HEALTH & HAPPINESS

10 Reasons You Feel Old and Get Fat

by Frank Lipman

Feeling old is not about age - it is about lost function. Dr. Lipman's ten fixable reasons, from food and gut bacteria to sleep, stress, and community.

BEST POINTS FROM THE BOOK

01 **You are not declining because of age. You are declining from lost function.**

The book's core claim: fatigue, weight gain, brain fog, and aches are not normal aging. They come from organs and systems working worse - and when you restore function, Lipman argues, the 'old' feelings fade at almost any age.

02 **Reason 1: You are eating the wrong foods - and not enough healthy fats.**

Sugar, artificial sweeteners, and the wrong fats weigh the body down, tax the immune system, and disrupt brain function. Too little healthy fat does similar damage: think memory problems, brain fog, anxiety. Food either builds function or breaks it.

03 **Reason 2: Too many carbs and starches break your insulin.**

Lipman calls it insulin resistance and carbohydrate intolerance - an under-recognized driver of belly fat, sluggishness, and foggy thinking. Sedentary lives make it worse, because the carbs have nowhere to go but storage.

04 **Reason 3: Your microbiome is out of whack.**

Antibiotics, junk food, and stress wipe out good gut bacteria along with the bad. Since much of your serotonin is made in the gut, imbalance hits weight, mood, and immunity. His fixes: a daily probiotic and fermented foods.

05 **Reason 4: Your hormones are out of balance - and your habits pushed them there.**

The book's named culprits: processed food, excessive caffeine, poor sleep, chronic stress, and constant chemical exposure. Fix the inputs - more healthy fats, fewer chemical products, real rest - and balance often follows.

06 **Reason 5: You don't move enough. Use it or lose it is a law of the body.**

Sitting all day lets muscles, joints, and mobility seize up - tight hips, back pain, lost flexibility. Lipman's prescription is unglamorous: move and stretch every day, before the losses compound.

07 **Reason 6: You're stressed - and chronic stress ages every system it touches.**

In his account, unrelenting stress hormones add belly fat, disturb sleep, and cloud memory, and they make every other reason on this list worse. He treats stress on three fronts: body, mind, and the things you cannot control.

08 **Reason 7: You're not getting enough sleep - and poor sleep quietly shrinks your reserves.**

Lipman warns that lack of sleep literally shrinks the brain and impairs memory, focus, endurance, and immune repair. His quick fixes: a sleep mask, screens off an hour before bed, and no caffeine or sugar late in the day.

09 **Reason 8: You're overmedicated - pills can blunt the body's own healing.**

His argument: a host of prescriptions can leave you lethargic, harm your microbiome, and disrupt the body's innate ability to heal. The book's advice is an audit, not a cold stop - review every medication with your doctor and cut what isn't truly needed.

10 **Reason 9: You're not getting enough nutrients - even from a decent diet.**

Depleted soils, long storage and transport, and cooking losses all strip food of nutrients before you eat it. The book's core supplement shortlist: a multivitamin with B12 and folate, vitamin D3, fish oil, and a probiotic.

11 **Reason 10: You're missing Ubuntu - passion, meaning, and community.**

The surprise reason. Lipman argues we wither without purpose and a tribe: find work or a cause bigger than yourself, pursue a passion, and spend time with people who share your values. Connection is treated as medicine.

12 **His fix is a two-week reset, then a way of life - not a permanent diet.**

The book's Revitalize Program packs the fixes into 14 days: meal plans and recipes, simple exercise, meditation and restorative yoga, and supplement guidance. A lifelong Maintenance Program follows, so the two weeks become a baseline rather than a binge of virtue.

THE BOOK, IN SHORT

The big idea attacks a myth. The weight gain, fatigue, brain fog, aches, low libido, and sadness people blame on aging are mostly not caused by age, says integrative-medicine doctor Frank Lipman. They are caused by loss of function: organs and systems - digestion, hormones, detoxification, immune function, the brain - slowly working worse because of how we live. Give the body what it needs to function at its best, at any age, and the symptoms improve or disappear. He reports seeing the slide begin in patients in their 30s, even their 20s - people who feel 'old and fat' before their time.

The food reasons come first. Reason 1: eating the wrong foods and too few healthy fats - sugar, artificial sweeteners, and bad fats tax the brain and immune system. Reason 2: too many carbs and starches, driving insulin resistance and carbohydrate intolerance, a hidden engine of belly fat and foggy thinking. Reason 3 is the microbiome: gut bacteria thrown out of balance by antibiotics, junk food, and stress, dragging weight, mood, and immunity down with them.

The system reasons follow. Reason 4: hormones pushed off balance by processed food, excess caffeine, poor sleep, stress, and chemicals. Reason 5: too little movement - use it or lose it. Reason 6: chronic stress. Reason 7: too little sleep, which he says shrinks the brain and wrecks repair. Reason 8: being overmedicated, as common prescriptions disrupt the body's own healing and harm the microbiome. Reason 9: not getting enough nutrients, because depleted soils and long supply chains leave even good food weaker than it should be.

Reason 10 is the surprise: lacking passion, meaning, and community - what Lipman calls Ubuntu, our need for each other. The book turns the diagnosis into action with a two-week Revitalize Program (meal plans, recipes, simple exercises, meditation and restorative yoga, supplement guidance) and then a lifelong Maintenance Program. Read the claims as his clinical protocol - one experienced doctor's system to test against your own results, ideally with your own doctor in the loop.

DO THIS WEEK

Circle your most likely reason from the ten, then run a seven-day mini-Revitalize on just that one: a fixed lights-out time and no screens for the last hour if it is sleep; starch swapped for greens and a healthy fat added at each meal if it is food; a daily 30-minute walk plus five minutes of stretching if it is movement. If your reason is medication, do not change a single dose yourself - book a medication review with your doctor and bring the list.

10 Reasons You Feel Old and Get Fat... And How YOU Can Stay Young, Slim, and Happy! by Dr. Frank Lipman, founder of the Eleven Eleven Wellness Center in New York, first published by Hay House in 2016. For anyone over 35 who feels older than their years and wants to know why - and what to fix first.