

The Metabolism Reset Blueprint: 5 Steps to Lose Weight & Regain Energy After 40

A NATURAL APPROACH TO LASTING WEIGHT
LOSS & HORMONAL BALANCE



Hello!



Thanks for downloading The Metabolism Reset Blueprint: 5 Steps to Lose Weight & Regain Energy After 40!

I'm Sylvain Deslongchamps, a Registered Health and Nutrition Counselor, and I help women over 40 reset their metabolism, balance their hormones, and lose weight naturally so they can feel energized, confident, and in control of their health again.

This 5-step blueprint is straight from my coaching toolkit, and it's just one part of my proven system for helping women overcome stubborn weight gain, fatigue, and hormone imbalances.

Without it, you might continue to feel frustrated by diets that no longer work, exhausted from low energy, and stuck in a cycle of weight gain despite your best efforts.

With it, you'll have a clear roadmap to understanding why your metabolism has slowed down—and exactly how to reset it with the right nutrition, mindset, and self-care strategies.

I hope you enjoy this guide—it's been a game-changer for my clients, and if you follow it, you're well on your way to a healthier, happier, and more energized version of yourself!

To your health,
Sylvain Deslongchamps, RHNC
Metabolic Balance Coach

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Introduction: Why Your Metabolism Changes After 40

Turning 40 is a milestone, but for many women, it comes with unexpected challenges—weight gain, hormonal imbalances, low energy, and a body that no longer responds to traditional diet and exercise methods.

If you've ever wondered why the methods that worked in your 20s and 30s are failing you now, you're not alone. The truth is, metabolism shifts with age due to hormonal fluctuations, stress, and lifestyle factors.

But here's the good news—you can reset your metabolism and lose weight naturally! This guide will walk you through a 5-step formula designed specifically for women over 40 to optimize metabolism, balance hormones, and achieve lasting weight loss without deprivation. So, let's dive in and reclaim your health!



Step 1: Comprehensive Health Assessment – Finding Your Weight Loss Blockers

Before making any changes to your diet or exercise routine, you need to understand what's happening inside your body. One-size-fits-all diets fail because they don't address individual metabolic needs.

What's Blocking Your Weight Loss?

Weight gain after 40 is often linked to:

- Hormonal Imbalances – Estrogen, progesterone, thyroid, and cortisol shifts impact fat storage.
- Nutrient Deficiencies – Low vitamin D, magnesium, and iron can slow metabolism.
- Inflammation & Insulin Resistance – Chronic stress and poor diet lead to fat storage.
- Thyroid Dysfunction – A sluggish thyroid can make weight loss nearly impossible.



How to Uncover These Blockers

The best approach involves:

- ✓ Detailed health history review
- ✓ Comprehensive bloodwork (thyroid, glucose, hormones, vitamin levels)
- ✓ Lifestyle assessment (sleep, stress, gut health, energy levels)

Action Step: Work with a qualified health professional to test and analyze your metabolic health.



Step 2: Mindset Shift – Rewiring Your Relationship with Food

Many women unknowingly sabotage their weight loss due to "diet mindset traps." Years of yo-yo dieting, deprivation, and emotional eating create a cycle that keeps you stuck.

Common Mindset Blocks

- ❌ Thinking weight loss = extreme dieting.
- ❌ Believing exercise must be grueling to work.
- ❌ Using food as an emotional coping mechanism.



Mindset Strategies for Success

- ✓ Focus on nourishment, not restriction.
- ✓ Listen to your hunger signals.
- ✓ Identify emotional eating triggers.
- ✓ Set realistic, sustainable goals.

Action Step: Keep a food & mood journal for one week to identify patterns in your eating habits.



Step 3: Optimized Nutrition – The Key to Metabolic Reset

Forget calorie counting! Metabolism thrives on nutrient-dense foods, not starvation. The goal is to eat in a way that supports your body's unique biochemical needs.

Key Principles for Metabolism-Boosting Nutrition

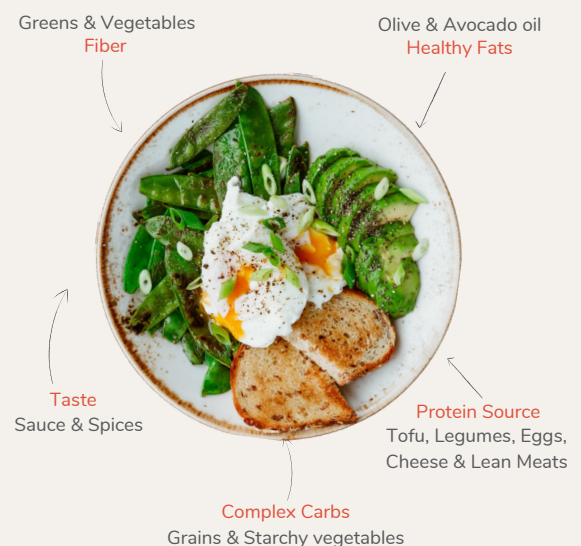
- Whole, unprocessed foods – Cut out processed junk, focus on real food.
- Protein-first approach – Start meals with protein to balance blood sugar.
- Healthy fats are essential – Avocados, nuts, seeds, and olive oil keep hormones happy.
- 3 meals, no snacking – Give your body time to burn fat between meals.



The Power of Personalization

Every woman has different metabolic needs. A tailored meal plan based on bloodwork can help optimize nutrition without the guesswork.

Action Step: Plan your next meal using the formula: Protein + Healthy Fat + Fiber-rich Vegetables



Step 4: Understanding & Balancing Your Hormones

Your hormones control everything—weight, mood, energy, sleep, and metabolism. The natural decline in progesterone and estrogen in your 40s leads to stubborn weight gain.

The Big Players in Weight Gain

- Progesterone Plummet – Leads to fluid retention, irritability, and stress sensitivity.
- Estrogen Dominance – Causes belly fat, bloating, and sluggish metabolism.
- Cortisol Overload (Stress Hormone) – Blocks fat burning and promotes belly weight.
- Thyroid Function Decline – Slows metabolism, making weight loss difficult.



Hormone-Balancing Strategies

- ✓ Reduce sugar & processed foods to lower insulin spikes.
- ✓ Prioritize sleep – Aim for 7-9 hours to regulate stress hormones.
- ✓ Eat hormone-supporting foods like leafy greens, salmon, and seeds.
- ✓ Manage stress through meditation, yoga, or walking.

Action Step: Pick one hormone-balancing habit to implement today!



Step 5: Self-Care for Sustainable Success

Many women over 40 are constantly stressed, which can block fat loss and harm metabolism. Self-care isn't selfish—it's essential!

The Link Between Stress & Weight Gain

- Chronic stress = high cortisol = increased belly fat.
- Poor sleep = hormone imbalances & sugar cravings.
- Lack of downtime = emotional eating & exhaustion.

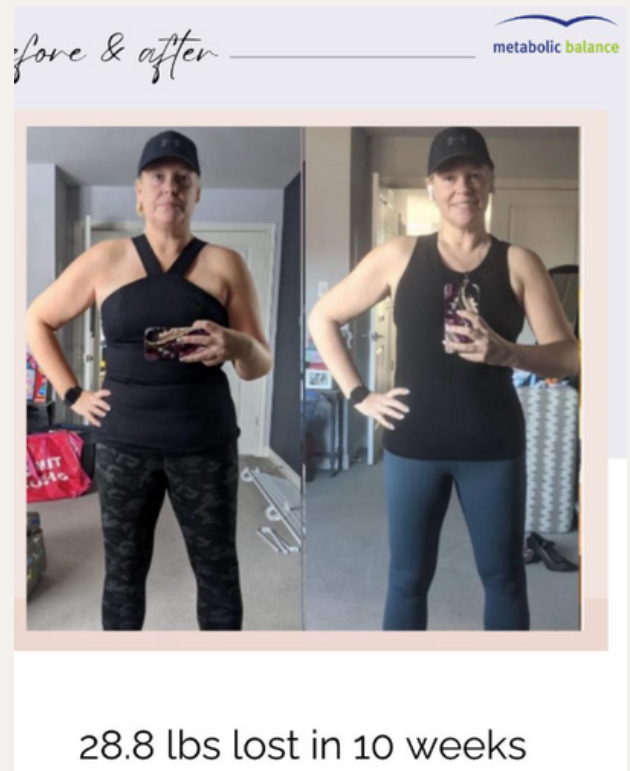
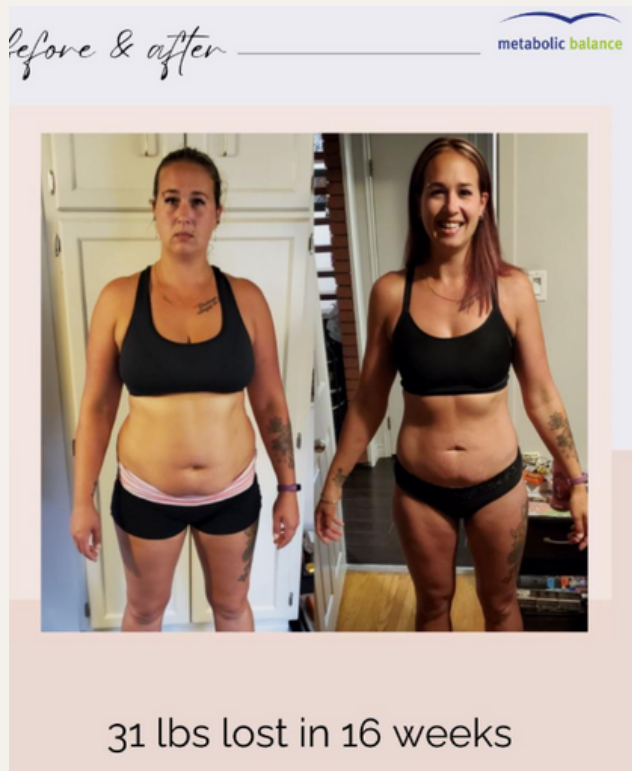
Simple Self-Care Strategies:

- ✓ Daily movement – Gentle exercise like walking, yoga, or Pilates.
- ✓ Prioritize rest – Create a calming bedtime routine.
- ✓ Schedule "Me Time" – Even 10 minutes a day can help!
- ✓ Stay connected – Join a supportive community for accountability.

Action Step: Choose one self-care practice and commit to it daily.



Real Success Stories – Proof That Change is Possible



- ✓ Regained confidence & energy
- ✓ Balanced their hormones
- ✓ No longer felt trapped in diet culture

next steps...

You now have a formula for resetting your metabolism naturally and achieving lasting weight loss after 40. But here's the thing... for most women over 40, it takes more than this guide alone to truly balance hormones, boost energy, and break through stubborn weight loss plateaus.

That's why The Metabolism Reset Blueprint: 5 Steps to Lose Weight & Regain Energy After 40 is just one part of my complete method. There are so many other elements—hormone balance, personalized nutrition, stress management, and lifestyle habits—that all need to work together so you can finally achieve sustainable weight loss and renewed vitality.

If you'd like to explore what else may be blocking your metabolism, and find out exactly what is stopping you from losing weight, regaining energy, and feeling your best, then I invite you to book a FREE 20-minute discovery session now.

I only have a small number of spots for these calls each week, so click the link below and grab your spot before they're gone!

Looking forward to helping you take the next step toward lasting health and transformation!

To your success,
Sylvain Deslongchamps, RHNC
Metabolic Balance Coach



[CLICK HERE TO BOOK A CALL NOW >>](#)