



Your Body Didn't Change *Your Hormones Did.*

Understanding body composition shifts through the menopausal transition

ESTROGEN & FAT DISTRIBUTION

ESTROGEN: ADEQUATE

Gynoid Fat Pattern

Premenopausal / Perimenopause (early)



Where fat is stored:

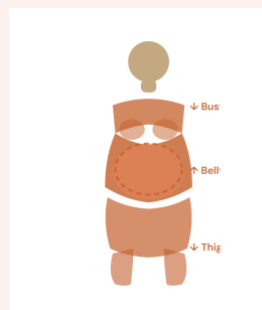
- **Subcutaneous fat storage** Hips, thighs, glutes - hormonally protective, metabolically safer
- **Defined waist-to-hip ratio** Estrogen directs fat AWAY from the midsection
- **Insulin sensitivity higher** Estrogen supports glucose metabolism & lean mass retention
- **Cardiovascular protection** Gynoid fat pattern linked to lower cardiometabolic risk

VS

ESTROGEN: DECLINING

Android Fat Pattern

Late Perimenopause / Postmenopause



Where fat is stored:

- **Visceral fat increases** Fat migrates inward - around organs, harder to see but higher risk
- **Waist circumference expands** Even without weight gain - this is hormonal redistribution
- **Metabolic risk rises** Visceral fat linked to insulin resistance, cardiovascular & metabolic disease
- **Subcutaneous fat decreases** Thighs & hips often slim down while belly expands

→ **This isn't about eating more or moving less.** The loss of estrogen literally changes WHERE your body stores fat - shifting from protective subcutaneous (hips/thighs) to metabolically risky visceral (belly/organs). This is a hormonal shift, not a discipline problem.



Testosterone & Muscle Mass: The Other Half of the Story

Women produce testosterone too, and losing it hits harder than most realize

WHAT TESTOSTERONE DOES

Testosterone is your **muscle-building hormone**. It drives protein synthesis, helps maintain lean muscle mass, and supports bone density. In women, it also fuels energy, libido, and motivation.

WHAT HAPPENS IN MENOPAUSE

Testosterone declines gradually across the 40s–50s. Lower testosterone = **accelerated muscle loss (sarcopenia)**, decreased strength, slower metabolism, and increased fat accumulation even at the same caloric intake.

THE DOUBLE HIT

Estrogen helps preserve muscle indirectly; testosterone drives muscle growth directly. Losing **both** simultaneously during menopause is why body composition feels like it changes overnight.

WHAT YOU CAN DO

Resistance training is non-negotiable. Strength work is the most powerful non-hormonal tool to counteract testosterone decline - preserving muscle, boosting metabolism, and reducing visceral fat accumulation.

Dr. Jess's Clinical Take: If your clothes fit differently, your waist is expanding, or your muscle tone is disappearing despite doing "everything right" - your hormones deserve an evaluation. Body composition changes in menopause are **real, measurable, and addressable**. You're not imagining it.

It's not you - it's your hormones.™

Reset With **Dr. Jess™**

It's not you, it's your hormones.™

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