

YOU'RE NOT BROKEN

**Your metabolism is asking for support
- not discipline**

Sleep. Mood. Energy. Weight Reduction

YOUR PERSONALISED FOOD PLAN

Clinical nutrition support for real life



HI, I'M SHARON.

I work with people who are tired of being told what to eat, when to eat, and why they should “just try harder.”

Most of my clients — especially women over 40 — come to me feeling:

- exhausted despite doing “all the right things”
- frustrated with sleep, mood and energy changes
- confused by weight creeping on
- quietly worried their body is failing them

Here's what I want you to know early:

**Your body isn't broken.
It's adapting.**

My job is to help you understand *why* — and support your metabolism calmly, clinically, and without punishment.

(Yes, we still eat real food.)



THIS ISN'T A WILLPOWER PROBLEM

After 40, many people notice changes in:

- sleep quality
- mood and resilience
- energy levels
- how easily weight is gained or lost

These aren't separate issues.

They're signals from the same system — your metabolism.

When the body feels stressed or unsafe, it prioritises survival over fat loss.

That's why:

- dieting stops working
- pushing harder backfires
- motivation disappears

Regulation comes first.

Everything else follows.

(This applies to men too.)



WHY WE TEST

WHY WE USE **BLOODWORK**

Many people are told their blood tests are “normal” — yet they feel anything but.

After 40, subtle shifts in metabolism, hormones and stress response can have a big impact, even within reference ranges.

We test because guessing leads to frustration.

Data leads to clarity.

What we're **NOT** doing

- Looking for disease or diagnosis
- Labelling your body as broken
- Using results to restrict or punish eating

What we **ARE** doing

- Understanding how your metabolism is responding to stress
- Identifying patterns affecting sleep, mood, energy and weight
- Creating personalised support — not generic plans

Testing isn't about finding something wrong with you.

It's about finally understanding why pushing harder didn't work.



Ways to Work With Me

HOW I SUPPORT METABOLIC HEALTH

Metabolic Balance® (1:1)

Personalised clinical support, blood work interpretation, and tailored strategies.

Metabolic Bootcamp (12 weeks)

Small-group support focused on regulation, consistency and real-life change.

 **Festival voucher: \$100 off**

Metabolic Reconnect

A focused reset to stabilise foundations and reconnect with your body using your pre-existing plan.

 **Festival voucher: \$50 off**

Metabolic Taster

A gentle introduction if you're curious but cautious.

 **Festival voucher: \$10 off**

**This work goes far beyond food and weight.
It's about helping your body feel safe enough to change.**



READY TO FEEL MORE LIKE YOURSELF AGAIN

If something in this booklet made you think

“That sounds like me” — trust that.

 Visit me at the Body Mind Spirit Festival

Scan the QR code to learn more



**Calm bodies change more easily.
Support changes everything.**

