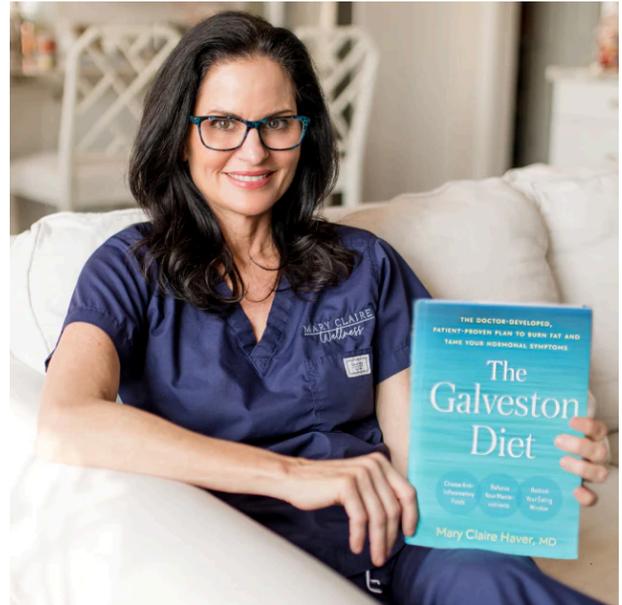


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Meet Our Founder

Dr. Mary Claire Haver is a wife, mom, physician, and entrepreneur who has devoted her adult life to women's health. As a Board Certified OBGYN, she has delivered thousands of babies, exams and consultations. Over the years, as her patient population aged, Dr. Haver was overwhelmed with the number of complaints and concerns her patients had about weight gain while going through menopause. For years, she told her patients to eat less and exercise more. When Dr. Haver started to experience perimenopausal symptoms, and the "eat less, workout more" advice wasn't working, she decided to find a solution that worked.

She developed The Galveston Diet based on thousands of hours of research to target specific problems women run into in middle age. Once she started to see how effective the diet was at tackling menopause weight gain, she wondered what else she could help women with during this stage in life. Thus, The 'Pause Life was born - a platform to help demystify menopause.



NUTRITION

The 'Pause Belly Fat Blast Challenge



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Menopause And Intermittent Fasting



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