

# Hormones and the waist

---



Are you a female, who despite exercising and eating well, struggles to lose weight? As so many of our female patients tell us they are unhappy with their body size, especially around times of hormonal shift, we have run many workshops in this area and what we always notice, when we question women about their weight, is that the actual size they are is not so much the issue, but that many of these women are tired, stressed and feeling sluggish or unfit and blame this on their excess weight. Blood tests and medical examinations often show them that everything is 'normal' or within range. So they attempt extreme diet changes or regimented exercise programs, but even after all this hard work, still don't get the results they desire. What we learnt from women at the workshop was that they all had a key time in their life, often triggered by a stress or hormonal change, that had led to the weight gain and symptoms.

Post pregnancy, menopause, hysterectomy, coming off the pill, seemed to be the biggest triggers for many women's weight gain. After these events they would exercise the same or eat much the same but find that they were putting on weight more easily or unable to shed it, despite actually eating better or joining the gym. They also complained more about lack of energy, low mood and inability to recover easily from exercise, which of course triggered a lack of motivation.

As women we can tell that our hormones are out of balance when we try to exercise but become more fatigued, sore or run down, when we start to crave sugar, caffeine or salty or fatty foods and when our skin becomes dry, our moods go crazy or we do 'everything right' but still can't shed those extra kilos!

If this is you, pop your name down for the next women's health workshop or talk to Sophie/Belinda at your appointment.