Why You're Still Gaining Weight in Perimenopause (It's Your Gut!) Transcript

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The Average Woman Spends Seven Years in Perimenopause Without Answers

Here's what I see in my office over and Here's what I see in my office over and over. A woman comes in completely over. A woman comes in completely exhausted, gaining weight she can't exhausted, gaining weight she can't explain. Her heart is randomly racing at explain. Her heart is randomly racing at 2 in the morning. She's been to her 2 in the morning. She's been to her cardiologist, her neurologist, even seen cardiologist, her neurologist, even seen a psychiatrist, and every single one of a psychiatrist, and every single one of them told her something different was them told her something different was wrong. Nobody connected the dots. And wrong. Nobody connected the dots. And the one word they all missed, per the one word they all missed, per menopause. The average woman spends up menopause. The average woman spends up to seven years in pmenopause before to seven years in pmenopause before anyone gives her the right name. Seven anyone gives her the right name. Seven years of wrong diagnosises. Seven years years of wrong diagnosises. Seven years of being told your labs are normal.

of being told your labs are normal. Today, I'm going to show you the 10 Today, I'm going to show you the 10 signs your body is sending you right now signs your body is sending you right now and what they're actually trying to tell and what they're actually trying to tell you. Sign one, irregular periods. Most you. Sign one, irregular periods. Most women expect this, but here's what most women expect this, but here's what most doctors skip over. The irregularity doctors skip over. The irregularity isn't just random. What's actually isn't just random.

Why Perimenopause Is an Early Intervention Window

What's actually happening is the estrogen and happening is the estrogen and progesterone ratio is beginning to progesterone ratio is beginning to shift. Estrogen can spike and then shift. Estrogen can spike and then crash. Progesterone starts declining crash. Progesterone starts declining first. And that imbalance is the first. And that imbalance is the beginning of a cascade that affects beginning of a cascade that affects every system in your body, not just your every system in your body, not just your cycle. If your periods have been cycle. If your periods have been becoming unpredictable, your body isn't becoming unpredictable, your body isn't just changing cycles, it's sending just changing cycles, it's sending signal. And sign two, unexplained weight signal. And sign two, unexplained weight gain and belly fat. You're doing the gain and belly fat. You're doing the same diet, the same exercise, and same diet, the same exercise, and suddenly the weight is showing up around suddenly the weight is showing up around that middle. Here's why. As progesterone that middle. Here's why. As progesterone drops, cortisol becomes more dominant, drops, cortisol becomes more dominant, and cortisol drives fat storage directly and cortisol drives fat storage directly into this abdomen. We also see insulin into this abdomen. We also see insulin resistance increasing during pmenopause.

resistance increasing during pmenopause. This is not a willpower issue. It's a This is not a willpower issue. It's a hormonal shift. And I'll come back to hormonal shift.

Sign 1: Irregular Periods & Hormone Shifts

And I'll come back to this in a moment because your gut is this in a moment because your gut is playing a bigger role in this weight playing a bigger role in this weight gain than you think. Sign three, brain gain than you think. Sign three, brain fog and memory issues. Forgetting words fog and memory issues. Forgetting words mids sentence. Walking into a room with mids sentence. Walking into a room with no idea why you're there. Feeling like no idea why you're there. Feeling like you're thinking through cotton. Estrogen you're thinking through cotton. Estrogen plays such a crucial role in brain plays such a crucial role in brain function. It protects the neurons, the function. It protects the neurons, the little nerves, and supports your memory little nerves, and supports your memory and those pathways. When it fluctuate, and those pathways. When it fluctuate, cognition follows. But here's my cognition follows. But here's my functional medicine lens on this. The functional medicine lens on this. The gut brain axis is deeply involved. 90% gut brain axis is deeply involved. 90% of your serotonin is made in your gut.

of your serotonin is made in your gut. When your gut is inflamed, it When your gut is inflamed, it accelerates brain fog significantly. accelerates brain fog significantly.

Sign 2: Unexplained Weight Gain and Belly Fat

These two systems talk to each other These two systems talk to each other constantly through the vagus nerve. So constantly through the vagus nerve. So if you have brain fog and digestive if you have brain fog and digestive issues, that's not two separate issues, that's not two separate problems. That's one problem showing up problems. That's one problem showing up in two places. And sign four, hot in two places. And sign four, hot flashes and night sweats. Everyone knows flashes and night sweats. Everyone knows this one, but what they don't tell you this one, but what they don't tell you is that hot flashes are a sign that the is that hot flashes are a sign that the hypothalamus, the part of your brain hypothalamus, the part of your brain that regulates your body temperature, is that regulates your body temperature, is being disregulated by estrogen being disregulated by estrogen fluctuations. And here's the functional fluctuations. And here's the functional medicine piece. When your adrenal glands medicine piece. When your adrenal glands are overtaxed, hot flashes are are overtaxed, hot flashes are significantly worse. The cortisol significantly worse.

Sign 3: Brain Fog and Memory Issues (The Gut Connection)

The cortisol estrogen connection means stress estrogen connection means stress management isn't optimal during management isn't optimal during pmenopause. It is medical And sign five, pmenopause. It is medical And sign five, mood swings and perry menopause rage.

mood swings and perry menopause rage. This one is under reportported and over This one is under reportported and over dismissed. [bell] A level of dismissed. [bell] A level of irritability that feels completely out irritability that feels completely out of proportion that wasn't even there of proportion that wasn't even there before. Progesterone is your calming before. Progesterone is your calming hormone. It supports GABA, the hormone. It supports GABA, the neurotransmitter that keeps you feeling neurotransmitter that keeps you feeling even and grounded. When progesterone even and grounded. When progesterone drops, GABA drops. And if you've been drops, GABA drops. And if you've been told that this is just stress or just told that this is just stress or just depression, push back. Ask for a full depression, push back. Ask for a full hormone panel. Sign six, sleep hormone panel. Sign six, sleep disruption. This goes deeper than night disruption. This goes deeper than night sweats waking you up. Progesterone sweats waking you up. Progesterone directly supports sleep quality. It has directly supports sleep quality. It has seditive like effects on the brain as it seditive like effects on the brain as it declines. Deep sleep declines with it.

declines. Deep sleep declines with it. And here's what I need you to And here's what I need you to understand. Poor sleep during pmenopause understand. Poor sleep during pmenopause accelerates every other symptom on this accelerates every other symptom on this list. It drives inflammation, worsens list.

Sign 4: Hot Flashes and Night Sweats (The Adrenal Connection)

It drives inflammation, worsens insulin resistance, increases cortisol, insulin resistance, increases cortisol, and gut inflammation disrupts sleep and gut inflammation disrupts sleep rhythms, which disrupts melatonin, which rhythms, which disrupts melatonin, which disrupts sleep. It's a cycle. Hormones disrupts sleep. It's a cycle. Hormones and gut feeding into each other. Sleep and gut feeding into each other. Sleep is not optional. Sleep is treatment. If is not optional. Sleep is treatment. If you're feeling like this is helpful, you're feeling like this is helpful, then subscribe. I go into this deep then subscribe. I go into this deep every single week. But let's keep going.

every single week. But let's keep going. Here's sign seven. Joint pain and frozen Here's sign seven. Joint pain and frozen shoulder. This is one of the most shoulder. This is one of the most misdiagnosed symptoms that I see. Joint misdiagnosed symptoms that I see. Joint pain, stiffness, and specifically pain, stiffness, and specifically something called frozen shoulder. A something called frozen shoulder. A sudden restriction of movement that sudden restriction of movement that comes out of nowhere. Estrogen has comes out of nowhere. Estrogen has powerful

anti-inflammatory properties.

powerful anti-inflammatory properties. When it drops, inflammation rises and it When it drops, inflammation rises and it loves to show up in joints. Women with loves to show up in joints.

Sign 5: Mood Swings and Perimenopause Rage

Women with this symptom end up seeing orthopedic this symptom end up seeing orthopedic surgeons getting cortisone shots, surgeons getting cortisone shots, sometimes even surgery when the real sometimes even surgery when the real driver is hormonal. If your joints start driver is hormonal. If your joints start aching in your 40s with no clear injury, aching in your 40s with no clear injury, ask your doctor about checking your ask your doctor about checking your estrogen. And sign number eight, gut estrogen. And sign number eight, gut changes and bloating. bloating, changes and bloating. bloating, constipation, constipation, constipation, loose stools, food sensitivities loose stools, food sensitivities appearing out of nowhere. Estrogen appearing out of nowhere. Estrogen receptors line the entire digestive receptors line the entire digestive tract. When estrogen fluctuates, the gut tract. When estrogen fluctuates, the gut motility changes. The microbiome shifts, motility changes. The microbiome shifts, the intestinal permeability starts the intestinal permeability starts changing, what we call leaky gut changing, what we call leaky gut increases. But here's the thing that increases. But here's the thing that nobody is talking about. Inside your nobody is talking about. Inside your gut, there's a specific collection of gut, there's a specific collection of bacteria responsible for metabolizing bacteria responsible for metabolizing estrogen. They're called the estrogen. They're called the estrobalome.

estrobalome. estrobalome. Your gut bacteria literally controls how Your gut bacteria literally controls how your body increases estrogen or your body increases estrogen or processes it. When your microbiome is processes it.

Sign 6: Sleep Disruption and Progesterone Decline

When your microbiome is healthy, the estrobalome works healthy, the estrobalome works efficiently. Estrogen is metabolized efficiently. Estrogen is metabolized properly. But when your gut is properly. But when your gut is disrupted, disbiosis, disrupted, disbiosis, inflammation, leaky gut, these bacteria inflammation, leaky gut, these bacteria produce too much of an enzyme called produce too much of an enzyme called betagluceronidase.

betagluceronidase. betagluceronidase. When this gut bacteria becomes When this gut bacteria becomes overactive and you get too much estrogen overactive and you get too much estrogen being picked back up into your body, you being picked back up into your body, you can actually have estrogen dominance can actually have estrogen dominance even when your overall estrogen is even when your overall estrogen is starting to decline in pmenopause. Which starting to decline in pmenopause. Which means every pmenopause symptom we just means every pmenopause symptom we just talked about gets amplified. The talked about gets amplified. The bloating, the weight, the brain fog, the bloating, the weight, the brain fog, the mood, the sleep. The gut is making all mood, the sleep. The gut is making all of it worse. Don't let your first of it worse. Don't let your first symptom be your last. And don't let a symptom be your last. And don't let a partial answer, hormones only, without partial answer, hormones only, without looking at your gut be your answer. And looking at your gut be your answer.

Sign 7: Joint Pain and Frozen Shoulder

And sign number nine, heart palpitations, sign number nine, heart palpitations, racing heart, fluttering, skipped beats, racing heart, fluttering, skipped beats, often at night. This is one of the most often at night. This is one of the most frightening symptoms women experience.

frightening symptoms women experience. Women go to cardiologists, get full Women go to cardiologists, get full cardiac workups, everything comes back cardiac workups, everything comes back normal. The heart is fine. The driver is normal. The heart is fine. The driver is estrogen. Estrogen regulates electrical estrogen. Estrogen regulates electrical activity of the heart. When it activity of the heart. When it fluctuates, so does the heart rhythm. If fluctuates, so does the heart rhythm. If your cardiac workup came back clean, your cardiac workup came back

clean, this deserves a hormonal conversation.

this deserves a hormonal conversation. And sign number 10, hair thinning and And sign number 10, hair thinning and skin changes. The one that hits women skin changes. The one that hits women the hardest emotionally, hair thinning, the hardest emotionally, hair thinning, skin dryness, loss of elasticity, skin dryness, loss of elasticity, estrogen and progesterone support, estrogen and progesterone support, collagen production, skin hydration, and collagen production, skin hydration, and the hair follicle cycling. When they the hair follicle cycling. When they decline, the changes are visible and decline, the changes are visible and they feel deeply personal. I want you to they feel deeply personal. I want you to know this is not vanity. These changes know this is not vanity.

Sign 8: Gut Changes, Bloating, and the Estrobolome

These changes are biomarkers. They are your skin and are biomarkers. They are your skin and hair telling you that estrogen and hair telling you that estrogen and collagen support are declining. That is collagen support are declining. That is actionable information. So, now that you actionable information. So, now that you know the 10 signs, here's what you're know the 10 signs, here's what you're going to actually do. Because knowing going to actually do. Because knowing isn't just enough. I want to tell you isn't just enough. I want to tell you step one, test. Don't guess. If you're step one, test. Don't guess. If you're in your early to mid4s and you've even in your early to mid4s and you've even had three or four of these symptoms, ask had three or four of these symptoms, ask your doctor for specific panel, not just your doctor for specific panel, not just the standard labs. You want estradiol, the standard labs. You want estradiol, estrone, progesterone, FSH, LH, a full estrone, progesterone, FSH, LH, a full thyroid panel, not just TSH, cortisol, thyroid panel, not just TSH, cortisol, fasting in insulin resistance score, and fasting in insulin resistance score, and inflammatory markers like the HSCP and inflammatory markers like the HSCP and homocyine. These tell a full story. Step homocyine. These tell a full story. Step two, address the gut. I can't say this two, address the gut. I can't say this enough. If your gut is inflamed and your enough. If your gut is inflamed and your intestine lining is compromised, even intestine lining is compromised, even hormone therapy is working against a hormone therapy is working against a leaky foundation. Heal the gut and leaky foundation. Heal the gut and everything else will start becoming everything else will start becoming dramatically more effective and better.

dramatically more effective and better.

Sign 9: Heart Palpitations and Estrogen Regulation

This is why I always have evaluate This is why I always have evaluate people's gut health alongside hormonal people's gut health alongside hormonal testing. the estroglom we talked about.

testing. the estroglom we talked about. If those bacteria aren't functioning, If those bacteria aren't functioning, your estrogen metabolism is compromised your estrogen metabolism is compromised no matter what else you do. And step no matter what else you do. And step three, understanding the early three, understanding the early intervention window. Women who have had intervention window. Women who have had the best outcomes are the ones who the best outcomes are the ones who reverse the trajectory of their chronic reverse the trajectory of their chronic disease, autoimmune conditions, aging, disease, autoimmune conditions, aging, and are the ones who act early.

and are the ones who act early. Pmenopause is not the beginning of Pmenopause is not the beginning of decline. It is your window to intervene. decline. It is your window to intervene.

The symptoms I just walked you through The symptoms I just walked you through are not your fate. They are information are not your fate. They are information and information is power. And if today and information is power. And if today opened your eyes to the gut hormone opened your eyes to the gut hormone connection, it's just getting started.

connection, it's just getting started.

Sign 10: Hair Thinning and Skin Changes

Next week I'm launching my 8w week gut Next week I'm launching my 8w week gut health series. We're going to go deep. health series. We're going to go deep.

Leaky gut, autoimmune, bloating, the gut Leaky gut, autoimmune, bloating, the gut brain axis, and my fivestep healing brain axis, and my fivestep healing protocol. We're going to talk about protocol. We're going to talk about skin, weight, testing, everything I just skin, weight, testing, everything I just told you about the estrobalome and how told you about the estrobalome and how your gut affects your hormones. That's your gut affects your hormones. That's just the beginning. So, subscribe and just the beginning. So, subscribe and turn on notifications so you don't miss turn on notifications so you don't miss week one. If you recognized yourself in week one. If you recognized yourself in any of these 10 signs, don't wait. Start any of these 10 signs, don't wait. Start with the test I mentioned. And if you with the test I mentioned. And if you want to understand how deep the gut want to understand how deep the gut connection goes, my leaky gut video is connection goes, my leaky gut video is linked here. If you want to find out linked here. If you want to find out where your hormones and your gut are where your hormones and your gut are standing right now, take my free standing right now, take my free assessment. The link is in the assessment.

The Functional Medicine Playbook: Testing vs. Guessing

The link is in the description. And if this was helpful to description. And if this was helpful to you, share it with other women in your you, share it with other women in your life who need to hear this because seven life who need to hear this because seven years is too long to wait for the right years is too long to wait for the right answer. Everything I do, every protocol, answer. Everything I do, every protocol, every patient, every video runs through every patient, every video runs through my one belief. I'm Dr. Myer Reid. I'm my one belief. I'm Dr. Myer Reid. I'm helping you to live smarter, stronger, helping you to live smarter, stronger, longer.