

THE **ULTIMATE GUIDE** TO LOSING MENOPAUSE BELLY FAT



GLOW
NATURAL
WELLNESS



**6 Simple Ways To Boost Your Metabolism and
Get Into The Body You Deserve (At Any Age)**

Dr. Michelle Sands

PERIMENOPAUSE AND MENOPAUSE CAN REALLY MESS WITH OUR BODIES AND OUR CONFIDENCE

- *belly fat gain (UGH!)*
- *night sweats/hot flashes*
- *cellulite*
- *mood swings*
- *food cravings*

The list goes on!

Whether you went through the menopause transition years ago or are knocking on the doors of perimenopause, it can be especially terrifying wondering how your body is going to respond. So many women feel like they are trapped in someone else's body and have lost complete control. But I'm making it my mission to change all of that.

Hi, I'm Dr. Michelle Sands, a Naturopathic Physician specializing in women's health, hormones and metabolism.

I'm a firm believer that the more knowledge we have about menopause and how our bodies change before, during, and after it, the better and more beautiful our experience will be. Armed with the proper tools,

I really believe that all women can take control of how their bodies will respond in this part of their lives. Yes, the hormonal cascade is inevitable, but suffering symptoms that so many women endure doesn't have to be!

In this guide, I'm tackling one of women's biggest fears over menopause: belly fat gain! And I'm sharing information you will not hear at your gynecologist's office or from your primary care physician.

You'll learn the exact reasons most women gain weight even before they technically hit menopause and why it seems impossible to lose.

With the holistic approach

I'll share which foods to avoid to ensure your sexiest midsection and which to focus on to flatten your belly at any age

With the secrets you will learn in the pages to follow, you will be able to still burn fat despite the hormonal changes that come with age.

Whether you're peri- or post-menopausal, this Ultimate Guide to Losing Menopause Belly Fat will put you on the right track to your hottest, healthiest, and strongest menopausal body!

As a woman over the age of 35, are you having trouble losing your hormonal belly fat?

Have you tried to overhaul your whole diet and lifestyle to lose your 'menopause belly fat' only to find yourself frustrated?

Are you tired of doing insane workouts and cutting out so much in an effort to 'outrun' your belly bulge?

Here's the good news...

Perimenopause and Menopause belly fat is NOT inevitable.

You're going to find out exactly how you can naturally beat the unexpected weight gain during menopause—without crazy diets and punishing workouts.

A holistic way to get back into the shape you deserve.



THE SIMPLE SOLUTION

Get into the root cause of the problem. Your hormones play a crucial role in everything that's going on with your body, including metabolism, appetite, sleep, among others.

While hormones are always to blame for every symptom of menopause, it shouldn't be a battle against them. Getting your hormones back on track will do wonders not only in losing weight but with all other symptoms as well.

In this short guide, I'll show you simple ways to beat the unwanted menopause weight gain.

You'll also discover about:

- 6 simple menopause belly hacks that can go a long way to balance your hormones and lose weight
- How your hormones can sabotage your waistline during menopause
- The single most important truth that you need to know about belly fat
- Why conventional methods of diet and exercise that worked for you in the past have very little effect on your weight loss efforts now
- The real reason behind why pretty much of the extra pounds go right to your belly during menopause
- And a whole lot more!

FROM HOURGLASS FIGURE TO ROUNDED APPLE

No one likes to carry around that stubborn belly fat that reflects an increase in weight. It negatively affects our self-image and overall confidence.

Though no two women go through exactly the same menopause symptoms, one common complaint menopausal women have is **weight gain**.

Weight gain is common during perimenopause and especially **after menopause**.

A flat stomach one day and a **huge roll of fat creeping up** at an alarming rate can be very frustrating and exhausting.

It all starts with your pants getting a little tight, prompting you to switch to stretchy **yoga pants** as your staple outfit, then before you know it, your weight has crept beyond “just a few pounds”.

Now, you carefully scrutinize every bite you take, but no matter how 'good' you are, **you can't lose a single pound**.

And worst...

You put them on so easily you'd win an olympic gold at weight gaining!

WEIGHT ISN'T COMING OFF

Despite doing an insane amount of workouts everyday and eating less than ever, it becomes **nearly impossible to lose weight during perimenopause and menopause.**

This leaves you second guessing your dietary and exercise choices, and heading down a journey of food restriction and overexercise, until you just give it.

Nothing seems to work.

Yet you have these **super skinny friends** who you think just have been blessed with high metabolism that haven't gained any weight.

Then there's women older than you who are way thinner, healthier looking... younger looking...

You used to always look younger than you were... and then BOOM!

It's like the universe said 'that's enough of that' and you aged overnight... you reckon it threw some extra too!



EVERYTHING MIGRATES TO THE MIDDLE



The “**menopause middle**” is a term used to refer to the weight gain that women experience, particularly **around your abdomen**.

Hanging out with those stubborn belly fat that won't go away is really **frustrating**.

You know, the **dreaded belly fat** that spills over your jeans! The “pooch”, “menobelly”, whatever you call it, that stubborn fat around the midsection is so common for women going through the transition.

So, along with hot flashes, night sweats, irritability, and sleep difficulty, you also have to deal with a **tendency to gain weight which can affect your long-term health**.

Although the **average woman gains 5-10 pounds** during menopausal transition, some women are at risk for greater weight gains.

Some end up gaining up to 15 pounds or more.

THE FEAR OF MENOPAUSE WEIGHT GAIN

Many women find that the **conventional methods of diet and exercise** that worked for them in the past have very little effect or none at all - no matter how hard they try.

But the **fat loss is often super slow and hardly measurable**, which causes frustration, leaving even the most committed women to give up.

The doctor may tell you that you need to simply **eat less and exercise more**, but there is only so much food you can cut out and time you can spend in the gym.

Proper diet and appropriate exercise are definitely encouraged.

But thankfully, starving yourself and spending all your free time in the gym is not the answer.

And it may even do more harm than good to your metabolism and your hormones.



THE ‘GREAT HORMONAL SHIFT’ AND MENOPAUSE BELLY FAT



“Why am I putting on weight so fast?”

“Where did this belly fat come from and how can I get rid of it?”

Those are the top questions I get in my practice.

We’ll get to it. But first, let’s talk about what your **hormones** have to do with your weight gain.

Hormones are your body’s chemical messengers that enable daily bodily functions, metabolism, reproduction, movement, and more.

As **chemical messengers**, they come from the specific part of your body where they are produced and travel to other parts of your body where they help **control how your cells and organs do their work**.

They help to “turn on” or “turn off” body processes that control your appetite, growth, stress, blood sugar, sleep cycles, sex drive, and sexual function, to name a few.

But the problem is, your hormones are not always 'at their best'.

Your body is aging and changing, and so are your hormones.

Hormonal ups and downs of menopause can make you more likely to pack on the extra pounds, especially **around your abdomen**.

But of all the body parts, ***why is the weight gain focused around the waist?***

When it comes to weight gain, there are a lot of **hormones** that can come into play. One example is your estrogen hormone.

There's an interesting **connection between your estrogen and weight gain**.

Perhaps you're wondering...

"Is estrogen making me put on weight?"

Estrogen, in normal amounts, does not cause weight gain.

In fact, it is the one responsible for the development of your characteristics as a female.

SO, WHAT DOES ESTROGEN HAVE TO DO WITH BELLY FAT?

As you age and approach menopause, it is normal for your **estrogen levels to drop**.

This decline in your estrogen levels **promotes higher accumulation of fat around your waist** or abdominal region.

Low estrogen levels along with high levels of other hormones, such as androgens, lead to **redistribution of fat** present in your hips and thighs to the area around your waist, favoring the **surge of the stubborn belly fat**.

But that's not all.

Estrogen plays an important role in your **hunger signals**. It works by preventing you from taking in more calories than what you actually need.

So when your **estrogen drops during menopause**, you may experience **more intense hunger signals** encouraging you to increase your food intake (more snacking), which results in weight gain.

WHAT ARE OTHER CAUSES OF 'BELLY BULGE' DURING MENOPAUSE?

Estrogen is not the only hormone responsible for menopause weight gain. **Cortisol, Androgens, Insulin, Testosterone and DHEA** also play a role as you'll see below.

1 Age-related loss of muscle mass and less active lifestyle

Aside from declining estrogen levels, another contributor to weight gain is the decline in your testosterone and DHEA levels.

DHEA is a hormone that your body naturally produces in the adrenal gland. It helps produce your other hormones, including testosterone and estrogen.

Both testosterone and DHEA levels slowly fall as you age.

Aside from aging, elevated cortisol levels also cause your body to produce less testosterone.

As your testosterone and DHEA drop, your lean muscle mass typically decreases.

Losing muscle mass slows down your metabolism rate. As a result, your body starts to burn fewer calories.

This makes it more challenging to maintain a toned and trim figure, even when you're doing exercise.

What does this mean for you?

This basically means that if you continue to eat the same kind and amount of food as you always have and do the same amount and type of physical activity, then you're likely headed to gaining more weight. (It can be maddening!)

What's more...

...as older adults, we tend to **sit more and become less active** compared to our younger days which in turn negatively affects our weight..

DHEA is a natural hormone responsible for **energy and stamina** in addition to making it easier to **maintain muscle tone**.

So, it is no wonder that when this hormone **declines during menopause**, we feel less like going for a run and more like taking a nap.

Couple that with the fact that as we age, we tend to spend **less time playing and doing physically demanding activities and more time sitting or lying down** while engaged in an activity like socializing, watching television, playing video games, reading or using a mobile phone/computer for much of the day.

Now, if you add a more sedentary lifestyle of **having little or no physical activity to a body with a lower metabolic rate** due to less muscle mass, then you have the perfect recipe for weight gain!

Don't worry, there is a simple solution that I'll share with you later.

2 Menopause-Related Sleep Disturbance and Weight Gain



Apart from age-related reductions in your metabolism rate and muscle tone, low-quality shut eye also impacts your weight gain.

Night sweats and hot flashes associated with your menopause can all make falling asleep or staying asleep more difficult.

When you're sleep-deprived, you feel like you're hungry all the time.

That's because **lack of sleep can also affect your appetite** by messing up with your 'hunger signalling hormones', making you crave food and overeat.

And in addition to that, **deep sleep** also plays a huge role in keeping your hormones balanced such as your cortisol levels.

When you don't get enough slumber, your body produces **more cortisol the next day**, perhaps in an effort to stimulate alertness.

Elevated cortisol as I've mentioned will make you crave for more food and therefore add more unwanted pounds especially around your abdomen.

3 Diet, Insulin Resistance, and Weight Gain

The **uncontrollable cravings** brought about by sleep disturbances due to menopause brings a domino effect on your other hormones.

When you eat **more carbohydrates** than your body actually needs, your hormone **insulin will increase**.

Your insulin works overtime to move the blood sugar or glucose (broken down from carbohydrates) into your cells so they can be used as a source of energy.

In this way, insulin helps in keeping your blood sugar levels on check.

But here's the problem.

Your insulin also acts as your "**fat-storing hormone**". In fact, insulin is also referred to as the primary hormone responsible for weight gain.

Here's why.

When your cells absorb **too much sugar, your body converts this into fat** through the instruction coming from the insulin.

Insulin tells your fat cells to **store excess sugar into fat**, and **NOT** to burn this stored fat for energy.

Why? Because there's a lot of sugar available in your bloodstream for energy.

Storing this excess glucose in your fat cells leads to **insulin resistance**, whereby all the cells of your body start to resist insulin.



With plenty of sugar floating around after you eat sugary foods all day, they have to go somewhere.

In response to this, **your body pumps out more insulin** to help move these sugar inside the cells and maintain normal blood sugar level.

And **when your insulin levels are elevated**, your body will be in ‘**fat storage mode**’.

As a result, sugar is continuously converted to fat, paving the way to..., you guessed it, **weight gain**.

What’s more...

With insulin resistance, your **cells become consistently unresponsive**.

Your cells won’t listen to the signals given by the insulin and **won’t take up the sugar**.

When your cells don't get the sugar they need, they become **starved**.

The bad news?

You’ll experience **constant hunger and food cravings for sweets!**

Starving cells will crave sugar and carbohydrates.

Why? Because sugar or glucose is your body's preferred energy source.

Altogether, since sugar can't get inside cells properly, and because insulin is a hormone that tells the body to store fat, then you are more likely to gain weight when you eat lots of carbohydrates.

This becomes a vicious cycle. You'll take in more carbohydrates than what your body needs leading to insulin resistance. Then, you end up craving for more food. This leads to increased insulin resistance. And the cycle begins again.

And if you aren't careful...prediabetes and diabetes can be right around the corner.

STRESS AND YOUR BODY SHAPE: WHY IS HIGHER CORTISOL AN ISSUE?

Do you know that there is a relationship between uncontrollable stress and fat distribution around your body?

Your **adrenal glands** are busy pumping out your 'stress hormone' called **cortisol** when you're super stressed. It **helps your body respond to stress**.

But, **cortisol also promotes body fat** and makes it harder for you to lose weight, especially around the middle.

Here's why.

An exciting study from Yale University found out that non-overweight women who are **vulnerable to the effects of stress** are **more likely to have excess belly fat**, and have higher levels of cortisol.

STRESS CAN MAKE YOU EAT MORE

Everyone is exposed to stress.

And it makes it even more difficult because menopause coincides with the time when women sometimes face many of life's stresses— peaking professional responsibilities, dealing with aging parents, caring for children, accepting life changes, and aging itself.

However, the **amount of cortisol secreted in response to stress can vary** among individuals.

Studies of **women who tended to react to stress with high levels of cortisol** secretion have shown that these women also tended to **eat more when under stress** than women who secreted less cortisol.

Cortisol can increase your appetite and make you **crave for high-fat, sugary food**, because your brain thinks it needs fuel to fight whatever threat is causing the stress. These cravings lead to weight gain.

Also, women with greater 'central fat' had more negative moods and **higher levels of life stress...** which means **more belly bulge** creating a vicious cycle.

Also, when your estrogen drops, your cortisol tends to increase, which also triggers fat storage around your waist.

WHY MIDDLE-AGE SPREAD CAN BE VERY RISKY—THE HIDDEN SECRETS OF BEHIND THE BELLY FAT



Dealing with stubborn belly fat during menopause is not only frustrating but can be more risky than you think.

This **hormonally-driven shift in body fat distribution** during your menopause— from hips and thighs to abdominal at menopause— **may increase your health risks.**

Here's why.

The fat accumulation at the area around your abdomen is largely **visceral fat**— the kind of body **fat that lies deep within your abdominal cavity and wraps around your body organs.**

Unlike the fat parked on your hips and thighs when you were younger, the **visceral fat** around your waist is of health concern because it **produces substances that can create serious health risks.**

In fact, researchers have identified a host of **chemicals that link visceral fat to a surprisingly wide variety of diseases.**

For instance, visceral fat makes more of the proteins called **cytokines**, which can trigger low-level inflammation, a risk factor for heart disease and other chronic conditions.

Visceral fat also produces a precursor to **angiotensin**, a protein that causes blood vessels to constrict and blood pressure to rise.

Therefore, that middle waist fat does have to be watched because of the risks of disease, **diabetes, heart disease, stroke, high blood pressure, and other chronic diseases.**

MENOPAUSE BELLY FAT: INEVITABLE OR CAN BE AVOIDED?

There's no doubt that menopause is a **high-risk time for weight gain in women.**

Even more...

With all the forces driving weight gain during menopause, **it's really tough to drop weight at this stage.**



You may find yourself carrying around **menopausal weight that will not budge**, no matter how hard you tried or what diet you chose.

Keeping the weight off during menopause or losing the weight that has accumulated can be very **challenging but is not impossible.**

It's definitely possible to lose weight at any time in your life. However, it can be harder to lose weight when you are older.

So, what's the solution?

With the right interventions including lifestyle, diet, and bioidentical hormone replacement, menopause weight gain and belly fat can actually be prevented and even reversed.

Here are some of the things that you can do to beat the unwanted weight gain during menopause:

1 Eat Healthy: You Are What You Eat



Studies have shown that **lower carb diets** are excellent for weight loss and are also able to help reduce abdominal fat.

In addition, eating a **high-fiber diet** that includes flaxseeds, may also improve insulin sensitivity.

The key is to eat hormone healthy foods that include protein, fat, and fiber at every meal and not to restrict entire macronutrients.

Our program called **21-Day Metabolic Rehab** is especially designed to help get your body into a **'fat-burning stage'** naturally through **hormone-friendly diet** and lifestyle changes.

2 Get Moving



Getting into an active lifestyle rather than settling into a sedentary lifestyle of sitting and relaxing most of the time is one great way of **keeping yourself in shape.**

By being physically active means you'll be able to burn more calories instead of storing them into fat.

Getting at least 150 minutes into a week of moderately intense aerobic activity — such as walking, bicycling, dancing, or gardening— would go a long way in order to avoid the threat of weight gain.

Remember, **too much exercise will cause a spike to your stress hormone, cortisol**, and that could backfire on your efforts to eliminate your menopause belly. We need exercise for hormonal balance. So, exercise smart.

3 Get Enough Sleep



There's no question that getting enough quality shut-eye provides everything that **you need to be at your best**, but especially in **helping you get into your best shape**.

Sleep is also a **time for your body to repair and regenerate**.

You need to focus on getting quality deep sleep to keep your cortisol levels down.

You wouldn't want to miss the deep sleep every night as this is the stage of sleep that you need to feel more rested and refreshed when you wake up in the morning.

That's why sleep-promoting supplements such as GLOW PM helps you:

- boost your **serotonin, melatonin, and GABA** levels—all of which are necessary to not only help you fall asleep but stay asleep longer.
- **promote fat burning at night** all while getting your deepest, most rejuvenating sleep.

And while GLOW PM helps you burn more fat at night, Daily GLOW supplement helps you burn more fat during the day.

Daily GLOW is packed with a powerful combination of herbs that works together to **help your body produce hormones at the right amount.**

Daily GLOW

- supports healthy adrenals with adaptogenic herbs, to keep fat storing cortisol and fat burning DHEA at appropriate levels.
- provides crucial nutrients to support thyroid hormone production and conversion - which impact our ability to burn fat and calories.

What's more...

...it also helps to **promote better sleep, curb cravings, balance blood sugar**, make you more resilient to stress, and give you more energy and endurance - all while **keeping your mind calm and balanced.**

4 Manage and Reduce Your Stress

Since elevated cortisol plays a huge role in weight gain, it is important to keep your cortisol levels low.

Aside from getting enough sleep, another way to lower your cortisol is by managing and reducing your stress.

While no one can avoid stress, you can work to handle it in healthy ways. Here are some practical ways of lowering your cortisol levels to help ensure that your body can keep your stress at the minimum:

- Reduce triggers of stress
- Try some mindful and relaxation techniques like yoga, meditation, and deep-breathing exercises
- Removing yourself from stressful situations, where possible
- Exercise and eat a healthful, balanced diet

5 Love Your Liver

Your liver is your largest internal organ. Most people are aware of its detoxifying role but unaware of its **belly-fat-burning capabilities**.

The liver can either burn fat or create it—depending on how you take care of it.

A **healthy liver** helps you:

- burn fat
- breaks down and excretes excess hormones
- activates metabolic hormones

When it becomes **overburdened, metabolism is slowed, toxins build up**, and the switch is flipped from fat burning to fat storage.

Unless we are living in a bubble, we are surrounded day in and day out by **environmental toxins**, both inside and outside our homes.

In addition, if we have slipped into poor eating and lifestyle habits, our toxic burden is further increased.

It is estimated that the **average American ingests about a gallon of chemicals** a year and that approximately 75 percent of weight issues are due, in part, to toxicity in the body.

Here are the **factors that lead to a sluggish liver**, contributing to a buildup of toxins and excess hormones. This results the accumulation of deep, visceral belly fat (fatty liver):

- **Poor diet:** Refined and processed foods, sugar, bad fats and fried foods, hormone and antibiotic-laden meats, poultry and dairy products, GMOs (genetically modified foods), artificial additives, sweeteners, preservatives, excess alcohol, nonorganic foods, tap water, and coffee (especially nonorganic) are toxic to the liver and contribute to visceral fat.
- **Environmental toxins:** Harmful chemicals (xeno-estrogens--xeno comes from the Greek word xenos, meaning stranger) found in air pollution, pesticides, herbicides, plastics, nonstick cookware, household cleaners, mattresses, and many personal care products act as hormone disruptors by mimicking our own hormones, resulting in hormonal havoc and deposition of visceral belly fat.

- **Prescription and OTC drugs:** All prescription and over-the-counter drugs have toxic side effects if used in excess.
- **Excess alcohol:** Excess alcohol consumption is toxic to the liver. Women are twice as susceptible to alcoholic liver disease as men.

I created a **21-Day Metabolic Rehab Program** to quickly detoxify the liver, rehabilitate the metabolism and help eliminate hormonal belly fat and bloating in a very short time. [Click here to learn more about the 21-Day Metabolic Rehab.](#)

6 Consider Restoring Hormone Levels

Since the lack of estrogen, testosterone and DHEA are crucial to the development of menopause weight gain, an effective way to reverse this deficit is to **replace the hormones your body is missing.**

The safest and most effective way to do this is with [Bioidentical Hormone Replacement Therapy \(BHRT\)](#), which is a fast and simple way to beat the middle-age spread.



There is a wealth of evidence that menopausal hormonal replacement therapy **reduces obesity, decreases abdominal fat mass** (redistributes body fat), **lowers the fasting glucose and insulin levels**, reduces cholesterol levels and, as a result, reduces your health risks.

Additionally hormone replacement therapy **provides relief** from hot flashes, insomnia, low libido, brain fog, fatigue, mood disturbances, joint pains, vaginal dryness and so many other **frustrating symptoms of menopause**.

[Click here to watch my FREE training on exactly how to restore your hormone levels naturally and SAFELY from the comfort of your own home. **Every woman over 30 NEEDS to see this training!](#)

THE TAKEAWAYS

As you age, whether you like it or not, your bodies don't function quite as well as when you were younger.

Hormone fluctuations and **slowing metabolism** contribute to **weight gain**, especially around your waist.

Weight gain during menopause is undoubtedly common and is largely due to hormonal changes that take place at this time.

Estrogen, Testosterone and DHEA levels drop and cortisol increases... the waist gets thicker. Metabolism tanks. And our energy depletes.

However, aside from hormonal changes, there are also other factors such as **lifestyle and age** that may also influence the levels of your abdominal fat.

Weight excess at midlife is not only associated with a heightened risk of **chronic diseases**, but can also negatively impact your health-related quality of life and sexual function.

While it may seem impossible to avoid or reverse menopause weight gain... I promise you that it is **absolutely possible to have a flat tummy through menopause and beyond.**

Consider getting help with a hormone specific daily nutrient formula like [Daily GLOW](#), a nighttime calming sleep support formula like [GLOW PM](#), and consider replacing the hormones that have declined with Bioidentical Hormone Replacement Therapy.

Getting enough sleep, exercise and relaxation, may reduce your risk for menopause belly fat.

Use this guide to empower yourself in trying different techniques that will work for you. Remember, it is always good to find the right solution when you start addressing the deeper roots of the problem, optimizing your body's innate hormone levels.

With the right knowledge about making the **right choices and lifestyle changes**, you're set to overcome what others may regard as inevitable simply by deciding to **take control of your health.**

Would you like to lose weight, look younger, have more energy, restore your libido, and get back into the body you've been longing for?

If you're over 35 and want to get into the best shape during menopause and beyond, I'd like to invite you to this FREE webinar:

"What every women needs to know about hormone restoration (*and how to get your body back without starving or slaving away at the gym*)"

[\[CLICK HERE NOW\]](#)

To learn more about getting the body you deserve at any age.

This limited offer will give you all the details on how you can put these perfect menopause body hacks to work for yourself.

[GET FREE ACCESS NOW](#)

Save your spot now while it's still available. We only have a few spots left.