



HEALTHY WEIGHT LOSS DURING PERIMENOPAUSE AND MENOPAUSE

A free and simple guide to restoring weight balance,
energy and confidence - naturally

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Wholistic Natural & Lifestyle Therapist

Disclaimer

The material in this eBook is for informational and educational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical advice, diagnosis, treatment, prescription or recommendation. All viewers of this content, especially those taking prescription or over-the-counter medications, should not make any changes in their health regimen or diet before first consulting a qualified health professional.

What's inside

Welcome

Weight loss keys

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Welcome!

Are you gaining weight despite eating and exercising the same way as before?

Is fat accumulating around your waist, hips or abdomen?

Do you feel like your body is resisting weight loss no matter what you do?

Menopause changes how your body handles insulin, fat storage and metabolism.

Hi, I'm Joanna

As a Wholistic Natural Therapist and a former corporate leader, I understand how frustrating weight gain during perimenopause and menopause can feel - especially when you're already doing "everything right."

The truth is, hormonal changes and accumulation of toxins as we go through life, shift how your body uses stores fat, energy and manages stress. But with the right nutrition and lifestyle habits, you can gently guide your body back into balance.

In my clinical experience, the key elements to address therapeutically for weight loss in menopause include:

- Light and darkness exposure (circadian rhythms)
- Sleep
- Stress and cortisol
- Gut function and microbiome
- Nutrient deficiencies / excess (toxicity)

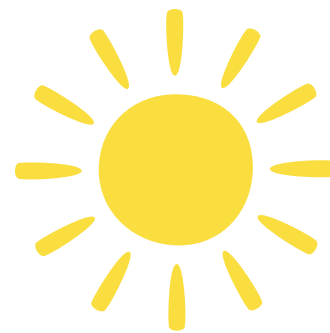
These steps are included in my personalised therapeutic programs and consultations with clients.

This guide briefly covers

- ✔ The 4 key factors that make weight loss harder during menopause
- ✔ Simple, natural swaps and tips that work
- ✔ A daily checklist to help you stay on track
- ✔ Resources and tips to start today



Key #1



Hormonal balance & daily rhythm

Why it matters

Your hormones follow a natural rhythm influenced by light, sleep, and food timing. When this rhythm is disrupted - by late nights, skipped meals, or constant stress - your metabolism slows, and fat storage increases.

Key hormones regulating body weight are leptin and insulin. Both of them follow circadian patterns of light and darkness, and can be balanced/ restored by adhering to daily circadian rhythms.



Natural swaps & tips



Get 10-15 minutes of morning sunlight within 1-2 hours of waking.

Watching the sunrise is the key step. Spending 10-15 minutes outside at this time is most beneficial. If this is not possible, aim to be outside at sunset and a few times during the day.



Eat breakfast within 30-60 minutes after waking to stabilise blood sugar, decrease cravings and appetite.



Keep regular meal times - your body loves routine which signals safety, decreases stress and calms nervous system.

These small steps can help reset your circadian rhythm, supporting better energy, mood, and metabolism.



Additional resources: [Joanna's circadian rhythm and sunlight blogs](#)



Key #2



Stress & nervous system

Why it matters


Chronic stress raises cortisol, your “fat-storing” hormone. High cortisol (= stress and imbalanced nervous system) can make your body hold onto weight, especially around the belly, to prepare for emergencies.


Chronic stress can lead to weight gain by increasing the production of cortisol, a hormone that triggers cravings for high-calorie comfort foods and slows down metabolism. This combination often results in overeating and storing excess fat, particularly around the abdomen.

✔ Natural swaps & tips

 **Take at least 5 minutes daily for deep breathing** ideally combined with sunlight exposure and grounding outdoors.

 **Replace afternoon coffee with calming herbal tea** e.g. lemon balm, chamomile, dandelion root or tulsi.

 **Prioritise rest** - even short pauses during the day can help your body feel less stressed and safe again. E.g. go for a short walk at lunch time, eat lunch outside, don't check your phone whilst eating (!), eat calmly, slowly and mindfully.

 **Daily gentle movement** - walking in nature, relaxing (yin) yoga, dancing, stretching, Pilates etc.



When your nervous system calms, your metabolism can finally work efficiently.

Additional resources: [Check out Joanna's stress and fatigue blog posts](#)



Key #3







Sleep & recovery

Why it matters

Poor sleep disrupts hunger hormones (ghrelin and leptin), making you crave sugar and carbs. It also slows metabolism and increases inflammation. Poor sleep and weight gain create a vicious cycle: the less you sleep, the more your body struggles to regulate weight balance.

A lack of deep rest keeps stress hormones elevated, imbalances hormones (not just sex hormones but also insulin = blood sugar instability; melatonin = poor sleep; cortisol = stress), weakens resilience, and makes symptoms feel harder to handle.

Natural swaps & tips

-  **Dim lights 1-2 hours before bed.** Use lamps instead of overhead lights. Re-think the use of LED bulbs (blue light keeps you awake). Invest in healthier full spectrum incandescent light bulbs.
-  **Avoid caffeine** (coffee or strong tea) after 3pm as this can negatively affect sleep in some women.
-  **Avoid screens 1-2 hours before bed.** Don't keep your phone in the bedroom.
-  **Keep your bedroom dark,** cool and quiet to facilitate deeper sleep.

Quality sleep is one of the most powerful “weight loss tools” for women in midlife.

Additional resources: [Check out Joanna's sleep remedies](#)



Key #4



Nutrition & meal composition

Why it matters

During menopause, your body becomes more sensitive to blood sugar swings. Processed carbs and sugary snacks trigger insulin spikes, which promote fat storage.

Poor timing (like eating late at night) can also interfere with digestion and sleep - both of which are critical for hormone balance and weight control.

Opt for lighter evening meals that include protein, vegetables, and healthy fats. **Avoid sugar and alcohol close to bedtime.** Experiment with earlier meal times (finishing dinner by 7pm or 3 hours before bed), so your body can fully digest the food before sleep.

Eat a protein rich breakfast within 30-60 minutes after waking up to support your natural rhythms for the day and night, and decrease cravings.

Natural swaps & tips



Focus on whole unprocessed foods - quality proteins, healthy fats, fresh locally grown fruits and vegetables, and fibre.



Eat high protein breakfast within 60 min of waking and lighter dinners - finish eating by 7pm or 3 hours before bed.



Drink clean filtered water throughout the day starting with 1-2 glasses after waking up to hydrate after sleep. Add electrolytes or lemon juice to increase water absorption and retention.

These changes can help stabilise blood sugar, reduce cravings, increase satiety and support steady energy and mood throughout the day, and help sleep at night.

Additional resources: [Check out Joanna's 'Nutrition & healthy foods' blogs](#)



Next steps

You don't have to "fight" your body to lose weight – instead you can work with it

By aligning your daily habits with your body's natural rhythm, support your nervous system, sleep deeper and be mindful of what and when you eat, you can:

- ✨ Regain confidence in your body
- ☀️ Enable and encourage steady weight loss, not starvation
- 🌙 Start losing weight naturally by sleeping better
- ☀️ Make nutrition work for you, not against you
- ☀️ Feel calmer, more energised and motivated to continue your weight loss journey until you achieve your desired body weight

An invitation

What you have just read is one piece of a much bigger picture. Menopause can show up in **more than 100 different ways** across the brain, nerves, gut, joints, skin, mood and metabolism. That's why symptoms can feel confusing and hard to pin down.

I created "**The Menopause Symptoms and Systems Guide: A practitioner's guide to the physical and emotional changes of the menopause transition**" to bring clarity to that complexity, and help you recognise what your body is communicating.

It includes a comprehensive symptom map and simple explanations of causes to help you see where your own patterns may sit. You may get it by clicking the button below.

[GET THE FULL GUIDE](#)

Inside, you will also find how my Naturimedica Blueprint approach supports the whole body, not just individual symptoms.


If you would like personal support, you can also learn how I work with women to create a natural, sustainable plan for their unique menopause journey inside the full guide and on the next page here.



Your daily checklist

Monitor and act on daily.

KEY # 1  **Hormonal balance & daily rhythm**
Notes

KEY # 2  **Stress & nervous system**
Notes

KEY # 3  **Sleep & recovery**
Notes

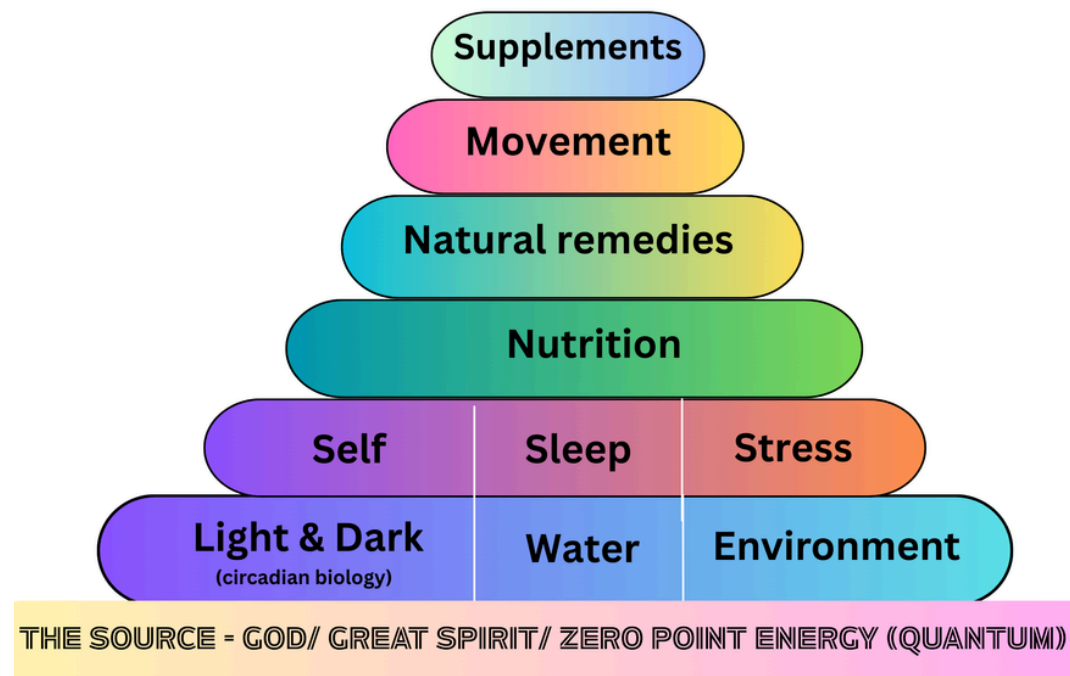
KEY # 4  **Nutrition & meal timing**
Notes

Print a copy and review daily



The Naturimedica Signature Blueprint for Health & Wellbeing

One method. Many paths. Always personalised.



At the heart of the Blueprint lies a pyramid structure that reflects what, from my clinical and personal experience, truly drives lasting wellbeing:

- **~60% Lifestyle Foundations (i.e. two bottom layers = key to any transformation):** light and dark balance, hydration, nature connection and mindful environment, quality sleep and self-care, and stress reduction.
- **~30% to 40% Nutrition:** eating real, nourishing food tailored to your body's needs.
- **~10% to 15% Supplements, Natural Remedies and Movement:** targeted support to fine-tune your health and body function.

This layered approach blends natural wisdom, science and personalisation, helping you move from any imbalance or hormonal challenges toward renewed harmony and energy. **The interconnected structure ensures that every step supports the next - restoring energy, balance and vitality from the ground up.**

Explore the Signature Blueprint graphic and method to see how each layer builds upon the next, creating strong foundation for lifelong wellness.

Download your free Naturimedica Signature Blueprint Guide [HERE](#) (or from the website), then connect with me for personalised support to start your own transformation journey to health and wellbeing.

www.naturimedica.com | e: joanna@naturimedica.com



Resources

For additional and more in-depth information on natural and lifestyle approaches to perimenopause and menopause visit my website: www.naturimedica.com

Here are the links to the most relevant website information:

- <https://www.naturimedica.com/category/weightlossremedies/>
- <https://www.naturimedica.com/category/hormones-menopause/>
- <https://www.naturimedica.com/category/circadian-biology/>

If you'd like more information and simple, basic guidance on other specific perimenopause or menopause symptoms/ topics, the following FREE guides are also available to review:

• Hot flushes

• Key symptoms self-check

• Gut health

• Weight loss

• Adrenals & energy

• Blood glucose management

• Brain fog

• Thyroid health

• Anxiety & depression

• Sleep

• Skin, nails, collagen

• Osteoporosis

• Hair loss

• Circadian Daily Light Guide: Practical Steps + Benefits

Feel free to contact me if you'd like any of the above guides emailed to you.

Email: joanna@naturimedica.com

I also regularly publish valuable free resources and practical information on social media.

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About me



As a Wholistic Natural & Lifestyle Therapist with 15 years clinical experience, my passion is helping women to restore energy, sleep and vitality by reconnecting with Nature and its rhythms.

I combine nutrition, herbal medicines, naturopathy and lifestyle strategies with practical education, so clients can take charge of their own health.

My approach is grounded in both research and traditional naturopathy. My therapeutic strategies are always tailored to the individual.

I believe true health comes from following daily rhythms aligned with nature, and from nurturing the body with good nutrition, sleep, rest and re-establishing good function, not quick fixes. The fact is: we can't outsmart Nature!

I've seen consistently how small, habitual changes add up to create big result over time. My goal is simple: to guide you back to health with tools and remedies that are natural, safe, sustainable and effective.

Visit my website www.naturimedica.com for more information on my therapeutic approach, areas of expertise and special interest, and how to connect with me. Follow me on social media for more support and updates.

[Instagram](#)
[Facebook](#)

[LinkedIn](#)
[Wellness Blog](#)

I look forward to connecting with you and supporting you in your ongoing health journey.

Best of Health

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