

the secret

to Weight loss

in your 40's and Beyond





Hello There!

Thank you for downloading this guide and taking the first step towards finding your happy weight in your 40s – 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.

When you look in the mirror, what do you see? A few facial lines appearing? Or perhaps 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?! I know I have!

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 40. But losing weight, regaining your energy and 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? Let's get started!

Annali xx

The Wheel of Weight Loss

There's more to losing weight than just eating the right things.

What you eat is just one part of the weight loss equation - an important part, nonetheless, but still just one part.

Think of winning at weight loss in your 40s 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 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.

Where are you out of *balance*?

You may not have given your hormone health 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 ovulation becomes less regular and, although oestrogen is decreasing, too, it's falling at a slower rate. This means you can be oestrogen dominant (that's too much oestrogen in proportion to progesterone).

THYROID

The thyroid comes under increased pressure in your 40s. 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 stress hormone cortisol is concerned

CORTISOL

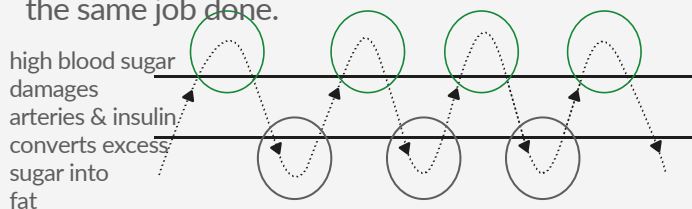
The stress hormone cortisol, made by the adrenal glands, can also increase (particularly if you're used to spinning too many plates). This can make sleep more difficult and lead to weight gain.



Where are you out of balance?

INSULIN

Insulin is the hormone linked to diabetes, but it is also the fat storage hormone.. It's made by the body in response to the carbohydrates you eat. The more refined the carbs, the more insulin is produced and the more fat is stored. But, as we age,, the cells in our bodies can become less sensitive to insulin, so the pancreas needs to pump out more and more to get the same job done.



The more your blood sugar goes up and down, the more fat you store.

low blood sugar: tired,
low mood & concentration

DIGESTION

If your digestive system is not working quite as it should, this can leave you feeling – and looking – bloated. There's a lot of research into the microbiome (your gut environment) right now, and there are proven links between the balance of bacteria in the gut and being overweight.

Anyone with an imbalance of good to bad bacteria in their large intestine will also find themselves absorbing up to 15% more calories from their food. So if you're the kind of person who has suffered off and on with tummy troubles, it's worth talking to a nutrition professional - like me - to get things checked out. Symptoms worth investigating include gas, bloating, acid reflux, constipation (not going to the loo at least once a day) or diarrhoea (or alternating), and feelings of nausea.





Other symptoms

All this, and you might even be managing the symptoms of perimenopause like night sweats, erratic menstrual cycles, insomnia, bloating, cravings, headaches/migraines, overwhelm, irritability, mood swings, anxiety/depression, brain fog, poor memory, loss of sex drive, vaginal dryness, aging skin (and hair), joint pain and fatigue.

Honestly, who needs these?!



Get some *answers*

If ever there was a time to find answers, this is it. Your GP might be able to run a few tests that will tell you whether or not you are going through the menopause.

But what next?

In clinic, I am used to working with the best private laboratories to provide my clients with tests that show us which hormones are out of whack – so that we can come up with a bespoke nutrition and supplement programme to tackle it.

[Email me](#) or [book a free call](#) to discuss whether testing (and specifically which tests) might be right for you.

Once women hit their 40s, they typically gain an average of 1lb a year so you could easily be a stone heavier by the time you reach 55.



Watch what you eat

At this time of your life you cannot get away with eating the same foods you used to. Your body has changed, and you need to learn to eat differently.

This means it's more important than ever to switch from whatever kind of diet you're on now to a low GL (glycaemic load) diet that balances your blood sugar levels. This means you will be eating foods that do not trigger as much insulin secretion in response to what you eat.

Eating this kind of diet really is enjoyable and filled with foods you'd probably heard you couldn't eat, like good fats, red meat, avocados and eggs! A blood sugar balancing diet like this focuses on real food: meat, fish, eggs, tofu, lentils, beans and chickpeas, lots of veg, with some fruit, nuts, seeds.

You won't feel hungry – promise – but, if this is a long way from where you are now, I'd love to help you move to this way of eating.



Eat functional foods

On one level, the food you eat can help balance your blood sugar and energy levels. On another it keeps you feeling satiated and it also nourishes you.

Phytoestrogens are plant-based chemicals, which are structurally similar to oestrogen and exert a weak oestrogenic effect. They include soy beans, lentils, beans, chickpeas, tofu, barley, rye, oats, alfalfa, apples, pears, carrots, fennel, onion, garlic, sunflower seeds, flaxseeds, and liquorice root.



Rest & Relax

Stress can cause weight gain and make you feel both tired and miserable. It also uses up your stores of important vitamins. This is why a stress action plan is a must.

Self care in your 40s and 50s is no longer a 'nice thing to do', it is essential for managing symptoms of the transition to menopause.

This will also help with anxiety, which I see a lot in clinic with women of your age. It's really common to feel anxious or worried now about things that never used to bother you.

From minor things to the big stuff like 'who am I now?'

If you have not been good (and most women aren't) at putting your needs first and doing nice things for yourself - start now.

Write down 5 activities you really enjoy doing – even if it's been a while since you did any of them!

Examples might include painting your nails, doing a jigsaw, reading a book, taking a bath surrounded by candles ...

Sleep tight

Sleep and weight are intimately related. If you are not getting enough sleep on a regular basis, you are setting yourself up to be hungrier, eat more, weigh more, and have a harder time losing weight.

Scientists now know that, if you are consistently surviving on too little sleep (that's less than seven hours of good sleep a night), you're not going to be functioning at your best, focusing properly or thinking creatively.

To add insult to injury, you are also sabotaging any attempts to take control of healthy eating and your weight.

Sleep deprivation causes hormone imbalance. I'm not talking PMT, but the hormones that directly affect your feelings of hunger. Ghrelin (the hunger hormone – makes you feel more hungry) and leptin (the satiety hormone that tells you when you've had enough) are majorly disrupted when you are not sleeping enough.

So, after a night of bad sleep, if you feel ravenous, it's not all in your head, but rather in your hormones. And it's the carb-heavy, starchy foods that are going to be calling your name, not the lovely healthy ones.





Do the *right* exercise

As the weight creeps on, it's very common for women to start getting into the types of exercise that are very punishing on the body, like running and high intensity interval training.

What do I mean by 'punishing'? These very intense forms of exercise stress the body and, if your body is already stressed, it's just too much.

Yoga, Pilates, Zumba and other dance-based classes are good, and don't knock a decent walking workout.

Resistance/ strength exercise (weights) is also good to help with the loss of muscle. Strength training also helps you shore up bone, maintain balance, and avoid injury – important for protecting your skeleton, both now and when you're older.



Ditch toxins

Your body care products – anything from shampoo and conditioner to body wash, body lotion and other moisturisers – contain chemicals, like parabens, sodium lauryl/laureth sulphate, ureas and the like.

These are synthetic forms of oestrogen that are known endocrine disrupting chemicals. These chemicals are molecularly similar to oestrogen and your body finds it very tricky to distinguish between the fake oestrogen and the real oestrogen.

Unlike the friendly phytoestrogens mentioned earlier these nasty 'xenoestrogens' (foreign oestrogens) have a much stronger effect than our own body's oestrogen.

At this time in your life, you really don't want to be overloading your body. These toxins place an additional stress on the body and can damage the cells that produce insulin, disrupting its action (and not in a good way). This can impair thyroid hormones and place extra burden on the detoxification system.

Get expert help

Most of the weight loss solutions you have tried are not only likely to be based on flawed or out-of-date science but also likely not designed for women of your age.

What you need is my Nourish & Thrive programme where we'll work together to tackle all aspects of what I've been talking about through this guide.

The programme combines both diet and lifestyle elements, so we can work on your confidence as well as that expanding waistline. The food plan was designed for women of your age by women of your age.

This is perfect for you if you experience any of the issues I set out at the beginning. Now is exactly the right time for a brand new you: new diet, new attitude and new healthy lifestyle habits.

Ways you can work with me...

Find out more about my Nourish & Thrive Programme

Email me: annali@annalicourtnutrition.co.uk

Free 30 Minute Health Review

For you to tell me where you're at with your health right now and to work out next steps on your journey to wellness

[Book Here](#)

Book your free 4-Day 1:1 Clarity Challenge

A little taster of my programmes - an ideal way to get clear on your health and weight goals

[Book Here](#)

Join my Facebook Group

[Finding Balance: Ditch Dieting & Thrive!](#)

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