

The 6
MINDSET SHIFTS
That Lead To
SUSTAINABLE
Weight Loss



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About Me



I came to the study of nutrition out of a personal quest for more knowledge about using food as medicine, but it was my clients who showed me where I was truly needed. Time and again, women would share their health concerns and then add, almost as an afterthought, "I'd really love to lose some weight too."

That quiet wish stayed with me. As a woman navigating this same season of life - you know the time when you are caring for everyone but yourself - the competing demands, the aging parents, the kids, the endless to-do list - I understand what it means to put yourself last. I've been there too.

What drives me is seeing women finally feel the shift: the energy returning, the confidence building, the sense of being back in control of their own health. That's why I do this work. You deserve to be a priority in your own life — not an afterthought."

In my clinic, I use the UltraLite program — a keto-based, whole-food approach that targets the real driver of midlife weight gain: insulin resistance. Combined with regular coaching and personalised metabolic support, my clients get results they've never been able to achieve on their own.

This guide is your first step. It will show you exactly why everything you've tried before hasn't worked — and what has to change for it to finally stick.

From "Dieting" to "Healthy for Life"

Let's be honest: diets don't work. They're short-term solutions to long-term problems — and they almost never address the real underlying issue.

Restriction, hunger, deprivation, bland food...sound familiar?

The trap I see constantly: women 'diet' to lose weight, then return to their old habits once they hit their goal. The weight comes straight back. The only path to lasting results is treating healthy eating as a lifestyle — not a temporary punishment.

The UltraLite program I use is built entirely around this. It's not a quick fix. It teaches you the habits and food knowledge you need for life — so you lose the weight and keep it off.

I began with no hope and no expectations. It turned out to be such a positive surprise. I finally feel like I understand what my body needs."

— Liz ♦ Finally got results ✓

♦ YOUR ACTION STEP

Reframe your goal: you're not going on a diet. You're creating a lifestyle that supports the body you want. Write this on a post-it and stick it on your fridge: "I eat to nourish my body. I become healthier every day."

From "Diet Products" to "Real, Whole Foods"

The weight loss industry is worth billions — and they make their money convincing you that you need their shakes, bars, and meal replacements to succeed. You don't. These highly processed products cause nutrient deficiencies, increase cravings, and almost always end up gathering dust in your pantry.

Ask yourself: can I drink this meal replacement shake for the rest of my life? No — and that's exactly why the weight comes back the moment you stop. Real, whole foods — lean proteins, vegetables, healthy fats, low-sugar fruits, nuts, seeds — are what your body is designed to run on.

My entire program is 100% real food. No meal replacement shake, no bars, no gimmicks. And my clients consistently get faster, longer-lasting results — and they actually enjoy what they're eating.

"I've been to many different dietitians and never been successful. I've lost 13kg in 2 months and now have the confidence to keep going."

— Tonia ♦ Lost 13kg in 2 months ✓

♦ YOUR ACTION STEP

This week: read ingredient labels on 3 things you eat regularly. If you can't pronounce it, or don't know what it is...it's not real food. Put it back. Focus on REAL food.

What Worked in Your 20s Won't Work in Your 40s and Beyond

Remember when you could skip a few meals or cut out bread for a week and drop 3kg without trying? Those days are gone — and it is not your fault.

After 40 (especially through perimenopause and menopause), your body becomes increasingly insulin-resistant. This means carbs and sugar trigger a much stronger fat-storage response. Your metabolism slows. Energy crashes become more severe. Fat accumulates around your middle — and refuses to budge.

The old 'calories in, calories out' approach doesn't work anymore because insulin is now the primary driver of fat storage. When insulin is chronically elevated, fat burning is impossible. You can eat less, exercise more, and still see nothing change. This is why.

The shift that changes everything: stop thinking about weight loss as calorie control, and start thinking about it as insulin management. When insulin stays low, your body can finally access stored fat for fuel.

Cravings quiet down. Energy stabilises. Sleep improves.

"For the longest time the scale just wouldn't budge, no matter what I tried. I even lost weight over Christmas — which feels like a miracle."

— Liz ♦ Lost weight over Christmas ✓

◆ YOUR ACTION STEP

This week: pay attention to how you feel 1–2 hours after eating.

After bread or pasta: Energised or exhausted? Satisfied or craving more?

After eggs, meat, salad and avocado: Stable? Clear-headed? Less hungry?

Your body is already telling you what it needs. Start listening.

Mindset Shift
04

From "Scale Obsession" to "True Progress"

I'd bet you know your weight to the nearest half-kilo. But here's the truth: that number is one of the most misleading measures of progress you can track. I've seen more women sabotage genuinely great progress because of scale obsession than almost anything else.

Your weight includes fat, muscle, water, bone, organs, and more. Two women can weigh the same and have completely different body compositions — one at 18% body fat, one at 40%. The scale cannot tell the difference. It also can't tell you your clothes fit better, that your waist has shrunk, or that you have more energy than you've had in years.

In my program, I track what actually matters: tape measurements (especially waist), how clothes fit, strength and endurance, energy levels, sleep quality, and overall wellbeing. These are the real signs your body is transforming — even when the scale hasn't moved yet.

"I never thought I could budge the weight. Down a few dress sizes, not hungry, and I feel so satisfied with the meal recommendations."

— Helen ♦ Down dress sizes ✓

♦ YOUR ACTION STEP

Put your scales away. Bring them out once a week at most — or better yet, once a month.

This week: notice one non-scale win.

Clothes looser?

More energy?

Sleeping better?

Write it down.

That's real progress.

You don't have to do this alone.

Book a free 15-minute phone chat — let's talk about your health goals and what's been getting in the way.

**No obligation • 15 minutes •
Limited spots available**

Use this qr code link to
book in a suitable time
for a chat



From "Weight Loss" to "Fat Loss"

Weight and fat are not the same thing. The biggest driver of day-to-day weight fluctuations is actually water, influenced by your carb intake, hormone cycles, hydration, and exercise. This is why you can be 1kg heavier on Monday than on Friday despite doing everything right.

What you actually want to lose is fat mass — while preserving (or even gaining) lean muscle. Diet plays the biggest role in this. Exercise matters, but no amount of gym time will overcome an insulin-spiking diet. I see women working incredibly hard in the gym, eating in a way that keeps insulin elevated, and wondering why nothing changes.

The right exercises for fat loss are those that preserve muscle: walking, yoga, Pilates, resistance training. Not punishing cardio sessions designed to 'burn off' last night's dinner — that approach doesn't work.

"Lost 10.5kg in 9 weeks. I feel amazing and am now optimistic for the future."

— Emma ♦ Lost 10.5kg in 9 weeks ✓

♦ YOUR ACTION STEP

Commit to 20–30 mins of movement 3–5 days this week: walking, yoga, Pilates, or gentle strength training. The goal: build muscle, support metabolism, feel strong. Not punishment. Not burning food. Building a better body.

From "Quick Fix" to "Trust the Process"

How many times have you started a program, got frustrated after two weeks, and thrown in the towel? I know this pattern well — and it's not a willpower problem. You've just been doing it without the right support.

Weight loss is a side effect of healthy living — not a cause of it. There is no end date. There is no rush. What there is, is a process: and the women who succeed are the ones who stop starting over and start staying consistent. The difference between women who reach their goal and women who give up isn't motivation. It's accountability and support. Having someone in your corner who can troubleshoot, encourage, and keep you on track when life gets hard — that is what changes everything.

This is why coaching is a core part of every program I run. My clients reach their goal because they don't have to figure it all out alone.

"Carrie follows up weekly to see how you're going. She makes everything feel simple and doable — her guidance actually fits into real life."

— Tonia ♦ 13kg lost ✓

♦ YOUR ACTION STEP

You've read all 6 shifts. You now know what needs to change. The question is:
Do you want to try to implement this alone...or do you want the right support to finally make it stick?

You've Got the Knowledge.

Now Let's Get You Results.

The 6 mindset shifts you've just read about are powerful.
But mindset alone won't reset your metabolism.

**Women over 40 need the right nutrition strategy,
the right metabolic support,
and the right accountability.**

Book your complimentary 15-Minute phone chat.
No pressure. No obligation. Just a conversation.

Book in for your complimentary
chat via the QR code here



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