

Transcript Live Menopause well - Q and A with Ann Mettler

0:00

Your Menopause Journey

ANN:

Hello I'm Ann Mettler I'm Vice President

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Europe at Breakthrough Energy. Previously I was a Director General at the European commission but today I'm

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really just here as a woman, a woman over 50, a woman who's had to maneuver

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many changes in my life in previous years and I feel very privileged to be

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here today with my health coach with my nutritionist who helped me

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manage some of the changes that I've underwent. Her name is Mihaela Ostafe.

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She's here with me today in beautiful Tenerife and I thought i'd kick us off by just asking Mihaela tell us a little bit

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about yourself and what got you started on women's health ?

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MIHAELA:

thank you thank you Ann I'm truly

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touched and honored by this opportunity thank you so much for taking the time for this

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Interview. Your work is an inspiration to many myself included and

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I think your dedication to your health and fitness in the recent years all while being a powerhouse in your

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field is really a testament to what women can achieve in their second

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Youth. For me as a coach watching your journey has been nothing short of

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inspiring and I think it only shows what we can achieve with the right

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mindset, support and maybe a hint of humor as we had our share of laughs

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along the way great transformations are possible and I believe that many women

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in their 40s and 50s really need to hear this, they can get in great shape it is
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Possible. Now where shall I begin with my introduction. I became a physical coach
1:54
in my early 30s after deciding to leave behind a completely different career
2:00
I have a Bachelor degree in sociology followed by a Master in Environmental
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Sciences from Lund University in Sweden and let's say that coming
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to Brussels helped me grow up after working about six years in European
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project management I just needed a change and then what started with
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physical training coaching developed in the years to come simply because I
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wanted to help better my clients and as well myself. Obviously for the right
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training we need the right nutrition as well as a good understanding of how the body
functions, of the impacts of
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the stress and on inflammation as well and it was this way that I started to study nutrition
and then I've also
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started nutrition for sports performance and yet in the first years
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of my practice I just kept having the feeling that something was missing
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and it was only when I was 38 years old I got the opportunity to learn
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to understand and to actually practice what I currently preach. Women simply need a
different
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approach for their fitness, for their nutrition and for managing their stress levels an
approach that must be
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hormonally tuned in and after a few great books open my views at the time I
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started to learn more. Meanwhile more literature and more research on women's health
became
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available confirming what's actually naturally obvious: the women's hormonal system
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needs completely different care and different attention than the one of men. Stress
influences us in very subtle ways

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affecting our nutrition habits our hydration our physical training
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results and so much more and just a very few functional medicine doctors
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tell us about it simply because most medical studies were performed on men
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only for many many decades and information is just not yet well
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acknowledged and spread. Women can take real shortcuts in their fitness, weight
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management, strength, productivity in general if they stay connected to their
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hormones to their female bodies and this counts for any woman at any age but
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it becomes tremendously more important in our 40s while crossing the perimenopause
transition and it remains
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important after the menopause too. Personally I've worked many years in
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top level well-being and sports centers. My last experience of this kind being as a coach and
nutritionist for six
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years at the European Parliament Sports Center in Brussels I can confirm that
4:57
unfortunately there is very little tailored specific support for women
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crossing their 40s and 50s at this very moment and being that I'm crossing my
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own perimenopause, I'm now 45 years old and I've noticed this immense need
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for support for women, I've decided to mainly focus my work to assist women in
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perimenopause and menopause transitions which I'm currently doing as a freelance
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Coach. I still have ladies of different ages coming towards me and
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even a few loyal male clients but more than 90% of my clients in the past seven -
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eight years were women over 40 years old. Currently I work mainly online
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and I'm temporarily based here in Tenerife with my partner Nicky Defraeye who is also a
coach working with people
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with autoimmune conditions and as well with people who aim at improving

6:01
their mindset for sports performance.

ANN:

Well you remember when I

6:06
came to you, was I believe April 2021 I was completely out of shape.

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Covid times really, I would describe as a low point in my life and I saw

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your flyer and it said you were specialized in women between 35 and 55

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and I thought that was really unusual it spoke to me and we went on this

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journey together, training regularly meeting regularly, talking about the

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changes that I was undergoing. I have to say now today and looking back

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I feel nothing but gratitude. I am today, eight kilos, I've lost eight

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Kilos, I have, I feel strong, I feel healthy, I feel good about myself

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and you were really an integral part of that Journey. Maybe you say,

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give advice, just two three elements that are key for women's health,

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well-being in that time. I would personally point to weight training which was instrumental
to me and

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you know, but any other advice you might have for women my age

MIHAELA:

It really

7:23
gives me a big smile to look back on. It's been what, over three years now and this actually

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brings me to something I'd like to point out right here. It's been not 3 weeks nor

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3 months but over 3 years getting in great shape and maintaining it. It's a

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real journey and every now and then I still get contacted by ladies with the

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question like: "how can I lose weight really quickly? I want to be able to fit into a certain
dress for an event in

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three weeks." something like that and I think that what counts for many women is
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to understand that if this approach was already big time questionable for their
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health in their 20s and in their 30s now in their 40s and 50s not only that this
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approach doesn't work anymore but it also becomes harmful for their
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Health. Losing weight really quickly means losing muscles which comes with a
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slowdown of the metabolism and this happens already by default as
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starting with 35, 40 years old we slowly start to lose muscles which is
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an unstoppable natural process unless we do something about it and this is why
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our relation with fitness must change after 40. Maintaining and building a bit more
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muscles will help us burn calories faster and facilitate weight management
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in the long run but also play on so many other aspects, improve our posture, giving
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us a boost for our testosterone levels reflecting in more confident self
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also improving the sex drive this just to mention a few. Many ladies look at me
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surprised when I tell them that they need to start some training as they think that training
will make them bulk up
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and as well training with weights has been associated with men for long long
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decades. It's a misconception as you well tested yourself. We get stronger
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and we get a bit more of a firm definition for our muscles, for our body.
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We won't bulk up, not without an intention at least. So I'd say that the
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first important element to change for a lady after 40 is her mindset. To be aware
9:45
of the fact that there is a change which is coming the body starts to change and
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we need to react to our body changing with a change in our lifestyle. Things just don't work
the way
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they used to work before and our practices need to change. That goes for

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our fitness, for our nutrition and also about the way we relax, we destress, about
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the way we take time for ourselves. Our mind equally needs our attention. Women's needs
for fitness
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change in their 40s, 50s but also later on we need a full body strength training
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as you well mentioned to support our metabolism, but also to preserve bone
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density. We also need rather short, well adjusted to each lady, bits of cardio
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which I love to look at as strength for the heart muscle. The heart is a muscle
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and we need to keep it strong as well. Many women associated cardio with weight loss but
how about smart cardio will
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help tremendously to actually prevent anxiety that results from the fluctuating estrogen
levels towards
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menopause, also providing support for our hearts in periods with hot flashes and
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and night sweats that 85% of women will experience in menopause transition
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according to the statistics, not to mention actually lowering the rather elevated
cardiovascular risk that women
11:15
over 50s have. Very importantly we also need
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training to strengthen the small muscles in our shoulders, hips, ankles, knees, in
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our lower back and we need a good support for our posture and thoracic spine. We basically
need our
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training to be functional. We have to look at details and every lady has strong points and
weaker points. This is
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why a personalized training scenario is super important for every single one of us, so
definitely I cannot say it enough.
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Adjusted strength training is key to health and to well-being after 40,
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supporting the transition towards menopause but also after and we also need regular
adjustments not to plateau,
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as you well know it yourself.

ANN:

That's really interesting what you say because what

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I take away from that and what I have experienced myself is really the importance of increasing the

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weights right. I mean we started off with very light weights because I wasn't

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strong and over years I have built up, I mean to the point where now I'm

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even training with seven and a half kilos weights and what I

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can just say about my own journey it's fun when you start to see results. I mean it's oftentimes very

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Challenging. You have to push yourself to do the training, to get up early to do all these things but when you

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start to see results and you start to feel stronger and you start to feel that you have more endurance then it

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really is a motivation and it becomes fun but coming back to

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something that you mentioned in passing that I think is really important is metabolism. So I remember in some of the

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conversations we had you say that some of your clients they say: "I eat

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exactly what I used to eat but all of a sudden I'm gaining weight." What is happening there? Why do women all of a

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sudden, even if they do everything the way they used to, they start gaining

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weight?

MIHAELA:

It's a very good question with a very simple answer actually. So we start

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losing muscles while producing at the same time less hormones in general and

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thus the metabolism slows down and thus we simply start burning calories less

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effectively so the body changes its way to function, yet most women say

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Themselves: "I eat the same, I do the same thing, I live the same way." and this is
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exactly why they start gaining weight. And the truth is, no one prepares us for
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It. Women should hear it from their doctors as of their early 30s. Strength
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training for the small muscles, for the big muscles and for the heart is a must
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to keep healthy and in great shape and if women would be in the know and take preventive
actions the menopause
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transition would be way but way less problematic for most women out there.
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What actually happens to most women is that their body is changing and they're
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not changing their game, and that's why I think that the most important part of
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the journey in our 40s and 50s is to acknowledge the fact that there is a
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change and that we need to react with a change of behavior, with a change of routine with a
change of lifestyle in a
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profound way. I think that taking that step mentally will help most women in
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implementing things with way more awareness, willingness and also discipline. And I'd like
to reassure
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everyone, while there are some things that you need to change and start to do in a
consistent way those routines can
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vary from one lady to another and each lady needs to find her own rhythm, plan
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her own agenda, make time in her own way. People are not the same. Some women
15:25
wake up early and enjoy it some others don't and that's okay. Volume and training choices
also differ a lot.
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Now about the training it should always be adjusted to you and it should
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always be challenging yet achievable every single time. It's important to
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start with mobility training and preparing the body with small weights later continuing with
bigger weights and
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more complex exercises. It's a process you just watch yourself getting stronger.

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Training should never be the same again and again week after week the same class, the same routine, the same program.

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The body needs different challenges in order to reach progress and it's the way to stay young, body and mind actually and

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not only in good shape. At the end when it comes to weight loss I think the best way is when you

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don't really notice it happened in terms of energy and in terms of restrictions but simply after a while, applying a few

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practices, you just wake up one day and see the results. It's a great feeling and it does happen.

ANN:

Let's take a

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moment and speak a little bit about nutrition because the nutritional needs of women change. I've learned a

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lot about nutrition from you. I have changed my diet to some extent. I drink

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protein shakes now in the morning. I also have to say I eat on balance

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Less. I found that I can actually get by with less food, maybe I was eating too

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much before. Just what change, what is your recommendation when

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it comes to nutrition, what should we pay attention to?

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MIHAELA:

There are several aspects that are so important when we talk about

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Nutrition. One aspect that I see pretty often is that ladies walk around with

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micronutritional deficiencies, so taking care first to adjust that and

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to make sure that the body has everything it needs is the first step. I would say that about 50% of the

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ladies I've been working with suffered of a hidden anemia and now anemia is going to play

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on our energy, is going to play on our concentration but as well on our
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Strength, on our daily strength. Actually we are going to feel weak and fatigued
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and we are going to tend to blame it on the age or whatever other factors and it's important
to make the
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difference. We also need to pay attention to our hydration, to our level of magnesium which
influences so much our
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sleep and our recovery. We need to understand that protein is crucial in
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order to maintain muscle strength and to facilitate recovery we absolutely need
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to make sure that we get enough protein. Most ladies I work with at the very beginning
were not even close to their
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daily needs and we don't only need a big amount of protein in one moment of the
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day which I see very often. We need a protein based breakfast and then the body needs
small amounts of protein in
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different moments of the day which is going to stabilize our blood sugar levels and beyond
that is going to make
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us less prone to stress. The protein absorption is proven to slow down after
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40, an aspect which is not talked about enough, so we actually tend to need a
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slightly higher protein intake than before in order to support our muscles and also stabilize
our stress
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Levels. We also need to make sure that we get enough good fat in our diet and
supplementation with omega-3 is almost
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always necessary as well as we need enough fiber to facilitate the digestion
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and transit and different women will respond differently to different types of fiber. It's a trial
and error for
19:28
every single lady to understand what quantity and what types are the best for
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Her. Another aspect which is often not addressed enough is daily transit, a very
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important aspect for our health. Frequently women face estrogen dominance

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in their menopause transition which causes many symptoms like breast soreness or bloating water retention and

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we need to support the body to eliminate the used estrogen in an effective way and that happens basically via urination

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and bowel movement making hydration and regular healthy transit really crucial.

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we also need to think of certain supplements and it is of course important to identify what different

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organs are doing and this is why a good blood test is important before we take

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action in supplementation. A sensitive aspect, about alcohol, it doesn't help with weight loss

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nor with decreasing stress levels. The way the body processes alcohol changes in the menopause transition causing more

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stress and inflammation and enhancing symptoms like migraines for example and

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many women need to adjust their habits, at least temporarily when it comes to eating

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approaches. During the menopause transition, things are very different before in perimenopause than after in

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the postmenopausal years. Let's not forget that menopause is just one day.

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The one year anniversary of our last menstruation which is a day that for some

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ladies can be tracked in the past, but for some others it cannot. Some others have

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maybe suffered a hysterectomy or maybe have taken hormonal therapy of

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different kinds till very late so they cannot have a precise date. However the

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last 7 to 10 years before the menopause we are in perimenopause, the period

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during which the body changes, transitions. The hormones fluctuate and unwind and during this period the phases

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of our cycle influence a lot our needs for food, our digestion, our energy levels

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and as well the phases of the cycle impact a lot the training, the movement patterns, actually as well as our

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Recovery, our focus our sleep. Intermittent fasting is very popular but

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it doesn't suit everyone and in perimenopause the best approach is to implement a light version of it. Just a

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12 hours break early dinner with early breakfast, ideally a protein based

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breakfast and that is an approach that actually remains the best for many active women after they had their

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menopause too. Increasing the window of the fasting to 14 or 16 hours proves to be very

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aggressive on the metabolism of active women especially when they have a stressful life which is really the case

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of many many women in their 40s and 50s and considering the amount of

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responsibilities they have on their agendas we can consider that stress is there too. So for these women

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eating small balanced portions of food and adjusted snacks during a window of

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12 hours in function of what that very lady has on her own agenda and ensuring

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good fats and enough protein, good hydration are basically the most natural

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and sustainable approach for our nutrition. It takes of course a bit of time to personalize a diet but it brings

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the best results later in the postmenopausal years when we are less active and in many cases a little bit

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less stressed too. The fasting window can actually increase with great

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results. You also mentioned eating less, well our body temperature after

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menopause tends to drop a little bit and that indeed reflects in a slightly lower

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quantity of food. But attention, if we do that strength training and if we are

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very active we may need the same amount of calories or we may even need to eat more and this is when taking our basal body temperature

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becomes a really golden practice for perfecting weight
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management but as well for keeping an eye on our immunity and it's also a
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thyroid function selfcheck. Adjustment for food is a daily job in function of
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activity and body temperature and undereating is definitely not a solution eating less than
we need will
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bring an unhealthy weight loss and the slowdown of the metabolism as we just discussed a
little bit earlier. Many
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ladies have also a thyroid sensitivity with one in eight women developing a
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thyroid condition according to the statistics and not eating enough will then too place
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the body into a defense mechanism. Now on the other hand eating
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more than we need when we have a slow thyroid function will also cause weight gain rather
quickly Even if we just overeat
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100 calories each day in a few months the result is not going to be pretty. So
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basically, we need to learn to feed ourselves in a non-restrictive long-term nourishing way
and for that we need to
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take a little bit of time to understand the way the body functions to observe it well. It's a
little bit of trial and
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error and for some ladies can be a very short while for some others a little bit of a longer
window but once you find
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what works for you and you know your body that is really priceless. What works for one
person
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doesn't really work for another that's when we need to look carefully at lifestyle habits and
when I approach
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nutrition I scan not just a nutrition journal, but I also look at the sleep patterns, work job
related pattern,
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how a lady matches her foods with her activities, her routines, her preferences
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and also very importantly not talked about enough intolerances. In many cases

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ladies need to test for intolerances as the body changes simple as that and
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sometimes a simple test reveals for example that a lady that eats a lot of dairy products is
intolerant to lactose
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or to casein the milk protein which is a major invisible aspect affecting her
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Energy, affecting her skin, her inflammation levels and that also raises
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the stress levels and can bring symptoms but also impairs weight loss in an
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invisible way, and a small aspect like this one can be a huge gamechanger for the
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health of a person and of their stress levels too. That we like it or not,
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managing our stress levels is a daily job that we need to take seriously but
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somewhat playfully too. Stress Management should not bring us more stress nor
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guilt and that's why I always recommend a female way to approach it along our
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Hormones, respecting and tuning in with our hormones.

ANN:

What I learned from all of this
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and what I have experienced myself is that these are very individual journeys.
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Every woman is different, everyone has different needs, different concerns. As
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you know for me, I lead a very stressful life, I don't have a lot of time, so
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you have really tailored to my needs. We do strength training that is at the
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same time flexibility that is at the the same time stability so that I use
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my time very efficiently. Maybe just to wrap up, I mean what is the
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you know, what should a woman do, that is concerned about everything that lies ahead,
that doesn't really know
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where to turn to. Because what you're describing is change across the board. I mean, it is
changes in
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the body, changes in the mind, changes in sort of how we manage stress, how we cope,
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how we..., our food intake, the nutritional needs. So it seems
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overwhelming. What I realized for myself is: I cannot or I do not want to go that
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journey without some guidance, without information and some help. So I can also
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Confirm, the blood test that you are calling for is very instrumental because really sort of
seeing exactly where
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you have the deficiencies and what is the state of play inside your body is
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so important. Maybe just to quickly wrap up, sort of a number one piece of
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advice. I'm a woman let's say in my late 40s which is the time when we
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met you know. What is the one thing you would recommend a woman do? Is that it?
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MIHAELA:

It's a wonderful and complex question and before replying I'd like to pick up on what you said a little earlier.

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That when we train, we do strength, stability and flexibility almost at the
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same time. Yes it's exactly so because in their 40s and 50s women rarely have the
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time or the energy actually for long and exhausting workouts and choosing the
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exercises carefully is so important. We need to keep our strength
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but also our mobility and stability. We need to prevent muscle loss and injury
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in the future and what's magic actually is that we don't need long
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hours of training. We can practice several training aspects at the same time and I absolutely
love to mix
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Strength, stability, and mobility into the same exercising flows which actually brings not just
faster results for the
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body but also a better neurological response and a better connection of
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the body and the mind. And then of course right fitness and nutrition together

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bring magic, so we have to pay attention to eat well and correctly before
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and after training and as well along the other activities that we have planned
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into that very day. And all these aspects are explained well in my program
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FIT JOY which is an online learning and training platform for women after 40
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which approaches nutrition guidelines and training guidelines in depth for
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before and after menopause, because they are different especially for nutrition they are
different, and some aspects need
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to be covered separately. Now when you said earlier that you wouldn't want to go through
this journey without guidance
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and information I understand you so well. And not only that there's a lot of
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random information out there which at times is not really reliable, but I think that also the
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pieces of the puzzle must come together and that's not really easy. Not to mention that
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there are quite a lot of taboos around the topic of menopause transition and from what I've
seen women often don't
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really feel like talking about it. They feel somewhat shy about it or fear that
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they would maybe even be perceived as weak if they talked about it which is so sad and I
hope
31:06
it will soon change, because it's pure health that we are talking about ladies. Nothing to feel
ashamed about and
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without the complex amazing hormonal female system, there would not be life on earth.
Now women's hormonal education is
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crucial for everyday life, for careers and for families
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and if we look at the statistics it is really pretty alarming the current situation. 10% of
women change jobs or
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consider quitting due to menopausal symptoms and not to mention that the
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highest female suicide rate is between 50 and 54 years old, with the average

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menopause age being 51. Not to mention as well the statistics about
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women weight gain which come in average at 1.5 pounds early in their 40s and in
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the 50s, affecting their health, their relationships and their self-esteem as well. Weight gain
is not just weight gain.
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It is not really affecting only our aesthetics but it does profoundly affect
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many aspects of our lives so beyond the fact that we need to be confident in our
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body and we need to feel good in our body, obviously we need to also pay attention to our
energy and to our
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health and that in long term, and I feel that many times for many ladies the
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story is more about the looks. Beyond the looks there's so much more and these
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issues are preventable. Perimenopause and menopause are just normal. These are no
diseases, no health
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Conditions. They are normal stages in a woman's life and women should learn to manage
for a smooth transition and
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maintain their strength and their health in their 40s and 50s. Women are
33:03
powerhouses basically, strong beings that know themselves better than ever. Moms,
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amazing professionals, leaders, facilitators, their health is important
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and there's no single reason to be shy to understand your body, to get support
33:21
to transition the menopause years well and strong, to simply ask for help, to look for help
and let's not forget that
33:29
these years of our lives are also a time when we are incredibly busy at home, we
33:35
are busy at work, we care for children or parents or other members of the family not to
even mention our immense
33:42
drive to work on ourselves. There's really a lot on the agenda of a woman in
33:48
her 40s and 50s and women can simply thrive through menopause. Just think of all the
common

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symptoms like anxiety, weight gain, migraines, fatigue, focus issues. These are
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just symptoms ladies, symptoms we can fix with food, supplements, training smart,
34:07
lowering stress strategies, and also hormonal therapy when needed. From my side offering
support on all these
34:15
aspects is not just my work, it is actually my life mission. Another aspect
34:21
that I find crucial to develop in the following years is regarding the entire
34:27
society actually. The fact that women's health education and awareness
34:34
is very low, affects actually the support that women have from all sides.
34:40
Actually from their families, from their partners, their professional environments, and all I
can see that in
34:47
the recent years the policies develop a little bit more efficiently in in the UK and in
34:53
Switzerland, but otherwise I think that policies that protect women and support
35:00
women during the period of her menopause and postmenopause in Europe can use
35:07
a boost, could use a hand to speed up. And going back to your beautiful
35:14
question at the beginning: "what is the one thing I would recommend to a woman to do?" I
think that if I have to choose
35:22
just one thing that is patience. Every woman will cross into the
35:28
postmenopausal years. Statistics show that we live a third of our lives in
35:33
postmenopausal years so we need to take our time. We need to observe our body and
35:40
we need to implement things step by step. We cannot speed up this transition it
35:46
takes the time it takes for each woman it is different and we need to let frustration go
taking one step at a time.
35:54
Testing and implementing slowly but surely what works is golden for every
36:00
single lady. And also an advice as a coach but also as a woman crossing her
36:05

own journey, be perceptive and be proactive. It's super important if you're
36:11
still in perimenopause, track your hormonal cycle, your sleep and your body
36:17
temperature. It is extremely empowering and is going to help you implement strategies that
are going to support
36:23
your health tremendously. You become your own doctor if you observe that something is off
about your energy, about
36:29
your hormones, about your shape, just don't wait too long to address it. The earlier one
takes action the better we
36:37
will protect our health. Women are more vulnerable to quite a few conditions in
36:42
their 40s and in their 50s, that going from diabetes to burnouts
36:48
and from developing autoimmune conditions to increased cardiovascular risk and for all
these conditions we can
36:56
actually spot signs of weakness long before a confirmed diagnosis. Not to
37:02
mention that actually in some cases getting diagnosed can take several years
37:07
especially in the case of autoimmune conditions which can have a very particular
development requiring an
37:13
increased awareness for attaining a more stable energy and not to mention
37:21
that once we are autoimmune we remain so for the rest of our lives so we need to
understand how to deal with it in a
37:27
correct and healthy sustainable way. From what I have seen over the years women
37:33
tend to zap very often their symptoms, their pain, their tensions, and go through
37:38
a lot of stress as a business-as-usual scenario. Generally speaking women in
37:45
their 40s and their 50s tend to take care of everyone else and everything
37:50
else before even thinking to start taking care of themselves. They only consider to take care
of themselves when
37:57
it really becomes too much to handle and when there's no other choice left and
38:03

they simply feel that they can't find the energy to continue. So my advice is

38:09

don't get there if you notice that you've started to gain weight and nothing responds as before anymore, just

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don't wait to gain 15 kilos. If you notice that your sleep suffers don't

38:23

wait till you're crawling of fatigue. If you have joint pain or tensions they are

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likely caused by inflammation in the body so address it instead of letting it increase and transform maybe into a

38:34

chronic condition. Later on if you feel that you lost control over your cravings,

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don't wait for too long, you may actually be in pre-diabetes. Or if you feel that your memory or attention respond

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differently you're likely experiencing cognitive symptoms that you can take care of. Get support. There's a lot you

38:55

can do. There are solutions, in many cases natural ones and in other cases with the help of the hormonal therapy.

39:02

Perhaps one more thing. If your doctor dismisses you telling you that your symptoms are normal caused by aging and

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that the symptoms are in your heads, please ladies, look for another doctor.

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You deserve a doctor that explains you what happens to your body and that supports you to thrive through your perimenopause

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and your postmenopausal years and not someone that gaslights you. Many of the recent years treatments and

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and the recent medical discoveries are not yet available to all the doctors

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so if you have doubts just do more research. You can get help. We are strong

39:42

but in many cases we don't have to be. We can just choose to spend our energy there where it is needed and it is

39:49

sometimes a difficult transition and if we remain perceptive we'll make it

39:55

easier. In fact it's a gradual change of lifestyle, of nutrition, of fitness, of the

40:01

way we we take time for ourselves, and it's super important to slow
40:08
Down. I know that whenever I say this to a lady in her 40s or 50s, the first time
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I'm at first welcomed with a pretty ironic smile and I know it's really
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difficult to create time and to slow down, yet it is the most important thing.
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Even creating 10 minutes a day to reflect can be extremely powerful. Just
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taking distance and watching the changes that happen. It is important to have
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yourself on your own agenda and to deeply understand that you need that
40:44
patience. Your entire system goes through a major change, a change that simply
40:50
creates the new you. It takes time sometimes to see what works. It is a process and clearly
40:58
some things are general while some others need fine tuning, and for the ones
41:04
that need fine tuning you need to create the time because believe me, you want that fine
41:09
Tuning. Never forget that actually you need yourself, your health, your energy in
41:15
order to support everything and everyone else in your life. It's an exploration
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and we should all reinvent me time, and that is the last message that I
41:28
would like to give to every single woman out there. It's not about creating one
41:33
hour to go to the gym which we all know it's actually two hours with the changing, and the
shower, and the traffic.
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It's sometimes about creating 7 minutes to breathe, 15 to do some flexibility or
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some muscle activation training and creating time is crucial, but also we
41:51
need to use that time differently than earlier in life.

ANN:

So maybe just to wrap up I
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mean, my own personal reflection is that for every woman to understand
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this change is coming, whether you want it or not. And

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to share experiences, to seek guidance and to understand that we're all in this
42:19
together in some shape or form. It has helped me so much that you've been part of this
journey, that you've given me
42:27
advice, that I've made changes, that I've seen them work. It's empowering
42:32
and I can say really with confidence that some of my best years and feelings
42:38
have been post 50 and you know, you were instrumental to that, so I'm
42:44
very grateful and I hope that by speaking to each other today and
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sharing some of these experiences, because I mean, the one thing to say is, there is still a
little bit of a stigma
42:56
around these changes and around these experiences that women go through, and I
43:01
hope that through exchanges like today and through the very valuable guidance
43:06
and support that you have given me and other women, we can break some of these taboos
and we can really go together on
43:13
this journey, which actually is very rewarding and has been for me in
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no small part because of you. So thank you for all that and it was really a pleasure to speak
to you today thank you Mihaela
43:25

MIHAELA:

Thank you very much for your kind words Ann.
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Your journey has been truly inspiring and as a guide it simply makes me happy.
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I'm honored to have played a part in it and as a bonus it's always a pleasure and good fun
to work
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together. It's ladies like you with your courage to embrace change and your
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willingness to share your experiences who are simply breaking down barriers
43:56
and stigmas surrounding menopause. We really need this. I hope that your
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openness in sharing your experiences today will encourage women to seek guidance and to embrace this journey

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with more trust in their bodies and more confidence. Thank you for being an

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amazing advocate for women's health. Many taboos need to go. We live however a

44:22

great time and I hope that the fog will lift for the next generations of women so

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that they can live better informed, stronger, and in great shape.