

A photograph showing a person's feet on a white digital scale. To the right, a yellow measuring tape is coiled on a white surface.

# Symptom: Weight Gain

## What's Happening

Hormonal changes, particularly a decrease in estrogen, can lead to a shift in fat distribution, often resulting in increased abdominal fat. This is influenced by changes in metabolism and how the body stores fat.

## What to Do

Maintain a balanced diet, engage in regular physical activity.

## Supplements

Green tea extract, conjugated linoleic acid (CLA).

## Food to Consider

Lean proteins (chicken, turkey, fish), whole grains (quinoa, brown rice), fruits and vegetables, nuts and seeds.

## Lifestyle Changes

Eat nutrient-dense foods, monitor portion sizes.