



HOW TO MASTER YOUR

Menopause

SUSTAIN NUTRITION



Who are Sustain Nutrition?

Our Mission

- Started back in 2016 we knew something had to change.
- We wanted to show there was more to this than just a calorie deficit.
- Our mission is to remove guilt, failure and regret from choices.
- To put clients back in control.
- To help people build healthy habits, become more mindful of choices and change the way people use food.
- We don't want to just change WHAT people eat but instead change WHY they eat.



**Now, you are probably
thinking...**

**Why should I listen to two
middle-aged men talking
about the menopause?**

Here is why...

Here is why...

Meet the old Anita



The proof is in the high protein pudding...

We know what works

Anita

- **8st lost**
- **Went from size 26 to a 10**
- **Waist 47 to 31**
- **Reversed 18 years of Type 2 Diabetes**



What changed?

- **No matter what I tried it never stuck**
- **Felt this was my destiny**
- **Was tired of losing and gaining the same 7lbs**
- **Felt like I had to be all or nothing to get results**



- **I'm now the most consistent I have ever been**
- **Still enjoy a drink and meals out**
- **I have control over my choices**
- **Mood & Mindset off the scale**
- **Better relationship with myself and those closest to me.**



Anxiety



Weight gain



Sleep



Fatigue



Brain fog



The 5 top symptoms

How did she Change?

With everything else going on, it was important that Anita focussed on the things she did have control over.

Nutrition

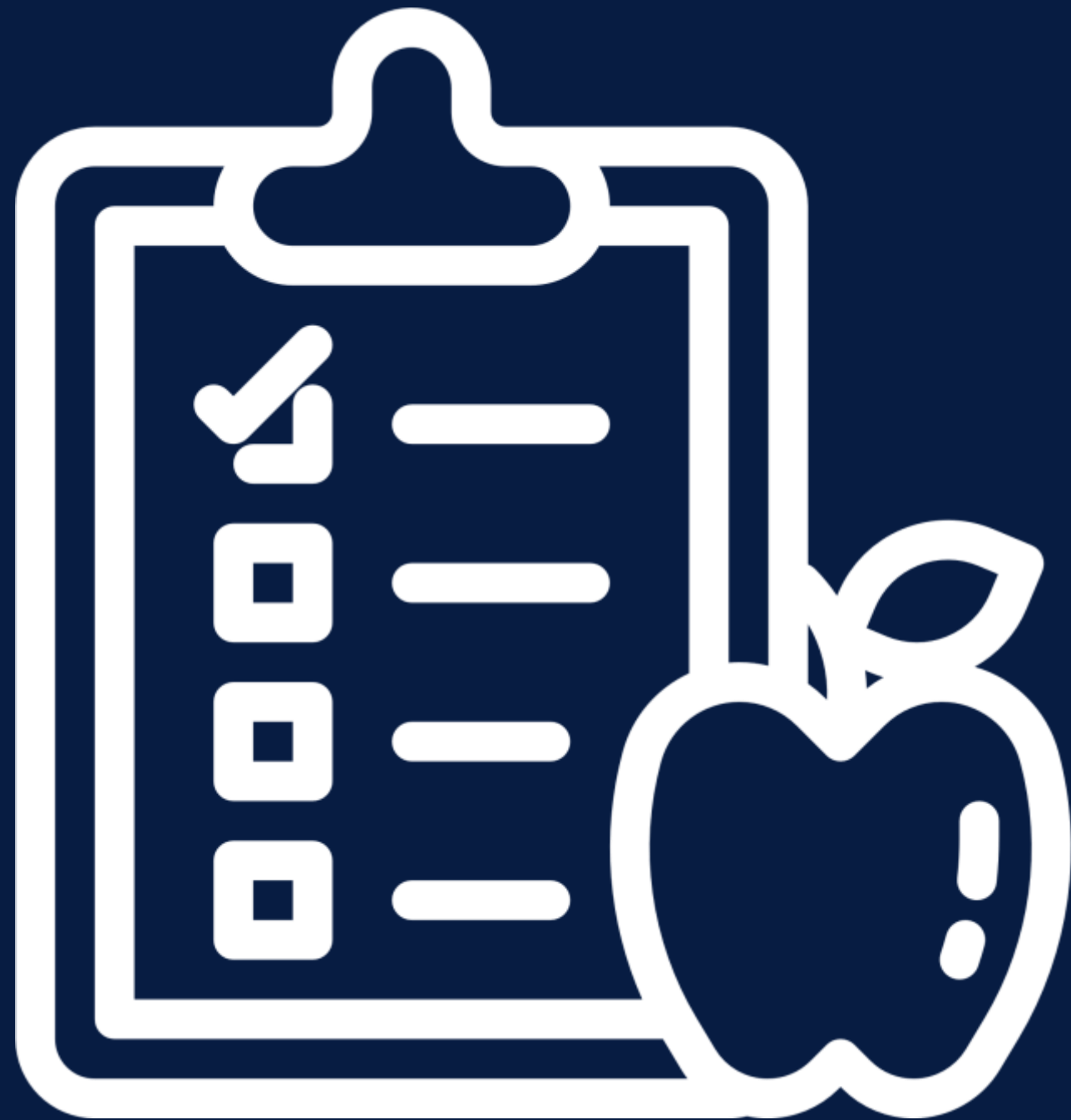


Exercise



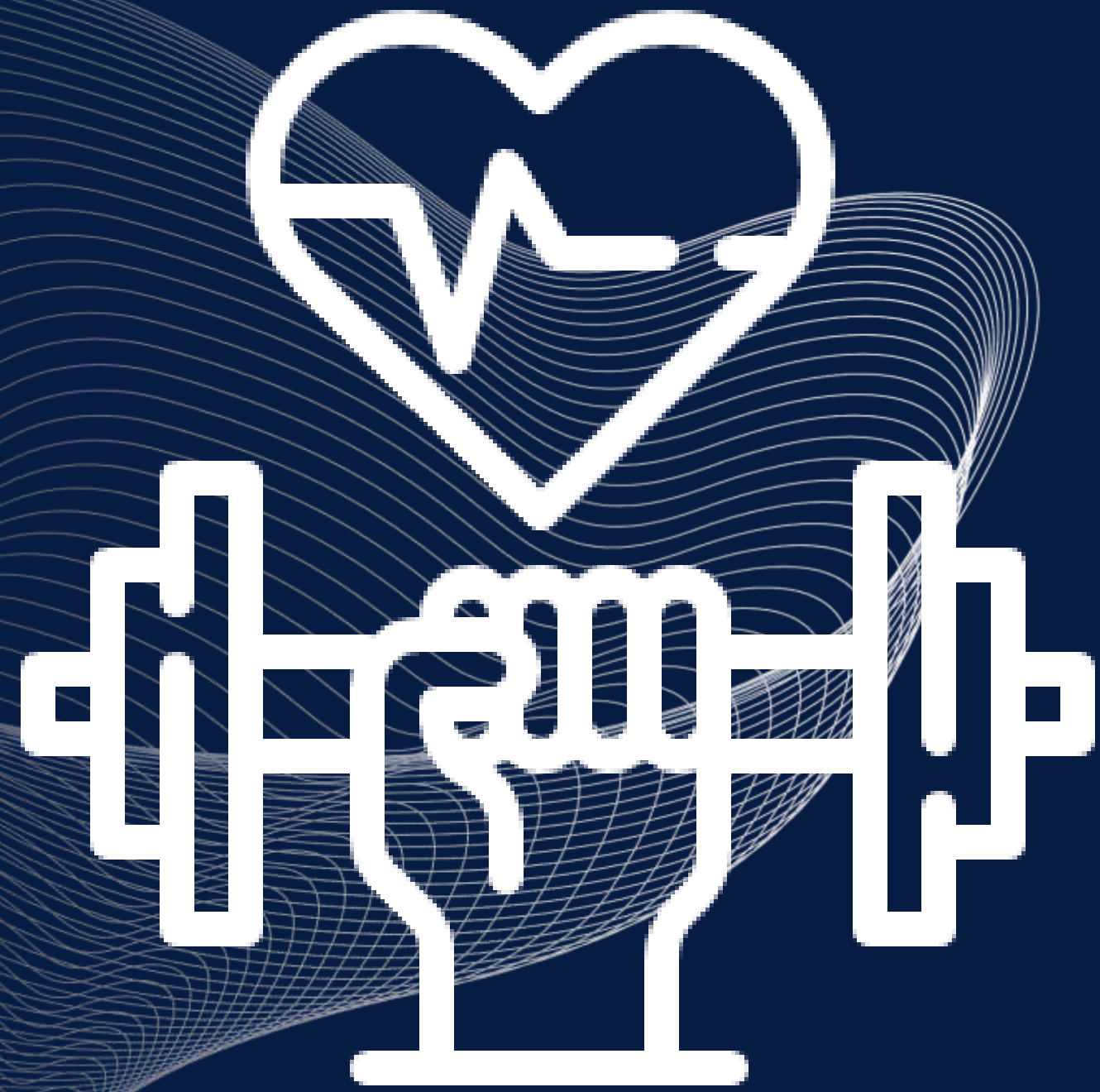
Mindset





Nutrition – Goal

- **Control Weight gain/lose weight**
- **Manage hunger**
- **Control Blood Sugar**
- **Reduce cravings**
- **Increase energy**
- **Aid with mood**



Exercise – Goal

- **Overall health**
- **Bone density**
- **Increased energy**
- **Weight loss**
- **Improved Mood**
- **Insulin sensitivity**



Mindset – Goals

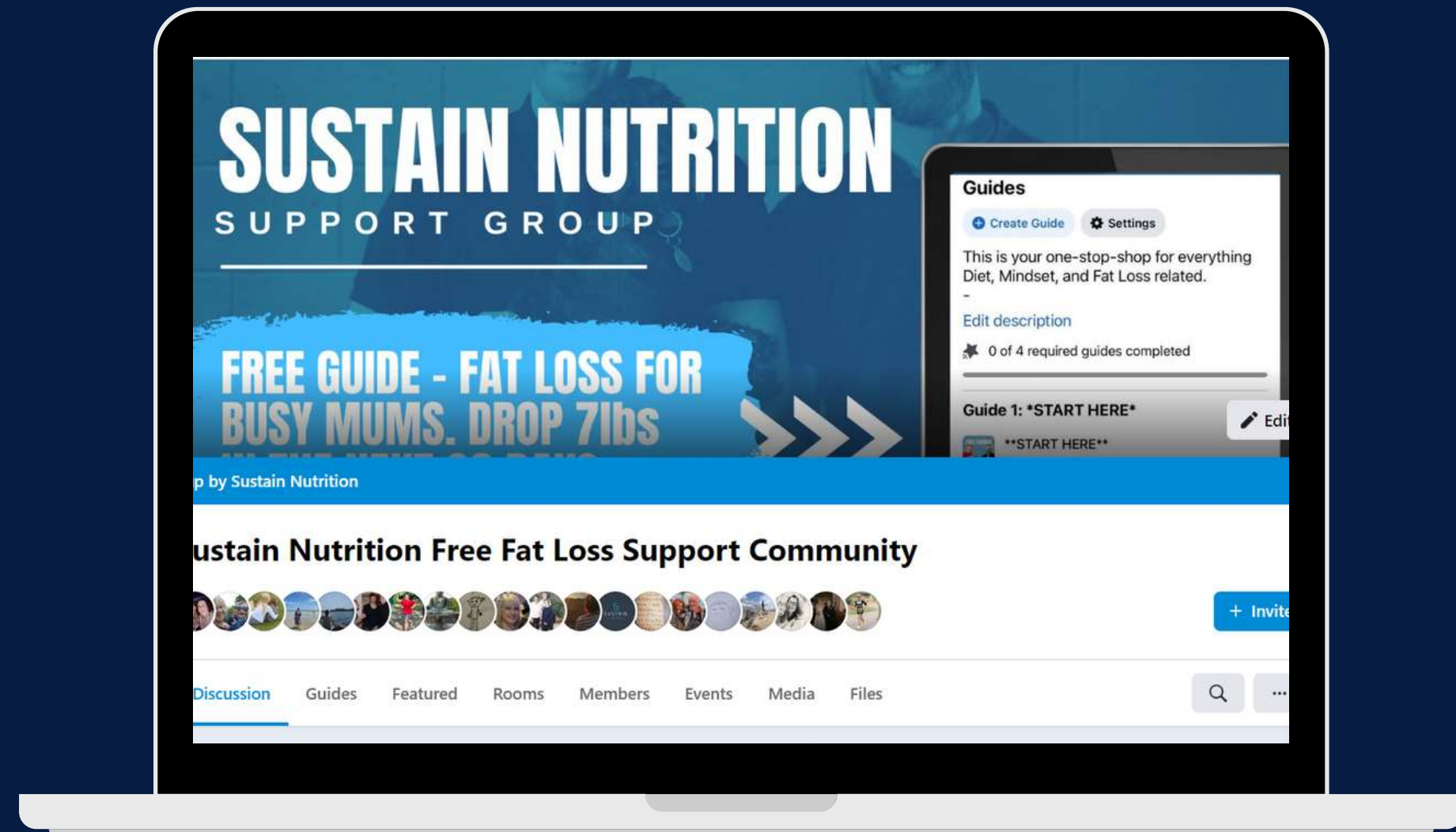
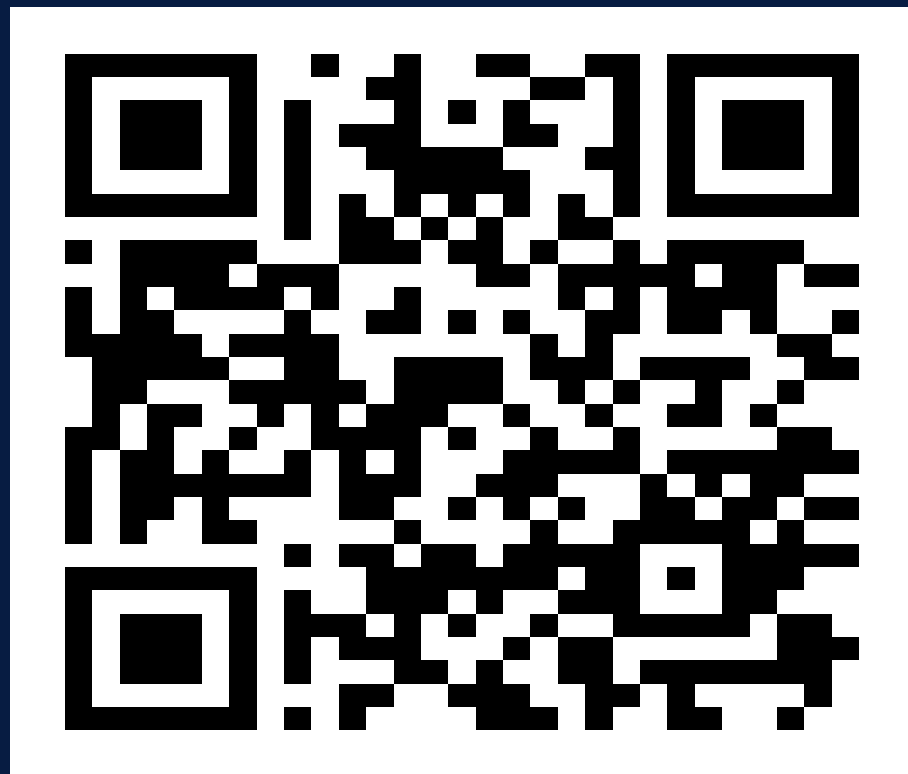
- **Improve Mood**
 - **Challenge previous beliefs**
 - **Better coping mechanisms**
 - **New identity**
 - **Looking through a different lens**
-

The Menopause Weight Loss Solution is HERE!



www.sustainnutrition.co.uk/menopause-solution-guide

Sustain Nutrition Free Fat Loss Support Group



www.facebook.com/groups/sustainnation



info@sustainnutrition.co.uk

A solid white horizontal bar located at the bottom right corner of the page.