



Outsmarting the Menopause Scale



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Additional Recommended Supplements for Optimal Health...

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D**
- **or**
- **Liquid Cal-Mag-Zinc**

These supplements may be purchased on our website:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. **WARNING:** Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

It's not winning a Silver Medal in swimming but sometimes it can feel like one of the greatest challenges you'll ever face - losing or maintaining your weight during menopause.

Whether you're out to lose the weight you've already gained or you're a little ahead of the game and determined not to let a few pounds force you into a new wardrobe, 41 year old, Dara Torres winner of 3 Silver Medals in Beijing may inspire you to take the weight loss challenge.

As any athlete will tell you, identifying and preparing for obstacles is just as important as practice. From recognizing self sabotaging behavior to mastering the tricks of the trade, covering all of your bases will increase your chances of achieving your goals.

Self sabotaging behavior sometimes hides behind good intentions but more often lingers in the background disguised as "excuses." We may unknowingly employ these behaviors for a variety of reasons - a cop out to avoid working harder or to simply deny ourselves something we think we don't deserve. No matter what excuse you choose, self sabotaging thoughts and behaviors can easily destroy your best weight loss efforts.

Here are a few examples of self sabotaging thought patterns or behaviors to recognized and avoid:

Good intention excuse:

"I don't have time to think about myself right now. With worrying about my elderly mother's health issues and driving her back and forth to her appointments, my needs will just have to wait."

Too busy excuse:

"I can't start an exercise regimen now in the middle of summer, it's too hot and I don't like going to the gym. I'll wait until fall, and besides that, our new work project is going to start next week and I won't really have the time to exercise."

I don't deserve it excuse:

"That dress is adorable and it would look so cute on a petite figure. Oh well, it's not my style anyway."

No matter how creative you are and well disguised your excuses can be any goal worth having will have its own obstacles. Here are a few obstacles to beware of:

Putting you first:

Make a commitment to taking care of yourself instead of always letting others come first. Women inherently nurture and are born caregivers. Young girls typically learn from role models how to put themselves last. Menopause is the ideal time for making changes and braking old habits. This can be a very liberating time in a woman's life for accomplishing many postponed goals.

Accepting Mother Nature's timetable:

Stop living in denial. Your metabolism inevitably will slow down as you age – it's a fact of life. You will never be able to return to the careless dietary habits of your youth. You must change your lifestyle if you haven't already. You must eat a healthy diet and use up more calories than you consume. It's just that simple.

Using metabolism enhancing tricks of the trade:

Take advantage of scientifically proven methods to assist in speeding up your metabolism and burning calories more efficiently. By eating small low fat, low calorie meals (instead of 3 squares) every few hours you will boost your metabolic rate. In addition, exercising often (12-15 minute intense bursts) to burn fat and increase muscles mass will also speed up your metabolism because lean muscle burns calories more efficiently than fat flabby muscle.