The Japanese Method to Help Reduce Weight in Perimenopause Transcript

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Why Weight Loss Gets Harder in Menopause

The Japanese The Japanese walking method is not new walking method is not new or hype. That's almost 20 or hype. That's almost 20 years of research years of research built on one built on one simple idea. How simple idea. How you walk may be more you walk may be more important than important than how much you walk.

how much you walk. Welcome to Welcome to my channel. I am Dr. my channel. I am Dr. Elizabeth Trattner, a Elizabeth Trattner, a naturopath in the naturopath in the Phoenix, Arizona area. I help women. I help women through through through perimenopause and perimenopause and menopause, including the menopause, including the weight and energy changes that often that often accompany these accompany these conditions. In my conditions. In my practice, I often see women do everything that used to that used to help them help them maintain a maintain a maintain a stable weight, but stable weight, but it stops it stops working. By the end of working. By the end of this video, you'll this video, you'll learn why this learn why this happens, what this happens, what this walking method is, and how walking method is, and how to try it with to try it with clear expectations. Let's start with why. Let's start with why this happens, because it this happens, because it has nothing to do has nothing to do with with with willpower. In the years around willpower. In the years around menopause, the number of menopause, the number of calories calories calories your body burns at your body burns at rest begins rest begins to decline. As well as to decline. As well as the efficiency of the efficiency of your your your body's use of fat as fuel.

body's use of fat as fuel. In one study, In one study, women women women were followed for up to 4 were followed for up to 4 years while they years while they went through this went through this transition. The number of transition. The number of calories burned calories burned during sleep fell during sleep fell about one and a half about one and a half times faster in women times faster in women who entered who entered postmenopause than in postmenopause than in those who remained those who remained premenopausal. Their premenopausal. Their fat burning fat burning decreased by almost a decreased by almost a third. For women who did third. For women who did not go through this not go through this transition, nothing transition, nothing changed. Women changed. Women who made this who made this transition also transition also gained more fat around their gained more fat around their waists. Their waists. Their habits didn't necessarily have to habits didn't necessarily have to change for change for all of this to happen.

all of this to happen. Their body chemistry changed Their body chemistry changed. Imagine your. Imagine your metabolism as a furnace metabolism as a furnace that has been turned up a little, that has been turned up a little, rather than turned off completely. The pilot light is still pilot light is still on, but while on, but while you're sleeping or you're sleeping or sitting at your desk, it sitting at your desk, it burns a little less burns a little less fuel than before, fuel than before, even if your day even if your day looks the same.

looks the same. So if your weight So if your weight has stagnated or has stagnated or increased slightly even though your increased slightly even though your habits have remained habits have remained the same, it's not a the same, it's not a sign that you're sign that you're failing.

failing. failing. Your body is working in Your body is working in new conditions, and your new conditions, and your approach should approach should change with change with it. This brings us it.

The Japanese Walking Method Explained

This brings us to the walking method itself to the walking method itself, because how you, because how you walk matters more walk matters more than than than most people most people realize. The Japanese realize. The Japanese walking method you walking method you saw on the internet saw on the internet has an official name—walking interval training.

walking interval training. The structure is simple. You The structure is simple. You walk briskly for walk briskly for 3

minutes, then 3 minutes, then slowly for 3 minutes, and slowly for 3 minutes, and repeat this cycle repeat this cycle five times—for a total of five times—for a total of about 30 minutes. It about 30 minutes. It was developed by was developed by two two two exercise researchers in exercise researchers in Japan, Hiroshi Nose Japan, Hiroshi Nose and Shizu Masuki, and and Shizu Masuki, and first published first published in 2007. That's almost in 2007. That's almost two decades before two decades before it appeared it appeared on your phone. In on your phone. In their first their first study, nearly 250 study, nearly 250 middle-aged and older people exercised for exercised for 5 months. The group that 5 months. The group that alternated pace alternated pace gained more gained more leg strength and better aerobic leg strength and better aerobic endurance than the endurance than the group that walked at a group that walked at a steady, steady, steady, moderate pace. That moderate pace. That first study didn't first study didn't measure weight. This measure weight. This measured strength and measured strength and fitness.

fitness. fitness. Weight studies Weight studies came later, and came later, and we'll get to them we'll get to them in a minute. Here's a in a minute. Here's a simple way simple way to visualize the difference. Driving to visualize the difference. Driving at the same at the same speed the entire way is one is one driving style. Pushing a little faster driving style. Pushing a little faster on on on straights and straights and slowing down on slowing down on corners is another.

corners is another. Both will get Both will get you to your destination, but they put you to your destination, but they put different different different strain on the engine.

strain on the engine. During fast During fast minutes, you should minutes, you should work so work so intensely that it is intensely that it is difficult to speak in difficult to speak in complete sentences. In the complete sentences. In the original original original study, the fast study, the fast pace was pace was set at set at about 70% of each person's peak power. If each person's peak power. If you can you can talk easily, you haven't talk easily, you haven't reached that level yet.

reached that level yet. So, this is the structure. The next question is whether it changes anything whether it changes anything measurable, measurable, measurable, such as your weight.

such as your weight. If you see a If you see a logical connection here, logical connection here, subscribe. This subscribe. This channel highlights channel highlights naturopathic and naturopathic and functional functional functional medicine in medicine in women's and women's and family health issues.

family health issues. You don't want You don't want to miss what to miss what happens next. Now for happens next.

Interval Walking vs Steady Cardio for Fat Loss

Now for the part that the part that most trending most trending videos skip: does videos skip: does it change your weight? In it change your weight? In one study, one study, adults with type 2 diabetes adults with type 2 diabetes were divided into two were divided into two walking groups. The first one walking groups. The first one walked at a steady walked at a steady pace. Another pace. Another used used used intervals. Both intervals. Both groups walked 5 days a groups walked 5 days a week for 4 week for 4 months, and both months, and both burned the same burned the same total number of total number of calories. Only the calories. Only the interval group interval group lost weight and fat, lost weight and fat, including including including visceral fat—the deeper layer of fat that deeper layer of fat that surrounds the organs. The surrounds the organs. The steady-pace group steady-pace group completed the same completed the same amount of work but saw no such changes. This is the main saw no such changes. This is the main conclusion. Same conclusion. Same effort, different effort, different pattern—and different pattern—and different result. A second, result. A second, more recent more recent study study study looked at overweight postmenopausal women. They overweight postmenopausal women. They did did did interval walking interval walking four times a four times a week for 10 week for 10 weeks. Both weeks. Both the more intense and the more intense and moderate versions moderate versions led to led to weight loss, weight loss, lower body lower body fat percentage, and a slimmer waistline.

This is the closest This is the closest study to date of women study to date of women at this stage of life at this stage of life. It is. It is also small. There also small. There were were were about 11 women in each group who about 11 women in each group who walked for 10 walked for 10 weeks, according to weeks, according to one research one research team. This is an team. This is an encouraging signal, encouraging signal, but not the final but not the final word. These studies word. These studies have something else in common. These were. These were structured structured structured programs with clear programs with clear sessions, a sessions, a trackable pace, trackable pace, and weeks of and weeks of consistency. They consistency. They measured more than a single measured more than a single walk. It was walk. It was routine. Here's what the routine.

What the Research Shows for Women Over 40

Here's what the research is research is n't telling us yet, and I'd n't telling us yet, and I'd like you to hear like you to hear it from me. it from me.

No studies No studies have tested this method have tested this method specifically in specifically in perimenopausal women. Studies to Studies to date include date include older adults, older adults, adults with type 2 diabetes, adults with type 2 diabetes, and and and postmenopausal women.

Perimenopause is a Perimenopause is a separate stage with its own separate stage with its own hormonal background, and hormonal background, and it has not yet been it has not yet been directly directly directly studied for this studied for this method. Even method. Even the researchers who the researchers who developed this method developed this method say say say more work needs to be done. In more work needs to be done. In their 2024 review, their 2024 review, they noted that long-term long-term studies are still needed to studies are still needed to show the show the show the method's effectiveness method's effectiveness in everyday in everyday life outside life outside the laboratory. There is the laboratory. There is another gap. In another gap. In each study, each study, people followed a people followed a set set set program under program under supervision. Walking at supervision. Walking at this pace on your this pace on your own at home own at home for months is a for months is a logical step logical step after these studies, after these studies, but it's not something that but it's not something that has been tested. This is has been tested. This is not at all a reason not at all a reason to reject this method.

to reject this method. This is a reason to know what has This is a reason to know what has already been proven and what already been proven and what remains an remains an remains an open question.

open question. It's also a reminder It's also a reminder of something I of something I often return to. often return to. Your body belongs Your body belongs only to you. What only to you. What works well for one works well for one woman may not woman may not work for another, work for another, even if the even if the plan looks plan looks identical on paper. That's why in identical on paper.

How to Start This Walking Workout at Home

That's why in my practice I my practice I follow follow follow each woman's reaction, not each woman's reaction, not just the results of just the results of research. So have research. So have clear expectations. Here's clear expectations. Here's how to get started. If you how to get started. If you want to try it, want to try it, here is a version that here is a version that matches matches matches the research. Walk the research. Walk fast for 3 minutes, fast for 3 minutes, then slow for 3 then slow for 3 minutes. Repeat this minutes. Repeat this five times—for a total of five times—for a total of about 30 minutes.

about 30 minutes. Try to do Try to do this four or more this four or more days a week. This is days a week. This is the graph that the the graph that the original original researchers used.

researchers used. Use a Use a Use a route you already route you already know. You don't know. You don't need to look for a new need to look for a new place, just a change of place, just a change of pace. A simple pace. A simple interval timer on your interval timer on your phone will help you phone will help you keep track of keep track of time easily. If 30 minutes time easily. If 30 minutes seems like seems like too much at first, start with too much at first, start with two or three rounds and two or three rounds and add one each add one each week. The studies week.

The studies were based on were based on consistency consistency consistency over months, over months, not a perfect not a perfect first workout.

first workout. Here in Arizona, that Here in Arizona, that also means also means planning your outings planning your outings with the heat in mind. For most of with the heat in mind. For most of the year, early morning or early morning or evening is best, and don't forget the evening is best, and don't forget the water. Then give yourself water. Then give yourself time. The studies that time. The studies that showed changes showed changes lasted from 10 weeks lasted from 10 weeks to 5 months. Evaluate to 5 months. Evaluate the result by how your the result by how your clothes fit, how clothes fit, how energetic you feel, energetic you feel, and how your and how your endurance increases, not by the endurance increases, not by the weight in the first weight in the first week. And week. And check yourself during check yourself during those quick those quick minutes. If they don't minutes.

Best Exercise Habits for Perimenopause Weight Loss

If they don't feel noticeably feel noticeably harder than your harder than your usual pace, they're not usual pace, they're not doing the work the study was based on. Walking is only part of the is only part of the big picture. In big picture. In naturopathic naturopathic naturopathic medicine, we medicine, we start by removing start by removing obstacles and giving the obstacles and giving the body what it body what it needs.

needs. needs. Metabolism during Metabolism during perimenopause is perimenopause is perimenopause is often hampered by often hampered by short or short or intermittent sleep, intermittent sleep, constant stress, a constant stress, a low- low- low- protein diet, and protein diet, and prolonged sitting.

Your body needs a Your body needs a stable diet, restorative sleep, regular exercise, and time, regular exercise, and time to rest. to rest. Interval walking Interval walking fits perfectly fits perfectly into this. It's movement, it into this. It's movement, it gets you out in the fresh gets you out in the fresh air, it builds strength air, it builds strength and endurance. But and endurance. But if you sleep poorly if you sleep poorly or have high or have high stress levels, stress levels, walking alone won't solve walking alone won't solve all your problems. These all your problems. These foundations work foundations work together. Over a century together. Over a century ago, Sebastian Kneipp, ago, Sebastian Kneipp, one of the founders of one of the founders of naturopathy, made naturopathy, made walking in the walking in the fresh air fresh air part of his part of his treatment method. This treatment method. This study gives an study gives an old idea a modern old idea a modern structure. That's what structure. That's what this leads you to. The this leads you to. The Japanese Japanese Japanese walking method is not just a walking method is not just a trend. This is a proven trend. This is a proven method that is almost 20 method that is almost 20 years old. 3 minutes of years old. 3 minutes of brisk walking, 3 brisk walking, 3 minutes of calm walking—and minutes of calm walking—and repeat.

repeat. repeat. According to According to research, changing your research, changing your pace is more effective pace is more effective for burning fat for burning fat than walking at the same than walking at the same pace with the same pace with the same effort. It hasn't effort. It hasn't been tested been tested during perimenopause yet, during perimenopause yet, so have so have realistic realistic realistic expectations. But now expectations. But now you know why your you know why your old routine old routine stopped working.

And you have a simple and And you have a simple and affordable way affordable way to support your body the way to support your body the way it is it is now. If you want now. If you want to understand why to understand why calorie restriction calorie restriction often often often backfires during this period, backfires during this period, I have a separate video I have a separate video about it. I'll leave about it. I'll leave the link right here.

the link right here. If you want a plan that If you want a plan that is tailored is tailored is tailored to to to your body, that's what your body, that's what I do I do with patients every day. You with patients every day. You can find me at can find me at hawthornhealingcenter.com. If hawthornhealingcenter.com. If you need honest, you need honest, grounded grounded grounded information about what's information about what's going on in going on in your body, from someone your body, from someone who's looking for who's looking for the root cause—that's the root cause—that's exactly what exactly what this this this channel is for. Subscribe and channel is for. Subscribe and take care of yourself.

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