

THE THRIVE<sup>45</sup>METHOD™

# The Missing Link to Fat Loss After 45

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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.

# Why nothing else has worked before

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

## BECAUSE MOST APPROACHES

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

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

# The 3-Step Thrive45Method™

That's exactly why the Thrive45Method™ works differently.

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01

## 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.*

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02

## 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.*

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03

## REWIRE your results

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

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

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

Deb AGE 52

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## BEFORE

Stuck with intermittent fasting. When nothing was working she kept restricting more—this was working against her.

## NOW

She's now eating regular meals and fat loss has been unlocked, because we did it properly.

# Jen

AGE 58

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## BEFORE

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.

# Heather

AGE 51

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## BEFORE

Did it all, mostly low-carb diets.

## NOW

Eating carbs, great foods and finally releasing that stubborn weight. She understands what to eat and why. No more confusion.

# What changes

Fewer cravings

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More energy

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A body that responds again

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Sustainable fat loss—without restriction

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So you can feel like yourself again

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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.

# Book a complimentary 15-minute call

To see if this method is right for you.

## ON THE CALL WE WILL

- 01 Identify what's keeping your weight stuck
- 02 Uncover what your body actually needs
- 03 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.

## Book your complimentary 15-minute call

[calendly.com/staceynicolewellness/call-with-stacey-smith](https://calendly.com/staceynicolewellness/call-with-stacey-smith)



**Stacey Smith**

Thrive45Method™ · Fat loss for women 45+

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Method**  
For Women 45+