

THE SCULPTED *vegan*™

THE
MENOPAUSE

Shred

GUIDE:

Reverse your menopause weight gain in **3** easy steps



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BUT I HAVEN'T CHANGED A THING!

Ah, the most common phrase I hear from women everywhere who are understandably confused over their sudden weight gain.

(And little do they know, that's exactly the problem.)

I was having a discussion recently with my friend who is in full-blown menopause. (You can officially consider yourself in menopause when you haven't had a period for 12 consecutive months.) She said, "Oh my god, this menopause is driving me insane. I'm just putting on so much bloody weight. It's so annoying! The weight is going on my stomach, and my thighs are fatter, **but I'm not doing anything different!**" I said to her, "That is exactly your problem." As she looked at me in utter disgust and confusion, I elaborated: "The problem isn't that you're not changing anything and therefore gaining weight. The problem is that you're doing the same things you've always done, but with a completely different body now. How is that ever going to work in your favor?"



You should've seen her face. I imagine you're probably making the same one, actually, because this doesn't make much sense until you sit and think about what's happening as you inch closer to menopause and beyond.



When your body begins to change internally, you typically have a very short window of time to alter your habits in response to what's happening inside. If you don't respond to the changes, your body will continue doing whatever it needs to do to keep you alive (and in the case of menopause, one of those ways is to make you fatter. Keep reading on for why this happens.). And I don't know if you've ever thought about this, but your body doesn't care at all that you want to be leaner! It doesn't care about your cellulite or the fact that your stomach is suddenly holding 5 pounds of water and 3 pounds of fat or that you're desperate to be confident in a bikini next summer. **Your body cares about one thing and one thing only: keeping you alive and healthy.**

As women get older, we undergo drastic mental, emotional, and physical changes. The closer we get to menopause, the more at risk we are for gaining fat even when we haven't changed a thing and have always been able to stay relatively lean. The internal systems start to function differently in an effort to keep us alive. Our sex hormone production drops so that we cannot have babies at 70, 80, and 90 years old (thank God, right?). But these sex hormones are absolutely vital to our everyday life. They are essential to living a long, healthy, pain-free life with ease and comfort.

So when they start to down-regulate with age, we will feel the negative effects of not having a healthy hormonal circulation.

- **Our vitality suffers**
- **Our mood suffers**
- **Our bones get weak**
- **Our internal temperature regulation goes haywire**
- **Our fat cells increase in size and number**
- **Our cells lose their ability to process certain nutrients properly**

And so much more.

And all of this happens under the guise of menopause. But just because menopause itself cannot be halted, most of the things that happen as a result of it absolutely can be! And it's crucial that you understand this because it will help you navigate the menopause waters with ease once you do. The less confusion you have, the less frustrated you'll be. When we try to make changes under duress, they rarely stick. Being in perpetual panic mode and berating ourselves in the mirror every day has rarely led anyone to the path of long-term success.



IS LOSING FAT (AND KEEPING IT OFF) IN MENOPAUSE A LOST CAUSE?

No! Although I know it feels that way. As I've officially entered perimenopause, all my years of research are finally a reality in my own life. I've helped thousands of menopausal women burn fat and gain muscle over the years using science-backed information that I've accumulated throughout my menopause research. I know exactly what works and what doesn't and how to adjust based on your progress. And the best part? It's not much different than what I've been teaching the last few years in **The Sculpted Vegan!**

But before we get into the **HOW**, let's get into the **WHY**.

I'm a huge advocate for gaining as much knowledge about a subject as possible before changing your behaviors. It's critical, in my opinion, to know why things happen (especially within our bodies) so we can feel confident about how we alter the mechanisms to reach our goals.

Here's what we're going to cover:

- Quick science behind menopause
- Why it's harder to get rid of fat in menopause
- How to manage fat loss in menopause

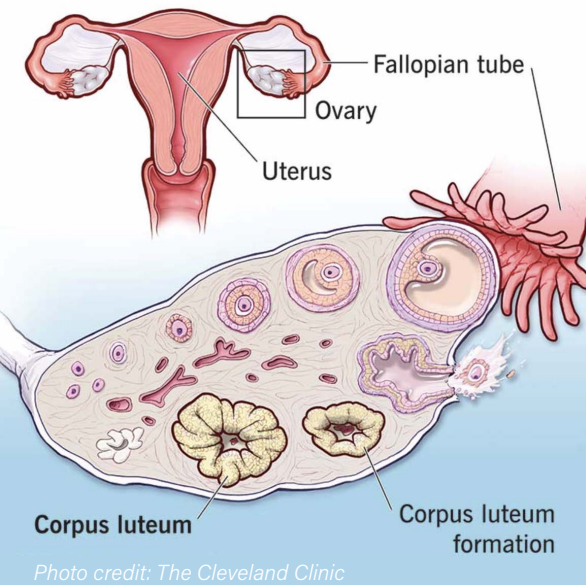


THE QUICK SCIENCE BEHIND MENOPAUSE

Years before (up to 10 years before) we officially hit menopause, our bodies start to prepare for it. Each woman's body will begin this stage, called perimenopause, at a different age, and the duration of this stage varies dramatically between woman to woman. It's in this stage, however, that typical menopausal symptoms may start for you. Sometimes they won't be noticeable, and other times they will be debilitating. And yes, this is all while your menstrual cycle is still active (which is why this stage is so confusing for women because they feel they're very far from menopause). Your ovaries start to produce fewer hormones, which will soon cause menstrual irregularities. This is usually the first sign of perimenopause.

In perimenopause, the primary changes you will experience are due to declining estrogen levels, but other sex hormones will also be affected.

There are 3 primary sex hormones that are immediately affected long before you officially hit menopause:



1. Testosterone - a male androgen hormone produced in lower quantities in females and plays a key role in our estrogen production.

2. Estrogen - secreted by the ovaries and the primary female hormone. It keeps the vagina moisturized and elastic, protects your heart by controlling blood pressure and increasing HDL cholesterol, and plays a vital role in the growth and preservation of your bones AND muscle mass.

3. Progesterone - released by the corpus luteum in the ovaries. Its primary job is to prepare the uterus for pregnancy, thus regulating our menstrual cycles.

I won't go too deep into the science here, but I think it's important to know at least the basics of what's going on in our bodies before menopause strikes.

TESTOSTERONE, ESTROGEN, AND PROGESTERONE: STAYING BALANCED TO PREVENT WEIGHT GAIN

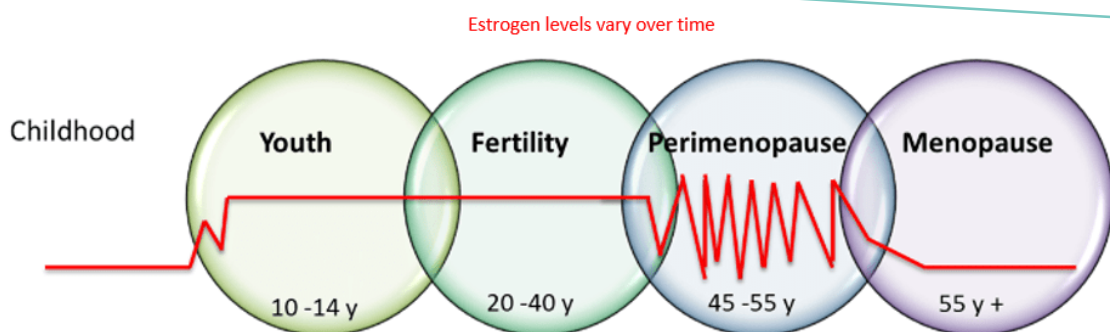
Here's something most women don't know: **testosterone doesn't decrease because of menopause.** It decreases with age. It's not menopause-related at all actually; it's just that as we age, we get nearer to menopause, and we think one causes the other. A woman's peak testosterone production is in her 20s, and it slowly declines thereafter. By the time menopause hits (when you've had no menstrual cycle for 12 consecutive months), the level is at around 50% of its peak. This affects our libido and stamina and plays a role in how we feel about sex in menopause. But surprisingly to many, when compared to estrogen and progesterone, the decline in testosterone isn't as significant or problematic.

Now, this is definitely frustrating, but at least where fat loss is concerned, it doesn't play a huge role in your ability to lose fat and keep it off before, during, and after menopause. This is good news! One less hormone to worry about is always a plus.

But what about estrogen and progesterone?

These two sex hormones play the most prominent role in your ability to lose fat and water weight in menopause. Progesterone production from your ovaries completely stops after the final menstrual period. Low or non-existent levels of progesterone cause significant water retention and bloating, which is why many menopausal women will complain of feeling puffy and squishy, even if they're still relatively thin. This is highly frustrating because the puffiness can get to the point of being so painful that it's difficult to walk. Even facial swelling is quite common and can affect your vision.

Estrogen levels also decline during perimenopause, but irregularly. So you will have peaks and valleys in your estrogen production, as shown below.



Adapted from "Healthy Aging," Kirti Salunkhe, MD, Metagenics, 2017

This irregularity in estrogen means that at times during your menopausal transition, progesterone will be higher than estrogen and vice versa because they work in tandem. Why does this matter for your metabolism? Because this puts you in a state of estrogen dominance periodically, which increases cortisol levels and appetite and tends to decrease your desire and motivation to move your body (which consequently makes you more insulin resistant).



Now here's the frustrating thing with estrogen. **Estrogen regulates glucose (sugar) and lipid (fat) metabolism**—meaning it helps to control the delicate balance that occurs when we eat carbohydrates and our bodies break them down into simple sugars to nourish our cells. At healthy levels, estrogen makes you more insulin sensitive, where your cells handle sugars/starches effortlessly, just as they were designed to do. At levels that are too low OR too high, your body becomes extremely inefficient at handling these sugars and starches, and fat storage accumulates rapidly with an uncontrolled diet (i.e., too many carbs and overall calories).

So you can see that estrogen levels are inversely related to a woman's weight. Many women mistakenly think estrogen is always bad. I can't tell you the number of times I address this in my **private Facebook groups!** Estrogen is not bad! We need estrogen in healthy doses to function properly and not gain weight. But in menopause, the levels fluctuate wildly and eventually come to a screeching halt, and this is when we suffer if we aren't controlling our diet and lifestyle to account for this.

INSULIN RESISTANCE, ESTROGEN, AND FAT CELLS

When we eat, the body breaks our food down into calories, absorbed through the small intestine and into the bloodstream. This process causes our blood sugar to rise, and the pancreas reacts by secreting insulin to lower it. Insulin is a storage hormone that goes around the blood and picks up calories and sugar, storing them wherever they can go. The body is constantly renewing and rebuilding, and that's what the body wants to do with sugar when it first enters the blood. Insulin doesn't want to store the sugar in your fat cells as they don't regenerate. It wants to feed your muscles!

Insulin resistance is when the muscles, fat, and liver cells don't respond well to insulin and resist your body's attempt to give them energy. In response, the pancreas secretes more and more insulin, causing increased glucose to be diverted to fat cells. Your body is trying to divert more food energy into fat stores on a cellular level. Of course, a small number of fat cells are necessary because they are a fantastic energy source, but not in excess! As our ovaries stop working, the body wants to store more fat to produce more estrogen. Remember when I said estrogen isn't bad, and we actually need it to function properly? I wasn't lying, and your body agrees. It agrees so strongly that it does everything it can to try and produce more estrogen because you no longer have optimal levels of it due to menopause.



Now, I invite you to stop here for a moment and realize how amazing your body is. Your body tries desperately every minute of the day to keep you healthy and vibrant. Its focus is not to keep you lean, tight, and toned. Its focus is to keep you alive and functioning. How incredible is it that our body is so good to us that it fights for our survival even when we bash it, call it names, pinch it, prod it, and hate it?

MANAGING YOUR WEIGHT IN MENOPAUSE

A few ways we can manage our weight and the way our bodies function in menopause is to ensure we stay active. Realistically, most menopausal women aren't going to be as active as they were in their younger years when they were chasing around children. However, that level of activity also isn't necessary for maintaining your weight in menopause, so how about a big **"HELL YES!"** to that? The most reasonable and simple thing you can do is start increasing your total daily steps. I average around 15,000 steps a day on a bad day. The more steps, the better, as this is going to play a role in keeping your cells insulin-sensitive instead of resistant. But there is a diet component too. Making sure you avoid anything white, was white, or that could be white is going to be a critical factor in your metabolism and weight management now. Replace the white starchy carbs with fibrous, cruciferous vegetables, like broccoli, cabbage, cauliflower, brussels sprouts, kale, bok choy, and anything grown above ground. Increase your water intake to 2-3 liters a day so that you're keeping your body flushed, which will help prevent that dreaded menopausal water retention.

These simple steps will immediately get you going in the right direction. On the last page, I've listed more resources for you to use once you've started with this.





FINAL THOUGHTS

I know menopause can be confusing, annoying, and hard. But my mission is to show menopausal women that it doesn't have to be any of those things. Our bodies are so fucking incredible! They do exactly as they should to keep us alive, even when we despise all of their attempts. My goal with this PDF was to teach you why things happen during menopause and get you to stop and think about how lucky you are that you are here reading this. The struggles we face in menopause are only a struggle when we don't have the resources to understand why these things are happening and how to control them. You now have these resources. A few simple diet and lifestyle changes are all you need to keep everything balanced. I realize that simple doesn't mean easy. You're going to have to work for this. It may be the hardest you've ever worked in your life, but the steps are simple and become second nature with consistency. And above all, remember that your body hasn't betrayed you. It's fighting for you. The question is, can you now love it through this process, be more gentle and understanding with it, and give yourself some grace? I hope, after reading this, the answer is a resounding **"HELL YES, KIM!"**

ADDITIONAL RESOURCES

1. **THE KIM CONSTABLE PODCAST**

The exact reason you're gaining weight in menopause (& how to prevent it!) – Ep95

The Menopause Diet: Why Carbs Are Causing Your Meno Belly (& What To Eat Instead) – Ep96

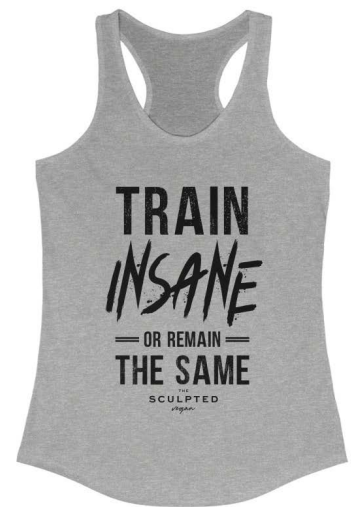
Sex Toys & Lube Talk. How To Have Better Sex – Interview With Sam Evans – Ep99

2. **THE MENOPAUSE SHRED: 12 WEEKS TO RAPID FAT LOSS IN MENOPAUSE:**

On the menopause shred, most women easily lose 5% of their body fat in the first 14 days, and so can you!

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