

Stephanie
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Podcast Episode #28

Perimenopause Weight Gain Solutions That Will Lead Emotional And Physical Health



the

BEYOND THE FOOD

Show

WITH STEPHANIE DODIER

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Podcast Transcript

Stephanie: Welcome to episode 28. In today's episode we answer Esther's question about what to do about her weight gain since she started perimenopause. Now that's a topic of choice, right? How many of you have wondered this? Now why it's happening and what to do about it? This is what this show is all about.

Now I'm going to throw this topic upside down because that's me, because it's beyond the food. If you think it's all about cutting down calories and exercising more, not. It's totally different, my answer so stay tune.

Now as I'm currently developing and writing this episode, I'm in an airplane. I'm flying over Montreal in direction to the United States. I'm going to attend a mastermind session with a mentor of mine, someone I really look up to in respect. And why I'm doing that? Because I need to find my tribe and finding our tribe is essential in our journey to grow. Now, social media is all about this and particularly in Facebook these days, you can see the explosion of private and closed Facebook group with a particular thematic or theme in common, right? This venture of us finding our tribe and our community, this is part of our journey towards achieving our goals and success because the human being is actually not made to be by himself.

If we want to explore our own potential, we need the energy of others, we need the challenges of others, we need the stimulation, we need to feel the love towards a common interest, a common subject, a common relationship.

In my case, I'm in a journey of international movement of women who take their health beyond food and for me to succeed in this journey I need to surround myself with peeps, as I call them that share the same goal.

Podcast Transcript

Stephanie: Same with you are listening to this podcast and maybe you're part of my online community, you are seeking the energy, the stimulation of other women that share the same interest as you.

Now the topic of today lands to that as well, perimenopause and let's face it that's a vast majority of the women in my community and that's where their questions comes from, comes from my community. So if you're interested or you're not joined my community yet, go to the show note and the link is there, it's totally free, it's a private group and we all share the same interest and that's why you can get the support you need to achieve your goal.

Now I want to share with you a review that I received on iTunes that lands to that topic as well, and the review goes like this. "I found Stephanie through watching her video on diet doctor website. I love her holistic approach on life and better health. There's plenty of low card podcasts out her that address what we put in our mouth but I'm really enjoying or look at it. Keep up the great work, Stephanie, we are out there and listening."

Well thank you very much Dan, that's what fuels me, just hearing from you and that's why I have a community because I need to be fueled, I need your energy.

And Dan puts out there that for her a holistic view of health is very important and right away when she found me she found her peep. And that's what I'm going to do as well in the United States over the next few days, is find my peeps.

Now, are you ready to figure out what to do, this is your case about weight gain and perimenopause? If you are, let's do this.

Podcast Transcript

Stephanie: Esther asked, “Hey Stephanie, thank you for all you do for us in the community. I’m so thankful I found you. I just finished listening to show number eight about hot flushes which is something I have been suffering for over two years. Your perspective blew my mind. So I thought maybe you could help me understand what to do about my muffin top that I acquired recently and particularly over the last two years and no matter what I do, I cannot get rid of it. Help!”

Thank you very much Esther for your question and you’ve turn to the right place. Now, as I said in the intro, I as always I’m going to turn this upside down and explain to you first of all what is perimenopause and menopause. Because it’s very important for us to understand what it is because it’s something all of us will go through as women. However, the current education that we are getting through medias and article on the web is very different from what perimenopause and menopause is actually is. And I want you to think about peri or menopause as a period of transition.

In a period of transition, not only for a hormone level but most importantly from a period of dependency to a period of autonomy. Think of it as the second phase of our life. It’s a period where we go from caring about others to caring back about ourselves. Think your evolution as a woman, you were born and for some people that related, if you know about the Chakra system to the road Chakra, you were born and in that first few years, we solidify our relationship to our family. And then the following few years, maybe at the age of seven or eight to the age of 12, we went on to create relationship outside of our family boundary by going to school and being expose to new friends and that’s the second phase of our life, as you want to call it.

And then the third part, when we grow to maybe the age of 14 to the age of 20, 21 that’s when we develop a sense of ourselves, a relationship to ourselves, this whole teenage years where we created an identity for ourselves.

Podcast Transcript

Stephanie: The next few years we went into this period of opening our heart to find our partner, to find a person with whom we want to spend the rest of our life with or portion of our life or even have children with, and that's the heart Chakra for those who are familiar with that.

And then we had potentially children, we got involved to our career and we began our phase as a female to take care of others, whatever be it. For most women, it's to take care of children but for some other, maybe career or taking care even of our parents, right? So we spent 20, 30 years taking care of others and the menopause preceded by the perimenopause is the time in our life where we need to go back taking care of ourselves. If you have children, the children are now leaving the nest, you are getting back to be with yourself. If you are a career person, career is winding down because the younger people are coming up and they're getting their career ahead of you or going towards retirement.

So retirement and the children leaving the nest is still the same thing, it's going back to be with ourselves. It's going back to us. So perimenopause and menopause is just a period of our life. It's a spiritual evolution as much as it is in a physical evolution. It is not a disease, it is part of human evolution in the human growth.

Now our body is telling us through perimenopause and menopause that it is time for us to change, to evolve, to grow to another phase of our life and our body does that through perimenopause first and then menopause through changing or evolution of our hormones so it can create the physical body that we need to go through this period of our life, the second phase of our life if we want to call it as that.

And the first sign is the hormones, right? That's what our hormones are, they're a message, the carrier of messages through our body, that's what the whole hormonal system is about.

Podcast Transcript

Stephanie: You can think about when you're stress, the carrier of stress message through your body is cortisol and we'll talk about it a little bit later. When we go through perimenopause and menopause while the level of estrogen and progesterone begin a shifting process, one lowers the other one increase, right? If everything is right, to get us to the point where we cannot have children anymore. It's shutting down our reproductive system because that phase of our life we're going into is no longer about being mother, it's about becoming a woman.

So if we look at perimenopause and menopause as a disease, we're missing this whole angle, this whole side of that period of our life. And what it does, it creates anger, frustration and even more stress for the woman who doesn't preceded or see it as that side of it as well the physical part of it because there's a lack of understanding, there's a lack of comprehension which leads to frustration and anger and so forth, a whole bunch of negative emotions. So I want you to think from that perspective and remove the idea first that perimenopause and menopause is a disease. It is not a disease, it is just a phase in our life.

Now, what is the difference between perimenopause and menopause? Now, menopause is the term that we've had for a very long time. That's when a woman no longer has a period, therefore is no longer a very reproductive human being, can no longer create or procreate life. Perimenopause is fairly new, for the research I've done it only exist for about 30 years in the literature. And what perimenopause means is the phase of preparation to the body to become non reproductive, to be fully "shut down" from a menstrual cycle perspective. Perimenopause is the period before the period of adaptation.

Now what happened with our great, great grandmother and our ancestor is that the symptom attached to that period of transition, the physical symptoms were less present.

Podcast Transcript

Stephanie: So there was now this huge period of discomfort, this period symptomatic, period before menopause as much as there is today, maybe for the last two to three generations and that's why this new name got out into the literature which is called perimenopause.

Now that leads me to the other piece of this whole transition period is not everybody is the same. So in the case of Esther, she gained some weight and there's other women who have really hard time with hot flushes, there are some women who have problem sleeping, there's women who suffered from anxiety, some have sexual dysfunction, so not everybody has the same reaction. Why would that be, right? If that was a disease we would all have the same symptom and the same outcome, right?

Therefore not a disease, it's not the same for all of us. Where does that level of difference come from or a mental belief, our perception with regards to menopause as a huge part to play in this. Because for those who believe that this is a disease they approach it as a such and they approach it with a lot of negative emotion.

The second part is physically do not all have the same health status when we go in to the perimenopause years of our life and our ability, the physical ability that we have to endure stresses and to have our body adapt to this new situation defer from each one of us. And this ability to adapt to those changes that are in front of us or currently happening comes from our overall strength and health in our body. So the healthier you are going in to perimenopause likely the less symptoms you will have.

Now some will say when my girlfriend just flew through this, why not me? Well, what I'm asking you to do is to look at your girlfriend from a detach perspective and look at her life. Maybe her level of stress, her story, her beliefs, her health, is it exactly the same as you? Likely, it's not. So you cannot expect to react to perimenopause in the same manner as she does.

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Stephanie: Now I want to bring us back to weight gain because that was a question from Esther and that's why most of you are here. Now weight gain no matter if it's in perimenopause part of your life or even in your 20's or even your 30's, weight gain is a symptom, right? And it's something that I teach in my mind, body master class which I've linked in my show note so if you want to have a whole hour worth of education around that, please go watch that master class. But a high level weight gain is a symptom that is presenting you with an opportunity to look that there is something imbalance in your body because being obese is not the normal healthy state of the human being. The human being has a very tight "metabolism" that will keep your weight and checked in a healthy manner if everything works fine inside of your body.

When something start getting off balance or hostile it could potentially be a weight gain. And many women come to the perimenopausal life believing that it is "normal" that our metabolism slow down during that period of our life. Well I'm here to tell you, it's not true. The deterioration of your metabolism is due to your inability to adapt. So earlier we talked about our ability as human being to adapt is based on our health status while this adaptation mechanism also includes your metabolism. So if your body is not capable to adapt there is a chance that your metabolism will slow down. It is not due to menopause but it is due to your ability to cope with changes. This is how we gain weight. We do not gain weight because of our natural lower metabolism at perimenopause, we gain weight because we are unable to deal with stresses of life which leads us to gaining weight.

Now stresses, so the stress is the cause of us gaining weight. What type of stresses I'm talking about? Well stress in general is the same thing, there's physical stresses, there's emotional stresses. One of the main stresses will affect your weight gain during perimenopause is actually what we call glycemic stress, is the fact that our sugar is too high, too frequently and it leads to insulin resistance.

Podcast Transcript

Stephanie: The glycemic is that blood sugar piece and because of the food choices we have, we ingest too much carbohydrate particularly refined carbohydrate such as French fries, bread and ice cream which our body, when we ingest those carbohydrate will very quickly digest those food into glucose. And because we've ingested too much carbohydrate in food such as refined carbohydrates which are too dense, we will end up with too much glucose in our blood, as to the digestion process.

Now our body has a regulation metabolism in there that will take the excess glucose and then convert it to triglyceride. All of that happens in your liver. The excess blood sugar creates inflammation in the body particularly in the heart muscle and that's why heart conditions aren't linked to excess consumption of fat but rather to excess consumption of sugar.

Now if you're listening to this and you're saying to yourself, "She's crazy, that's not what I've been told, that's not what the doctors told me," I know. That is unfortunately a new science that broke down this whole concept of fat leading to heart and we're going to expand on this but I'm inviting you to go and listen to my free master class with Dr. Gerber on what the real cause of heart condition is and I've linked to that free master class in the show note so go watch this if this new to you.

I'm going to come back to the fact that excess blood sugar through our food choices lead to inflammation. The next step this blood situation in our body is monitored by a main key hormone called insulin. Now think of this hormone insulin as the key in a door lock. When insulin comes in, it kind of put the key in our cell and it opens the door to let the glucose, the sugar into or cells. So the blood will then shift, shuffle the blood sugar into our cells out of the bloodstream and our cells will use our sugar as fuel for metabolism for activities, as a fuel for the body.

Now when the body does release insulin because of the presence of sugar, of glucose into the blood the more the glucose, the more the sugar, the more insulin it needs to produce so if you are consuming too much,

Podcast Transcript

Stephanie: too frequently carbohydrate aka sugar aka glucose, you will have an excess production of insulin. Over time this excess production of insulin will lead to insulin resistance where your body no longer responds to insulin and the body keeps having to produce and produce and produce insulin to shovel the glucose into the cell. That's how we become diabetic. As we know, if you don't, excess blood sugar get stored as fat. Excess insulin because we have too much blood sugar in our blood has an effect on estrogen; it has an effect on progesterone and also on things such as your bone health, right? Because many women as they get into perimeopause or menopause gets diagnosed for bone health leading to having to take maybe medication or supplement where in fact the root cause of their poor bone health could be insulin resistance. It could also lead to sleep issues, sugar cravings, fatigue, mood swing, there's a bunch of health conditions that are linked to insulin resistance.

You may also have read or seen metabolic condition syndrome x, these are all the same name reflect what I just explained to you which is insulin resistance. Now that's the stress due to food. In the beginning I told you that there was more different types of stresses. Emotion is also a stresser. Adrenalin for example and cortisol which are the two hormone of stresses actually helps release sugar in the blood to help deal with the stress. So for an example, if you're being chased by the woolly mammoth, you will need to run fast and to help you with that, the body will release sugar into the bloodstream to allow you to run fast therefore also releasing insulin. So the stresses that are emotionally based also induce a glycemic stress through the mechanism in our body. So it goes well beyond the food.

Now what could be the causes of those other emotional stress? Number one your thoughts, how you think, how you perceive a situation either personal in your life will then induce potentially a reaction of stress in your body, a reaction of anger, a reaction of jealousy which will induce stress in your body, your belief system, right?

Podcast Transcript

Stephanie: Maybe in relationship to your work, in relationship to your family and your desire to sustain those beliefs will also induce stresses which will cascade effect as we know it. Lack of sleep, lack of movement, your environment, the toxicity of the environment to which you live. All of that and many more other things can also cause stress beyond the food so you could be eating all the local carb, low sugar diet in the world and you could still be gaining weight because your body is reacting to all the stressors in your life in creating the same mechanism as if you were eating sugary food.

So what I'm going to do next is dive into what we need to do to prevent gaining weight and what we do if we want to lose weight. Now before I do this, I want to take a moment to thank the sponsor of today's show which is FBomb. FBomb is a family run business that create product to help us stay healthy while on the go. And the reason why I support FBomb is because they are complete opposite of the trend in healthy Paleo, Keto, low carb food, they're not filled with additive, preservative, with colors, with crap, they're just pure healthy sources of fat. Simple, MCT oil or coconut oil or olive oil, they even have pure nut butter such as they're absolutely delicious, macadamia nut butter with sea salt, one of my favorite. So if you are in need of on the go snacks, I would strongly recommend that you go and visit them. Their website is www.dropanfbomb.com and use the coupon code "Beyond the Food" to get 10% off of your first order.

Now back to the topic, so if I want to recap what we talked about in the first 15 minutes. Perimenopause and menopause is a natural process, it is not a disease. Our thoughts have an impact on how we live our perimenopause and menopause. Weight gain is a symptom of imbalances in the body and the stresses both food and beyond the food causes this whole metabolic process with insulin and blood sugar that cause us to gain weight.

So I'm going to give you five steps for you to either a, prevent if not yet entered perimenopause or if you're into perimenopause and you want to lose weight to avoid gaining more, what you need to do.

Podcast Transcript

Stephanie: Number one thing you need to do is change your thought and your perception about the face of your life you're either going into or are into. It is a normal process, it is the second phase of your life where you get to take care of yourself once more. If you need some help regarding this mindset, the number book to help you with that is from Dr. Christiane Northrup, Menopause Wisdom, and I've linked to it in the show note. So go get that book, it's going to be the best \$25 investment you'll ever made to yourself.

Step number two is to develop a new relationship as a woman not as a worker, not as a partner, not as a mother. Recreate a relationship with yourself as a woman and the [0:28:51] of that relationship is self care. Time for you to care for yourself to do things that are in your best interest such as movement, such as changing your diet for the better of yourself, changing your thought, doing some self improvement work so you can change your mind set. It is time for you.

The third step, maintain normal and insulin level. This is where you get into the diet. Number one, eat real food, eliminate processed food. Second, lower your amount of carbohydrate, lower your amount of sugar particularly refined carbohydrate such as pasta, potato, grains, sugar, etcetera, etcetera. But if you eat real food, it's going to eliminate the whole bunch of them at first. Then look at the template that is lower carbohydrate so you can control your insulin which is the key for you to lose weight. Increase your healthy fat, thinking of olive oil, butter, avocado, one serving of healthy fat at every meal. Eat five to six cups of vegetables per day. For most people that's very difficult, it takes a lot of training to get there so start now. Protein, palm size of it three times a day. Now if you need some help with that, I have link again in the show note to my blog called Diet for Menopause which takes you through all of these in detail. You can also look up at my Keto Connector program which is a book that I've written that talks about in details low carbohydrate, insulin resistance and how to eat. There's a list of food, recipes, meal plan, all the

Podcast Transcript

Stephanie: details you need to know and all of that the links to that is in the show note.

Fourth step for you to do, reduce the other stressor in your life and attack that with passion, I'm serious here. Change your thoughts asap because thoughts are the root of all the stressor beyond food. Your relationship that no longer serves you, it is time to let them go. We need to evolve and if the people around you are not ready to evolve with you, then you need to let them go. Now this is a reflection of a statistic that I look at when I was doing the research about relationship and women in menopause. Did you know that the highest divorce rate for women ten years ago was in the menopause period of their life? Because the relationship that women have at that time of their life with their partner may no longer reflect the needs that they have. So reducing stresses outside of food is critical for you to prevent weight gain or losing the weight that you've gained through perimenopause.

Now into reducing the stressor, I'm also including breathing techniques, meditation, one of the sponsor of the show is zivaMIND so if you go to the show note you'll see it's an online school of meditation. In eight days, Emily will teach you how to meditate which could be and will be a life saver for those who have a lot of stress outside of food in their life.

Last but not least, movement. You got to move. We have to move. The human body is made to move. Now the problem for some of us women is we are under the impression that we must have pain in order to be successful in our movement, right? The whole motto, no pain no gain. Well that's BS, absolute BS. That's not what the human body is made to do to be in pain. Movement is an act of self care and does not induce pain. Now this whole no pain no gain confirm this whole calorie restriction move more mentality to lose weight so leave that behind you and I want you to change your perception on movement as an act of self care, as a act of joy. So choose a movement type into which you will create joy and it could

Podcast Transcript

Stephanie: be as simple as walking everyday for 20 minutes in nature could be going to the gym. It could be the time where you make social time with your girlfriend. You pick an activity where you can go with your girlfriend, with your sister, where it's not only an act of movement, it's an act of socialization with people of your community, bringing back this whole concept of community together.

So I hope that help you. Those are my five steps. If you do all of these, you will prevent and you will lose the weight that you gained during perimenopause. Finally, menopause is the time of our life where our souls cry to be heard. It is the time where we must grow or risks slow the climb and disease. It is a time of change, weight is just a symptom that something needs to change in our life. It's the body messages. That's all.

There you have it, we answered Esther's question about weight gain and perimenopause. Now all the link of everything we talked about and I've mentioned a lot of things and referred to a lot of links, it's all in the show notes at stephaniedodier.com/028. That's where you can also pick up the transcript and the link to join my private community so you can ask your question. You can also in the show note check out what I referred to as the Keto Connector which is my unique program that will allow you to move forward from worrying about food and moving on to healing your mind and your body.