

# Thrive<sup>45</sup> Method

For Women 45+

## 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**

**So you can feel like yourself again**

**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**

**TO SEE IF THIS METHOD IS RIGHT FOR YOU:  
BOOK A COMPLIMENTARY 15 MINUTE CALL**

**ON THE CALL WE WILL:**

**IDENTIFY WHAT'S KEEPING YOUR WEIGHT STUCK**

**UNCOVER WHAT YOUR BODY *ACTUALLY* NEEDS**

**MAP OUT A SIMPLE AND 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  
15 MINUTE CALL NOW](#)**

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