

Hormones Decoded

Discover the
Essential
Tests to
Revitalize
Your
Metabolism
and Energy

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*Unlocking Your Body's Potential After 40:
The Hormone Tests You Need for Weight
Loss and Muscle Gain*

Turning 40 brings with it so many new adventures—more life wisdom, confidence, and a clearer sense of who you are. However, one of the challenges many women face after 40 is how their bodies seem to resist the weight loss efforts that used to work so well. You may feel like you're doing everything right—hitting the gym, eating clean, and watching your portion sizes—but the results don't come as easily as they used to.

And let's face it: the frustration is real! But here's the good news—you are not alone, and there is a reason behind these changes. Your body is shifting, and so are your hormones. While it might feel like your metabolism has declared war on your goals, understanding your body's hormonal landscape can be a game-changer.

In this report, we'll explore why losing weight and building muscle becomes harder after 40, and most importantly, we'll dive into the key hormone tests you should request from your doctor. These tests will give you a clear roadmap for getting your body back on track—naturally, effectively, and with long-lasting results.

So, let's begin by understanding why your hormones hold the key to unlocking your body's potential after 40!

The Hormone Connection to Weight Loss Over 40

If you've noticed that the scale seems to creep up more easily than it used to, or that shedding even a few pounds feels like an uphill battle, there's a strong chance that your hormones are

playing a starring role in this drama. As we enter our 40s, the body's hormone production begins to shift, setting off a cascade of changes in our metabolism, energy levels, and muscle retention.

For many women, this is the time when perimenopause starts knocking on the door, and menopause isn't far behind. These transitions can lead to fluctuations in estrogen, progesterone, and testosterone—the very hormones that regulate everything from fat storage to muscle tone to mood.

But it's not just about sex hormones. Stress levels can start to rise in midlife, thanks to careers, family demands, and just the general busyness of life. And when stress rises, so does cortisol—the hormone responsible for fat storage, especially around the belly area. At the same time, your thyroid, the master regulator of metabolism, may start to slow down, making it harder to burn calories efficiently.

The good news is that understanding where your hormones stand can help you take control. Getting a full picture of your hormone levels through targeted testing will provide you with the answers you need to design a fitness and nutrition plan that actually works.

Essential Hormone Tests to Request from Your Doctor

Full Thyroid Panel (TSH, Free T3, Free T4, Reverse T3)

Most doctors only test TSH (Thyroid Stimulating Hormone) when checking for thyroid issues, but here's the thing: this test alone doesn't give the full picture. If your doctor tells you your TSH levels are "normal" but you still feel sluggish, are gaining weight, or experiencing other thyroid-related symptoms, you're missing critical information.

Testing Free T3 and Free T4 levels is essential because these are the active thyroid hormones that your body actually uses to regulate metabolism. If they're low, your metabolism is likely running at a slower speed.

But that's not all. You also need to test your Reverse T3 (RT3). This sneaky hormone can build up and block the action of T3, leaving you stuck in a weight loss plateau. If you've been eating well, exercising, and still not seeing results, your RT3 levels could be to blame. Make sure you request these specific tests, as they can unlock the reason why your metabolism isn't firing on all cylinders.

DHEA and Cortisol: The Stress Connection

Stress—oh, how it affects us all. But did you know it can completely sabotage your weight loss efforts? That's where cortisol and DHEA come into play.

Cortisol is known as the "stress hormone," and when you're constantly stressed, your body pumps out more of it. This leads

to fat storage, especially around the belly. If you're carrying extra weight around your midsection, cortisol could be the culprit. On the other hand, DHEA is a hormone that helps to buffer the effects of cortisol. If your DHEA levels are low, your body has a harder time balancing cortisol, leading to stubborn fat storage.

Now, when it comes to testing these hormones, saliva tests are far superior to blood tests. That's because cortisol levels fluctuate throughout the day, and saliva testing can measure these changes in a way that blood tests can't. If you've been feeling chronically stressed and unable to lose weight, it's time to check these levels.

Sex Hormones: Estrogen, Progesterone, Testosterone

As we move through our 40s, our sex hormones—estrogen, progesterone, and testosterone—begin to fluctuate and eventually decline. These changes play a huge role in how our bodies manage fat, energy, and muscle tone.

For many women, the shift in estrogen can lead to weight gain, especially around the hips and thighs. And while you may have heard that estrogen dominance is a bad thing, the truth is that too little estrogen can also be problematic, contributing to mood swings, low energy, and difficulty losing fat.

At the same time, progesterone levels may start to drop, which can lead to water retention, sleep disturbances, and a feeling of overall sluggishness. If you're waking up tired, retaining water, or feeling out of sorts, low progesterone could be to blame.

Finally, let's talk about testosterone. Yes, women need this hormone too! Testosterone plays a key role in building and maintaining lean muscle mass, as well as supporting fat loss. As levels decline with age, you may find it harder to build muscle, even when you're working out consistently. That's why it's so important to keep an eye on your testosterone levels—especially if you want to stay strong and lean.

Now that we've covered the essential tests, let's talk about how you can support your body holistically—because while testing is important, making sustainable changes to your lifestyle is where the real magic happens.

How To Balance Your Hormones Naturally Through Diet

Once you've worked with your doctor to understand your hormone and nutrient levels, you can start to tailor your diet and fitness plan to address any deficiencies and imbalances. Here are a few key steps to get started:

Focus on Nutrient-Dense Foods

Make sure your diet is rich in foods that support hormone balance and provide the vitamins and minerals your body needs. For example, incorporate plenty of leafy greens, lean proteins, and healthy fats like avocados, nuts, and seeds. These foods can help support your thyroid, adrenal glands, and sex hormones.

Boost Your Iron Naturally

If your iron levels are low, include more iron-rich foods like red meat, spinach, and lentils. Pair these with vitamin C-rich foods (like citrus fruits or bell peppers) to enhance absorption.

Get Sunlight and Vitamin D

Spend time outdoors in the sunlight to boost your natural Vitamin D3 levels, or consider taking a supplement if your levels are low. Fatty fish like salmon and fortified foods are also good sources of Vitamin D.

Stress Management and Sleep

Keep cortisol in check by practicing stress management techniques such as meditation, deep breathing, or even a relaxing walk outdoors. Getting quality sleep is also essential for hormone regulation, so aim for 7-8 hours per night.

By making these small but powerful adjustments to your lifestyle, you'll be able to optimize your hormone balance, increase your energy levels, and finally start seeing the results you deserve.

Taking Control of Your Health

Your body is a finely tuned machine, and understanding how your hormones and nutrient levels affect your weight loss and muscle-building efforts is key to unlocking its full potential. With the right tests, the right information, and the right approach, you can transform your health and fitness journey.

Remember, knowledge is power—and now that you know what to

look for, you're already on the path to success. Don't be afraid to advocate for yourself when working with your doctor, and make sure you request the tests we discussed in this report.

By understanding and addressing your unique hormonal needs, you'll not only lose weight and build muscle naturally, but you'll also feel more energized, balanced, and confident as you move forward. The best part? It's never too late to take control of your health and become the strongest, healthiest version of yourself.