

sanoMidLife♀

*Thanks for joining!
We'll be starting momentarily...*

Longevity Live Series

Not just longer, but better

Session 3: Metabolic Health – The Gut and Weight



Speakers: Dr. Janna ND and Rebecca, NP

Moderator: Angela



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**Meet
Dr. Janna ND
and Rebecca, NP**



“Longevity Live Series” Our Group Flow



- Your Support Village
- Dialogue and Etiquette
 - ❑ On-camera (optional)
 - ❑ Open conversation (please raise your hand)
 - ❑ In-Meeting Chat
- Post-live session resources
 - sanoMidLife Library (recordings)
 - Peer Connect

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Longevity Live Series: Our monthly breakdown...

January 20th	Health-span
February 20th	Heart Health
March 24th	Metabolic Health, The Gut and Weight
April 21st	Bone Health
May 19th	Endocrine Health, Thyroid and Stress
June 16th	Cancer Prevention
September 15th	Pelvic Health, Prolapse and Incontinence
October 20th	Mental Health and Cognitive Decline
November 17th	Sexual Health
December 15th	Integrating It All, The Women's Longevity Playbook

Next session



Why does my body feel so different now?



Many Women Notice:



Weight gain that is harder to lose



Sleep that no longer feels restorative



Fatigue that lingers



Stronger cravings



Energy crashes



Brain fog



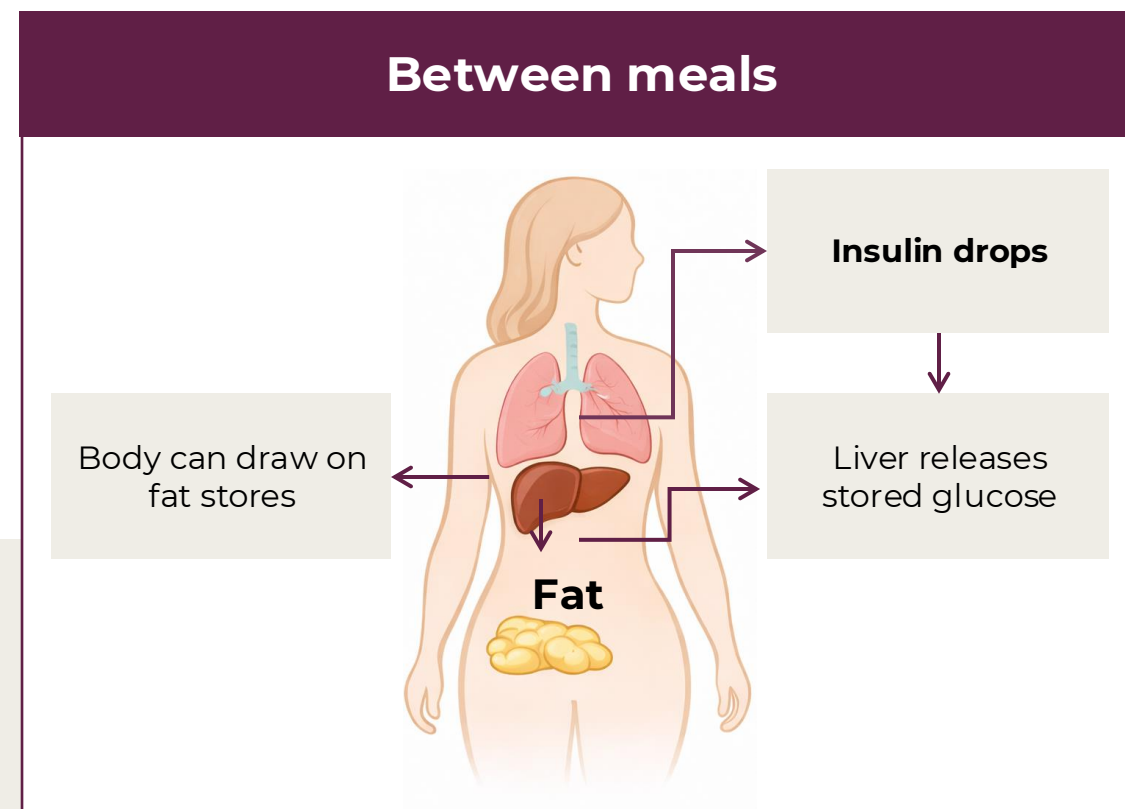
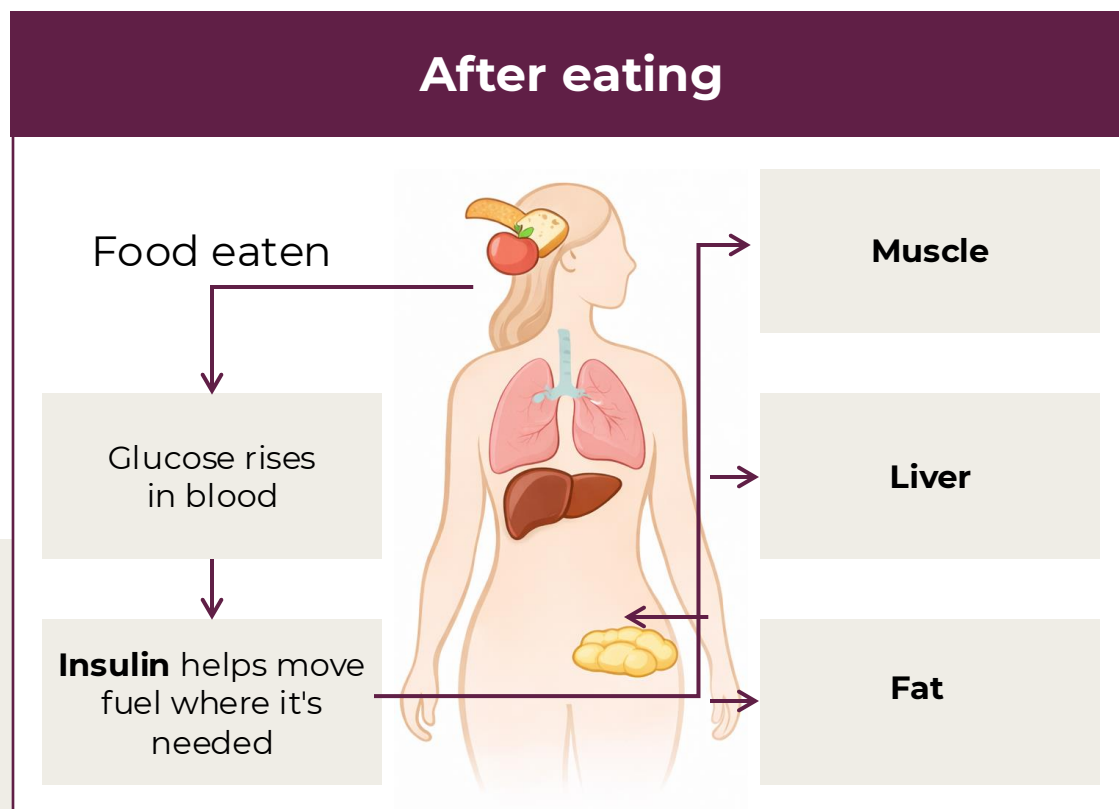
Digestive changes - bloating



Reduced resilience

You are not imagining it, and it is not just about willpower.

How the Body Uses and Stores Energy



A **healthy** metabolism switches smoothly between using food now and using stored **energy later**.

Gut Health and the Microbiome

The gut microbiome is the community of bacteria and other microbes living in your digestive tract.



These microbes help break down parts of food, especially fiber.

A healthy gut microbiome helps support:

- Digestion
- Less bloating
- Regular bowel movements
- Steadier blood sugar
- Balance inflammation
- Appetite regulation



The gut helps shape how your body processes food.

What changes in midlife?

Several systems change at the same time:



Progesterone and estrogen decline



Muscle declines if we don't actively maintain it



Sleep is often disrupted



Stress load is often higher



Gut microbiome can become less efficient



That can show up as:

- More hunger and cravings
- Energy dips and fatigue
- Poorer sleep and recovery
- Weight gain, especially around the middle
- More brain fog, mood changes and lower resilience
- More bloating or digestive changes
- Rising long-term health risk

Tests That Help Assess Metabolic Risk



01

HbA1c (>5.5% suggests at risk of prediabetes)

02

Fasting glucose (>6.0 mmol/L)

03

OGTT (oral glucose tolerance test) how well your body deals with sugar

04

Triglycerides (>1.47 mmol/L)

05

Total Cholesterol to HDL ratio (>3.0)

06

Fasting insulin Levels above 15.7 microU/mL (109 pmol/L) may suggest insulin resistance, though this test has limitations due to lack of standardization.

Bloodwork – Explained

	Flags	Results	Reference	Units
Lipids				
Hours After Meal		14		Hours
Triglyceride		0.76		mmol/L
		FASTING: <1.70 mmol/L NON-FASTING: <2.00 mmol/L		
Cholesterol		4.96	<5.20	mmol/L
		Total cholesterol and HDL-C used for risk assessment and to calculate non HDL-C.		
HDL Cholesterol		2.23	>=1.30	mmol/L
		HDL-C <1.30 mmol/L indicates risk for metabolic syndrome.		
Non HDL Cholesterol		2.73	<4.20	mmol/L
		Non HDL-Cholesterol is not affected by the fasting status of the patient.		
LDL Cholesterol		2.41	<3.50	mmol/L
		LDL-C is calculated using the NIH equation.		
		For additional LDL-C and non-HDL-C thresholds based on risk stratification, refer to 2021 CCS Guidelines. Can J Cardiol. 2021;37(8):1129-1150.		
Cholesterol/HDL Ratio		2.2		

Food Can Be Medicine, Or Can Add Stress

What the body needs in midlife

Protein to protect muscle
Aim for about 1.2 g per day per kilo of your current weight

Fiber to support blood sugar and gut health
Aim for about 25 g/day

Fermented foods to support microbiome diversity
Aim for 1-3 servings per day

Popular diets miss the mark for midlife women:



Fasting:
puts the system in stress, increasing fatigue, cravings and fat storage



Keto:
can make it harder to get enough fiber



Vegan:
may take more planning for protein and key nutrients



Carnivore:
cuts out fiber and many plant foods that support gut health

Sleep and Exercise

Sleep



- Poor sleep can make hunger, cravings and blood sugar swings worse
- Aim for 7-9 hours when possible
- If sleep has changed in midlife, talk to a clinician

Exercise



- Muscle naturally declines, if we don't maintain it
- Strength training is necessary
- Aim for resistance training 2-3xs/week.
- Walking and daily movement matter

Building Metabolic and Gut Health Roadmap



Nutrition



Exercise



Supplements
(With Provider
Guidance)



Stress
Regulation



Sleep



Menopause
timing



Annual
screenings



Ask

Dr. Janna and Rebecca ...

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Where to Start This Week



Add protein
to breakfast



Aim for fiber
at each meal



Start
strength
training
twice a week



Protect sleep
where
You can



Ask
questions
about your
metabolic
markers

Want help putting this into practice?

sanoMidLife combines coaching and clinician care, so you have a team to help you understand what is changing, what your body needs now, and what to do next.

Email us at info@sanoliving.ai to learn more.

How to Access Our Resources

You must be logged in to see the Longevity Live Replays. Simply log in to your sanoMidLife account.
To make it easy, **follow the login path that matches how you originally joined:**



Insurance (i.e., Medavie Blue Cross):

[LOGIN | sanoMidLife/sanoMidVie](#)

Employer:

[LOGIN | sanoMidLife/sanoMidVie](#)

Individual Purchase:

[LOGIN | sanoMidLife/sanoMidVie](#)

The screenshot shows the sanoMidLife? website's sign-in page. At the top left is the logo 'sanoMidLife?' and at the top right are 'Sign Up' and 'EN | FR' links. The main heading is 'Sign In'. Below it are two input fields: the first contains the email 'mstanes@uwo.ca' and the second is labeled 'Your password' with a toggle icon. Below the password field are two links: 'Forgot password?' and 'Trouble accessing account?'. At the bottom is a purple 'Sign In' button and a link 'Don't have an account? Sign Up.'