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WOMEN'S WELLNESS AND WEIGHT LOSS GUIDE

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# WEIGHT LOSS SECRETS FOR YOUR 40'S, 50'S, AND 60'S

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*Manage your weight and boost your energy  
with these simple diet and lifestyle tips.*

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Dr. Susan Plank, D.C.

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# CONGRATULATIONS...

On downloading this free guide that will tell you exactly what to do so you can overcome the weight gain that plagues so many women over the age of 45. Just the fact that you've taken this step tells me you're serious about looking and feeling your best — at every age. You're willing to do things differently, to learn new things, and to be open to different ideas and strategies that will help you look and feel great in your 40s, 50s, 60s, and beyond! Well, you've come to the right place...

This guide is going to show you...

- ✓ Common symptoms and issues that come up as you get older — and what to do about them.
- ✓ Simple changes you can make in your 40's, 50's & 60's to manage your weight and feel your best.
- ✓ Which lab numbers you should be paying attention to in each decade.

## Tips for Using This Guide

Your body has changed and the weight doesn't come off as easily as it used to. You're tired. You feel bloated. And it seems like every carb you eat sticks like glue to your belly, hips, and thighs.

When you were younger the weight crept on, but you were able to drop the extra pounds pretty quickly. But now — no matter how little you eat — you can't lose the weight and keep it off. The diets and exercise you used to rely on just don't work anymore.

No one told you this was coming —not even your doctor. So every time you lay on the bed struggling to zip your jeans, you wonder where you went wrong.

You're not alone! Many women face this frustrating challenge. As you get older, weight loss gets more complicated because your body's nutritional, metabolic, and hormonal needs have changed.

**Weight Loss Secrets for your 40's, 50's, and 60's** is a women's wellness and weight loss guide that will give you insights into your health now + what to expect emotionally and physically throughout life.

Each section starts with the hard truth — yes, your body does change as you age. But then I've provided action steps you can take TODAY to stay healthy, energized, and looking your best in each decade of your life.

# Why should you listen to me?

We all have our “why”. Mine is my mom.

As my mom got older, I watched her health deteriorate. And I felt helpless to stop it. She struggled with issues from lactose intolerance & chronic digestive issues, to weight gain to allergic sinusitis, to debilitating irritable bowel syndrome. She went to doctor after doctor, but never found relief.

Ultimately, she passed away from pancreatic cancer in 2012.

I’m convinced that the years of unresolved digestive symptoms caused my mother’s weight gain, weakened her mother’s immune system, and contributed to her developing yet another digestive issue — cancer.

Spending those years caring for my mom lit a fire under me. And now I’ve made it my mission to help others suffering with weight issues and chronic digestive problems. I earned a degree in biology and continued on to earn a Doctorate of Chiropractic.

Patients come to me with digestive issues and concerns about weight gain. I don’t hand out the same tired advice you’ve heard for decades. Losing weight and improving digestive symptoms is not a matter of “calories in / calories out”. I utilize functional medicine principles to create personalized digestion re-establishment programs along with micronutrient balancing for weight management and cancer or disease recovery.

I take a holistic and functional approach with my patients because — believe it or not — weight gain, digestion, and disease are all related. And if you can get to the root cause of these issues, you can reclaim your health, energy, and vitality.

Cheers to your success!

*Dr. Susan*

[Norwinwellness.com](http://Norwinwellness.com)

# Health and Weight Loss in Your 40's

You may feel like you're hitting your stride. Your career and family life are stable, but planning for the future and possibly taking care of your parents can be stressful. Make sure to take care of yourself.

Here are some (not so fun) changes you can expect in your 40's:

- 🕒 Your metabolism rate slows — not all at once. The decline starts in your 30's and progresses about 2%-3% each decade.
- 🕒 Muscle mass decreases and body fat increases — especially in the mid-section.
- 🕒 Skin elasticity starts to break down, causing fine lines to appear.



## 40's Action Plan:

1. Watch the wine — a glass a day but no more.
2. Curb your sugar cravings. The more sugar you eat, the more you want. Include protein, whole-food carbs like fruits and veggies, and a bit of healthy fat at each meal and snack. This will keep you satisfied, help you lose some weight, and reduce those pesky sugar cravings. Try limiting sweet treats to special occasions.
3. Pay attention to your fullness cues. It's okay to leave food on your plate when you're full, even when you dine out!
4. Include fun and healthy movement in your life. Consider replacing happy hour cocktails with a neighborhood walking network! Or look for a class or active hobby you might enjoy. There are many ways to exercise that don't involve the gym. And bring some friends along. More people = more motivation!
5. Have a daily protein or collagen smoothie to boost your protein, hydration, and the collagen that keeps your skin smooth and elastic. But limit the fruit to avoid weight gain.
6. Drink more water. Keep a glass or bottle with you and sip throughout the day.
7. Don't forget the sunscreen! SPF 30 on your body and SPF 100+ on your face and neck will help you avoid skin damage from the sun.

## What to ask for when you see your doctor:

1. Find out your blood sugar numbers: fasting glucose (keep your blood sugar under 90), insulin, Hb A1c
2. Learn your liver enzyme levels: AST, ALT, GGT. These numbers can tell you if you have fat developing around your liver. You want these numbers to stay under 30.
3. Get to know your thyroid. Many women in their 40's have underactive thyroid glands — and they don't even know it. Have your doctor check your TSH, T4, T3, and iodine levels. It's a good idea to check for Hashimoto's antibodies as well. These numbers can help you and your doctor see how your metabolism is doing and check for autoimmune conditions.

# Health and Weight Loss in Your 50's

Your kids are leaving home. Off to college or starting out on their own (hopefully right?!). This is a great time to refocus on you — your needs and wants. Now's the time to use any extra free time to improve your health and quality of life.

Here are some (not so fun) changes you can expect in your 50's:

🕒 Hormonal changes are happening. You will likely experience perimenopause and / or menopause during this decade. You may experience symptoms like anxiety, mood swings, hot flashes, brain fog, insomnia, and even depression.

🕒 If you haven't reached for a pair of reading glasses yet, you probably will. Changes in the shape of your eyes cause you to struggle to see up-close.

🕒 You might be getting shorter. As we age, we can lose up to ½ inch of height each decade. It's important to have regular check-ups for osteoporosis and other issues that can exacerbate this problem.



## 50's Action Plan:

1. Be patient with yourself and communicate with your partner. As you make the hormonal transitions of your 50's, you both will notice some changes. Techniques like meditation can help keep you calm and centered during this time.
2. Increase your fiber and water to keep your digestion regular. Stomach acid production reduces with age, and this can lead to digestive problems like constipation. Make sure you're getting close to 30g of fiber a day, preferably from vegetables and fruit. You can add a fiber supplement drink if you need to.
3. Limit caffeine and alcohol. Even though these are liquids, they contribute to dehydration. Over consumption of these affect your hydration level. And caffeine can deplete the body of calcium, minerals, and water — adding wrinkles, dehydrating your spine resulting in a loss in height.
4. Eat eye-healthy foods like kale and carrots. Nutrients like carotenoids, lutein, and zeaxanthin protect the delicate eye tissues from the aging process and the UV damage that can cause cataracts.

## What to ask for when you see your doctor:

1. Get your hormone levels checked. Menopause means your ovaries no longer produce estrogen — but you still need it for bone health, digestion, sleep, and metabolism. You need a balance of progesterone, testosterone, and estrogen. If you start to notice an increase in body or facial hair, urinary incontinence, vaginal dryness or a decrease in libido you may have an imbalance in your hormonal regulation. If your regular doctor doesn't help you with this, contact a functional endocrinologist.
2. Check your micronutrients levels, including B12. Optimally, you want your B12 in the 650-1100 range.
3. Make sure you aren't deficient in vitamin D. I recommend checking to make sure your levels are 65 - 85. This is a good test to do each year at the end of the summer. If your levels are low, you can increase your vitamin D by spending extra time in the sunshine or adding a vitamin D supplement.

# Health and Weight Loss in Your 60's

Congratulations! Chances are you're an empty nester or newly retired. As you shift into retirement, YOU get to decide what will fill your days. I hope fun, fitness, food, and fantastic self-care are on the horizon for you.

Here are some (not so fun) changes you can expect in your 60's:

👂 If you worked around machinery or did yard work for years without hearing protection, you may start to see a decline in hearing. If you need hearing aides to participate in conversations, get them! Losing your hearing can affect long-term cognition and memory + keep you isolated from friends and family.

🧠 Cognition can begin to decline as you get older. So make sure to stimulate your brain. Learn a language, play an instrument, or do daily puzzles like sudoku, crosswords, or word finds. The more you're able to carve out time to stimulate your brain and learn new things, the better off you'll be.

👤 If you've retired, you may discover an unexpected side effect — loneliness. Now that you have more time on your hands, you can try a new social activity like kayaking, ski lessons, fly fishing, cooking class, race car driving, choir, poetry reading, or even catching a mid-day movie with a friend.





## 60's Action Plan:

1. Plan your days. Keeping a structure will help you make the most of this time and keep you feeling purposeful.
2. Schedule a vision or hearing test if you haven't had one in a while. Keeping your vision and hearing sharp will help keep you engaged with your environment and the people around you.
3. Make some new friends by joining a new group each month or quarter. Look for book clubs or classes that interest you. You can find groups through MeetUp or even Facebook.
4. Work with a nutritionist. Getting a complete nutritional lab work-up can give you personalized action steps to keep your energy up and make sure your body has the nutrients it needs.

## What to ask for when you see your doctor:

1. Keep your energy levels where you want them by making sure your TSH (thyroid stimulating hormone), and B12 levels are optimized.
2. Dig deeper with the medications you take. Look at why you need your prescriptions and work with a functional practitioner to find the root cause of those problems. Often pharmaceuticals only mask symptoms. Your best bet is to work with someone who will help you solve the underlying issues.
3. Tune in to your health. Find a nutritionist, chiropractor, acupuncturist, or massage therapist to take care of your whole body.



So... Are you ready to turn your health around and get your weight under control once and for all?

This guide is a great first step on your journey. These tips are the first thing I tell my clients when they're ready to look and feel their best.

**But then we dig deeper. When I work with my clients I:**

- ✓ Get the big picture of your health as a whole — symptoms, lifestyle, labs — all of it.
- ✓ Zoom in and put the puzzle pieces together to figure out the **ROOT CAUSE** of your symptoms so we can improve them from the source.
- ✓ Spend time with you. These are not 15 minute rush-you-out-the-door appointments like you might have with your doctor.
- ✓ Work with you to come up with a plan that will address your issues and fit your unique lifestyle
- ✓ Use cutting edge science and research to make diet, lifestyle, and supplement recommendations that will help you feel better naturally.
- ✓ Am there for you — to answer questions, offer support, and celebrate your victories!

If you're ready to get to the bottom of your symptoms, get your weight under control, and regain your energy, I would welcome the opportunity to work with you!

**LET'S GET STARTED!**