

The ***Menopause Whisperer 6-Week Weight Loss Program*** is designed to not only help you *lose* weight but also to help you *gain* abundant health, energy and knowledge. It is filled with tons of practical tips, 60+ healthy weight loss recipes and easy-to-apply health knowledge that will set you up for success for life.

I delve into how your hormones are sabotaging your weight loss. The reason for this is that once you have a better understanding on how your hormones function you will find it easier to make changes in your diet to allow your hormones to function at their best.

After years of weight loss research, studying, personal experiments and consultations with clients, I have identified the 6 Top Hormones that need special attention for you to achieve your Weight Loss goal.

I cover each of these hormones in the ***Menopause Whisperer 6-Week Weight Loss Program***

I have delved into a lot of research while constructing this program. This program specifically targets hormonal imbalances and how to overcome them in order to achieve accelerated weight loss.

In the course of my 20+ years as a Nurse and Naturopath, I have researched many plans and methods to help women lose weight as they approach menopause and beyond. I have done all the work for you and I share a proven plan that will give consistent and effective results in your weight loss journey.

You can be confident if you follow my plan that you will get the results you are looking for, but only if you follow my plan and are willing to implement the changes necessary to make it a success.

[CLICK HERE](#) To Find Out More About The Program **[CLICK HERE](#) To Order Now**

Many diet plans can leave you despondent and have you obsessing over calories in vs calories out leaving you not appreciating, or enjoying, what you are eating.

In order to be successful in your weight loss journey, you need to be eating foods that have real flavour and leave you satisfied. Many plans can also lead to nutrient deficiencies, cravings and bingeing, but not this plan.

The connection between our diet and hormones is significant, yet widely ignored, even though our hormones directly impact our health.

The secret to sustained weight loss for women 45+ is hormone balance. If your hormones are out of balance you will find it difficult to lose weight.

In the *Menopause Whisperer 6-Week Weight Loss Program* I show you how to nourish and look after your hormones so you can achieve the body you are looking for and have more energy and vitality in your day.

Below is the list of contents covered in the in the *Menopause Whisperer 6-Week Weight Loss Program*.

Julie Dargan

Nurse, ND, BHSc

[CLICK HERE](#) To Find Out More About The Program [CLICK HERE](#) To Order Now

Module 1	12
Insulin	12
Getting In The Mindset For Success	13
Insulin	15
Insulin's Role In The Body	17
Trigger Of Events When You Eat Carbohydrates	18
What Happens In Between Meals Or During Times Of Sleep	19
Trigger of Events When There Is Insulin Resistance	20
Changes You Can Start Today To Improve Insulin Levels	22
How To Decrease The Impact Of Insulin Resistance	24
Fasting Blood Sugar Levels: How To Interpret The Results	26
Week 1 Menu Plan & Recipes	27
Morning Ginger & Lemon Shot	30
Eggs To Go	32
Green Smoothie Kickstart	33
Tuna & Egg Salad	35
Zucchini Delish	37
Basic Green Salad	38
Mild Chicken Curry	40
Red Lentil Dahl	41
Lamb Kofta	42
Papaya & Lime	44
Insulin Resistance Quiz	45
FAQs Module 1	47
What is Glycemic Load?	47
Will I be hungry on this program?	47
What can I do if I am hungry?	48
Exercise Goals For Module 1	49
Extra resources for further reading:	49
Module 2	50
Oestrogen & Progesterone	53
Oestrogen	54
Progesterone	56
Oestrogen and Progesterone Balance	57

[CLICK HERE](#) To Find Out More About The Program [CLICK HERE](#) To Order Now

Fat Distribution	58
How Changes In Oestrogen & Progesterone Affect Your Metabolism	61
Oestrogen Dominance	63
16 Tips To Help Manage Oestrogen & Prevent Weight Gain During Menopause	64
Oestrogen Removal	67
Foods To Enhance Removal Of Oestrogens	68
Dietary Fibre & Oestrogen Clearance	69
Foods to Fuel Your Liver To Assist In Oestrogen Removal	70
Other Liver Remedies	71
Milk Thistle	71
Seeds	71
Green Tea	71
Week 2 Menu Plan & Recipes	72
Hormonal Harmony Green Smoothie	73
Papaya, Mozzarella & Basil Salad	74
Cooling Green Smoothie	76
Kale Chips	77
Detox Salad & Tahini Dressing	78
Green Strawberry Ice-cream	79
Raw Stir Fry	80
Baked Eggs In Avocado	82
Tuna & Rocket Salad	83
Steamed Chicken In Orange & Balsamic Glaze	84
Spicy Chickpeas	85
Julie's Vibrant Red Salad	86
Green Smoothie Bowl	87
Are you Oestrogen Dominant Quiz?	88
FAQ Module 2	89
If low levels of oestrogen cause weight gain why is oestrogen dominance a problem?	89
What is the best way to decrease oestrogen dominance?	89
Exercise Goals For Module 2	90
Extra resources for further reading:	90
Module 3	91

[CLICK HERE](#) To Find Out More About The Program [CLICK HERE](#) To Order Now

Cortisol	93
Stress	94
Side Effects of Stress	95
Stress Survival Mechanism	96
The Adrenal Glands	99
Role of the Adrenal Glands	100
Cortisol	101
Normal Cortisol Blood Levels	102
Signs of Adrenal Fatigue	103
Recommendations To Manage Stress & Ease Adrenal Fatigue	106
Stress & Menopause Symptoms	109
DHEA	109
Signs Indicating Low Dhea Levels	111
Ways To Naturally Raise Your Dhea Levels	112
Week 3 Menu Plan & Recipes	113
Feta, Cashew & Avocado Salad	114
Banana Passion	115
Smoked Salmon & Carrot Salad	116
Orange Choc Balls	117
Brussel Sprout Smoothie!	118
Sweet Potato Soup	119
Baked Pumpkin & Beetroot	120
Roast Beetroot & Pumpkin Salad	121
Savoury Roasted Cashew	122
Greek Style Tuna Salad	123
Sweet Potato Dhal	124
Stewed Apple & Berry	125
Is Stress The Cause Of Your Weight Gain Quiz?	126
Could Stress Be The Cause Of Your Weight Gain?	126
FAQ Module 3	127
Why do I crave salty foods when I am stressed?	127
Why do I bloat after eating when I am stressed?	127
Why do I cry all the time when I am stressed?	128
Exercise Goals For Module 3	129

[CLICK HERE](#) To Find Out More About The Program [CLICK HERE](#) To Order Now

Extra resources for further reading:	129
Module 4	130
Leptin	131
Leptin's Major Regulatory Roles	134
Low Leptin Levels	135
Leptin Resistance	137
Symptoms Commonly Associated With Leptin Resistance	140
Reasons For Developing Leptin Resistance	141
1. High fructose corn syrup (HFCS)	141
2. C- Reactive Protein(CRP)	143
3. Hydrogenated (trans fats) foods	143
4. Monosodium glutamate(MSG)	144
5. Aspartame	145
6. High GL foods	145
7. Stress & lack of sleep	146
8. Other sugar substitutes	146
Leptin Resistance: A Survival Mechanism	147
Complications Associated With Leptin Resistance	148
How To Overcome Leptin Resistance	148
Week 4 Menu Plan & Recipes	153
Apples & Spice	154
Egg & Avocado with Cayenne	155
Bananahini	156
Cucumber & Tomato Salad	157
Cod in Cumin & Coriander	158
Eggplant & Lemon Pepper	159
Quinoa With Poached Egg & Spinach	160
Balsamic Chicken with Wilted Baby Spinach	161
Lemon Bliss Balls	162
Grilled Chicken With Orange & Balsamic Glaze	163
Spicy Orange Delight	164
Sweet Cabbage Salad	165
Leptin Resistant Quiz?	166
FAQ Module 4	167

[CLICK HERE](#) To Find Out More About The Program [CLICK HERE](#) To Order Now

How do I know if I am leptin resistant?	167
Can leptin resistance be reversed?	167
How long does it take to restore leptin sensitivity?	167
Exercise Goals For Module 4	168
Extra resources for further reading:	168
Module 5	169
Liver & Thyroid	169
5 Tips To Reignite Your Liver	170
Thyroid Hormones	171
Thyroid Gland	171
Thyroid & Weight Gain	173
Thyroid disease	174
Hyperthyroidism	175
Hypothyroidism	175
Blood Tests To Assess Low Thyroid Function	177
1. Thyroid Stimulating Hormone (TSH)	177
2. Free Thyroxine (T4)	178
3. Free T3	178
Signs Of Low Thyroid Function	180
Causes of hypothyroidism	181
Diet Recommendations For Low Thyroid Function	182
Week 5 Menu Plan & Recipes	186
Tomato & Zucchini Soup	187
Egg Muffins	188
Banana Pancakes	189
Red Berry Delight	190
Almond Muffins	191
Arame & Ginger Salad	192
Carrot & Pine Nut Roast	193
Pumpkin & Mustard Dressing	194
Roasted Eggplant & Peppers	195
Simple Asparagus Feta & Eggs	196
Quick & Easy Roast Lamb & Carrot	197
Kale & Brussels Sprouts Salad	198

[CLICK HERE](#) To Find Out More About The Program [CLICK HERE](#) To Order Now

Thyroid Function Quiz	199
Exercise Goals For Week 5	200
Extra resources for further reading:	200
Module 6	201
1. Stay Active	201
2. Eat Green, Clean & Lean	202
3. Purchase With Purpose	203
4. Plan ahead	203