

Thrive45 Method

For Women 45+

The Thrive45Method™

The Missing Link to Fat Loss After 45

If you've been eating less, exercising more, cutting carbs—or even trying intermittent fasting—and still not seeing results...

- 👉 It's not your fault.
- 👉 And it's not a lack of discipline.

Your body has changed. And your strategy needs to change with it.

Most weight loss methods fail women in perimenopause and menopause because they ignore what's really happening beneath the surface:

- Hormonal shifts
- Increased inflammation
- A more sensitive stress response
- A metabolism that no longer responds to restriction

That's exactly why the Thrive45Method™ works differently...

The 3-Step Thrive45Method™

1. RESET your signals

**Calm cravings. Lower inflammation. Bring hunger hormones back into balance.
Remove resistance to fat loss.**

Before your body can lose weight, it needs to feel safe and supported.

We start by:

- Reducing the intense cravings that keep you stuck
- Lowering internal inflammation that blocks fat burning
- Stabilizing blood sugar so your energy and hunger feel balanced again

👉 When this step is done right, your body stops fighting you.

2. RESTORE your metabolism

Use targeted nutrition strategies that work *with* your hormones to activate fat loss.

This is where most programs get it wrong.

Instead of cutting more calories or eliminating foods, we:

- Use strategic nutrition to *support* your metabolism
- Help your body become more efficient at burning fat
- Work *with* your hormones—not against them

👉 This is where your body starts responding again—and weight loss becomes possible.

3. REWIRE your results

Lock in simple habits & mindset shifts so the weight comes off, and stays off - without dieting, tracking, or starting over.

Losing weight is one thing. Keeping it off is everything.

In this phase we:

- Build simple, repeatable habits that fit your real life
- Shift the all-or-nothing mindset that leads to burnout
- Help you maintain results without strict rules or obsession

👉 This is how weight loss becomes *effortless and sustainable*.

Most women say “This is the first time my body finally responded”

Deb, age 52, stuck with intermittent fasting. When nothing was working she kept restricting more – this was working against her. She’s now eating regular meals and fat loss has been unlocked because we did it properly.

I was hesitant because I didn't think anything would work at my age. But after just a few weeks I've already lost 5 pounds and feel more in control of my body than I had in years.

Jen, 58 – was in a cycle of restrictive diets for years – losing and re-gaining. Had issues of unnecessary hunger and food cravings... 'food noise'. Now...her body signals properly when she's had enough to eat. No more food cravings so it's easy to maintain.

I'm down 15 lbs but what's even better is I feel calm around food now. I don't constantly think about what I can't eat anymore. It's such a relief.

Heather, age 51 – did it all, mostly low-carb diets. Now – eating carbs, great foods and finally releasing that stubborn weight...understands what to eat and why. No more confusion.

I thought I was just getting older and had no control over my weight. Now I feel like I have control again

Why Nothing Else Has Worked Before

Because most approaches:

- Focus on **eating less instead of supporting your body**
- Ignore **hormonal and metabolic changes after 45**
- Create **more stress**, which actually *blocks* fat loss

The Thrive45Method™ works because it addresses the root cause—not just the symptoms.

The Result?

- Fewer cravings
- More energy
- A body that responds again
- And sustainable fat loss—without restriction

If you've felt like your body is working against you...

- 👉 It's not broken.
- 👉 It's just waiting for the *right approach*.

And this is it.

Let's Get You Unstuck—For Good

Book your complimentary 15-minute strategy call designed to help you understand *exactly* why your body isn't responding—and what to do about it.

On this call, we will:

- Identify what's keeping your weight stuck (even if you're doing everything “right”)
- Uncover what your body *actually* needs in this phase of life
- Map out a simple, realistic path forward

If it's a good fit, I'll walk you through how I can support you inside the Thrive45Method™.

And if it's not—you'll still leave with clarity, direction, and your next best step.

👉 [CLICK HERE TO BOOK YOUR COMPLIMENTARY CALL NOW](#)