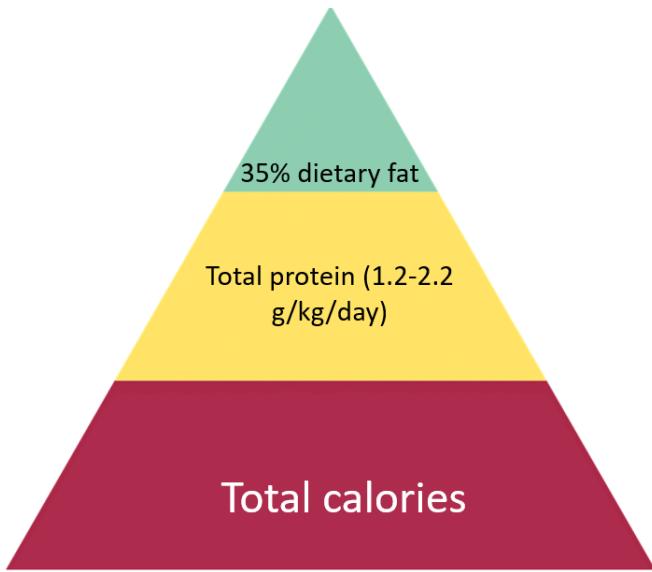


## **How the Birth Control Pill Affects Weight, Muscle and Exercise**

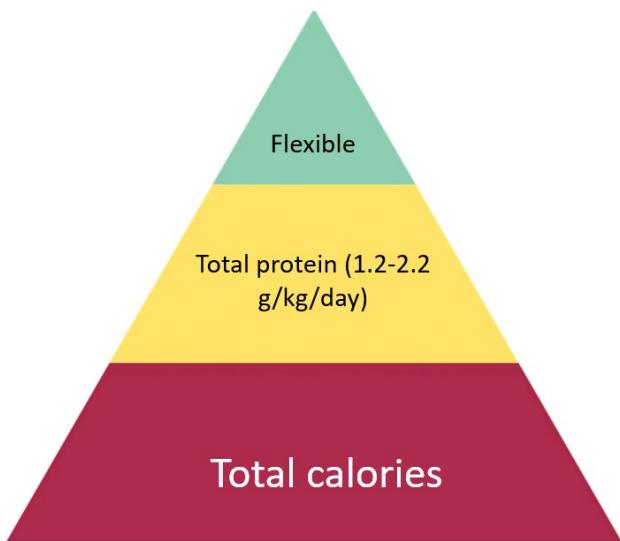
**By: Igor Klibanov**

- Most common reasons to use the pill:
  - Contraception
  - Skin quality
  - Menstrual cramps and PMS
  - PCOS (polycystic ovarian syndrome – when women have excess testosterone and insulin)
  - Reduce heavy bleeding
  - Mood regulation
  - Irregular periods
- Non-pharmaceutical approaches to menstrual problems:
  - Stress reduction
  - Exercise
  - Cognitive behavioral therapy
- 4 generations of oral contraceptives:
  - Generation 1 (1960s-70s) side effects:
    - Blood clots
    - Strokes
    - Possible cancer
    - Weight gain
  - Generation 2 (1970s-today): lower estrogen than generation 1. Side effects:
    - Bleeding between periods
    - Sore breasts
    - Nausea
    - Headaches
  - Generation 3 (1980s-today): same amount of estrogen as generation 2, but different progestins. Side effects:
    - Bleeding between periods
    - Breast tenderness
    - Nausea
    - Headaches
  - Generation 4 (2000s-today): same amount of estrogen as generation 3, but different progestins. Side effects:
    - Bleeding between periods
    - Acne
    - Headaches
- Do birth control pills make you gain weight?
  - Generation 1: yes
  - Generations 2-4: no.

- But My Client Took OCs and Gained Weight... What Gives?
  - Reason 1: short-term water weight
  - Reason 2: cravings
  - Reason 3: maturation (would have gained weight anyway)
  - Reason 4: coincidence
- Do OCs affect muscle gain?
  - Still up for debate
    - [One study](#) showed greater muscle gain for OC users.
    - [Another study](#) showed less muscle gain for OC users.
- Exercise while on the pill:
  - On a progestin-dominant pill, less heavy weights, less extreme stretching
  - On an estrogen-dominant pill, do whatever you want
  - Which pills are progestin vs. estrogen dominant?
    - <https://bit.ly/oc-can-fit>
- Nutrition while on the pill:
  - Progesterone-dominant pill:



- Estrogen-dominant pill:



- Supplements while on the pill:
  - B complex
  - Zinc
  - Vitamin C
  - Magnesium

## **Additional Resources**

<http://www.fitnesssolutionsplus.ca/blog>

## **About the Presenter**

Igor Klibanov has been selected as one of the top 5 personal trainers in Toronto by the Metro News newspaper, and now, he is the CEO of his own personal training company, Fitness Solutions Plus. Together, with his team of fitness professionals, he works with NDs to help their patients get better clinical outcomes.

Igor is the author of 8 different books on exercise and nutrition, including *The Mental Health Prescription*, *High Blood Pressure Reversal Secrets* and *Type 2 Diabetes Reversal Secrets*.

Igor is a sought-after wellness speaker, having worked with RBC, Investors Group, Sunlife, IBM, and many others.

If you would like to learn more about Igor, visit <http://www.FitnessSolutionsPlus.ca/can-fit-pro>