

Weight loss during the menopause - what really helps!

The menopause is a challenging time for many women. In addition to typical symptoms such as hot flushes, mood swings and sleep problems, many women also complain about unwanted weight gain. This phase, in which the body undergoes hormonal realignment, brings with it profound changes. But with the right strategy, you can regulate your weight in a healthy way and feel more comfortable in your body again at the same time. Find out here what causes weight gain and what really helps!

Why is weight control more difficult during the menopause?

The influence of hormones

Our sex hormones control numerous processes in the body. During the menopause, the level of the corpus luteum hormone progesterone in particular drops dramatically at the beginning. This hormone, which is often referred to as the “feel-good hormone”, plays a central role in metabolism, sleep and psychological well-being. Progesterone deficiency often leads to estrogen dominance - a relative excess of the hormone estrogen. This imbalance promotes the storage of fat, particularly in the abdominal area. The decrease in collagen also causes the skin to become flabbier and the face can appear more tired. Hormonal changes can also affect bone density and joint health. An adequate supply of calcium, vitamin D and anti-inflammatory foods is therefore crucial to strengthen bones and joints in the long term.

At the same time, the basal metabolic rate, i.e. the amount of calories the body burns at rest, decreases. Studies show that women from the menopause onwards need around a third fewer calories than at the age of 25. If the diet is not adjusted accordingly, the body stores excess energy as fat reserves.

Changes in fat distribution

While the fatty tissue in the face and extremities decreases, the accumulation of fat in the abdominal area increases. This visceral fat accumulation is not only visually distressing, but also increases the risk of cardiovascular disease and diabetes. Water retention (edema) and reduced firmness of the connective tissue (cellulite) also occur more frequently.

Emotional and physical challenges

In addition to hormonal changes, sleep disorders, stress and emotional strain also affect weight control. A lack of progesterone can also lead to restlessness, mood swings and food cravings. The body enters a vicious circle in which the metabolism slows down further.

What to do if you gain weight during the menopause?

The good news is that you can successfully meet the challenges of the menopause with targeted measures. Here are the most important strategies:

1. Change your diet: quality over quantity

Focus on nutrient-rich foods that support your hormones and stimulate your metabolism:

Prefer:

- **Vegetables and legumes** are rich in fiber and minerals
- **Protein-rich foods** help to maintain muscle mass
- **High-quality fats** provide omega-3 fatty acids
- **Probiotic foods** support intestinal health

On the other hand, avoid empty calories from sugar and highly processed foods. These contribute to weight gain, lead to cravings and hormonal imbalances and promote inflammatory processes in the body.

2. Exercise: an active lifestyle helps

Regular exercise is a key factor in weight control. Combine endurance training such as walking, swimming or cycling with strength training to prevent muscle loss and increase your basal metabolic rate. Exercise promotes heart health and burns calories. Even small steps, such as choosing the stairs or going for a walk every day, can have a big impact.

3. Stress management and sleep

Stress and lack of sleep affect hormone balance and promote food cravings and fat storage. Methods such as yoga, meditation or breathing exercises help to reduce stress and lower cortisol levels. Also ensure good sleep hygiene to regenerate the body optimally. Poor sleep has a negative impact on hunger hormones such as ghrelin and leptin and can promote food cravings. Aim for 7-9 hours of sleep per night.

4. Hormonal support

For mild symptoms, herbal preparations such as red clover, soy and yam root and targeted micronutrients such as magnesium and B vitamins have proven to be helpful support. They are available over the counter in pharmacies.

In some cases, taking bioidentical hormones can be useful. These can help to restore hormonal balance and alleviate typical symptoms such as weight gain, mood swings and sleep disorders. However, therapy is individual and should always be carried out in consultation with your gynecologist.

5. Nutritional advice with professional support

An individual nutrition consultation will help you to determine your basal metabolic rate and your optimal calorie intake. Based on this data, an individually tailored nutrition plan can be developed that considers your personal goals and needs and fits in with your everyday life.

Conclusion: a healthy lifestyle is the key to success

The menopause is undoubtedly a time of change, but it also offers the opportunity to optimize your lifestyle in the long term and finally take time for yourself. With a balanced diet, regular exercise and targeted stress management, you can not only successfully control your weight, but also improve your well-being. It is important that you are patient with yourself and set yourself realistic goals.

Would you like to take the first step? Together we will develop an individual plan that is perfectly tailored to your needs. I would be happy to accompany you on your path to greater lightness, well-being and joy of life!

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