Why Eating More (and Exercising Less) Might Be the Key to Weight Loss After 40 Transcript

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Introduction and Guest Welcome

Hello, ladies. Welcome to nest during your menopause transition summit I am. 04.0, our fourth year. And I'm still your host doctor Sharon Stills. And we've got a fan fave in the house.

You know, there's a lot of new things I'm bringing you and new interviews, and then there are just some interviews that, like I had now, this is a brand new interview, but it's with someone who's been on the summit numerous times.

But like I said, he's a fan favorite. He helps so many women and it has to do with weight loss. And I know that's like a hot topic for us. So I have Stu Schaefer in the house.

He's a 20 year, award winning celebrity weight loss coach. He specializes in helping women over 40 put their body into the thermogenic state so they burn fat 24 over seven and lose weight like they did in their 20s.

For the last 20 years, Stu has helped thousands of women take control of their body, lose weight faster and easier than ever before, and ditch the dining cycle forever.

And I, I know numerous, numerous women who have gone through Stu's program stay like in the maintenance of Stu's program are in it currently and I just hear success success, success.

So we're going to learn some really interesting things because weight loss is not what we have been conditioned to believe. So welcome, Stu. It's awesome. Awesome to have you back here.

Thank you. Thanks for having me back. You are welcome. So I mean, you know, weight loss and you know I hear it all the time. I'm getting the no belly.

I am not doing anything different. I'm eating the same, I'm moving the same. And I looked, I looked at a carrot and I gained weight for not even a donut.

It's like a carrot at this point. And so what? You know, what is it? Why is it different as we age? And what do women need to know that they need to do differently?

Well, that's a pretty broad question. So we'll dive in. Okay. So yes, normally what happens and and I'll throw out the most common, things I hear. First of all, most people I talk to, most women I talk to are healthy.

This is what's so confusing, you know, I'll talk to them and they'll say, Stu, you know, I eat organic. I eat whole food. I've cut out dairy, I've cut out gluten, I've cut out sugar, I've cut out alcohol.

I'm eating healthier than 99% of the world, and I can't lose weight or I'm still gaining weight. What is going on? The. The sad part is they've tried so many things, you know, fasting or low carb and keto and, you know, plant based and things like that.

And a lot of times what they find is it actually will of, over time make things worse.

Why Weight Loss Changes After 40

They'll lose a little bit of weight temporarily, but then they'll gain it back and then they'll keep gaining. And it feels like being out of control. Now. I'm a guy, so it's really weird that I'm sitting here talking, but what's happened is for 24 years, I'm 40 years old.

Okay? So for 24 years I've worked with women in their 50s and 60s and 70s, and your bodies are different. You need different stuff. The the stuff you see online doesn't work.

And quite honestly, most influencers or experts, they don't know how to deal with women in menopause. And their programs are usually all theory. Whereas I've been in the trenches.

I'm a glutton for punishment, I guess, but I've been in the trenches for 24 years working with you ladies. There's a couple of big differences here. One is something called repressed metabolic syndrome.

I'm going to tell you about what that is in just a second. But essentially what that means is your body stops burning fat and it becomes very easy to gain fat.

And the other is when you transition in the menopause, obviously your body goes through some changes, and one of the changes is how your body produces hormones.

Your ovaries kind of stop doing it. And so your adrenal glands take that job over. And so depending on what you're doing to your body, if you're overtaxing your adrenals, if your cortisol is too high, if you've got inflammation.

So a bunch of different things that can happen, which I'm sure we'll get into, this short circuits the whole process. And so all the stuff you used to do that you thought worked, which actually might have worked, actually wasn't good.

You were able to get away with it, even though it wasn't the right way to lose weight or keep the weight off. And now you can't get away with it anymore.

And that's one of the big shifts. Okay, well, repressed metabolic syndrome. I mentioned that rmbs. Okay. It's a fancy Harvard term. It means you can't burn fat anymore.

You start storing fat. This is how I discovered it. What was going on? This is about, 2008. I worked with a client out. And. Doctor stills, I talk to you about this before, but I worked with a client named Ashley, you know, and she came into my office and was like, Brooke gaining weight.

And I tried everything. I couldn't lose weight. She tried working with all these other trainers. She tried all these different diets. And I just assumed, okay, she's probably eating more calories than she thinks she is and not exercising enough because that's what everyone thinks.

So when I started working with her and I told her, oh yeah, you know, yeah, you'll lose weight, no problem. She wasn't losing weight. We tried everything.

I was beaten up for an hour a day. She was counting calories. You're tracking every little thing. She's only eating like 1200 calories. She couldn't lose weight.

I mean, a month went by, she didn't lose a single ounce. Okay? And she's crying, going, I told you, I told you, you know, and I'm thinking, oh my gosh, what's going on here?

So I told her, I said, Ashley, I'm going to work with you for free until we figure this out. And I mean, I'm surprised she hung in there with me. I went on a research quest and I mean, I finally figured it out, this repressed metabolic syndrome.

And you don't. The problem is, when you have miss or repressed metabolic syndrome, when you try to eat less and exercise more, it makes it worse. And so I told Ashley, I said, I know how to fix this.

I know what you need, but you're not going to like it. She goes, what you're going to need to eat more and exercise less. And she goes, no way, no way.

I'll gain so much weight, you know? And I said, let's try it. If you gain a pound, we'll stop immediately. 12 weeks later she had lost 37 pounds. And she's like, how is this possible?

That's what we did. We addressed it in the right ways. A simple three steps to take care of it. And then over the years, it's I've refined it, perfected it, found all these other unique challenges that women face.

And it's a blessing and a curse. Being a woman, as you know. Oh, so is it pretty much across the board that women above 40 have repressed repressed metabolic syndrome?

It's not necessarily across the board, but it's a bear. If you've dieted before or you've done a lot of different diets, or you've done things like calorie restriction, fasting, low carb, lots and lots of exercise, it's very likely you have repressed metabolic syndrome.

What you do, essentially, is you slowly destroy your own metabolism, and you shift your body from having this natural fat burning mechanism, which allows you to access fat as fuel.

And the body's happy and it's balanced, and you actually kind of self-destruct, and you caused the body to switch over where it guards all the fat, it holds it.

Repressed Metabolic Syndrome Explained

And meanwhile, you might end up even burning off muscle, which makes you look soft and flabby and slows your metabolism down even more. Okay. And so the solution, I mean, I just want to repeat that because, like, I don't want you to think this is too good to be true because like I said, I know Stu personally.

I know his work. This is not like some hokey thing. There's we don't do hokey in this segment. I don't do hokey in my medical practice. So if someone is listening because the truth is right, like, I'm 57, you know, the women watching are in their 40s, in their 50s beyond.

We grew up in that. Like, who hasn't? Who had exactly calorie restricted or went crazy yet? Lucille Roberts back in the 80s doing cardio or tried the Master Cleanse or this cleanse or the grapefruit, you know, like the grapefruit, right?

Yeah, right. That's true. And, you know, even today, the young people today are in for a big problem when they hit 50 because they're doing even more extreme diets.

All right. They have all the TikTok things. They all the crazy stuff. Yeah. Way more. But let's let's kind of look at what happens here. So here's the secret that I that you got to know, okay.

The secret is you have to eat correctly, which is not the same as healthy. Obviously you want to eat healthy too, but there's a difference between eating healthy and eating correctly.

You need to eat correctly to cause the right chemical reactions in your body. That's the baseline for all nutrition. The problem is this. There's if you were to simplify it, okay.

On one end of the spectrum you eat right. You caused the correct chemical reactions. Your body's gonna use all the food you eat. It's going to put it in your brain, your muscles, your liver, your different organs, your cells.

You're going to speed up your metabolism. You're going to help speed up your thyroid. And the body's not going to deposit any of it as fat. Okay. The other end of the spectrum, when you don't eat correctly.

And by the way, you can eat healthy and still not cause the right chemical reactions. Now what happens is most of the food you eat gets stored as fat, not utilized correctly.

And this is when people have to cut calories. When you do it right, you don't have to cut calories because nothing

has going to the fat cells. Okay. And that's the difference.

Well how do you do this? You've got to eat the right food at the right time, in the right combination at each meal and obviously the right amount. But I'm not talking about calories and I'm not talking about macros, okay?

This is the secret. But not a lot of people know about this. And the coaches who do unfortunately only work with professional athletes. Okay. So that's like okay, bummer.

So I just figured this out along the way because I've worked with women and your bodies are very challenging, but this is it. So now let's look at the side effects.

If you do it wrong there's four side effects. And it probably every viewer is going to be able to say, oh my gosh, that's exactly what's happening to me, because I've worked with thousands and thousands of women over the years, and these are always the symptoms.

This is what happens. Okay. If you don't eat correctly, there's four side effects. The first side effect is called the cortisol response. Now cortisol is like demonized.

Oh it's terrible. Oh it's awful. No hormone is bad as long as it's in range okay. It's like that with everything in the body blood sugar, cholesterol, blood pressure, thyroid all.

If it's too much, that's bad. If it's not enough, that's bad. Well, cortisol is actually necessary for fat burning. And it's when it's in range it'll help you burn fat.

Problem is, when it's out of range now, it stops you from burning fat. And it actually may cause you to burn muscle. And this is a big one. I see now with so many women when they hit their midlife.

If your cortisol response is going off, it causes gut issues. And the reason for that is it triggers your epinephrine and Nora epinephrine. This redirects blood flow away from your organs as a fight or flight response.

And now your digestive organs don't get enough blood flow. You stop digesting properly. You also develop a guy that you could be leaky gut. It could be a bacteria overgrowth, a Candida overgrowth, something dysbiosis, something like that.

And now you're in trouble, okay? Because now you're inflamed and then short circuits, the weight loss rises. And if you don't fix a gut issue fast enough, it will always morph into an autoimmune or another chronic illness.

Eating More to Burn Fat

As you know, the gut is like the brain that the body. This is a big problem. And that's the first side effect. Okay. So when you're doing all these diets, you're slamming your cortisol in your gut.

The second side effect is your metabolism slows down. This is what you're asking before it is everyone slowed their metab. Well sometimes it's the gut thing and the cortisol.

But a lot of times it is the metabolism. Well, when your cortisol and adrenaline run high, this has a negative impact on your thyroid. It could it could crank up the reverse T3.

It could lower your T4 to T3 conversion. It could just lower your T4 production. It's not good. And that'll directly slow down your metabolism. The other piece, though, is if your body thinks you're starving.

Oh, I don't know. Maybe you're fasting all day. You're doing a one meal a day program, a time restricted eating. You're not eating enough, you're over exercising, you name it.

Now, if the body thinks it's starving, it's not getting enough. It's going to slow itself down because it doesn't want

you to die. And the other pieces, when it goes into this starvation mode, it releases an enzyme that causes you to store fat really easy.

This is because if you really were in a survival situation and remember now, the body can't tell if you're just trying to diet and lose weight, or if you're really starving.

Okay, can't tell if you're if you were in a starvation situation. The body wants to take what you eat and be able to store it for later. And the only place in the body it can do that is your fat cells.

If it tried to store it in your muscles or your liver, you'd burn through it too quick and then you would starve. Okay, so that's why your metabolism drops.

The third side effect, if you're not eating correctly, is your blood sugar goes all over the place. It's completely unstable. Well, that's not good. That's terrible for cortisol, for hormones, for weight loss.

It's it's it speeds up your aging process. You want stable blood sugar. But here's the secret. You want it slightly elevated in the right range. Okay. We're talking about the range again.

When it's in the right range, all that food will be transported to the right areas of the body. Your brain. You'll have all this energy, your thyroid.

Or I should say your liver, which indirectly will help with your thyroid, your muscles, your organs, your cells. This is critical. This is where you want to be.

And then the fourth side effect is, you know, if you're only eating a couple times a day, those meals have to be kind of big and the body doesn't process very well if you eat so much at once.

We have this threshold for everything, right? You have a protein threshold, the carb threshold, the fat threshold. It's no different than vitamin C. You know, if you take too much vitamin C, it once you absorb some of it, you play the rest well with food, you don't pee it out, okay?

You're stored as fat, right? So if someone has a meal with a ton of protein or a ton of carbs or or too much of all of it, the body will take and try to try to process and process, and it can't process it fast enough.

So it starts storing it as fat. Now, this is actually one of the main causes of nonalcoholic fatty liver disease. Everyone says, oh, it's fructose. It's fructose. Well, no, it can be fructose.

When consumed too much at once. It could also be certain fats if you consume too many at once. And this is because the liver is trying to really process and it can't.

And so it starts storing it as fat around itself. Nonalcoholic fatty liver. These are the side effects. Oh, and by the way, if you eat a too big of a meal, even if you're not eating carbs, by the way, you're still going to spike your blood sugar and insulin, and that'll cause you to store fat, too.

These are the side effects women are dealing with. Well, think about it, woman, or you're stressed. Okay? Your ovaries have kind of stopped producing hormones.

So now your adrenal glands are so you're stressed. Maybe you have some gut problems, so you're inflamed. That stresses the body. And if you're not eating right your body's going into starvation mode.

Now you see how all these things are essentially working against you. And this is the big problem. This leads to repressed metabolic syndrome. And I can tell you, most women's ovaries are not taking over there.

I always get around now that they're like, the ovaries are in a hammock and behind me and they're like, yeah, good luck to you. I'm done. Like, you know, by the time you get to 4050, like you've lived, you know, you've had stress

and most women's ovaries are not like, yeah, we can't wait to take her.

I mean, someone has a adrenal. Yay! We can't wait to take over for the ovaries. They're like, yeah, you already burnt us out. We're done. You need help.

That's a good point. And that's why some women will say, I like, woke up one day in menopause and everything tanks. Because like I said earlier, they may have been doing all these things incorrect, but they were resilient enough before.

And now all of a sudden pink tanks and it's like, what happened? I'm in menopause. And one day, you know, that can happen. Yeah, it's called the cliff dive, right?

It's something that I want to just circle back to because I just had a woman in one of my groups, like, talk about how she, you know, has her feeding window and seeing the time restricted eating, you know, six like and I like I cringed because I know what that does to the thought.

I don't think that's a good plan for us as menopausal ladies, but could you speak a little more in depth to that and what you feel like the downside of the time restricted window?

Yeah. Yeah okay. Great question. So one thing you have to know is and this is a tricky one, see back in the 80s and 90s you know, and you and I were like really living you know, and they would come out with scientific studies.

Fasting, Cortisol, and Menopause Stress

You're like it had to pass through a lot of stuff to get published, you know, and so like had to get peer reviewed and then they would publish it in a journal and you'd have to go by the journal, go down to your library and check out this big journal and see what was going on.

And so if a study got published back then, it was pretty legit. And now online, there's a lot of studies that get published that aren't so good. Okay.

And so a lot of people will say the science says blah, blah, blah. Okay. And I'll give you an example. In the weightlifting community, there's a guy, oh, I hope he doesn't see this, but his name is Brad Schoenfeld, okay.

And he does all these studies for how to grow muscle. It's called hypertrophy. And so all these new young guys online are saying, well, the science says you should actually work your muscles more frequently.

Then we thought, okay, I looked at a study. So well, how many participants did he test for the nine nine participants? That's nothing okay. And so what happens is a lot of people will do these studies and they're they're bad.

They're not double blind. They have a very tiny sample size. They're not taking women over 50, by the way, and adding it might be men in their 30s, you know, and that's a completely different hormone profile.

So a lot of the science around fasting or time restricted eating or one meal a day is not tested on women in menopause. And the difference between men and women, as you know, there's many.

But one of the big differences is the hormone profile. And unfortunately, women in all ages are less capable of handling stress than men's bodies because of the testosterone, but even more so in menopause for the reasons that we touched on.

Your ovaries turn off and your adrenals have to try to take over if you're stressed. And that ain't going to happen. And unfortunately, any type of fasting is stressful on the body.

So if you're doing it repeatedly now, I'm not saying you should never do a fast. I'm saying if you're doing it daily or

weekly, repeatedly, over and over it, that causes the cortisol response side effect that I talked about earlier.

And now you're opening yourself up for some major issues. Okay. Fasting a few times a year could be beneficial, but not all the time. Okay. So in your programs, so two questions.

I wanted to stay on that for a second though. But like in your programs, are you doing intermittent fasting? No, I don't do that. No. You speak to what you are doing.

Oh, well, yeah. So, look, most all of my clients, whether it's a man or a woman, sometimes the wives drag the husbands in, you know, and then they get twice as good a result as the wives.

It's not fair, but it doesn't matter, okay? And even young women do even better because, you know, their bodies are still even more resilient. But you actually want to eat more.

You want to nourish the body. So I have some clients that I'll eat, four times a day, of some that eat five times a day. I have a couple crazy clients that eat six times a day, but that's not necessary.

But they're eating more. And actually, my clients, the biggest challenges, they say they can't eat enough. You know, I'm yelling at them. You need to eat more. You need to eat more.

And they're going, I'm full, you know? And some of the clients get scared. I've had some clients who are like, Stu, I'm not going to lie, I'm scared. I have one client right now named Jan. She's wonderful.

She came to me. You know what? She's. She gave me an Excel spreadsheet for a whole year. She tracked all of her calories, her macronutrients, her exercise, everything.

And she lost 1 pound in one year. When we work together in three months, she lost, like, 18. And now she's still working with me because she was still.

I have goals, okay? I never thought it would be even possible for me to do this. And now that I know how good it feels, I want to know. I want to gain muscle.

So I said, okay, so she lost the fat. Then we switched goals to putting on muscle and getting really toned and she is just awesome. But again, she's had to eat more and more and more and she goes, Stu, it's scary.

I'm kind of worried about this. And yet she goes, Stu, I can't believe it. You. I added more carbs and I lost weight. Like, what is it? She's all like, oh my gosh.

And the other day she goes, Stu, I wore a pair of shorts and I went, who's legs are these? These are great. You know, this is this is it. And I said, Jen, why is it you worked a year tracking everything meticulously.

I said, what was so different when we were together? And she said, because you showed me how to connect all the dots. It was a holistic approach to eating right.

How to exercise has to match up with the food. The mindset part of it, being able to control the body, how all the food works together. Not just calories or macros, the timing, the different meals and how to make it easy.

So it's something that I could do with my busy lifestyle.

Why Correct Eating Beats Healthy Eating

All of these things. And she said, Stu, it's never been this easy for me before, and I've always struggled and struggled. And she goes, this is like fun.

I'm like, I can do whatever I want to my body. And it's really that's why I do what I do. That's an amazing feeling.

And it's funny because, you know, she's she's losing weight, but she's still scared because we are so brainwashed, right, that we can eat even as we see it happening.

It's still so deeply ingrained in us that this is a bad thing. And it's like, yeah, if you really think about this is like the best thing in the world.

Like not restricting being able to eat more and lose weight because because we've starved ourself. And so when you're talking, I'm thinking, you know, this is really also about learning to nourish ourselves, right?

Because food is nourishment and we've made it the enemy. We've made it the thing we have to fight against. We've made it, you know, we've become. And nobody teach us about nutrition.

You know, it's not just calories. It's it's not macros. Look, there's six different types of proteins. They're all going to have a different effect on your body.

There's 16 different types of carbs. They're all going to have a different effect. There's ten different types of fats. They're all going to have a different effect.

I had one client a couple of weeks ago. She's insulin resistant. She stores all her weight right around her belly. This is very frustrating. And she is losing and she's oh my gosh, I finally figured it out.

And then she stopped losing weight and she said, still, I haven't changed anything. And I said yes, you have your fats. We're coming from these healthy fats and you switch them over.

They're all coming from saturated fat, from fatty meats now. So the the amount of fat wasn't any different. So she was looking at the macro, oh, I'm getting this many grams of fat.

I'm still getting this many grams of fat. But the types of fats were different and it impacted her body. So that's you got to use your body's a little bit more complex than just calories in, calories out okay.

It's like an ecosystem. You can't reduce it to oh calories or oh macros. You have to understand these different parts of the food. When you understand it, it's like unlocking the door.

A whole new world opens up. And now when you understand how your body works, how food actually works, the difference is how different things affect your body.

Holy smokes. Now you you you you wake. You get out of this dark room where you're just confused and frustrated and the lights, like, turns on you go, oh, I can see everything so clearly now.

It makes sense. Holy smokes, that's the difference. So you had before said like the difference between healthy and correct and I know it's individualized, but are there any tips that you can share for the women listening that would be applicable to everyone that would be like correct eating or is that that's a tough one now?

Yeah, that's very hard because every woman's body is different. But here let me but let me tell you what it would depend on. So if you're watching right now you can kind of go through some of these things.

It depends on your age, how active you are, the type of activity you do. Is it mostly cardio or are you doing resistance training? You know, is it high, intense? Is it low intense?

How much body fat you have versus muscle, you know, body fat percent, if you're insulin resistant or not, if you have a thyroid issue or not, if you have an autoimmune or not, if you're dealing with a gut issue, these would drastically change what you're going to be doing.

If you have food sensitivities, you know, they're in plus probably more, you know, genetics, what kind of diet you've done, what you're currently eating.

If you're only eating once a day, you can't just start eating a ton, you know that you have. So it all has to be depends on where you're starting and what you've done and where you're trying to get.

And then from there and I'm going to tell you. So I'm going to say something that not many coaches admit, but this is the truth no good coach would ever claim to know, oh, if you just do this, it'll work for you.

That's what the bad coaches do. And they put everyone through a cookie cutter program. The difference is this a good coach will be very upfront and honest about this.

We have a lot of knowledge and experience so we can get you started, but we still have to see how your body responds. And then based on how it responds, then we know what tweaks and adjustments to make and we can figure out what your body needs, what it likes, what it doesn't like, and we go on that journey with you so that you can figure it out too.

And now you know, oh, my body likes this kind of stuff, doesn't like that kind of stuff. I should stay away from this food. I can eat more. These are really critical lessons that you want to learn that last a lifetime.

Okay. Are you using, CGM as continuous glucose monitors to understand that, or is it something else you're looking at? That's a good question. You can use a CGM.

I find that, I've done this for 24 years. So at this point I can tell anecdotally and, you know, just by other symptoms, what's going on? If you're bloated, if you're have gas, if you're inflamed, if you have crashes and energy, mental clarity versus brain fog, how you're sleeping.

You know, all of these things. I'm so used to it now, you can wear eye cream and CGM are great, but they are misleading because you could still be tracking with decent blood sugar, but your body could be kicking out a lot of insulin to keep that that blood sugar.

Personalized Coaching and Body Feedback

So it doesn't tell you the whole story. And a lot of times if you only focus on a CGM, then you'll miss all these other things. Remember now the body doesn't work in a vacuum.

This is what Jan was talking about. You can't just focus on one thing, you have to focus on everything. So a lot of times now, people are just focused on cgmps.

Well, of course fats don't spike it as much, protein doesn't spike it as much. So all these people are going, oh, I'll just eat a protein and a high fats and that's it.

My blood sugar is normal, yet they're gaining weight. Okay. Because that's not the end all be all. But it is one component. Yeah. I'm waiting for the, the combo.

Like insulin. Yeah. Proceeds. Yeah. Anyone's working. I'm sure they are. I'm sure they are. So I can talk to you forever. Any last words of wisdom you want to share?

Anything that's super important. You're, like, burning to tell the lady. Yes, we wrap it up. Yeah. Your body can heal and recover and speed up at any age.

Any age. It doesn't matter what you've done, if you've hurt your metabolism, if you can barely eat anything and you gain weight, if you've got gut issues, if you dealt with using your body, remember the human body is designed to heal itself and balance itself.

It can do that when we put it in the right environment. And there's so much, so much you can do with just food and activity and mindset. And it's never too late, you're never too old.

And all my clients are in menopause. They're already eating healthy and having struggles, and they're able to lose 20 to 30 pounds of body fat in a three month period and in a way that doesn't restrict and they can keep it up.

You can do this. So just keep that in mind and it can be fun, okay? It can be fun. I hanging out with you I mean and you like are working with your your people.

I am the guy. I'm in the trenches. Okay. My finger is on the pulse. I'm constantly perfecting my methods. And I've done that for two decades, which is, you know, when you do something for that long, you get pretty good at it.

You know, I've, I've been doing what I do for the same, like. Yeah. 24 you I know it's like, yeah, you, you always keep tweaking it and then you get it perfect.

And then you're like, wait, I can use another tweak there. So how do these ladies learn more who are in need of okay, reversing their repressed metabolic syndrome, of finally shedding the weight of changing their relationship with food, of learning not to restrict, but to actually nourish like such, such valuable.

It's critical, if you want, if you want longevity and you want to age gracefully and you want to be healthy, okay, healthy, hello. And lose the weight.

Yes. Stu Schafer they can go to my website Stu schaefer.com s t u s c h a e fdr.com. Now if, if they want to go to a special link for some bonuses, they can go to Stu schafer.com/doctors dills which is spelled Dr..

Still doctors does and I'm going to give him an essential bonuses.

Final Advice and Where to Learn More

Says menopause weight loss e-book fat loss masterclass. The seven day fat loss kickstart guide, which I will email you a special email each day for seven days.

And you can take the quiz, the Fat Loss Quiz, to see if you're putting your body into a fat burning or a fat storing mode. Okay, so that's, you know, Stu shape, Stu shaver, dot com slash doctor stills.

And then just Dr.. Not spelled out. Yes. Oh yeah. Those are cool cool bonuses. Thank you. And you know we we just we thank you because you know you are younger.

You're a guy. But you're like you know you're doing a just a really good service for women who need your help. And you are getting the changes and you've got, you know, the client after client after client after client success story and so if you're sitting here like, oh, no, but nothing ever works for me.

Like, I want you to get that mindset out because I've, I've seen women who I've sent to Stu who say nothing, and then they're like, I'm still a genius, okay? I'm not a genius. Okay.

That's good, but I'm only good at this one thing. You know, I will examine weight loss. Genius. So that's why I bring them back. Because I know, you know, it's one of the top concerns of women as they're journeying through their hormones.

And, you know, not only is it important to look good and feel good in your clothes, you know, but carrying extra weight puts you at risk for medical issues, whether it be cardiovascular insulin issues or producing too much of the inflammatory estrogen in your fat cells.

And so this is, you know, not just about looking good, which is important, but feeling good and building that muscle, which is, you know, muscle is medicine, especially in our in our age range.

So thank you Stu. Thank you Stu. Go to stay safe for.com/doctor stills. He's got lots of goodies for you and yeah thanks for being here. Thanks for doing what you do and helping women and everyone go check him out.

It's it's exciting stuff. And if your if your mouth is still on the floor from like 30 minutes ago when he said you need to eat more and move less like yes it's true.

So maybe you need to listen to this again because you were stuck on. How could that be true? But trust me, it is. So thanks for being here and we will be back with another talk.

So right. Thank you.