



A GUIDE TO METABOLIC HEALTH

Why Your Metabolism Changes After 40

The 5 Hidden Causes of Weight Gain, Fatigue & Hormone Imbalance

"Weight loss isn't just about calories — it's about metabolism."



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Introduction

If you're over 40 and suddenly struggling with weight gain, fatigue, brain fog, or hormone changes — **you're not alone.**

Many people feel like they are doing everything right:

- eating healthier
- exercising more
- trying medications

Yet their body still feels stuck.

The truth is that metabolism is far more complex than calories alone. Your metabolism is influenced by muscle mass, hormones, inflammation, sleep, nutrient status, and cellular energy production.

When these systems fall out of balance, weight loss becomes harder and energy declines.

In this guide we'll explain **five hidden causes of metabolic slowdown** and how restoring metabolic health can help you feel like yourself again.

Metabolic health is the foundation of health.

— THE REVIVE PHILOSOPHY

1

THE FIRST HIDDEN CAUSE

Loss of Muscle Mass

Beginning in midlife, many adults gradually lose muscle mass — a process known as **sarcopenia**.

Muscle is not just about strength or appearance. **Muscle is a metabolic organ.**

Lean muscle tissue helps the body:

- regulate blood sugar
- burn calories efficiently
- metabolize nutrients and environmental exposures
- maintain metabolic flexibility

The more lean muscle mass you have, the more effectively your body can metabolize the many substances we encounter daily — including nutrients, hormones, and toxins.

When muscle mass declines:

- metabolic rate slows
- insulin resistance becomes more likely
- fat storage increases

Healthy weight loss should focus on **reducing fat while preserving or rebuilding muscle**.

Protecting muscle is one of the most powerful strategies for long-term metabolic health.

2 THE SECOND HIDDEN CAUSE

Hormonal Changes

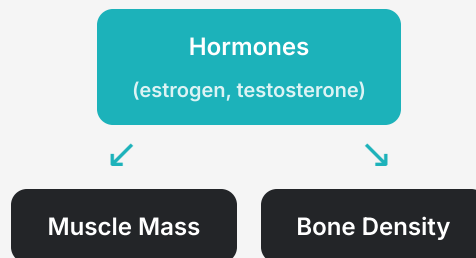
Hormones play a central role in regulating metabolism. Beginning in midlife, many people experience shifts in:

- estrogen & progesterone
- testosterone
- thyroid hormones
- cortisol

These changes influence fat storage, energy levels, sleep quality, mood, and metabolic rate. For women, these shifts often begin during perimenopause — sometimes *years* before menopause itself. Estrogen is particularly important for maintaining both muscle mass and bone density.

The Muscle–Bone–Hormone Connection

Muscle, bone, and hormones function as an integrated system. Research shows a linear relationship between lean muscle mass and bone density.



When estrogen declines, muscle and bone density often decline together.

This is why midlife women face increased risk of osteopenia, osteoporosis, and metabolic dysfunction. Protecting muscle and maintaining hormone balance are essential for long-term skeletal and metabolic health.

3

THE THIRD HIDDEN CAUSE

Chronic Stress & Inflammation

Modern life places constant stress on the body. Chronic stress can elevate **cortisol**, a hormone that influences metabolism and fat storage.

Over time, elevated cortisol can contribute to:

- abdominal fat accumulation
- disrupted sleep
- fatigue
- muscle breakdown

Low-grade inflammation can also interfere with metabolic signaling and energy production — making it harder for your cells to respond appropriately to insulin, hormones, and nutrients.

Reducing inflammation through nutrition, lifestyle changes, and targeted medical strategies can help restore metabolic balance.

4 THE FOURTH HIDDEN CAUSE

Nutrient Deficiencies & Cellular Energy

Your metabolism depends on tiny cellular structures called **mitochondria**, which convert nutrients into energy.

Certain nutrients are essential for this process, including:

- B vitamins
- magnesium
- vitamin D
- amino acids
- antioxidants

When these nutrients are insufficient, people may experience:

- fatigue
- reduced metabolic efficiency
- poor recovery
- difficulty losing weight

Correcting nutrient deficiencies can significantly improve metabolic health and energy production — often without dramatic changes to diet or exercise.

5

THE FIFTH HIDDEN CAUSE

Insulin Resistance

Insulin is the hormone responsible for regulating blood sugar. Over time, many adults develop **insulin resistance** — meaning the body becomes less responsive to insulin signals.

When insulin resistance develops, the body becomes more likely to:

- store fat
- experience cravings
- feel fatigued after meals
- struggle with weight loss

Improving insulin sensitivity is one of the most powerful ways to restore metabolic health. It underlies nearly every other cause in this guide — which is why addressing root causes together, rather than one at a time, produces the most significant results.

Could Your Metabolism Be Out of Balance?

Many patients experiencing metabolic dysfunction report several of the following symptoms.

CHECK ANY THAT APPLY TO YOU:

- | | |
|---|--|
| ☐ Weight gain despite healthy eating | ☐ Difficulty losing weight even with exercise |
| ☐ Persistent fatigue | ☐ Brain fog or poor concentration |
| ☐ Poor sleep or waking at night | ☐ Increased belly fat |
| ☐ Sugar cravings | ☐ Mood swings or irritability |
| ☐ Low motivation or energy | ☐ Hormonal symptoms (hot flashes, irregular cycles) |



If you checked three or more, your metabolism may benefit from a more comprehensive evaluation. At REVIVE, an Initial Consultation includes a full metabolic health assessment and personalized treatment plan.

How REVIVE Addresses These Root Causes

At REVIVE Infusions & Wellness, we take a medical approach to metabolic health. Our signature program, **REVIVE Functional Foundations™**, combines science with personalized strategy to address all five root causes.

- Medically supervised GLP-1 therapies when appropriate
- Personalized coaching
- Nutrient and metabolic support
- Functional medicine principles
- Targeted nutrition and lifestyle strategies
- Hormone evaluation and optimization



LIFESTYLE



NUTRITION



MOVEMENT



REST



RENEWAL

What Patients Experience

✓ Gradual sustainable weight loss

✓ Increased energy

✓ Improved mental clarity

✓ Better sleep quality

✓ Reduced cravings

✓ Stronger muscle tone



When you're ready to stop guessing and start rebuilding.

If you're ready for a more thoughtful and medically guided approach to metabolic health, we invite you to schedule an Initial Consultation for your metabolic health assessment and personalized treatment plan.

Your consultation includes:

- ✓ Metabolic health evaluation
- ✓ Discussion of personalized treatment options
- ✓ Development of your clinical strategy

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REVIVE Infusions & Wellness

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