

The ***Menopause Whisperer 6-Week Weight Loss Program*** is designed to not only help you *lose* weight but also to help you *gain* abundant health, energy and knowledge. It is filled with tons of practical tips, 60+ healthy weight loss recipes and easy-to-apply health knowledge that will set you up for success for life.

I delve into how your hormones are sabotaging your weight loss. The reason for this is that once you have a better understanding on how your hormones function you will find it easier to make changes in your diet to allow your hormones to function at their best.

After years of weight loss research, studying, personal experiments and consultations with clients, I have identified the 6 Top Hormones that need special attention for you to achieve your Weight Loss goal.

I cover each of these hormones in the ***Menopause Whisperer 6-Week Weight Loss Program***

I have delved into a lot of research while constructing this program. This program specifically targets hormonal imbalances and how to overcome them in order to achieve accelerated weight loss.

In the course of my 20+ years as a Nurse and Naturopath, I have researched many plans and methods to help women lose weight as they approach menopause and beyond. I have done all the work for you and I share a proven plan that will give consistent and effective results in your weight loss journey.

You can be confident if you follow my plan that you will get the results you are looking for, but only if you follow my plan and are willing to implement the changes necessary to make it a success.

Many diet plans can leave you despondent and have you obsessing over calories in vs calories out leaving you not appreciating, or enjoying, what you are eating.

In order to be successful in your weight loss journey, you need to be eating foods that have real flavour and leave you satisfied. Many plans can also lead to nutrient deficiencies, cravings and bingeing, but not this plan.

The connection between our diet and hormones is significant, yet widely ignored, even though our hormones directly impact our health.

The secret to sustained weight loss for women 45+ is hormone balance. If your hormones are out of balance you will find it difficult to lose weight.

In the *Menopause Whisperer 6-Week Weight Loss Program* I show you how to nourish and look after your hormones so you can achieve the body you are looking for and have more energy and vitality in your day.

Below is the list of contents covered in the in the *Menopause Whisperer 6-Week Weight Loss Program*.

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