



Helping women on a ***menopause journey*** regain their energy, lose stubborn weight and belly fat, and feel confident in their clothes again!



Hello, Gorgeous...

You're a ***smart and successful midlife woman.***

You have ***BIG*** goals to travel and check off your bucket list.

You ***love being active, spending time outdoors,*** walking or hiking in nature or taking an exercise class.

You love taking ***vacations with the family.***

Your life and happiness is found in ***spending time with your loved ones, family and your friends.***



But, lately (or maybe longer)...

You ***don't*** seem to have the ***joy, desire, confidence and energy*** you used to have in your 20's, 30's, and early part of your 40's.

You have tried many diets, but they always leave you ***hungry and with out of control cravings, plus the weight just keeps creeping up!***

Your jeans feel more ***snug around the middle***. Belly fat seemed to have appeared from nowhere.

You love to exercise, but the ***exercise routine*** you've been doing for decades is leaving you exhausted and keeping your weight stuck or creeping up. There are days you are too tired to walk your dog.

You ***go to sleep exhausted*** because your brain and mind won't shut off, ***and you wake up exhausted***, because you're tossing and turning from night sweats.

But, lately (or maybe longer)...

You "***fly off the handle***" at every little thing that bothers you.

There are days where ***you can't remember where you left your keys.***

There are days when you feel like you're ***losing your "joie de vivre"***.

There are days where you feel like you're losing your mind, and you say:
"This is not me. Will I ever return? Will my life be normal again?"

Plus you feel you should, but the last thing you want to do is get down to
sexy business in the bedroom.

Here's the reality...

...your hormones may feel **flatlined now that you're in or close to menopause, and** no healthy eating, calorie restriction or exercise plan seems to be working.

And if something doesn't change? You worry you'll continue this trajectory miss out on all those adventures and dreams on your bucket list before those years whizz by!

There MUST be another way!

WHAT IF...

- **What if...**you were able to wake up feeling rested, energized and ready to start your day with grace, ease and a confident mindset?
- **What if...**you had as much energy as you wanted to walk, hike in nature, take an exercise class and play tag with your grandkids?
- **What if...** you knew how and what to eat to fuel your unique body, and reset your metabolism without feeling hungry and caving into pesky sugar and carb cravings?
- **What if...** you were able to fit into your clothes (even the ones still hanging in your closet tagged as new) comfortably and confidently so that you could enjoy your vacations, dinner dates with your partner and socialize with your girlfriends?
- **What if...**you reclaimed brain power and mental clarity you felt in your younger years?
- **What if...**you could get those feelings of joy, happiness and sexiness back?

...without having to go on a restrictive diet, a heavy exercise routine and settling for "surviving" in your 50's and beyond.

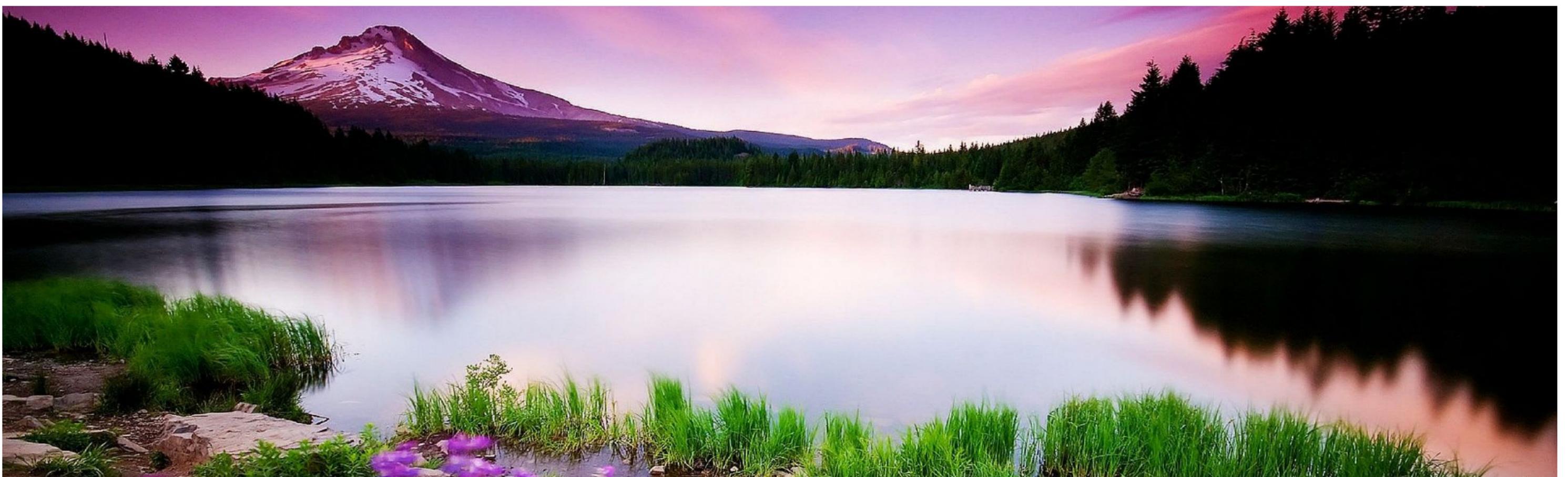
HERE'S THE PROBLEM...

Being at your best health and weight in menopause is **confusing**. Every day there is a new '**perfect**' diet for women over 50, but what works for one doesn't work for all.

You already feel like you are doing **all the right things** like eating healthy and exercising.

Sadly, the diet industry has failed all dieters, as 5% of all diets fail, and no wonder a multi-billion dollar industry. ***It becomes a steeper hill to climb for women over 50 who are now dealing with nagging hormonal symptoms and extra weight and belly fat that seemed to "appear from nowhere."***

If you're doing all the things like eating healthy, exercising and taking medication your doctor prescribed to help your meno symptoms, and still feel like crap, and the weight won't budge, ***it's time to look under the hood*** and figure out what is REALLY going on!



Many women in menopause give up and accept that they are "**just getting older**", or have been told by their doctor to accept that what they are going through is "normal." Trying to improve their health and not getting results is frustrating!

I mean, who could blame them for just giving up?

I'm here to dispel all that - there is another way!

Hi, I'm Margot



I'm Margot and I've walked in those well-worn midlife shoes of yours, feeling flabby and exhausted, and wondering, "***will I ever lose the weight and get through this hormonal nightmare?***"

Just shy of my 50th birthday, I realized that no doctor could help me and that I needed to take matters into my own hands.



What I wanted was to stop the rollercoaster dieting nonsense, lose the weight and belly fat for good, have more energy in the day, reclaim my joy and zest for life and feel confident in my clothes.

As a functional and holistic health coach, I had the tools and resources in place, but knew I needed to delve deeper into the reasons behind weight gain and menopause, and how we could learn to navigate the hormonal changes holistically and from a functional (root cause) approach.



During my functional health coaching training, I was able to run functional lab tests which included looking at the health of my sex, thyroid and stress hormones, and liver and gut.

I was so blown away by my results because, even though I was still cycling, lab results for the key hormones were reflective of someone post-menopausal. Plus my stress hormones indicated I was surviving on the last tank of gas. It's no wonder I was always exhausted, craving foods, had poor sleep and the flab would not come off.

This jumpstarted my journey to losing the stubborn weight and managing my menopause, and the reason I wanted to help women like you today so you wouldn't have to go through your frustration and agony any longer.



Today, I run a ***thriving***
Functional Health Coaching practice that helps
women on in midlife **reclaim their joy, regain
energy, feel confident in their clothes so they can
FLOURISH** in their menopause years and ahead !

WHY THE FLOURISH IN MENOPAUSE & BEYOND SOLUTION IS DIFFERENT

There are few programs out there for **menopause and weight loss**, since most practitioners are confused why weight loss in menopause can be a struggle.

Most health coaches and practitioners offer a quick fix one-size-fits all solution and do not look at the ***underlying reasons behind each woman's struggles***.

If you want to lose weight and overcome fatigue and other nagging menopause symptoms, we need to go ***deeper and identify the actual problem***.

Many women in menopause have struggled with their weight for decades - this was exactly my experience, and they have to do ***deep internal and emotional healing*** in order to achieve lasting weight loss.

WHY THE FLOURISH IN MENOPAUSE & BEYOND SOLUTION IS DIFFERENT

This program incorporates **functional lab testing to uncover your unique root cause** (instead of guessing) of your symptoms and an out of balance metabolism, and customize a solution for YOU based on actual data.

The lab testing delves deep into your **hormonal, immune, gut and liver health** - all essential for health building and a metabolism reset during menopause.

It also incorporates inner work through **mindset, mindfulness and mindful** eating.

This could be the last menopause and weight loss solution you will ever need.

WHY I'M DIFFERENT AS A HEALTH COACH

- **I've been in your shoes!** I've struggled with my weight and suffered with these nagging hormonal symptoms years before menopause, and have finally come out on the other side feeling confident and living my joy.
- I've spent the **past three years learning about menopause health, mindset and metabolism.**
- I'm trained in **Functional Lab Testing** so I will be able to uncover your root cause.
- I've **helped women just like you** lose weight and belly fat, reclaim joy in their life, overcome their fatigue and feel confident and feel like themselves again.
- I'm 100% results driven - I am **deeply committed to your transformation.**
- I'll teach you **EVERYTHING you need to know** and help you implement it.
- I care deeply for you, your struggle and I want you to succeed.

HOW IT WORKS

WHEN YOU ENROLL IN THE FLOURISH IN MENOPAUSE & BEYOND SOLUTION

we'll start off with targeted functional lab testing to uncover your unique root cause & develop your customized protocol.

From there, I'll move you through the following steps...

STEP 1 The Right Eating Plan for Your Unique Body and Metabolism

We break down the *eating plan right for you and your metabolism*.

We will focus on strategies to remove the blocks and then reset and build a happy metabolism.

We will use the results of your lab testing to customize this further.

HOW IT WORKS

STEP 2: Mindset shifts and healthy habits for lasting weight loss in menopause and beyond.

You'll do some inner work, creating positive mindset shifts and overcome limiting beliefs about yourself, your potential to succeed, through journaling and mindfulness practices and more! Lasting weight loss and a healthy menopause experience truly starts in the mind.

STEP 3: Sleep, rest and recovery

We dive into the importance of sleep, rest and recovery and best sleep hygiene practices for a healthy menopause transition and weight loss.

We will customize a sleep hygiene protocol using lab results for guidance.

HOW IT WORKS

STEP 4: Movement and Exercise

We create a healthy, realistic movement exercise program right for you and your needs and desires.

We focus on the best types of exercise, movement for menopause and beyond.

STEP 5: Stress: how it keeps us stuck plus stress relieving techniques

You will learn how stress keeps us stuck in our health and weight loss journey.

Stress is physical, emotional, mental and spiritual.

Stress relieving techniques.

HOW IT WORKS

STEP 6: Environmental & Household Toxins & Detoxification

We identify all the toxins in your home and external environment and how to start detoxing all these nasty chemicals from your body.

STEP 7: Self-care and self-love and a purpose-driven life for YOU

You will learn that in order to truly build health, during menopause, reclaim your joy, regain energy and feel confident in your clothes again, it has to start with (your)self: self-love, self-care and self-compassion.

HOW IT WORKS

STEP 8: Targeted supplementation protocol

We will start your supplementation protocol once all your functional lab results are in and we've completed a results and review session.

The supportive protocol will focus on the:

hormone, immune, digestion, detoxification, energy and nervous systems.

The protocol should start around week 4 into the program, and will run concurrently with the other modules.

CLIENT SUCCESS STORIES

"I had around 30lbs of weight and belly fat when I started. I didn't realize that my poor sleep habits had such an impact on my weight. I also had a hard time with afternoon sweet cravings always needing a me up drink. After implementing Margot's approach to eating right for my body, adding in more protein and smoothies for breakfast (always a struggle), I finally stopped my regular afternoon drive through stops. This program is wonderful - it's not a typical weight loss program, the focus is on healthy habits and aspects of lifestyle (including stress) where weight loss becomes easier."

~ Dee W

CLIENT SUCCESS STORIES

"I came into the program thinking that I'd have a hard time letting go of my gluten foods. Margot taught me gluten caused inflammation and when wheat showed up as a food sensitivity, I thought I wasn't able to get through it all. Margot's approach was gentle and understanding, meeting me right where I was at, allowing me to remove gluten gradually, replacing with healthier alternatives. I've not only lost weight, and my clothes feel looser, but I feel great, the belly bloat has almost gone and I have more energy in the day. Just wow! Thank you, Margot"

~ Sandra S

CLIENT SUCCESS STORIES

""As a 60+ year old woman, I have struggled with weight my entire life. My problem has been the sugar cravings and overeating at night. In addition to having lost over 15 lbs already in this program, I never thought that eating more protein each day would help my cravings. I've also learned to eat dinner early without depriving myself, my sleep is much better and my blood sugar levels have improved. Yay! I highly recommend this program."

~ Angela J



This program is a high-touch private coaching program that gives you 1:1 support and accountability to navigate the hormonal changes in menopause, reclaim your joy, regain energy, reset your metabolism and feel confident in your clothes again. (*based on timing of lab testing results)

- Educational modules
- Bi-weekly coaching calls
- Unlimited email support
- Weekly accountability check-ins
- Lifetime access to all material
- Chat support via text or audio in Healthie App during weekdays

Want to work with me?

Let's hop on a complimentary enrollment call and let's have a chat!

On the call, I'll ask you a few questions, listen to your story and make sure that

The **Flourish in Menopause & Beyond** Solution is the right fit for you. We will determine which program

And if not, I'll suggest something else so you can achieve your goals.

[Click here to book a call](#)

