



Why Menopausal Weight Gain and Unruly Emotions Aren't Your Fault, And What To Do Instead

A free guide from Dahlia Health & Nutrition Coaching

Welcome—You're Not Alone

Hi, I'm Bonnie, and I've been right where you are.

When I hit perimenopause, my body started changing in ways I didn't expect. I was eating well, working out, doing everything I thought I was *supposed* to do—yet I felt bloated, tired, moody, and the weight wouldn't budge, for the first time EVER!

It wasn't until I understood what was happening **inside** my body that things finally started to shift. And now, through my trial and error, I help other women do the same.

This guide is your starting point. Let's cut through the confusion, clear the guilt, and take your first step toward feeling good again.

What's *Really* Going On?

Menopause doesn't just affect your period; it impacts almost every system in your body, including how it stores fat, processes food, and manages energy.

Here's what's happening behind the scenes:

- **Estrogen drops** → More fat stored around the belly
- **Progesterone dips** → Less restful sleep, more anxiety

- **Insulin becomes less efficient** → Blood sugar spikes and crashes, more cravings
- **Cortisol rises** (hello, stress!) → Fatigue, stubborn weight, and burnout

This isn't about *discipline*. It's about your biology. Your old plan doesn't work anymore, because your body has changed. But there *is* a better way.

4 Common Mistakes That Keep You Stuck

1. Eating too little:

Your body needs fuel to burn fat. Chronic low-calorie diets slow your metabolism and make your body hold onto weight.

2. Doing only cardio:

Endless cardio increases stress hormones. What your body needs now is strength training to build muscle and boost metabolism.

3. Ignoring stress and sleep:

High cortisol = more fat storage. Poor sleep = more cravings and less energy. These matter more than ever during menopause.

4. Skipping protein:

Protein helps stabilize blood sugar, preserve muscle, and reduce cravings. Most women in menopause aren't eating enough of it.

What Actually Works Now

This stage of life requires a shift—not just in your body, but in your approach.

- ✓ **Strength Training:** Just 2–3x a week builds lean muscle, increases metabolism, and improves bone health.
- ✓ **Smart Nutrition:** Focus on protein, fiber, healthy fats, and blood sugar balance—not restriction.
- ✓ **Stress Management:** Walking, breathwork, mindfulness, and boundaries go a long way.
- ✓ **Sleep Hygiene:** Prioritize rest. Good sleep is powerful for weight regulation and mood.
- ✓ **Support + Strategy:** You don't have to guess your way through this. Get help from someone who understands what works.

Let's Talk About Emotions, You're Not "Losing It"

The emotional rollercoaster of menopause is real, and it's *not in your head*.

Shifting hormones affect your brain chemistry, nervous system, and how you respond to stress. It's no wonder so many women feel:

- 🤨 Irritable at the smallest things
- 😭 Tearful for no clear reason
- 😐 Numb or disconnected
- 😰 Anxious or like your nerves are “on edge”
- 😞 Unmotivated or flat—even when life is going fine

Here's why:

- **Estrogen** plays a key role in regulating mood, serotonin, and energy. When it drops, your emotional resilience drops too.
- **Progesterone** has a calming effect—when it's low, you may feel more anxious or “revved up.”
- **Testosterone** affects confidence, drive, and motivation, and it declines during this phase as well.
- **Cortisol**, your stress hormone, can stay elevated and leave you feeling wired but tired, on edge, or overwhelmed.

These changes are biological, not personal failings.

🧠 What helps:

- Talking to someone who understands
- Gentle movement, deep breathing, and grounding practices
- A focus on stabilizing blood sugar and supporting nervous system health
- Sometimes, support from a medical provider or therapist

You're not broken. You're going through a hormonal shift. And there *is* a path forward, with the right support.

If your body feels like a mystery and you're tired of doing things that *used to* work, let's change that. [Email me](#) to schedule a FREE 30-minute assessment call or schedule it [here](#).

We'll talk about what's going on and map out your next best step.

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