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NUTRITION

the secret

TO WEIGHT LOSS IN
YOUR 50's AND BEYOND



THE WHEEL OF WEIGHTLOSS

There's more to losing weight – and always has been – than just eating the right things. What you eat is just one part. An important part, nonetheless, but still just one part.

Think of winning at weight loss in your 50s as being like a pie slice, a bit like the kind you get in the board game Trivial Pursuit™. There are other pieces of pie that are equally important in getting you to your goal. There are other elements that are important and can help or hinder weight loss. Aside from diet, the seven remaining pieces of pie are thyroid hormones, the stress hormone cortisol, the fat storage hormone insulin, oestrogen, sleep, digestion and exercise.



The contents of this ebook are for information only and are intended to assist readers in identifying symptoms they may be experiencing. It is not intended to be a substitute for taking proper medical advice and should not be relied upon in this way. Always consult a qualified doctor or health practitioner if you are concerned about any symptoms you are experiencing.



Hello There!

Thank you looking at this guide and taking the first step towards finding your happy weight in your 50s – and beyond.

If you want to say no to the mid-life spread, this is where you'll find expert tips that get real results.

First, I want to ask you a few questions ... When you look in the mirror, what do you see? Too many facial lines to be laughed at anymore, double chin appearing, boobs starting to head South in spite of the best support, and, perhaps worst of all, an expanding tyre around the middle that doesn't seem to shift, no matter what you do? Did you ever do a double-take as you walked past a mirror to realise that that woman was actually you?

It's almost as if your fat cells take on superpowers while you sleep, adding inches in the space of just a few hours. And all those tricks you had up your sleeve in your 20s and 30s for quickly shaving half a stone before the summer holidays just don't work anymore, despite your dedication and willpower.

You might even be at an age where your children are heading into their teenage years and an empty nest is just a whisker away. And then what? Is this it? Is this as good as it is going to get?

The 'midlife' years can be a challenge for all sorts of different reasons and, yes, weight loss is harder. I want you to know that it's not your fault. And I'm not saying that to be nice, because we just met. Really. It's your hormones.

How I wish I could tell you there was a magic pill and, just by taking it, you'd automatically revert back to the woman you were 20 years ago ... Sadly, it's not quite that straightforward. The rules are different when it comes to weight loss once you're over 50, that's for sure. It's a path you need to navigate carefully to find your own magic formula. But losing weight, regaining your energy, getting back to your best is possible with the right advice and some support along the way.

That's what you're here for, isn't it? Then let's get started.

All my best

Roxanna

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WHERE ARE YOU OUT OF BALANCE?

You may not have given your hormones a second's thought before but, given the rollercoaster you are on right now, it's worth having some understanding of what's going on chemically inside you and the impact it's having.

OESTROGEN

Progesterone levels fall rapidly as you ovulate less regularly and, although oestrogen is decreasing, too, it's falling at a slower rate, meaning you can end up being oestrogen dominant (that's too much oestrogen in proportion to progesterone).

THYROID

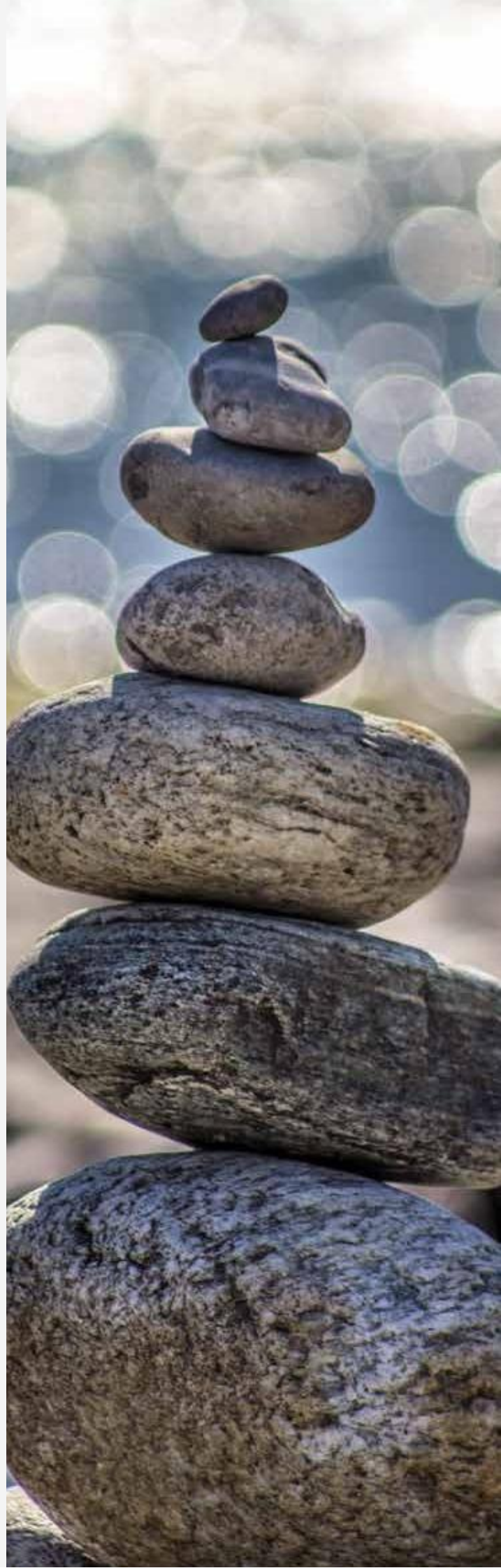
The thyroid is your internal motor and it comes under increased pressure in your 50s. Imagine a record playing at a reduced speed ... That's what happens when your thyroid is struggling to keep up. Low levels of thyroid hormones can bring mood changes, weight increases, constipation and a sluggish feeling.

Your hormones work together synergistically. When one or more is out of kilter, there is an effect on the others, too. This is especially true where the thyroid and adrena is concerned.

CORTISOL

The stress hormone cortisol, made by the adrenal glands, can also increase (particularly if you're used to spinning too many plates), making sleep more difficult and leading to weight gain.

Rather comically, we have not evolved a great deal since caveman times, when the big stressor was the saber-toothed tiger and we had to keep the energy around the middle, so it could be easily accessed when we needed to run away from that tiger.





EMPOWER YOUR WELLNESS JOURNEY!

You're already taking an amazing step towards your healthiest self. To access the rest of this guide, packed with expert advice and tailored strategies for women over 50, simply enter your email below.

By joining my community, you'll receive ongoing support, inspiration, and practical tips to help you thrive in this new chapter of life.

Enter your email to access the full guide

Rest assured, your privacy is our priority. I will only send you the most valuable information, and you can unsubscribe at any time.