EIGHT THINGS YOU KEEP HEARING · WHAT THE SOURCES ACTUALLY SAY

Midlife Claims, Checked

We opened the source behind each claim and wrote down what it says, with its limits. The verdict label is our reading of that source.

THE CLAIM	VERDICT	WHAT THE SOURCE SAYS
"Strength training matters more after 40."	BACKED BY GUIDANCE	US guidelines say all adults need muscle-strengthening activity on 2 or more days a week. The Menopause Society recommends strength training twice a week and notes that women lose 3% to 8% of muscle per decade after age 30. Source: CDC, What Counts · The Menopause Society, Midlife Weight Gain
"You need more protein in midlife."	BACKED BY GUIDANCE	The Menopause Society says women should aim for 1.2 grams of protein per kilogram of body weight each day. To find your weight in kilograms, divide your weight in pounds by 2.2. Source: The Menopause Society, Midlife Weight Gain
"Menopause makes you gain weight."	PARTLY TRUE	The Menopause Society describes aging as the primary driver of weight gain. What menopause changes is where fat is stored: it tends to shift toward the abdomen. Less activity, eating changes, stress, and sleep problems also contribute. Source: The Menopause Society, Midlife Weight Gain
"Bad sleep has nothing to do with weight."	NOT SUPPORTED	The Menopause Society describes poor sleep as closely tied to weight gain, and says good sleep and stress management make a healthy weight easier to maintain. Source: The Menopause Society, Midlife Weight Gain
"Hormone therapy is a weight-loss treatment."	NOT SUPPORTED	The Menopause Society calls hormone therapy the standard of care for hot flashes and night sweats and says it is "not a direct weight-loss treatment." Some studies suggest modest effects on abdominal fat and muscle. Source: The Menopause Society, Midlife Weight Gain
"A saliva test can tell you where your hormones are."	NOT SUPPORTED	The Menopause Society describes saliva hormone tests as expensive and inaccurate and says they should not be used to evaluate or treat menopause symptoms. Source: The Menopause Society, How Do I Know I'm in Menopause?
"A weighted vest protects your bones."	NOT SUPPORTED	In a 12-month randomized trial of 150 older adults with obesity (average age 66) who were losing weight, wearing a weighted vest about 7 hours a day did not prevent hip bone loss. This is one trial, in older adults, not midlife women specifically. Source: INVEST in Bone Health trial, JAMA Network Open, 2025 (news release)
"Creatine is a must for menopause."	TOO EARLY TO SAY	One 8-week trial in 36 perimenopausal and menopausal women reported better cognition test scores with a form of creatine than with placebo. It was small, short, and partly funded by the product's supplier. The lead researcher called for longer studies. Source: CONCRET-MENOPA trial, as reported by NutraIngredients, 2025

Educational resource. Not medical advice. This page reports what the named sources say. It does not tell you what to take or do. Talk to a qualified clinician about your own health. Full source list on page 2.

HOW TO READ PAGE 1

What the Verdicts Mean, and What We Left Out

THE FOUR VERDICTS

BACKED BY GUIDANCE A US health agency or The Menopause Society recommends it.

PARTLY TRUE The source agrees with part of the claim and corrects the rest.

NOT SUPPORTED The source we read says otherwise, or a trial did not find the effect.

TOO EARLY TO SAY There is some research, but it is small, short, or funded by a seller.

THREE QUESTIONS TO ASK OF ANY HEALTH CLAIM

Who says so? A guideline or large trial counts for more than one expert or one study.

Who was studied? Results in older adults, athletes, or men may not apply to you.

Who paid? A study funded by the company selling the product needs a second look.

These three questions are our own suggestion.

WHAT WE LEFT OUT, AND WHY

Intermittent fasting, “cortisol belly,” and several supplements are not on this list yet. We could not open a primary source for them on the day we built this page, so we did not rate them. A verdict can also change when new research is published. This page reflects what we read in November 2026.

WANT A CLAIM CHECKED?

Send the word **CHECK** and the claim you keep hearing to **@midlife.unfolded** on Instagram or Facebook. We add the most requested ones to the next edition.

We sell no supplements and use no affiliate links.

SOURCES, READ ON NOVEMBER 21, 2026

1. The Menopause Society, MenoNote “Midlife Weight Gain” (© 2025) — menopause.org
2. The Menopause Society, “How Do I Know I’m in Menopause?” — menopause.org
3. CDC, “What Counts as Physical Activity for Adults” (reviewed Dec 6, 2023) — cdc.gov
4. Wake Forest University School of Medicine news release on the INVEST in Bone Health trial, JAMA Network Open, June 20, 2025 — eurekalert.org
5. NutraIngredients report (Sept 12, 2025) on the CONCRET-MENOPA trial, Journal of the American Nutrition Association

Sources 4 and 5 are reports about the studies, not the journal articles themselves. We could not open the journal pages directly.

HOW THIS PAGE WAS MADE

Prepared with AI assistance. Every statement names its source so you can check it yourself.

Educational resource. Not medical advice. This page reports what the named sources say. It does not tell you what to take or do. Talk to a qualified clinician about your own health. Sources: The Menopause Society, MenoNote “Midlife Weight Gain” (© 2025) — menopause.org · CDC, “What Counts as Physical Activity for Adults” (reviewed Dec 6, 2023) — cdc.gov.