

Preview Jackie Eberstein LowCarb Cruise (1080p)

Dr. Eenfeldt: Many people of 50, or maybe even 40, women in particular, have a hard time losing weight. So do you have any tips for them?

Jackie Eberstein: I will acknowledge that it's even women much younger than 50. Women have difficulty losing weight. They can actually start having difficulty with their weight as they begin to start sexually mature at the age of 12, 13, 14, 15. Because what we know is whenever there are major hormones changes, and I'm going to refer basically to women, although in some men similar things can happen, you're going to get more insulin resistance.

And I'm sure a lot of your listeners have an understanding of... Insulin resistance happens and it can lead to diabetes, and it can be caused by obesity. But it also can very much be related to hormonal changes. And women get significant hormonal changes at different times of their lives.

And of course at the beginning it's puberty and then when a woman gets her first period and then starts to adjust into hopefully a regular menstrual cycle. Many American women don't. Other cultures, other countries, women don't seem to have as many symptoms as they do in the United States and I think a lot of it is simply...

A lot of American women are heavier than they ever were before at a younger age and we also have exposure to much more unhealthy diets and the more carbs you eat and the more unhealthy carbs you eat the more you're going to stress your insulin and blood sugar regulating mechanism. And that is going to affect your hormones throughout your life.

So one of the things I talked to women about and that I've seen in clinical practice for 30 years with Dr. Atkins is that the sooner you start taking better care of yourself, the sooner you're investing in having more normal hormone function for the rest of your life. Including when you start getting peri-menopausal and menopausal. Because it will get worse, because you're having such drastic changes that you've never had before.

And another very important time in a woman's life is pregnancy, where there are significant hormonal changes. And women need to prepare for that too and take care of themselves and make sure that they'll decrease their risk of getting diabetes during pregnancy, which is related to insulin resistance and a significant progesterone circulation that maintains pregnancy.

And that can play a role there. Because those very same women are going to be prone to get diabetes 5 to 10 years after gestational diabetes... during the pregnancy. So it's preparing at any age for a woman to hopefully have a more comfortable menopause.

And it is a really frustrating thing for women, because around the age of 35, many women start getting very subtle hormonal changes. They may not have significant changes in the period, but they don't always ovulate once they get into their mid 30s, they're making more PMS symptoms and their metabolism changes.

They can start getting imbalances of estrogen to progesterone, which means you can start putting on more body fat, you can start getting more cravings and you don't respond to weight loss the way you used to.