

Balancing Hormones: Increasing Your Success with Long-term Weight Reduction

We have all heard men and women complain that after forty they begin having trouble losing weight as easily as they could when they were younger, or that if they did lose weight they'd gain it back so much quicker than in the past. Worse yet, men and women complain about where the fat is deposited; hips, thighs, stomach. Those are the hardest areas to lose fat from. What is the reason for these unwanted extra pounds and inches? Does it take a strict diet to lose the weight and keep it off? How can someone exercise when they are so tired after a long day of work? How come we just don't have the stamina to do household chores anymore?

The answer: While good nutrition and exercise plays a critical role in weight reduction and weight maintenance, it is only a part of the overall solution. As we age, our basal metabolic rate (BMR or metabolism) slows down. The result is an increase in the number of calories we consume being converted into fat. As women approach menopause, their natural estrogen levels begin to drop. Since estrogen is stored in fat, the body attempts to compensate by storing more fat. The fat accumulation is usually around the abdomen creating that undesired apple shape. The apple shape is the one that is closely linked to an increase in cardiovascular risk. Weight management is influenced by balancing estrogen, progesterone, and testosterone.

It is also, important to assess thyroid function, adrenal function, iodine levels, and Vitamin D. Low levels of any one of these will directly impact the ability to lose weight. Improving thyroid and Vitamin D also improves sleep, mood, and energy. If sleep and energy improve, it is easier to develop a regular exercise routine and decrease the "eating for energy" temptation.

If you are considering a weight loss program to kick off the New Year, make sure you make balancing your hormones a priority in the plan. It is easy. Schedule a consult, lab work is done right here in the office, and within a couple of weeks we can develop an individualized plan that will help maximize your weight loss efforts.