

THE PERIMENOPAUSE

Weight Loss Solution:

YOUR
GUIDE TO
SHEDDING
POUNDS
AND
KEEPING
THEM OFF
AFTER 40

BRIE WIESELMAN,
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REVERSE-AGE
METHOD

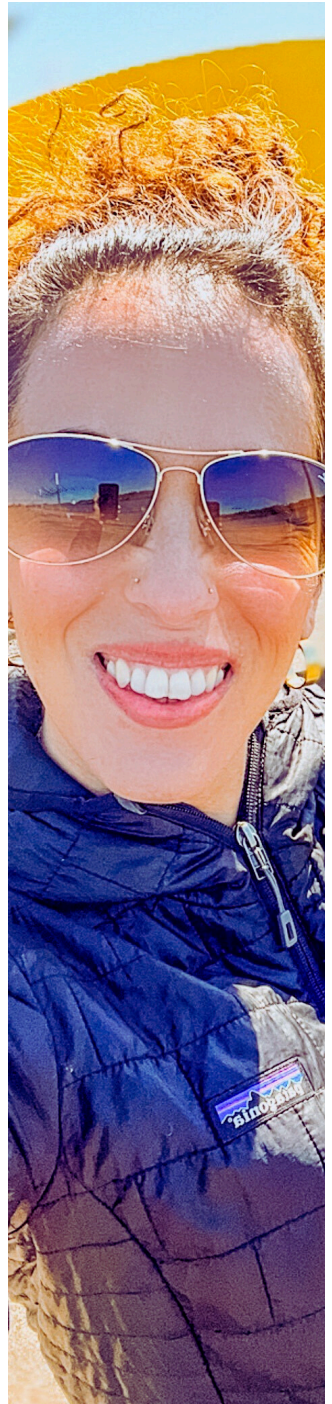


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Machete in hand, we'll hack through the perimenopause jungle, decoding hormones, optimizing nutrition, and creating a clear path to midlife weight loss success. Get ready to strut into this new phase with confidence, vitality, and a body you love. Let's do this!

B. Wieselmann



BUCKLE UP, BUTTERCUP: IT'S TIME TO GET REAL ABOUT MIDLIFE WEIGHT LOSS

I hear you, sister! Let's ditch the flowery language and get real for a minute. If you've picked up this book, chances are you're a woman over 40 who's wondering, "What the hell happened to my body?" You're not alone, and it's time we had an honest conversation about the changes we go through during perimenopause and menopause.

Maybe you've noticed that your tried-and-true methods for staying slim and energized just aren't cutting it anymore. You're working out, eating right, and yet the scale keeps creeping up. It's frustrating, it's confusing, and it can leave you feeling like your body has betrayed you.

BUT HERE'S THE TRUTH: YOUR BODY ISN'T THE ENEMY. IT'S SIMPLY GOING THROUGH A NATURAL PROCESS THAT REQUIRES A NEW APPROACH TO WEIGHT LOSS AND WELLNESS. AND THAT'S WHERE THIS BOOK COMES IN. WE'RE GOING TO DIVE DEEP INTO THE SCIENCE BEHIND THE HORMONAL SHIFTS, METABOLIC CHANGES, AND SNEAKY SABOTEURS THAT CAN MAKE WEIGHT LOSS FEEL LIKE AN UPHILL BATTLE IN MIDLIFE.



But here's the thing: as women who have gotten this far, we know that our value isn't defined by our dress size or how closely we resemble society's narrow definition of beauty. We've learned to love and accept ourselves for who we are, and we understand that true health and happiness come from within. This journey isn't about trying to fit into someone else's box or striving for an unrealistic ideal. It's about feeling strong, vibrant, and confident in our own skin.

As a women's healthcare provider, my goal isn't to turn everyone into a bodybuilder or a size 2. This is about how you want to feel. It's about the joy of movement, the ease of getting dressed in the morning, and the comfort of being naked with the lights on. It's about recognizing that we can prioritize our health and self-acceptance while still acknowledging our desire to look and feel our best.

Let's be real: we live in a world that sends us mixed messages about our bodies. We're told we should look a certain way to be valued as sexual beings, but then we're also told we shouldn't care about looking that way. Well, I say it's time to embrace the era of both/and. We can love and accept ourselves as we are, and we can still admit to having a touch of vanity. There's nothing wrong with wanting to fit into our favorite jeans, rock a swimsuit with confidence, or simply catch a glimpse of ourselves in the mirror and think, "Damn, I look good."

So, if you're ready to take control of your body, your health, and your happiness, you've come to the right place. This book is your no-bullshit guide to thriving in perimenopause and beyond. We'll arm you with the knowledge, tools, and strategies you need to lose weight, prevent gain, and feel like the badass, vibrant woman you are. Buckle up, buttercup. It's time to get real about midlife weight loss and show your body who's boss. Let's do this!

UNDERSTANDING HORMONAL CHANGES

Alright, ladies, let's talk hormones. These tiny chemical messengers are the puppet masters behind our metabolism, and when they start going haywire during perimenopause, it can feel like our bodies are staging a full-blown mutiny. Perimenopause is like puberty's evil older sister, and she can crash the party anytime from our mid-30s to our early 50s, often staying for a decade or more. Buckle up, because it's going to be a wild ride.

As we navigate this hormonal rollercoaster, our bodies go through four distinct stages, each one marked by a gradual decline in progesterone. This can lead to estrogen dominance, which is basically like having a bunch of mean girls take over your body. Symptoms like irritability, PMS from hell, pizza face breakouts, head-splitting migraines, and the dreaded muffin top are all par for the course.

But wait, there's more! Just when you thought estrogen was the only one wreaking havoc, testosterone swoops in like a bad ex-boyfriend, contributing to insulin resistance. This makes it harder to lose fat, especially around the belly region. It's like trying to get rid of a clingy ex who just won't take the hint.

Now, I know this all sounds about as fun as a root canal, but understanding these hormonal shifts is the first step towards taking back control. Once we know what we're up against, we can develop a kick-ass strategy for weight loss and overall well-being.





YOU DIDN'T
WORK THIS HARD,
AND COME THIS
FAR, TO NOT FEEL
GOOD.

THE POWER OF RESTORATIVE SLEEP

ONE OF THE EARLIEST SIGNS OF HORMONAL CHANGES IS OFTEN SLEEP DISTURBANCE.

Hey there, my sleep-deprived sisters! Let's talk about the importance of getting some quality shut-eye. Now, I know what you're thinking: "Sleep? Who has time for that when I have night sweats that could rival a marathon runner and a to-do list longer than a CVS receipt?" But hear me out.

When our progesterone levels start to dip (thanks, perimenopause), it can feel like our bodies are staging a mutiny against sleep. We toss and turn, watching the minutes tick by on the clock, wondering if we'll ever feel rested again. But here's the thing: skimping on sleep isn't doing us any favors in the weight loss department.

► **Studies have shown that when we're sleep deprived, our hunger levels skyrocket, and we start craving carbs like a kid in a candy store. And let's be real, when we're tired, we're more likely to reach for the nearest bag of chips than a kale salad. Plus, if you're dealing with chronic sleep disturbances like night sweats and hot flashes, you might be at a higher risk for developing diabetes. And that's not a club any of us want to join.**

So, what's a girl to do? Prioritize sleep like it's your job. Invest in some nice sheets, take a relaxing bath before bed, and tell your partner to keep their snoring on their side of the bed (or invest in some earplugs). Trust me, your waistline (and your sanity) will thank you.





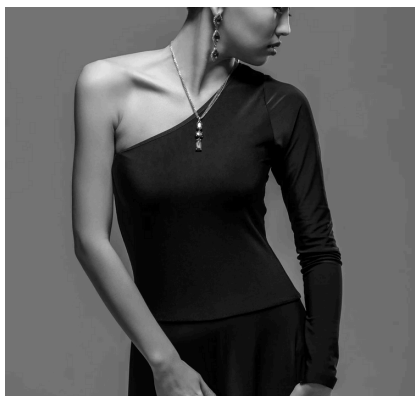
ESTROGEN: THE ENERGY REGULATOR

Now, let's talk about the elephant in the room: estrogen. This little hormone is like the queen bee of our bodies, and when she's not happy, nobody's happy. Estrogen plays a big role in regulating our glucose sensitivity and energy production. So, when our estrogen levels start to drop during perimenopause, it can feel like our bodies are running on empty.



WE MIGHT FIND OURSELVES CONSTANTLY HUNGRY, ESPECIALLY FOR SWEETS AND CARBS, EVEN WHEN WE'VE JUST EATEN A FULL MEAL. IT'S LIKE OUR CELLS ARE SCREAMING, "FEED ME, SEYMOUR!" BUT NO MATTER HOW MUCH WE EAT, WE STILL FEEL TIRED AND CRANKY. THIS IS BECAUSE LOWER ESTROGEN LEVELS CAN MAKE IT HARDER FOR OUR CELLS TO CONVERT GLUCOSE INTO ENERGY, LEADING TO WHAT I LIKE TO CALL THE "PERIMENOPAUSE ENERGY CRISIS."

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To get through this energy slump, our bodies need to learn how to switch from burning glucose to burning ketones for fuel. This is where metabolic flexibility comes in handy.

Women who are metabolically flexible tend to have fewer hot flashes and night sweats, which is a win in my book.

But here's the kicker: insulin resistance can make it harder for our bodies to be metabolically flexible.

So, what can we do? Focus on improving our insulin sensitivity through diet, exercise, and targeted support. And if all else fails, invest in a good fan and some ice packs.

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REVAMPING YOUR FITNESS ROUTINE



Now, let's talk fitness. If you're like most women, your old workout routine might not be cutting it anymore. You might be tempted to double down on the cardio or go HAM on the HIIT, but this can actually backfire. Too much high-intensity exercise can cause your cortisol levels to spike, which can lead to more belly fat and lower progesterone levels. No, thank you!

Instead, focus on building and preserving lean muscle mass. Muscle tissue is like the Ferrari of your metabolism - it's packed with insulin receptors and mitochondria, making it a fat-burning powerhouse. By prioritizing strength training and incorporating exercises that make you feel like Wonder Woman, you can rev up your metabolism, improve insulin sensitivity, and set you up to be one sassafra old lady.

THE KEY TO OPTIMIZING YOUR FITNESS ROUTINE LIES IN BUILDING AND PRESERVING LEAN MUSCLE MASS. MUSCLE TISSUE IS RICH IN INSULIN RECEPTORS AND MITOCHONDRIA, MAKING IT A METABOLIC POWERHOUSE.

Plus, having more muscle mass isn't just about looking good in a tank top (although that's definitely a perk). It's also linked to better brain function, memory, and a lower risk of chronic diseases. So, don't be afraid to pick up some weights and show your muscles who's boss!

BEYOND HORMONES: GUT HEALTH AND DETOXIFICATION

While hormones might be the star of the show when it comes to weight management, they're not the only players on the stage. Gut health and detoxification are like the unsung heroes of weight loss. If your gut is inflamed or out of whack (thanks to an overgrowth of bad bacteria, yeast, or parasites), it can make losing weight feel like trying to swim upstream in molasses.

This hidden inflammation can cause your body to pump out cortisol like it's going out of style, which can lead to resistant fat loss and extra padding around your midsection. But don't worry, there's hope! By getting your gut checked out and addressing any imbalances, you can help normalize your appetite and get back on the weight loss train.

AND LET'S NOT FORGET ABOUT YOUR LIVER! THIS HARDWORKING ORGAN IS LIKE THE CINDERELLA OF YOUR BODY, WORKING TIRELESSLY BEHIND THE SCENES TO DETOXIFY HORMONES AND ENVIRONMENTAL TOXINS. BUT OVER TIME, YOUR LIVER CAN START TO FEEL LIKE IT'S BEEN INVITED TO A FEW TOO MANY COCKTAIL PARTIES, IF YOU KNOW WHAT I MEAN.

When your liver is overburdened, it can lead to hormonal imbalances and make it harder for your body to burn fat. Supporting your liver with a well-designed detoxification program that includes plenty of amino acids can help restore balance and get your fat-burning engines revving again. Just remember, juice cleanses and fasting are a no-go! Your liver needs nutrients to do its job, not a starvation diet.



FUELING YOUR BODY FOR SUCCESS

Last but not least, let's talk about everyone's favorite topic: food. When it comes to navigating the hormonal roller coaster of perimenopause and beyond, what you put on your plate matters. One of the most important things you can do is bump up your protein intake. I know, I know - protein shakes aren't exactly the most exciting thing in the world. But trust me, your body will thank you. (Also-- whole food matters..)

As we age, our protein needs go up, but many of us (especially if we're rocking a plant-based diet) aren't getting enough. Protein is like the building blocks of our muscles, and it also helps stabilize our blood sugar and keep our livers happy. Aim for about one gram of protein per pound of body weight each day, and your metabolism will be singing your praises.

But wait, there's more! You'll also want to keep an eye on your carb intake. Now, I'm not saying you need to swear off bread forever (because let's be real, life without carbs is no life at all). But being strategic about the types of carbs you eat and when you eat them can make a big difference in your weight loss journey.

Focus on non-starchy veggies, healthy fats, and high-quality proteins, and save the starchier carbs for after your workouts or earlier in the day when your body is better equipped to handle them. And if you need a little guidance in the kitchen, don't be afraid to call in reinforcements! Working with a nutrition ninja who can help you create a personalized plan that fits your unique needs (and includes some wiggle room for the occasional slice of pizza) can be a game-changer.



ALRIGHT MY FIERCE FRIENDS, LISTEN UP..

We're not going to do this perimenopause thing like our mothers did. Bless their hearts, they didn't have access to the same information and resources that we do today. They were fighting an uphill battle in a world where the medical establishment was more likely to prescribe a valium and a pat on the head than actual solutions.

But times have changed, and we're lucky enough to live in an era where information is at our fingertips. We have access to all the studies, data, and cutting-edge research that our mothers and grandmothers could only dream of. But let's be real - the sheer volume of information out there can be overwhelming. It's like trying to navigate a dense jungle with a compass and a prayer.

One minute you're reading about the benefits of intermittent fasting, and the next you're being told that snacking every two hours is the key to weight loss. It's enough to make you want to throw your hands up in defeat and reach for the nearest pint of ice cream.

But here's the thing: we don't have to go it alone. We don't have to hack through the jungle of conflicting advice and confusing studies by ourselves. What we need is a machete - a tool to help us cut through the noise and create a clear path forward. And that's where I come in.

Think of me as your personal jungle guide, your information machete, if you will. I'm here to help you make sense of all the data, to separate the science from the pseudoscience, and to create a plan of action that actually works for your unique body and lifestyle.



Together, we'll navigate the twists and turns of perimenopause, hacking through the vines of misinformation and dodging the quicksand of fad diets. We'll emerge on the other side, victorious and ready to take on the world (or at least the next hot flash). But here's the most important thing: we're not just doing this for ourselves. We're doing this for the women who will come after us - our daughters, our nieces, our friends. We're paving the way for a new generation of women who won't have to suffer in silence, who won't have to settle for one-size-fits-all solutions that don't actually fit anyone.

So, my fierce friends, are you ready to grab your machetes and join me on this journey? Are you ready to take control of your health, your hormones, and your happiness? Then let's do this damn thing.

Remember, we're in this together. We're a tribe of women, united in our determination to live our best lives, hot flashes and all. So, let's raise a glass (of kombucha, of course) to the women who came before us, and to the women we'll become. Here's to hacking through the jungle of perimenopause, one empowered step at a time.

THANK YOU
FOR READING!



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