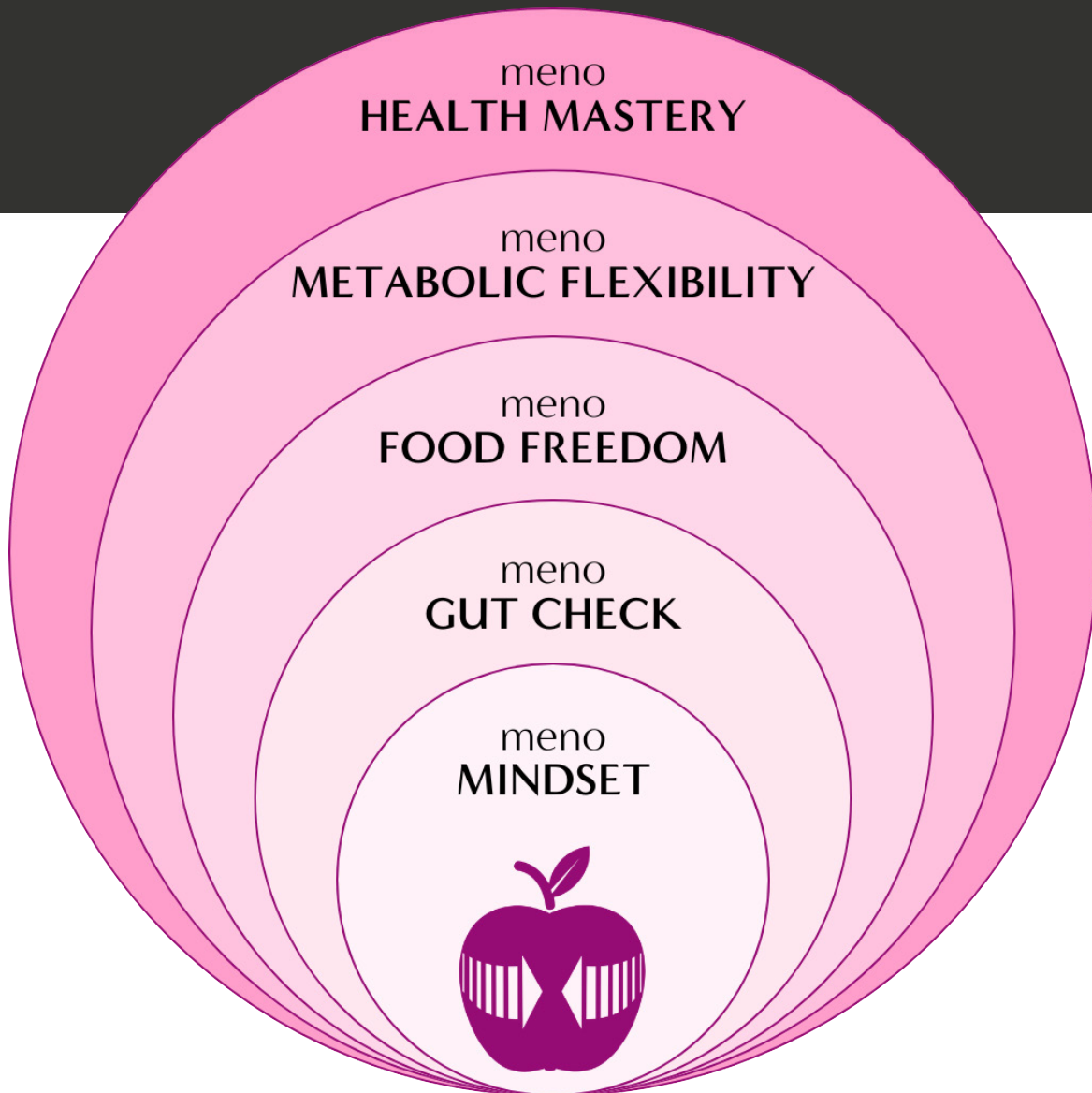


PROVEN 5-STEP

MENO-MELTDOWN™

METABOLIC MASTERY METHOD





Hey there beautiful soul!

SO I'M NOT
READY SURE

Are you ready to finally take back your health for good and feel like yourself again—with boundless energy, strength, and vibrancy in a body you love?

Are you done with frustrating diets, restrictive meal plans, and complicated protocols that leave you feeling deprived—but never actually work?

Are you tired of counting calories, obsessing over macros, or cutting out carbs—only to see the scale barely budge?

Do you miss enjoying the foods you love without digestive discomfort, bloating, or pain?

Are you ready to finally restore balance in your body, regain your confidence, and feel radiant in your own skin again?

And most importantly... are you ready to take real, proven action to effortlessly melt away stubborn weight, ease your menopause symptoms, and thrive—through perimenopause, postmenopause, and beyond?

If you answered *"HECK YES!"* to any of the above, then YOU, my sweet friend, are exactly where you need to be!



Welcome! You're In The Right Place

Menopause changes everything—your metabolism, your hormones, your digestion, your energy levels. So it makes sense that what worked in your 20s and 30s won't work now. Generic advice isn't the answer anymore.

That's why I created the **5-Step Meno-Meltdown™ Metabolic Mastery Method**—a personalized, science-backed approach that resets your metabolism, balances your hormones, and transforms your health without restrictive diets, gimmicks, or frustration.

Unlike one-size-fits-all plans, **this method is built for YOU**, using over 35 blood markers to create a tailored roadmap based on your unique body chemistry.

This is your chance to finally take control of your health, feel like yourself again, and step into this next chapter with energy and confidence.

💛 You're not alone. You've got this. And I'll be with you every step of the way!

xx Tanya

Registered Holistic Nutritionist
Certified Metabolic Balance® Coach
Menopausal Health Specialist

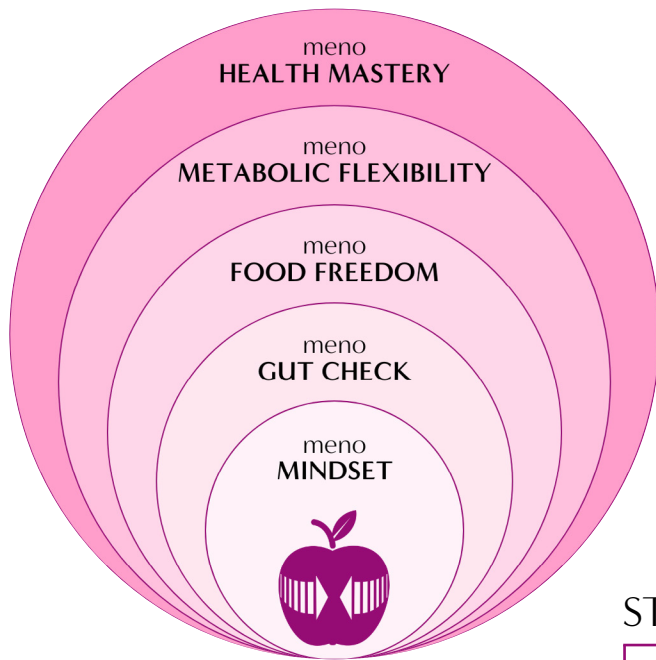
**MENOPAUSE IS
INEVITABLE—BUT
SUFFERING THROUGH
IT IS DEFINITELY
OPTIONAL!**

*Come and say hello
I can't wait to meet you!*



PROVEN 5-STEP *MENO-MELTDOWN™*

METABOLIC MASTERY METHOD

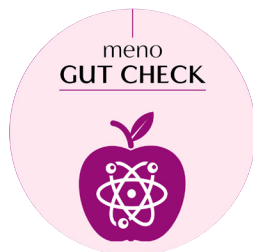


STEP 1



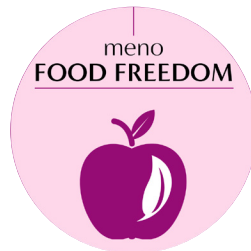
Cultivating
Resilience and
Mental Strength

STEP 2



Optimizing Your
Body's #1 Function

STEP 3



Breaking Free from
Diet Culture &
Learning to Nourish
Your Body for Life

STEP 4



Mastering Your
Metabolism

STEP 5



Sustaining Your
Results for Lifelong
Health & Vitality

NOW, LET'S TAKE A CLOSER LOOK
AT EACH STEP—SO YOU CAN
SEE EXACTLY HOW THIS PROVEN
METHOD WILL TRANSFORM
YOUR MENOPAUSAL HEALTH,
METABOLISM, AND WELL-BEING



STEP 1

MENO - *MINDSET*

CULTIVATING RESILIENCE AND MENTAL STRENGTH

This first step sets the foundation for your menopausal health success. You'll identify the root causes of your weight struggles, dismantle outdated myths about hormones and aging, and define your health goals on your own terms.

This clarity will eliminate frustration from past failed attempts, cut through the overwhelm of conflicting health advice, and—*most importantly*—empower you with the right tools and approach to thrive through every phase of menopause with ease and confidence.

MENOPAUSE ISN'T JUST PHYSICAL - IT'S MENTAL & EMOTIONAL, TOO

Menopause isn't just a shift in hormones; it's a complete transformation—one that lasts far longer than most women expect.

In fact, the menopausal transition can span 10 to 20 years, with each phase bringing its own set of challenges.

That's why without a growth mindset, even the best nutrition and lifestyle strategies won't stick.





STEP 1

MENO - *MINDSET*



WHERE ARE YOU IN YOUR MENOPAUSE JOURNEY?

(Understanding the Phases)

PREMENOPAUSE

(Early 30s to Late 30s/Early 40s)

Your cycle is still regular, but subtle changes may start—like increased PMS, mood swings, or shifts in energy levels

Signs you're here: You feel “off” but don’t yet connect it to menopause.

PERIMENOPAUSE

(Mid 40s to Early 50s)

This is where the biggest hormonal fluctuations happen, leading to irregular cycles, heavier periods, sleep disruptions, hot flashes, mood swings, and weight gain.

Signs you're here: You start questioning, “Is this menopause, or am I just losing my mind?” (You’re not—it’s your hormones!)

POSTMENOPAUSE

(50s & Beyond)

Your periods have stopped for 12+ months, and your body is adjusting to permanently lower estrogen and progesterone levels

Signs you're here: Symptoms like hot flashes may subside, but metabolism, bone health, and energy levels require ongoing attention.





STEP 1

MENO - *MINDSET*

YOU'RE NOT ALONE IF YOU'VE EVER THOUGHT



"I don't recognize myself anymore—where did my energy and confidence go?"

"It feels like my body is betraying me—I'm doing all the 'right' things, but I just keep gaining weight."

"No matter what I try, the weight won't budge. I feel like I'm failing."

"I'm exhausted, overwhelmed, and just want to feel like myself again."

"My emotions are all over the place, and I don't know how to regain control."

"I wake up tired, go through the day exhausted, and then struggle to sleep at night—it's a never-ending cycle."

"I feel like I'm constantly battling my own body."

The truth? It's not your fault. Your body is undergoing powerful hormonal shifts that require a new, menopause-specific approach.

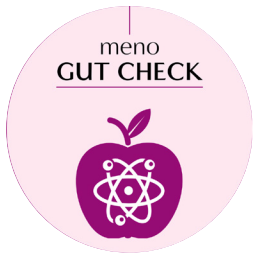
BY SHIFTING YOUR MINDSET, YOU'LL

- ✓ Gain clarity and confidence about the hormonal and metabolic shifts happening in your body—so you can finally stop second-guessing yourself and navigate menopause with ease.
- ✓ Let go of restrictive dieting and outdated food rules that don't serve the menopausal body, so you can nourish yourself without guilt, stress, or confusion.
- ✓ Develop self-trust and resilience—so instead of spiraling into frustration when you hit a setback, you'll move forward with self-awareness, confidence, and grace.

Now that you've built the foundation with Meno-Mindset, the next step is Meno-Gut Check—because your gut health is the control center for your metabolism, digestion, and hormones.



READY to unlock the next piece of the puzzle? *Let's dive into STEP 2!*



STEP 2

MENO - *GUT-CHECK*

OPTIMIZING YOUR BODY'S #1 FUNCTION

Your gut isn't just about digestion—it's the control center for your metabolism, immune system, hormone regulation, and even mood stability. If your gut is out of balance, your entire body feels it—from bloating and fatigue to stubborn weight gain and brain fog.

You're not alone if you've been struggling with:

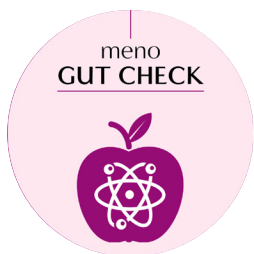
- ❌ Constant bloating—even when eating “healthy” foods
- ❌ Unexplained weight gain that won't budge no matter what you do
- ❌ Sluggish digestion & constipation that leaves you feeling heavy and uncomfortable
- ❌ Gas, reflux, or stomach discomfort after meals
- ❌ Brain fog, mood swings, and poor sleep that seem to be getting worse
- ❌ Unpredictable food sensitivities—foods you used to tolerate suddenly make you feel terrible

If any of this sounds familiar, your gut is trying to tell you something. But here's the thing:

- ✓ The gut changes during menopause
- ✓ Your body's ability to process and absorb nutrients shifts
- ✓ And an imbalanced gut can amplify menopausal symptoms, making everything feel worse

That's why resetting your gut health is critical—because when your gut is in balance, everything else follows.





STEP 2

MENO - *GUT-CHECK*

GUT-HORMONE CONNECTION: WHY IT MATTERS IN MENOPAUSE

Your gut microbiome (*the ecosystem of bacteria in your digestive tract*) plays a direct role in:

METABOLISM & FAT STORAGE

A healthy gut supports efficient digestion and nutrient absorption, helping your metabolism function at its best. If your gut is imbalanced, it can lead to weight gain, bloating, and sluggish digestion.

HORMONE REGULATION

The gut helps regulate estrogen levels through the estrobolome (*a group of gut bacteria responsible for metabolizing estrogen*). If this system is off, it can contribute to estrogen dominance, belly fat storage, and worsening menopause symptoms.

INFLAMMATION & IMMUNE HEALTH

A struggling gut can lead to chronic inflammation, which can make menopause symptoms like joint pain, fatigue, and brain fog even worse—and over time, contribute to more severe and long-term health complications.

MENTAL WELL-BEING

The gut is often called the “second brain” because it produces neurotransmitters like serotonin, which regulates mood, sleep, and stress levels. If your gut is inflamed, it can trigger anxiety, depression, and poor sleep.

The good news? Once you start optimizing your gut, you’ll experience better digestion, balanced hormones, a faster metabolism, and improved mood.

BY IMPROVING YOUR GUT HEALTH, YOU WILL

- ✓ Experience smoother digestion—less bloating, fewer food sensitivities, and improved regularity.
- ✓ Balance your hormones naturally—supporting metabolism, mood, and energy levels.
- ✓ Reduce inflammation & cravings—leading to effortless weight management and better overall well-being.

Now that your gut is on track, it’s time to rethink your relationship with food!



READY to finally enjoy food without guilt? *Let’s dive into STEP 3!*



STEP 3

MENO - *FOOD FREEDOM*

BREAKING FREE FROM DIET CULTURE & LEARNING TO NOURISH YOUR BODY FOR LIFE

If you've spent years—or even decades—jumping from one diet to the next, tracking every bite, or obsessing over “good” vs. “bad” foods, you're not alone.

Here's the truth: Traditional diets were never designed for your changing menopausal metabolism—which is why calorie counting, restricting carbs, or over-exercising no longer works.

For too long, we've been taught to fear food, to see it as something to control, limit, or earn through exercise.

But the reality is, the right foods can actually help reset your metabolism, balance your hormones, and make weight loss feel effortless.

This is why **Meno-Food Freedom** is about breaking free from outdated diet rules, reconnecting with your body's needs, and learning how to fuel yourself with ease, confidence, and joy—without guilt, restriction, or deprivation.



One of the biggest realizations that changed everything for me and for my clients—was this:

FOOD IS NOT THE ENEMY
FOOD IS THE SOLUTION





STEP 3

MENO - *FOOD FREEDOM*

WHY TRADITIONAL DIETS FAIL IN MENOPAUSE



SLOWS DOWN YOUR METABOLISM

Extreme calorie-cutting signals your body to store more fat, not burn it.



CREATES STRESS & HORMONAL IMBALANCES

Restrictive dieting raises cortisol, which promotes belly fat storage.



LEAVES YOU EXHAUSTED & DEPLETED

Low-carb, low-fat, or restrictive-based diets can worsen energy crashes and mood swings.



IGNORES MENOPAUSE-SPECIFIC NEEDS

Menopausal bodies require more nutrients, *not less*, to maintain muscle, bone health, and metabolic balance.

The solution? Shift from restriction to nourishment—and start eating in a way that supports your body's unique needs.

FOOD FREEDOM IN MENOPAUSE



EAT MORE (YES, MORE!) OF THE RIGHT FOODS

Instead of focusing on what to eliminate, shift your focus on adding at least one nutrient-rich food to every meal. That way you won't feel deprived and at the same time will be providing your body with what it needs more of for hormonal balance and metabolic health.

MENOPAUSE SUPERFOODS TO ADD DAILY

- ✓ Protein-rich foods (chicken, fish, tofu, Greek yogurt) ➡ Preserves muscle & stabilizes blood sugar
- ✓ Healthy fats (avocados, nuts, olive oil, salmon) ➡ Supports hormone production & brain health
- ✓ Fiber-packed foods (berries, flaxseeds, chia, beans) ➡ Aids digestion & balances estrogen
- ✓ Magnesium-rich foods (dark chocolate, leafy greens, almonds) ➡ Reduces stress & improves sleep



STEP 3

MENO - *FOOD FREEDOM*



BALANCE YOUR BLOOD SUGAR TO STOP CRAVINGS & ENERGY CRASHES

When blood sugar levels spike and crash, it leads to:

- ❌ Increased cravings for sugar & processed foods
- ❌ Energy crashes & mood swings
- ❌ More fat storage (especially around the belly!)

TO STABILIZE BLOOD SUGAR, FOCUS ON BALANCED MEALS THAT CONTAIN:

🍖 Protein + 🥑 Healthy Fats + 🥦 Fiber + 🍌 Slow-Digesting Carbs



GIVE YOURSELF PERMISSION TO ENJOY ALL FOODS (YES, EVEN PIZZA!)

Meno-Food Freedom isn't about eliminating your favorite foods—it's about learning how to enjoy them without guilt or restriction.

Next time you have a treat, instead of thinking, *"I ruined my diet,"* shift to:

"Food is meant to be enjoyed. One indulgence won't undo my progress—I can eat this and still take care of my health."

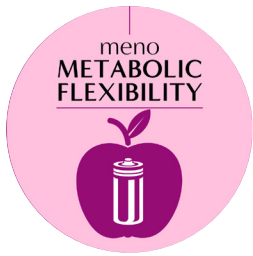
BY EMBRACING FOOD FREEDOM, YOU WILL:

- ✓ **Feel in control of your eating**—no more obsessing, stressing, or second-guessing every bite.
- ✓ **Stop the cycle of restriction & cravings**—learn how to fuel your body without guilt or deprivation.
- ✓ **Finally enjoy food again**—while still nourishing your body for metabolic and hormonal balance.

Now that you've broken free from diet culture, it's time to supercharge your metabolism, where you'll train your body to burn fat efficiently, balance insulin, and maintain steady energy levels all day long.



READY to unlock your metabolic potential? *Let's dive into STEP 4!*



STEP 4

MENO - *METABOLIC FLEXIBILITY*

MASTERING YOUR METABOLISM

If you feel like your metabolism has slowed to a crawl, you're not imagining it. Menopause naturally changes how your body burns and stores energy, meaning:

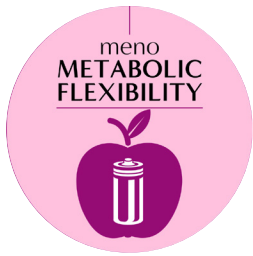
- 😓 **You store more fat**—especially around your belly
- 😓 **Your energy dips**, leaving you feeling sluggish even when eating “healthy”
- 😓 **Weight loss feels harder** than ever, no matter what you try

SIGNS OF METABOLIC INFLEXIBILITY

If you've been experiencing these, your metabolism may need support:

- ❌ Energy crashes mid-morning or mid-afternoon
- ❌ Struggling to lose weight—even when eating healthy
- ❌ Feeling exhausted after meals instead of energized
- ❌ Storing more fat around your midsection than before
- ❌ Craving sugar or carbs frequently





STEP 4

MENO - *METABOLIC FLEXIBILITY*

Here's the good news:

YOUR METABOLISM ISN'T BROKEN—IT'S ADAPTABLE.

It just needs a more precise approach. You can train your body to burn fat efficiently, regulate insulin, and maintain steady energy.

It's not about eating less—it's about eating smarter and naturally balancing your metabolism with whole foods you can easily find at your local grocery store.

That's right—no pills, no bad-tasting shakes, and no specialty foods needed!

At this stage of life, generic weight loss advice will only take you so far:

- ❌ Calorie-cutting and restrictive eating? Slows your metabolism down.
- ❌ Diet hopping? Creates stress, which leads to even more stubborn weight gain.
- ❌ Intense cardio sessions? Can spike cortisol and make things worse.

The key to unlocking true metabolic flexibility in menopause isn't about following the latest one-size-fits-all diet trend or guessing what foods "might" work for you...

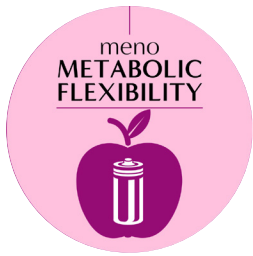
IT'S ABOUT DATA-DRIVEN PRECISION. PERIOD.

Your metabolism is unique—your approach to nutrition should be, too.

During menopause, your body's ability to process, store, and burn energy changes due to shifts in insulin, cortisol, estrogen, and thyroid function.

Most traditional weight loss programs ignore these factors—but I don't.





STEP 4

MENO - *METABOLIC FLEXIBILITY*




This is where the scientifically-backed **METABOLIC BALANCE®** approach comes in.

✨ **The Key to Unlocking YOUR Fat-Burning Code** ✨



Instead of guessing which foods support your metabolism, the **Metabolic Balance®** protocol uses over 35 blood markers to craft a highly personalized nutrition plan **TAILORED EXCLUSIVELY** to YOUR unique body chemistry!

Why This Matters:

-  **PRECISION OVER GUESSWORK** – Your blood markers reveal exactly how your body metabolizes food, so we create the perfect nutrient balance for YOU
-  **PERSONALIZED FOOD CHOICES** – Identify the foods that optimize your metabolism and hormonal health—no more generic diet advice that doesn't work for your body
-  **SCIENCE-BACKED CLARITY** – Get the answers you need—what works, what doesn't, and most importantly, why

THE RESULT?

A tailored nutrition plan that works with your body, not against it—so you can burn fat, restore energy, and feel your best.

BY MASTERING METABOLIC FLEXIBILITY, YOU WILL:

- ✓ **Train your body to burn fat efficiently**—without dieting or calorie restriction
- ✓ **Experience all-day energy and stable moods**—no more sugar crashes or cravings
- ✓ **Balance insulin & reduce belly fat storage**—supporting long-term metabolic health

Now that your metabolism is working for you, it's time to lock in lasting results with my four key health pillars.



READY to create a lifestyle that supports lifelong health? *Let's move to STEP 5!*



STEP 5 MENO - *HEALTH MASTERY*

SUSTAINING YOUR RESULTS FOR LIFELONG HEALTH & VITALITY

You've done the work—you've reset your mindset, restored gut health, embraced food freedom, and optimized your metabolism.

Now, it's time to make these transformations last a lifetime.

Meno-Health Mastery is about building a lifestyle that naturally supports your hormonal balance, metabolism, and overall well-being—without feeling like you're stuck "on a plan" forever.

Because the goal isn't just to lose weight or feel better for a few months—it's to thrive through menopause and beyond.

THE FOUR PILLARS OF LASTING HEALTH IN MENOPAUSE

Traditional health advice focuses only on diet & exercise—but in menopause, that's just one piece of the puzzle.

To sustain your results and feel your best for decades to come, you need a holistic approach that includes:

1

NUTRITION



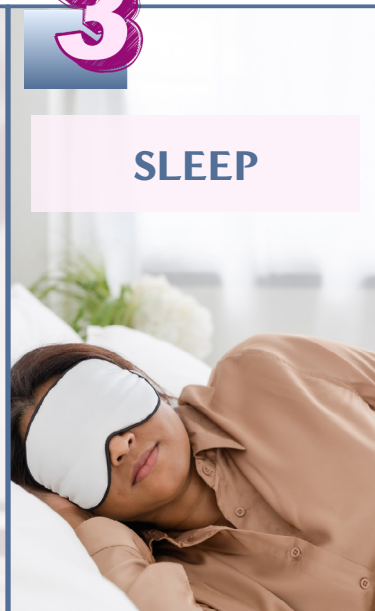
2

MOVEMENT



3

SLEEP



4

STRESS
MANAGEMENT





STEP 5

MENO - *HEALTH MASTERY*

THE FOUR PILLARS OF LASTING HEALTH IN MENOPAUSE (CONTINUED)

1

SMART, SUSTAINABLE NUTRITION *A Long-Term, Personalized Approach*

Now that you understand your body's needs, (*thanks to your Metabolic Balance® protocol*) you can confidently nourish it—food is the solution, not the enemy

The goal isn't perfection it's freedom. Enjoying food, including indulgences, without guilt!

2

STRENGTH & MOVEMENT *Supporting Metabolism & Longevity*

During menopause, muscle loss accelerates, leading to a slower metabolism, weaker bones, reduced strength, increased weight resistance, and a greater risk of injury

The key?
Strength Training + Daily Movement = A Strong, Youthful Body

3

SLEEP OPTIMIZATION *The Foundation of Recovery & Hormonal Balance*

Menopause can disrupt sleep, leading to higher cortisol levels, increased cravings, and stubborn weight gain

Poor Sleep = Slower Metabolism + More Difficulty Managing Stress

4

STRESS MANAGEMENT *Regulating Cortisol & Emotional Well-Being*

Chronic stress triggers cortisol spikes, making weight loss harder and belly fat storage easier!

Unmanaged Stress = Increased Inflammation + Poor Digestion + Worsened Menopause Symptoms



STEP 5 MENO - *HEALTH MASTERY*

WHY MY MENO-MELTDOWN™ METABOLIC MASTERY METHOD MAKES THIS SUSTAINABLE

By now, you've seen firsthand that nutrition isn't a one-size-fits-all solution—your body thrives on a plan built specifically for you. And because my method is powered by the science-backed **Metabolic Balance®** approach, you can rest assured that:

- ✓ ***This isn't a temporary fix or diet.*** It's a long-term strategy tailored to your unique biochemistry—making it as close to a sure-bet solution as you'll ever find.
- ✓ ***It adapts with you.*** As your body and lifestyle evolve, your plan does too.
- ✓ ***You now have a clear framework*** for making effortless, confident decisions about food, movement, and self-care—without ever feeling restricted again.

With the right tools, habits, and mindset, menopause becomes an opportunity—not a struggle.

BY MASTERING YOUR MENOPAUSAL HEALTH, YOU WILL:

- ✓ ***Effortlessly sustain your weight loss & hormonal balance***—without falling back into old patterns.
- ✓ ***Enjoy food, movement, and self-care without stress or guilt***—because you've created a lifestyle that works for you.
- ✓ ***Feel empowered, confident, and in control of your body for years to come***—knowing exactly how to support your health.

YOUR NEXT STEP ➡ **THE MENO-HEALTH ACCELERATOR™**

Tired of guessing what your body needs?
It's time to reclaim your health, confidence, and vitality—and
finally feel like you again...*but sooo much better!*
Let's chat. I've got you. 💛

BOOK MY FREE MENO-HEALTH ACCELERATOR™ CALL NOW!

IT'S NOW TIME FOR YOUR MENOPAUSAL HEALTH BREAKTHROUGH!

You now have the proven roadmap! It's a powerful first step—but if you're ready to finally stop second-guessing your body and start seeing real, lasting results then...**Let's talk**

- ✓ If you're tired of one-size-fits-all diets that ignore your changing hormones...
- ✓ If you've tried everything but nothing seems to stick anymore...
- ✓ If you're ready for a personalized solution that's designed to work with your menopausal body—not against it...

THEN THIS IS YOUR *INVITATION*

Book your free **MENO-HEALTH ACCELERATOR™** call and discover how my proven, tailored approach—built around your unique biochemistry, lifestyle, and goals—can help you melt away menopausal weight, regain energy, and finally feel like you again...**but better!**

This isn't just another chat...It's a powerful, insight-filled conversation that could change everything. Together, we'll uncover what's been holding you back—and what your body truly needs to thrive

PLUS! When you book your call, you'll receive 2 exclusive gifts to jumpstart your journey:

🎁 *Everything You Need to Know About Metabolic Balance®* by Dr. Cherry Wills, PhD —A guide to the approach that's helped hundred of thousands of women rebalance their bodies and reclaim their lives

🎁 *The Meno-Hormone Food Fix™* — A 7-day, done-for-you, dietitian-approved plan packed with delicious, metabolism-loving recipes designed to calm cravings, stabilize blood sugar, and support your menopausal hormones—so you can start feeling better with every bite

BOOK YOUR FREE MENO-HEALTH ACCELERATOR™ CALL NOW

Spots are limited and these calls fill up fast, so don't wait...

YOUR HEALTHIEST, MOST CONFIDENT SELF IS CLOSER THAN YOU THINK!

CLICK the IMAGE BELOW and let's get started!



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