hormonal hormonal signals. It's all your signals. It's all your hormones. Once you hormones. Once you learn how to learn how to change these signals, change these signals, belly fat belly fat will stop will stop will stop accumulating and you accumulating and you can reduce can reduce or get rid of it.

or get rid of it. So, let's So, let's dive into it. dive into it. After age 35, you After age 35, you start start start to accumulate more to accumulate more fat in your belly area, even if, even if you maintain a you maintain a you maintain a calorie deficit. This calorie deficit. This happens due to a happens due to a number of different number of different hormones, and we'll hormones, and we'll talk about five talk about five factors that factors that influence the appearance of influence the appearance of belly fat and belly fat and how to get rid of it.

how to get rid of it. OK. Let me OK. Let me explain what's explain what's really really really happening. Because happening. Because this is exactly what this is exactly what most people most people never understand, and never understand, and doctors rarely doctors rarely explain why these explain why these changes occur.

When you cross the When you cross the 40-year threshold, 40-year threshold, estrogen, estrogen, estrogen, progesterone, and progesterone, and testosterone levels begin to testosterone levels begin to drop, and these are the drop, and these are the hormones that hormones that help help help burn burn burn visceral and visceral and subcutaneous fat. And these subcutaneous fat. And these hormonal changes hormonal changes occur long occur long before before before menstruation stops, long menstruation stops, long before menopause, when a before menopause, when a year goes by without a year goes by without a period. These hormones period. These hormones are called sex hormones, are called sex hormones, but they are actually but they are actually metabolic hormones.

They help They help your muscles your muscles respond to insulin, respond to insulin, which promotes which promotes muscle growth, and muscle growth, and they also they also determine where determine where fat is stored.

So estrogen drops So estrogen drops and cortisol rises and cortisol rises as the levels of as the levels of hormones that were hormones that were suppressing cortisol suppressing cortisol decrease. This decrease. This means that you often means that you often carry the biggest carry the biggest burdens in your life —stress, children, parents —and your —and your fat storage priorities fat storage priorities shift. Instead of shift. Instead of remaining remaining remaining under the skin in the form of under the skin in the form of normal folds, normal folds, the fat moves to the the fat moves to the abdomen. This abdomen. This is called is called is called visceral fat. At visceral fat. At this time, this time, the breakdown of muscle, the breakdown of muscle, which you need for which you need for energy, also begins. And muscles energy, also begins. And muscles burn fat both at burn fat both at rest and rest and during movement. So it's a during movement. So it's a double whammy. Less double whammy. Less muscle, more muscle, more belly fat, increased belly fat, increased insulin resistance insulin resistance, which again leads, which again leads to muscle loss. It's a to muscle loss. It's a vicious circle that vicious circle that keeps keeps keeps repeating itself. That's repeating itself. That's why why why calorie restriction never calorie restriction never solves the problem. You solves the problem. You are fighting a are fighting a hormonal hormonal hormonal signal and this signal and this structure that structure that needs to be broken.

needs to be broken. You may be doing everything You may be doing everything right and right and asking, "God,

asking, "God, why am I still gaining why am I still gaining weight? Why is this weight? Why is this happening?" Okay. So, first of all,. So, first of all, let's track let's track these metrics, okay? How do these metrics, okay? How do we know where we are we know where we are starting to starting to fix this? So, you fix this? So, you can track can track this in a few different this in a few different ways. First, ways. First, you can determine your you can determine your waist- waist- waist- to-hip ratio. That is, you to-hip ratio. That is, you literally measure your literally measure your waist at its narrowest waist at its narrowest point and your hips at their point and your hips at their widest point. For women, widest point. For women, a score above 0.85 a score above 0.85 means that means that central or central or visceral fat visceral fat is becoming a real is becoming a real problem. You problem. You can also go to your doctor can also go to your doctor and have a DEXA scan. DEXA is the scan. DEXA is the gold standard. It gold standard. It shows not only shows not only the loss of bone and the loss of bone and muscle mass, but also muscle mass, but also visceral and visceral and subcutaneous fat. This is a subcutaneous fat. This is a much deeper much deeper measurement. But if measurement. But if you want you want to track it to track it at home, which I advise at home, which I advise women to do once a women to do once a month, you can month, you can use a great use a great device called the device called the body pod from Humi Health. I body pod from Humi Health. I love this thing. I've love this thing. I've tried many tried many different different different body analyzers, and this one is the easiest to easiest to use. Actually, use. Actually, this is my home this is my home appliance. It's very appliance.

3 Key Strategies to Reduce Visceral Fat

It's very easy to stand on, and there's also a easy to stand on, and there's also a device you device you need to hold to need to hold to get measurements of get measurements of visceral and visceral and subcutaneous fat, subcutaneous fat, muscle mass, and muscle mass, and even how stress even how stress affects these affects these metrics. And I want to metrics. And I want to thank Humi Health for thank Humi Health for sponsoring this sponsoring this video. I love their video. I love their product. I product. I used it used it before I got before I got one of these, so I'm one of these, so I'm really excited to really excited to tell you tell you more about it, and more about it, and you you you can find more information in the description. Humi can find more information in the description. Humi Health allows you to Health allows you to measure these measure these indicators and indicators and track them over track them over time during various time during various interventions, as we interventions, as we will talk about the will talk about the layers that need to be layers that need to be overcome for overcome for visceral fat to visceral fat to disappear. So it's important to disappear. So it's important to have a really good have a really good tracker. My tracker. My discount code is added to the already fantastic fantastic Humi sale. So you Humi sale. So you can save up can save up to 50% in total. The code is to 50% in total. The code is valid for only 7 days.

valid for only 7 days. If you are in the US, Humi Pod is If you are in the US, Humi Pod is eligible for payment eligible for payment through HSA and FSA. So, through HSA and FSA. So, you may be able to you may be able to get it get it for free through for free through health insurance.

health insurance. So talk to So talk to your doctor. So, your doctor. So, let's talk let's talk about these layers. It's no surprise about these layers. It's no surprise that the first layer is that the first layer is strength training. I strength training. I already said you're already said you're losing muscle.

losing muscle. Muscle burns fat at Muscle burns fat at rest and during rest and during movement because movement because it burns it burns calories. So you calories. So you need to need to need to focus on focus on strength training strength training two to three times a two to three times a week. And I mean week. And I mean resistance that resistance that builds muscle. That is, builds muscle. That is, progressive progressive progressive load. And not load. And not just go to the gym and just go to the gym and move a little. You move a little. You need to build need to build muscle. This is your muscle. This is your most important organ most important organ of longevity. Muscle is a metabolically is a metabolically active tissue. The active tissue. The more of them, the more more of them, the more your body burns your body burns fuel instead of fuel instead of storing storing storing it. Building it. Building muscle muscle muscle directly directly directly combats what combats what women hate so much women hate so much during perimenopause : when you start to : when you start to notice that you're notice that you're gaining more fat than gaining more fat than muscle. So, you muscle. So, you need to build need to build muscle because you are muscle because you are losing it. It also losing it. It also improves improves improves your body's response to your body's response to insulin. Insulin is a insulin. Insulin is a hormone that says, " Please

store Please store glucose as glucose as fat instead of fat instead of using using using it for energy." So it for energy." So the more the more muscle you have, the faster you muscle you have, the faster you will break that cycle of will break that cycle of insulin resistance that insulin resistance that I mentioned.

I mentioned. You should also You should also combine this with a protein-rich diet. protein-rich diet. So So So prioritize protein at prioritize protein at every meal every meal to stabilize to stabilize blood sugar levels blood sugar levels and add and add fiber. I know these aren't fiber. I know these aren't very exciting very exciting things. It's actually things. It's actually quite boring. These are not quite boring. These are not peptides. It's about working peptides. It's about working on your diet and on your diet and lifestyle. So, lifestyle. So, one caveat. I one caveat. I want to say that I want to say that I like like like intermittent intermittent intermittent fasting for fasting for most women, but most women, but some don't tolerate some don't tolerate it very well.

it very well. In fact, In fact, intermittent intermittent intermittent fasting increases fasting increases levels of the hormone levels of the hormone cortisol. So if cortisol. So if skipping skipping skipping breakfast makes you a little breakfast makes you a little shaky, shaky, shaky, anxious, anxious, anxious, exhausted, unable to exhausted, unable to maintain energy, maintain energy, or it disrupts your sleep, or it disrupts your sleep, it might not be for you. But otherwise,. But otherwise, I like I like intermittent intermittent intermittent fasting. Okay, fasting. Okay, level two: level two: hormones, hormones, hormones, hormonal lever, hormonal lever, right? Here's a level that right? Here's a level that no one no one mentions in the mentions in the longevity videos you longevity videos you see online. They see online. They mostly talk mostly talk about lifestyle factors about lifestyle factors, but how can you, but how can you use hormones use hormones to your advantage?

to your advantage? Should hormone replacement therapy be part of your part of your regimen to get rid of regimen to get rid of visceral fat? If you are on HRT but If you are on HRT but still struggle with still struggle with belly fat, belly fat, poor sleep and poor sleep and lack of energy, lack of energy, the question is not whether the question is not whether you are taking it, but you are taking it, but whether whether whether it is the right route, dose and type it is the right route, dose and type for you? Oral for you? Oral or transdermal or transdermal estrogen, estrogen, estrogen, bioidentical or bioidentical or synthetic synthetic synthetic progesterone—there are progesterone—there are so many options.

so many options. By the way, I made a By the way, I made a great video "A great video "A Doctor's Guide to Doctor's Guide to Hormone Replacement Therapy ", you can watch ", you can watch it here. But if you are it here. But if you are still gaining weight still gaining weight and visceral fat and visceral fat while on HRT, while on HRT, it may not be the right combination, it may not be the right combination, or you should or you should consider an consider an option like option like testosterone, as testosterone, as it really helps some women control their weight. I'm control their weight. I'm not saying that not saying that hormone replacement therapy hormone replacement therapy makes you lose weight.

makes you lose weight. This is not a This is not a weight loss drug. What I'm weight loss drug. What I'm saying is that for saying is that for optimal optimal optimal visceral fat reduction, visceral fat reduction, you need to keep your you need to keep your hormones in hormones in check to check to make sure it's make sure it's actually working, because actually working, because believe it or not, even believe it or not, even drugs like drugs like GPP and peptides GPP and peptides work better if work better if your hormones your hormones are balanced. So, are balanced. So, if you think if you think your hormones or your hormones or hormone replacement hormone replacement therapy may not be therapy may not be working, working, working, see your see your doctor and discuss doctor and discuss which regimen is which regimen is right for you. So, the third right for you. So, the third level is a decrease in level is a decrease in cortisol. I'm not cortisol. I'm not advocating getting rid of advocating getting rid of all stress, because that's all stress, because that's literally impossible.

Hormones, Cortisol & Advanced Tools

But it's important But it's important to learn how to reduce to learn how to reduce stress to manage stress to manage your cortisol. If you are a perimenopausal woman If you are a perimenopausal woman or or or over 35, over 35, life can be life can be crazy. The goal is to develop to develop stress resilience, which can be stress resilience, which can be monitored using devices like Oura or devices like Oura or Whoop. But to keep Whoop. But

to keep cortisol levels cortisol levels measurable and measurable and appropriate, appropriate, appropriate, as high as high cortisol causes cortisol causes fat storage. It fat storage. It literally gives a signal to literally gives a signal to the body: just the body: just save the calories for save the calories for later. This is where belly fat comes from. Therefore, belly fat comes from. Therefore, chronically high chronically high cortisol levels cortisol levels will lead to greater will lead to greater weight gain. So what weight gain. So what actually works?

actually works? Again, boring Again, boring stuff. Consistent stuff. Consistent sleep schedule. Because sleep schedule. Because waking up at 3:00 a.m.

waking up at 3:00 a.m. will disrupt your will disrupt your hormonal rhythm. hormonal rhythm. Not only will you Not only will you eat more because it eat more because it causes food cravings.

causes food cravings. This causes women to This causes women to gain weight. But gain weight. But you will also have you will also have chronically elevated chronically elevated cortisol levels cortisol levels throughout the day. Physical throughout the day. Physical exercise helps exercise helps lower lower lower cortisol levels and keep cortisol levels and keep them under control.

In addition, it is very In addition, it is very important to work important to work on on on stress management techniques. What do you do at the end of the What do you do at the end of the day to relax? What do you do to? What do you do to wake up in the morning?

wake up in the morning? What is your routine? It is very What is your routine? It is very important that you important that you create a routine that create a routine that will actually will actually work. So, the work. So, the last level, last level, the third, is the third, is tools. There are tools. There are more advanced more advanced options for women options for women who have laid the who have laid the foundation but still foundation but still feel feel feel stuck. So, for the stuck. So, for the right patient right patient and with proper and with proper consultation, consultation, consultation, peptides can be peptides can be very, very beneficial.

very, very beneficial. And they are worth considering. The most common. The most common peptides that peptides that women think of are women think of are GLP-1 drugs, which GLP-1 drugs, which can combat can combat insulin resistance insulin resistance. They may also. They may also help reduce help reduce inflammation or inflammation or help with help with cortisol regulation. We also have. We also have peptides specifically peptides specifically designed for designed for weight loss, such as weight loss, such as semorelin, semorelin, semorelin, tesamorelin. So there are tesamorelin. So there are other options. But other options. But you should also you should also make sure you have make sure you have your other your other hormones checked. Has anyone hormones checked. Has anyone checked your checked your thyroid?

thyroid? thyroid? Has anyone done a fasting insulin test? Has fasting insulin test? Has anyone checked anyone checked CRP levels for CRP levels for inflammation?

inflammation? inflammation? So getting the bigger So getting the bigger picture with picture with clinical clinical clinical tools is tools is really important, as are really important, as are perhaps medications that perhaps medications that can help reduce can help reduce visceral and visceral and subcutaneous fat. There are subcutaneous fat. There are many options.

many options. So this is something you So this is something you should talk to should talk to your doctor about: get your doctor about: get tested, bring in tested, bring in the data you've the data you've been tracking with your been tracking with your body composition analyzer, and then body composition analyzer, and then choose the right choose the right tool for you.

tool for you. That's the thing, and that's what That's the thing, and that's what I want I want you to take away from this you to take away from this video.

video. video. The most effective The most effective The most effective way to get rid of way to get rid of belly fat is to not belly fat is to not fight your fight your body any harder. This body any harder. This changes the hormonal

changes the hormonal signals signals signals your body receives. When your body receives. When your hormones your hormones are supported, when are supported, when you build muscle, you build muscle, control cortisol, control cortisol, and use the and use the smart tools available to you smart tools available to you, you, you can work with can work with your body, not your body, not against it, and that will against it, and that will put an end to the put an end to the constant struggle.

So, if this video So, if this video was useful to you, please like and, please like and subscribe. This is a subscribe. This is a signal to me that you signal to me that you want more videos want more videos on this very topic. And on this very topic. And if you want if you want to learn about GLP-1 and to learn about GLP-1 and GLP-1 microdosing GLP-1 microdosing for women after for women after 35, watch 35, watch the following video, and the following video, and I'll see you after I'll see you after it.