FREE eGuide

The MIDLIFE Belly Fat Fix

Discover why it won't budge and what to do about it!

Feeling frustrated and stuck? You are not alone!

Do you feel like your body is stuck in "fat storage" mode? 😳
Even if you just look at food or smell it, the pounds pile on around your middle?
Over the past few years, your body seems to have changed the rules...
You've tried to eat healthier and less than ever before...
You've increased your daily exercise...
But nothing works. You're fed up and ready to give up...

Then I have good news for you! 💕
You might indeed be stuck in "fat storage" mode-but there are ways get "unstuck"! 🥳

The BEST news: YOU can take back control! 💕
You can feel good in your body again—and it doesn't require starving yourself, running marathons, or giving up everything you enjoy.
In this booklet, you'll learn why Belly Fat becomes so stubborn in midlife—and what you can do about it, starting today.

But before we dive into the nitty-gritty, I'd like to share a little about my own journey...

Hi, I'm Gesa..

I'm a registered Nutritional Therapist and certified Fasting Coach, specialising in female midlife metabolic health.

I understand firsthand how frustrating it can be when your body stops working as it used to. A couple of years ago, in my early 50s, I discovered that I was pre-diabetic. As a nutritional therapist, this came as quite a shock, but my journey to recovery taught me that glucose levels are influenced by much more than just what we eat. For me, chronic stress and inflammation turned out to be key factors.

It was a wake-up call.
It completely changed how I approach women's health in midlife. I learned that many symptoms often attributed to perimenopause or aging are actually driven by elevated glucose levels and insulin resistance. This often explains why Hormone Replacement Therapy (HRT) alone may not have the desired effect.

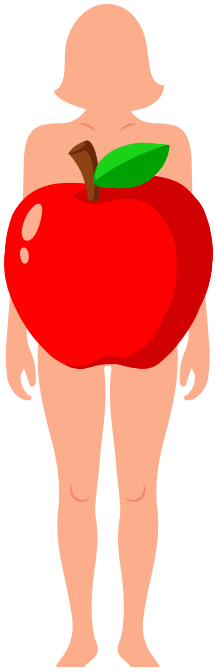
I believe knowledge is power, and I genuinely hope this guide will help you better understand your body and empower you to reclaim control of your health and waistline.

I'm so glad you're here.

Gesa Stolting dipCNM, mBant

Just a small "disclaimer" 💕
None of the information in this guide is intended as medical advice or a diagnosis. If you have any concerns, please consult a qualified medical professional. If you have a diagnosis or existing medical condition, please discuss any changes with your doctor before implementing them.Thank you.

Why belly fat won't budge: Meet the FAT STORAGE hormone!



There is one hormone in our body responsible for storing fat in our fat depots. You might have noticed that in midlife, it tends to favor the WAIST AREA 😤) —this hormone is **INSULIN.**

Insulin isn't our enemy! It saves our lives every day by keeping blood sugar levels balanced.
It functions as a "key" that allows glucose to enter cells and exit the bloodstream. Normally, insulin is released when glucose levels rise after meals or during a stress response (when cortisol releases glucose, enabling you to "run from that lion"). Insulin levels will drop once glucose levels go back to baseline.

But what happens when glucose levels are "chronically elevated"?
Think: diets high in carbohydrates (bread, pasta, sugar, cookies, soda, fruit smoothies, oatmeal, cream crackers), frequent snacking throughout the day to "stabilize glucose/energy levels," and possibly chronic, ongoing stress...

Well, guess what happens to insulin as a result?
Correct! It also become chronically elevated, locking you into "fat storage" mode! Because that's exactly what insulin does: it stores fat and prevents fat from being used as fuel as long as insulin circulates in your bloodstream.

The real issue arises when insulin levels remain high over prolonged periods. Eventually, your body becomes resistant to insulin—it becomes less sensitive as a protective response against "too much of a good thing." As resistance grows, the body must produce even more insulin for the same effect, creating a vicious cycle. **This condition is known as insulin resistance.**

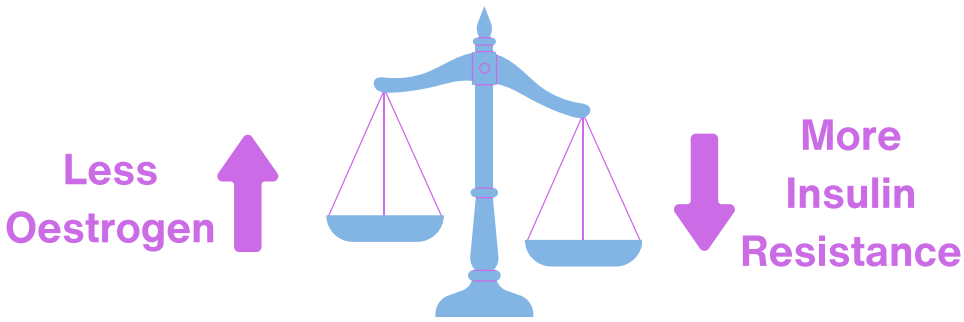
So, if you feel stuck in "fat storage" mode, chronically elevated insulin levels might be your issue. Lowering your insulin levels is the key to becoming "unstuck." It's that simple! 🎉😜

Why does it get worse in midlife/menopause?

Before diving into "how to get unstuck," here's a quick insight into why this tends to kick off around midlife... 🤔

Insulin resistance can develop at any age and often takes years to visibly show its effects. By the time we reach midlife, things have usually been subtly going "off-piste" (unnoticed) for quite some time.

Then, seemingly out of nowhere, something suddenly "tips the scale":
Enters our **decreasing oestrogen levels**. WHY does this happen?
Because one of the amazing roles of oestrogen is to increase our sensitivity to insulin and with less of it circulating, our glucose control suffers.



Dropping Oestrogen “tips the scale”!

So as oestrogen levels begin to drop, insulin sensitivity decreases, negatively affecting glucose control. This can push an already slightly "off-piste" body completely over the edge.

In other words:

“It's "the last drop that spills the glucose AND the insulin"!

This explains why, for many women, **HRT is not the magic cure** it might seem. Decreasing oestrogen isn't the root cause of insulin resistance—it simply aggravates an already-existing problem!

How would you know that you are Insulin resistant?

The most direct way to determine if your insulin levels are chronically elevated (insulin resistance) is through a fasted insulin blood test. Unfortunately, this test cannot be done as a DIY home test or at a general GP practice or clinic, because accurate analysis must occur immediately after sample collection.

Fortunately, apart from noticing an expanding waistline, our body provides several other clues indicating potential insulin resistance. 🙏

These clues are medical markers grouped under the term “Metabolic Syndrome.” (Don’t worry—it sounds scarier than it is!) Interestingly, before it got "rebranded," Metabolic Syndrome was known as "Insulin Resistance Syndrome," which is a far more accurate description because it clearly states what it involves!

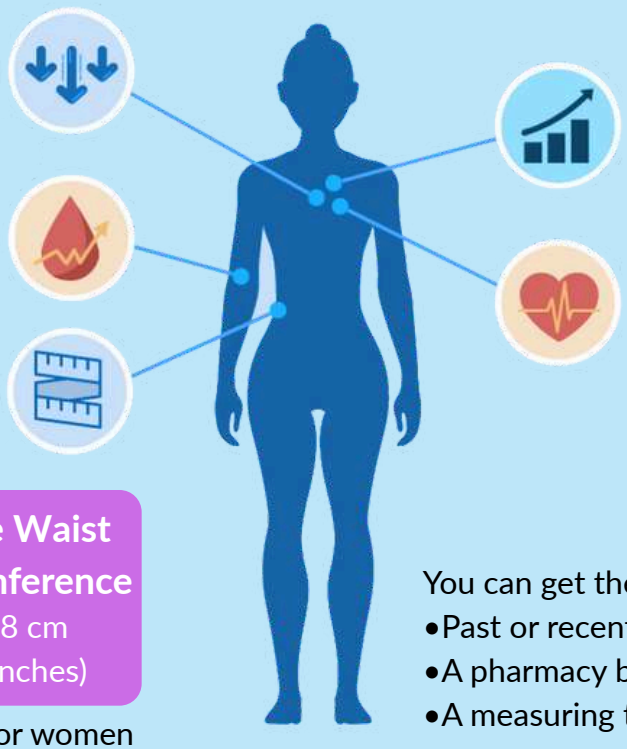
What is Metabolic Syndrome?

(Official “diagnosis” = 3 or more)

Low HDL Cholesterol
< 1.3 mmol/l
(50mg/dl)

High Fasting Blood Sugar
> 5.6 mmol/l
(100 mg/dl)

Large Waist Circumference
> 88 cm
(35 inches)



High Triglycerides
> 1.7 mmol/l
(150 mg/dl)

Elevated Blood Pressure
> 130/85 mmHg

You can get these from:
- Past or recent blood test results;
- A pharmacy blood pressure check;
- A measuring tape.

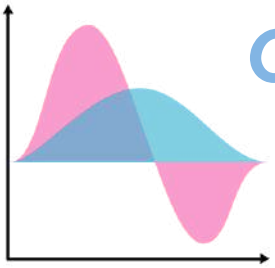
Note: these are ranges for women

Even though the official diagnosis requires three or more of these markers, why wait until one becomes two, and two become three? Playing the waiting game often gets our bodies into trouble in the first place. Let’s shift from seeking a "cure" once issues arise, to preventing them altogether! 💕

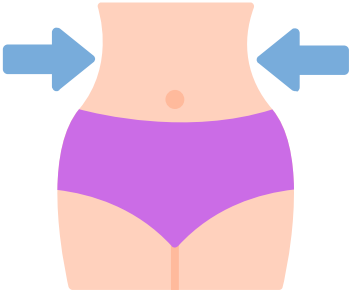
How to get “unstuck”?

The beauty of metabolic health is that it’s reversible.
With the right tools and support, you can:
✓ Shrink stubborn belly fat
✓ Regain energy, good sleep and mood
✓ Lower your risk of diabetes and heart disease
✓ Reclaim control over your body and health

And you don’t need another diet or medication,
-you simply need a **metabolic reset** 💞



Glucose is the key!



Now that you’ve learned that blood glucose is the main driver of chronically elevated insulin, doesn't it make sense that reducing insulin levels—and reversing insulin resistance—starts with lowering your glucose levels? (I hope it does, otherwise I might need to rewrite the first part of this eGuide! 😝🤞)

Let's first look at what influences your blood glucose levels, before we discuss how to lower them. The main factors are:

1) Food: Eating foods high in glucose (carbohydrates) directly raises your glucose levels.
2) Stress: It triggers cortisol, which in turn releases glucose to help you “run away from the lion.” If you don’t actually run, that extra glucose is promptly stored as fat. (Stress comes in many forms: emotional, physical, mental, and inflammation.)
3) Exercise: Depending on the type of exercise, varying amounts of glucose are released to fuel your muscles. Exercise is generally healthy—but too much of a good thing, or the wrong type, can cause issues.
4) Sleep: Lack of sleep indirectly increases glucose levels, as it contributes to insulin resistance (another form of stress).

How can you lower your glucose levels?

Changing WHAT you eat & WHEN you eat, will give you the biggest bang for your buck -But it might not be the easiest!

Reducing the amount of glucose you consume has a direct effect on your blood sugar levels (surprising, right?). The main challenge is that carbohydrates ("carbs," which turn into glucose) are the only addictive one among the three macronutrients (carbs, protein, and fat). 😵 Have you ever craved a swig of olive oil the way you've craved a donut? Exactly!

So, simply stopping or significantly reducing carbs might not be as easy as it sounds. Luckily, there are some handy "hacks" you can use to slow down glucose absorption, prevent big insulin spikes, while you gradually reduce your carbohydrate intake to a healthy level. 💕

There are many hacks available, but here are a few that I believe will have the biggest impact and are easiest to start implementing straight away.

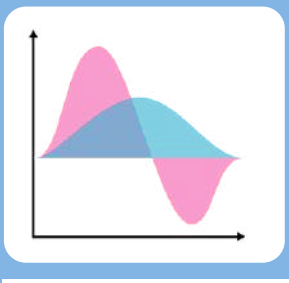
7 Ways to lower glucose levels

Eat your Food in the Right Order

How: Eat veggies (fibre-rich foods) first, followed by proteins and fats. Save carbohydrates (starches & sugars: rice, pasta, bread, desserts, fruits) for last.
Why: Fibre slows glucose absorption, and protein/fat slow stomach emptying, further delaying carb absorption and lowering glucose spikes.

Start Your Day with a Savoury Meal (Avoid the Rollercoaster!)

How: Choose a breakfast (or lunch) that's high in protein, healthy fats, and fibre—such as eggs, avocado, or Greek yogurt with seeds.
Why: A meal without a glucose spike sets a steady tone for the day, stabilizing blood sugar, reducing cravings, and preventing energy crashes. (Note: Oatmeal, although commonly thought of as healthy, is high in carbs and spikes blood sugar for many. Consider carefully if it's the best choice for you.) 🍽️



Glucose Hacks Continued...

Stop counting Calories

How: Forget about Calories, they aren't the problem, high glucose and insulin spikes are.
Why: Prioritize protein, healthy fats, and fibre (e.g., green veggies, avocado) instead of low-calorie, starchy foods like crackers. High protein and healthy fats will keep you fuller for longer, preventing cravings, while typical low-calorie starches leave you hungry soon after.

Prioritise Muscle-Building over Cardio

How: Swap some cardio sessions for resistance training—or start resistance training if you're currently inactive.
Why: Muscles are your biggest allies for lowering glucose levels, acting as glucose "reservoirs." They store glucose as glycogen (the short-term storage form of glucose, unlike fat, which is long-term storage), helping to quickly lower blood sugar.

Move After Your Meals

How: Take a 10-minute walk, do squats, or climb stairs shortly after eating. Simply move your muscles—especially your legs, because they are large muscles!
Why: Contracting muscles don't need insulin to pull glucose out of the blood (unlike resting muscles), so by moving after a meal, part of the consumed glucose gets used straight away, with a lower need for insulin-win/win!

Don't Snack or Graze All Day

How: Aim for 2 or 3 well-balanced, protein-rich meals rather than constant snacking. (Got a snack drawer at your desk? Time to reconsider!).
Why: It takes several hours after a meal for glucose and insulin levels to return to normal. Snacking throughout the day keeps levels constantly elevated, contributing significantly to insulin resistance.

Stop Eating At Least 2 hours Before Bed (3 Hours is Even Better)

How: Move dinner forward as much as possible to allow at least 2–3 hours of digestion before bedtime.
Why: Digestion interferes with the body's nighttime repair processes. Eating late makes your body less insulin-sensitive at night. After all, humans weren't designed to digest food while sleeping—save your energy (and digestion) for daytime!

How do you know these hacks work for your body?

If you'd like to see exactly how your body handles glucose daily, consider trying a Continuous Glucose Monitor (CGM, like zoe *uses) for 14 days.*
Trying a CGM changed my life (for the better) and maybe it will change yours too!
💕

You might ask: "Why should I try a CGM if I'm not diabetic?"
Because it has proven itself as a powerful prevention tool—not just for managing diabetes.

What can a CGM show you?

- It reveals exactly which foods and lifestyle habits work best for you personally and highlights other factors (like stress or poor sleep) that impact glucose levels.
- It acts like a "coach" on your arm, reminding you to make better choices. Real-time feedback helps you stick to healthy habits far better than waiting months for follow-up lab results or guessing if something is working.
- A CGM is more informative than conventional blood tests, which provide only snapshots or averages without explaining the cause behind glucose spikes or crashes.

A CGM clearly demonstrates what you should or shouldn't do if you're serious about lowering glucose, insulin levels, and ultimately, getting rid of stubborn belly fat! 💕
It might just become your new BFF, guiding you toward better metabolic health and a slimmer waistline.

CGMs are readily available online or in pharmacies without a prescription. I personally use the Freestyle Libre 2 because it's user-friendly. It costs around £50 and includes a free app (Libre Link) for your phone. Why not give it a try? 💕 (No affiliation! 😝)

What comes next?

There are many roads that lead to Rome...

I believe knowledge is power, and I hope that with the information you've gained, you feel empowered to try some new things—such as eating more protein (and healthy fats) with each meal and enjoying a short walk afterwards.

If you'd like deeper insights from your body, consider using a CGM to see exactly how eating, sleeping, movement, and stress affect you personally.

I am here to help...

If you'd like additional support on your journey, feel free to book a complimentary 15-minute call with me (Link below).
You can ask about belly fat, CGMs, or any other questions you might have. I promise:
no sales pitch, just genuine support ❤

https://calendly.com/gesa-stolting/free-15min-discovery-call

II wish you all the best on your journey and look forward to hearing from you if I can help in any way.

With love, Gesa ❤

Additionally, if you're interested in trying a CGM with some guidance in a group setting, you could have a look at my **Midlife Metabolic MOT** ❤ which opens it's doors on the 16th of June!
It will look at 5 key metabolic markers and involves wearing a CGM for 14 days and a simple DIY at home blood test, with a 30 minute 121 with me at the end to go over the results.
For more information use link below:
Midlife Metabolic MOT ❤

How to get in touch

So that's it! I hope you found this guide useful, and I wish you a wonderful health journey! 💕

If you'd like to get in touch outside of a call—or just want to check out my website or posts on LinkedIn—I've added the details below.

My website (which will soon be updated to include all the new Belly Fat information) is:

www.theCGMrevolution.co.uk

And on linkedIn you can find me under gesa-stolting or scan this code.

I look forward to connecting with you 💕