

# Her Metabolism

## *The Keys to Outsmarting a Woman's Fat Cells*

Women are constantly frustrated in their inability to lose as much weight on a diet as most men. In order to understand where this frustration comes from, let's take a closer look at the metabolic advantage men have over women.



Not all weight is created equal when it comes to maintaining an optimal metabolism. Muscle is the key metabolic engine of the body and men carry, on average, 30-40 pounds more muscle than women do. Since body fat is shuttled into muscle as a primary energy source for the body, this allows men the ability to burn, on average, 30% more calories during exercise, or at rest. The point is, whether women like it or not, it's easier for them to gain weight, and it's harder for them to take it off. Although this doesn't exactly seem fair, in terms of evolution and survival, it is what worked best.

Around the age of 35 or so, the average female body loses approximately one-half pound of muscle every year. The loss of this metabolic machinery gives the female body the ability to gain at least one-and-a-half pounds of fat each year to take its place. From her mid-thirties, the typical North American woman often gains one-and-a-half pounds of extra fat each year.



How many times have we heard the saying, "I might as well apply it directly to my hips?" At the center of this frustration is a woman's primary sex hormone – estrogen. Estrogen is normally produced by a woman's ovaries and, to a lesser extent, by the adrenal glands. As women age, estrogen production from the ovaries and glands starts to dwindle. Researchers from the University of Texas have shown that fat cells become the primary site of estrogen manufacturing in postmenopausal women. The amazing reality is that the enzyme responsible for manufacturing the extra estrogen (aromatase cytochrome P450) increases with age and seems to become concentrated in the lower extremities (i.e. hips and thighs).

The larger a woman's fat cells become, the more estrogen can be produced. This process is increased each year for a woman from her mid-thirties onward. In fact, research performed at the University of Pittsburgh showed that women who developed the largest fat cells produced at least 40% more estrogen than those with smaller ones.

### **Following is a list of recommendations to help outsmart your fat cells and keep your metabolism primed for 24 hour fat burning:**

- Weight training is no longer an option! 30-40 minutes of resistance exercise three to four days each week helps to keep metabolism revved by countering the loss of muscle tissue with aging.
- Consume sufficient protein and fiber. Try supplementing with the MetaboWize Protein Fiber shake two times each day.

- Consume five smaller meals each day (as outlined in MetaboWize), and make sure each one contains a protein source.
- Consume cruciferous vegetables like broccoli and cauliflower as often as possible. Cruciferous vegetables contain powerful phytonutrients—like indole-3-carbinol (I-3-C) and sulforaphane—that help correct estrogen metabolism.
- Reduce stress. Stress can exacerbate an already compromised hormonal system.
- Get sufficient sleep.
- Expose yourself to natural sunlight or full spectrum lights first thing in the morning. Natural light helps to reset metabolic function and speed fat loss.

#### References:

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