

MyMT™ by Dr Wendy Sweet (PhD)  
MY MENOPAUSE TRANSFORMATION

# The Science of Menopause Weight Gain

Dr Wendy Sweet (PhD)



Julie, UK



Janine, NZ

EMPOWERING WOMEN TO AGE  
HEALTHILY BY FOLLOWING THE SCIENCE

# THE SCIENCE OF MENOPAUSE WEIGHT GAIN

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## ***Are you confused about your changing shape in peri to post-menopause?***

Many of us already know from our mothers' generation that our menopause years are a vulnerable time for weight gain. Linda, in the picture to the right, found this out too. As she mentions, 'I was doing so much exercise, which didn't shift my weight, and I lost my confidence.'

Over the past decade, I've had thousands of women tell me the same thing.

**So, what's really going on? And what does the research say about weight loss during menopause? How do we prevent Type 2 diabetes, which occurs as a result of increased storage of the deeper visceral fat, thereby contributing to a condition called insulin resistance?**



**Dr Wendy Sweet (PhD)**  
**Women's Healthy Ageing Educator**

For years we have witnessed the health changes which occur from midlife onwards in older women we know. From changing heart health to Type 2 Diabetes to aching joints and osteoporosis, it's this generation that has allowed me to gather the current lifestyle research, so you don't have to experience the same health changes as them.

I was once on this pathway too. As I entered peri-menopause, it seemed that every morning my body had a mind of it's own. The fat-roll under my diaphragm got bigger and my knees became more sore.

When I became so despondent and confused about my weight gain, I began to understand that current nutrition and fitness industry advice was only part of the answer. Women in menopause are the first generation of women to come through the modern fitness and dieting industries, however, research has left us behind. There is very little exercise and nutrition research that is specific to menopausal women.

The more I read, the more I began to understand that the physiology of menopause weight gain isn't necessarily to do with hormonal changes (afterall, this life-stage is completely normal). Over the past 10 years, as I have coached 18,000 women through midlife, and followed the Women's Healthy Ageing Science, I now truly understand the factors causing weight gain in midlife. This article is to help you understand too.

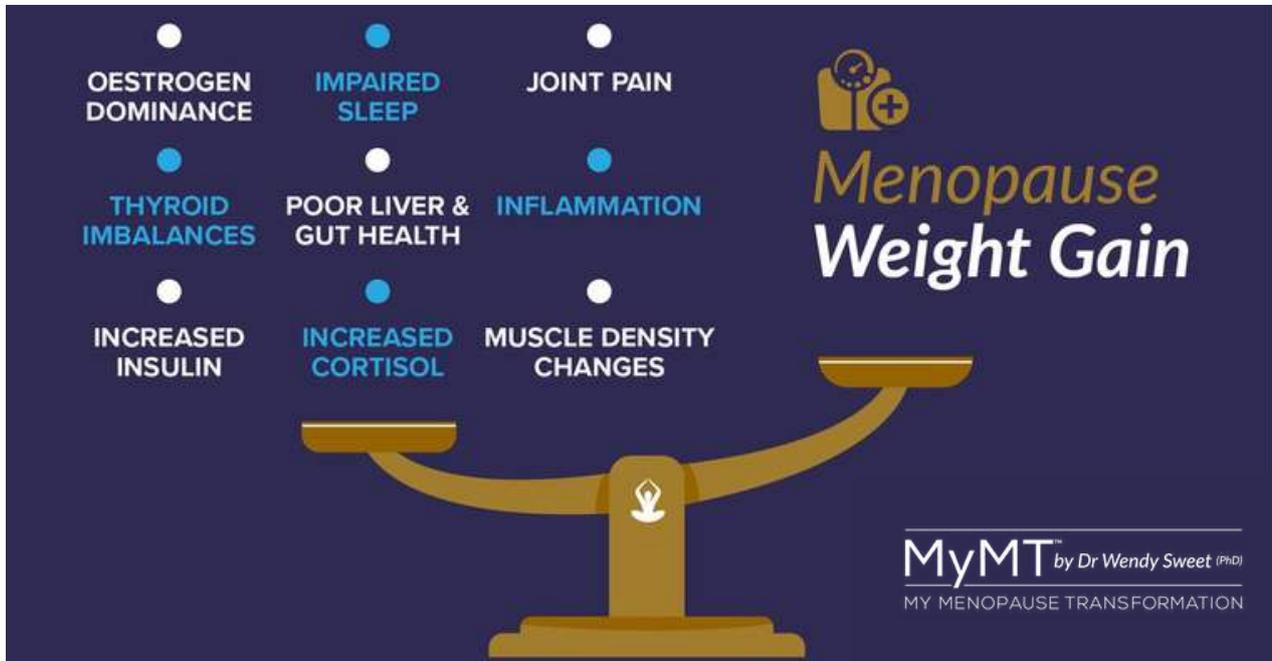


**"I've now lost over 30kg. I feel as if I've rediscovered the real me which has been hiding inside."**

**Linda, New Zealand**

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## Impaired Sleep Impacts Weight Gain

When I ask the question ‘Who isn’t sleeping?’ at my live events, nearly all hands in the room go up. This is because hormonal changes impact our sleep hormones as well.

Not sleeping increases your blood-sugar hormone called insulin – both overnight and during the day. The role of insulin is to shift glucose around your body, especially to your brain, liver and muscle cells where it gets stored in your cells. But when we don’t sleep, our blood pressure and heart rate remain higher during the day, which in turn increases two hormones which impact weight gain – insulin and our chronic stress hormone, called cortisol.

To lose belly-fat and change our risk for Type 2 Diabetes in menopause, both insulin and cortisol need to be low, especially at night.

This is why the very first module women receive on the MyMT™ Transform Me Program is simply called, Sleep All Night.

**In post-menopause, testosterone production increases if you still have your ovaries – this disrupts insulin and cortisol.**

Your body is amazing. Never forget that. As women move into post-menopause, we are producing some testosterone. We all have varying degrees of testosterone in us and some of you stronger, larger ladies with an adrenal or pituitary body-type might produce more as well. But levels of this hormone (and cortisol) go UP when you are feeling stressed.

The powerful combination of higher testosterone and high cortisol keeps your belly fat going up. Add to that not sleeping, and fat cells will store the extra testosterone which your adrenal glands are busily making because you are feeling stressed!

# THE SCIENCE OF YOUR CHANGING SHAPE IN MENOPAUSE

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## **Muscle loss in menopause contributes to lowered metabolism and fat gain.**

When we lose oestrogen as a normal outcome of our changing biology, we may also lose muscle size and density. It's a condition called sarcopenia, which is a fancy name for muscle loss.

If we aren't sleeping, then the muscle loss speeds up as your metabolism changes because you aren't getting the benefit of muscle recovery overnight – even for those of you doing weights.

One of the outcomes, is that as you lose muscle density, then you also lose the number and size of mitochondrial cells. These beautiful cells store oxygen and this is where fat is burned.

## **Oestrogen Dominance**

Have you heard of this condition?

I know I hadn't when I entered menopause. It's a confusing concept, because Oestrogen is declining, so how can it be 'dominant'?



**"I've lost 14 kg and my blood pressure has come down. This programme is life changing."**

**Christine, New Zealand**

What many women don't realise is that there are also external oestrogens in certain foods, in alcohol, in chemicals and in cosmetics. And, where does any excess oestrogen get stored in our body? In our fat cells, which is also where oestrogen is produced in women with a lot of visceral fat. As oestrogen becomes the dominant hormone and our liver isn't clearing excess oestrogen efficiently, the role of progesterone changes too.

This is why liver health is important to weight management as well as glucose (blood sugar) regulation. We clear excess oestrogens via our liver and during menopause, our liver changes in structure and function as part of our normal biological ageing of our organs.

## **Did you know changing oestrogen levels can cause gaps in the lining of our digestive system?**

This is known as leaky gut syndrome, which impacts your ability to absorb vital nutrients which are needed for energy and to support weight loss.

Menopause hormonal changes can also reduce production of bile and because the liver volume changes during menopause, this may leave you feeling bloated.

**With another 20-30 years of living ahead of us, I am so passionate about helping women understand how to turn around their symptoms, weight gain and health using lifestyle science solutions.**

**I want you to feel healthy, vibrant, pain-free and energetic without resorting to endless medications and expensive supplements as you age. I'm so pleased I researched this stage of life as part of my PhD studies, because what I learnt astounded me.**



**I hope you can join me on MyMT™ Transform Me.**

**In just 12 weeks, you will find out why so many women say "There's no other programme like it!"**

<https://www.mymenopausetransformation.com/weight-loss-programmes/>



**"No one I went to mentioned menopause. I've now lost 20kg and off nearly all medications. This programme is life-changing."**

**Dianne, Australia**