

Welcome to Your Metabolic Reset Companion Guide

A calm, clear roadmap to feeling like you again — without the overwhelm.

This isn't another diet. This isn't another thing to do.
This is where the noise quiets — and your path forward begins.

You don't need to fix yourself. You're not behind. You're just learning how to work *with* your body — in a way that finally feels doable.

Inside these pages, you'll find:

- What each supplement does — in plain English
- How to set up your day so your body starts responding
- What (and how) to eat to support your energy and hormones
- Tools to help you stay consistent — without perfection or pressure

But more than that — this guide is an invitation.

To become the version of you who moves through each day with steadiness, clarity, and quiet confidence. The you who's no longer chasing control — because she's living it.

"You're not starting over. You're starting fresh — with tools that finally meet you where you are."

This isn't a strict protocol. It's your **support system**.
A calm control center you can return to again and again. Keep it on your counter, in your journal, or wherever you go when you're ready to come back to you.
No spreadsheets. No guilt. No 12-step routines.
Just structure that supports the woman you're becoming — one grounded step at a time.

Let's begin.

♥ Victoria



How the Supplements Work – In Plain English

This isn't about throwing supplements at a problem. It's about giving your body exactly what it's been missing — at the right time, in the right combination — so everything starts working *with* you again.

From your brain to your belly, your stress hormones to your sleep cycles — each supplement plays a vital role in helping your metabolism recover instead of constantly react.



MetaRelax

What it is: A powerful blend designed to increase GABA — your brain's natural calming signal — and restore what stress, age, and hormones may have quietly depleted.

Did you know? From your mid-30s onward, **progesterone** — your body's natural "chill pill" — begins to decline. That means less stress resilience, lighter sleep, more brain fog... and more cravings.

Why MetaRelax matters: This formula helps mimic and replenish what progesterone used to do — increasing calm, improving sleep depth, and reducing that wired-tired, edgy feeling.

When your nervous system chills out:



Cravings Ease



Mood Lifts



Fat Loss Actually Begins

✦ Especially when combined with Resist X, GI Regulate, and MetaControl.



GI Regulate

What it is: A gut-focused blend to rebalance your microbiome, lower inflammation, and support healthy digestion and detox.

Why it matters:

The microbes in your gut aren't just passengers — they're messengers. When out of balance, they can quietly drive:

- Insulin resistance
- Weight that clings around the belly
- Nonstop cravings — even when you're doing everything right

Bonus Benefit:

Supports healthy elimination — key for clearing excess **oestrogen** that may otherwise recirculate, leading to:

01 Stubborn weight around your belly and lower half

02 Puffiness, bloating, and fluid retention

03 Hormonal imbalances that sabotage fat loss

🌟 With a healthier biome, your body swings back into *fat-burning mode* — and starts letting go of the “creep around the middle.”



UltraFlora MetaControl

What it is: Targeted probiotics to restore balance between your **gut, brain, and blood sugar**.

Why it works: When blood sugar swings too wide, your body gets trapped in the loop:

Spike → crash → crave → repeat.

MetaControl helps:

- 🧠 Stabilise energy
- 🔄 Regulate appetite signals
- 💬 Improve digestion, mood, and mental clarity

✨ **Paired with GI Regulate**, it builds a gut-brain loop that quiets cravings — so food noise doesn't run the show anymore.



Resist X - Advanced Metabolic Activator

What it is: A natural amplifier for fat loss, blood sugar control, and a more balanced, quieter appetite.

This is where the magic happens *in synergy*. On its own, it supports insulin sensitivity and appetite regulation.

✨ **But when combined with MetaRelax, GI Regulate, and MetaControl:**

- *Cravings lose their grip*
- *Food stops feeling urgent*
- *And your body finally gets the signal: it's safe to let go of excess weight*

Why They Work Better Together

Each one supports a **key pillar** of your internal chemistry:



A calmer brain



A cleaner gut



A steadier blood sugar rhythm



And a metabolism that finally says: *Let's go.*



Together, they create a total-body shift — helping you feel calm, energised, and back in control again.

You might notice...

01 You're not as snacky at night

02 Your waistband starts to loosen

03 You're waking up clearer, calmer - like you again.



Up Next

These supplements are your biological reset. But to shift the habits that have been holding you back, we'll go even deeper — into your identity.

That's where the **Recode Method™** begins.

Your Daily Rhythm

Simple, sustainable, and designed to fit your life — not take it over.

This isn't about perfection. It's about finding a rhythm that helps you feel calmer, clearer, and more in control — without adding more to your to-do list.

Here's a gentle structure you can follow (but feel free to make it your own):

Morning – Your Calm Energy Foundation

- **Start your day with MetaRelax + GI Regulate (mixed together):**
 - → Begin with 1 scoop MetaRelax + ½ tsp GI Regulate
 - → Mix into water or smoothie
 - → Gradually build up to 2 scoops MetaRelax + 3 tsp GI Regulate over 10–14 days
- **Take 2 capsules of UltraFlora MetaControl** with breakfast
- **Take 1 Resist X tablet** with or after breakfast

Why this works: You're calming the nervous system, waking up the gut, stabilising blood sugar, and setting the tone for a steady, focused day — without the 3pm crash.

Evening – Wind Down + Rebuild

- **Take your second scoop of MetaRelax** before bed (or with dinner if that suits your rhythm better)
- **Take 1 Resist X tablet** with dinner or before sleep

Why this works: You're topping up magnesium and GABA for deeper sleep, calmer cravings, and a reset nervous system. This also supports overnight recovery — and sets the stage for metabolic repair while you rest.

A Quick Note on Magnesium (MetaRelax)

Some women may notice softer stools when they first start increasing magnesium. This is normal as your body adjusts. That's why we begin with 1 scoop per day — and build up slowly to allow your system to respond gently and effectively.



Real Life Layering — Make It Stick

- Mix your morning drink while the kettle boils
- Pair Resist X with your vitamins or coffee routine
- Set a “wind-down” reminder to prompt your evening scoop
- Pop your supplements beside your toothbrush or teacup

Reminder: We'll include a *Quick Supplement Script PDF* in your welcome email. It's easy to print or save to your phone — so there's no guesswork.

A Note on Talking to Your Healthcare Provider

If you're currently taking medications or managing a medical condition, it's always smart to check with your healthcare provider before starting a new supplement. That said...

Not all providers understand how therapeutic-grade supplements work — especially in the context of hormones, metabolism, or nervous system repair.

That's where we come in. Our clinical team has guided thousands of women through safe, effective supplement support. If you'd like personalized guidance — or simply want to feel confident in your plan — we offer consults that combine clinical expertise with real-life compassion.

To book a practitioner review, simply contact our team anytime.

The Simple Nutrition Framework

You don't need another diet. You need a rhythm that works with your biology — not against it. This isn't about being perfect. It's about fuelling the version of you who feels calm, energised, and finally in control again.

The “Feel-Good Plate” Formula

A simple, stabilising way to eat — without rules, tracking, or food guilt.

Every time you eat, aim to build your plate with:



Protein – at least one palm-sized portion.

Most women under-eat protein — which leaves them tired, craving, and riding the blood sugar rollercoaster. Protein helps you feel satisfied, stabilises energy, and supports fat loss.

Think: eggs, chicken, fish, tofu, tempeh, Greek yoghurt, legumes.



Fibre-Rich Veggies – fill at least half your plate.

fill at least half your plate. Your gut thrives on colour and variety. These foods feed your microbiome, reduce inflammation, and help balance hormones.

Think: leafy greens, zucchini, pumpkin, carrots, cauliflower, broccoli.



Healthy Fats – a small handful or drizzle.

Fats are your friend — they support hormone production and make meals satisfying.

Think: avocado, extra virgin olive oil, nuts, seeds, tahini.



What NOT to Obsess Over



Counting calories



Tracking every bite



Cutting out carbs or being “perfect”

This isn't about restriction — it's about *regulation*.

The more you support your body, the more it starts working with you again. And that's when the real magic begins.

Real Life = Chocolate, Wine, and the Occasional Takeaway



Here's the truth: You don't have to give up everything. But... if the *relieve/reward* loop is firing daily — especially at night — it *will* stall progress.

Think:

- Cravings in the evening
- Glass of wine while cooking
- Chocolate or “just one thing” before bed

That's not failure. It's your brain running a pattern.

Here's the Shift:

Relief doesn't have to come from sugar or Shiraz. Your **Rescue Kit** was designed for these exact moments — the ones that used to spiral into “I blew it.”

Now, you pause. You press play. And the craving quiets itself.

“One of our clients played the Recode Audio instead of pouring wine — and ended up reading a book instead. That was a first for her.”



This is how you gently break the habit — not with more discipline, but with a better path.

Progress Over Perfection

Let's keep it real: no one gets it “right” 100% of the time. But if fat loss is your goal, then:

90% consistency is the new calm.

That means 9 out of 10 meals are built with intention. The other 10%?

That's flexibility — not sabotage.

Small indulgences are normal. Repeating them daily is a pattern — and that's what we're here to shift.

With the right supplements, better food rhythm, and your **Rescue Kit** tools?

You don't need to be perfect. You just need to become *consistent enough* that your body can trust you again.

How to Stay Consistent (Even When Life Happens)

This isn't about being perfect.

It's about building the kind of consistency that actually sticks — because it's designed for real women with real lives, not rigid plans made in a vacuum.

Most of us don't fall off because we're lazy.

We fall off because we're overwhelmed, stressed, or tired of trying so hard for so little.



The **Metabolic Recovery Bundle™** was built with this in mind.

It gives your body the internal support it's been missing — so your *external habits* finally start to feel easier.

And when things *do* wobble? (Because they will.)

You'll have a system to bring you gently back — no spirals required.

3 Keys to Real Consistency:

01

1. Anchor habits to what you already do.

- Supplements after coffee.
- Audio during skincare.
- 7-Day Activation emails before work.

02

2. Pause — don't quit.

- Missed a day? It's not a restart.
- Progress stacks when you show up *most* of the time.

03

3. Reach for Rescue Tools instead of spiralling.

- That craving, that crash, that "I blew it" moment?
- Hit play on the Recode Activation or Rapid Reset Video.
- Let it pull you back into clarity — fast.

"I didn't expect much from a 5-minute email. But Day 3 of the Activation Series hit me so hard I cried — it felt like someone finally got it."

SARAH, 49

This Isn't About Discipline. It's About Design.

When your **nervous system calms**, your **cravings fade**, and your **confidence rebuilds** – consistency doesn't feel like a fight.

It feels like remembering who you are.

So keep it simple. Keep it soft. And let your habits become the quiet proof that you're already becoming the woman who follows through.

Use These Built-In Tools to Stay on Track:



7-Day Activation Series

Bite-sized email coaching, straight to your inbox



The Recode Activation Method

Press play anytime you feel the wobble.



The Rapid Reset Video Series

For those "I'm about to spiral" moments.



Quick Wins Checklist

Visual prompts to keep you gently anchored.



Frequently Asked Questions

What if I forget to take something?

You're human. This isn't about perfection — it's about momentum. Just pick back up where you left off. You haven't ruined anything. You've already shifted more than you know just by starting.

Can I take these supplements with other vitamins or medications?

Always check with your healthcare provider — especially if you're on prescription meds or have a complex health history. But here's the good news: These are **practitioner-grade supplements**, formulated for safety and synergy. We've guided thousands of women through this reset — and it's rare to need adjustments.

📌 Want expert help? Our **clinic offers functional consults** to personalise your protocol and support your journey. Book a call with us [here](#).

I'm on Ozempic / Mounjaro / Wegovy. Will this still work?

Absolutely — in fact, it can help your body respond even better. We just recommend **skipping Resist X** unless your provider gives the all-clear, since it also supports insulin regulation.

The rest of the system is fully compatible — and deeply supportive of women using GLP-1s.

What if I've tried supplements before and nothing worked?

We get it. That's why this is different.

This isn't about randomly throwing supplements at a problem. It's about giving your body *the exact combination* it's been missing — while also rewiring the patterns that have been quietly sabotaging your progress.

This is a *system*, not just a product. And most women start feeling the shift within days — not weeks.

Frequently Asked Questions

How strict do I need to be with food?

The nutrition rhythm we offer is simple, clear, and supportive — not rigid. We don't count, track, or obsess. But consistency *does* matter.

90% of the time, give your body the fuel it needs: protein, fibre, healthy fat.

The other 10%? Real life. And if you're struggling with nightly cravings, emotional reward loops, or the "what's the point" spiral — that's where the Recode Method and Rescue Kit come in.

What if the MetaRelax makes me... too relaxed?

Magnesium (especially in this highly absorbable form) can sometimes create looser stools in the beginning.

That's normal — and why we recommend starting with just 1 scoop per day, then slowly building to 2 scoops twice daily if your system handles it well.

It's one of the most powerful supplements for stress, sleep, and cortisol — so we want you to get the benefits without discomfort.

Just listen to your body — and reach out if you have questions.

Can I return the bundle if it doesn't work for me?

Because the bundle includes **clinical-grade supplements**, we're unable to offer refunds once opened.

But here's the heart of it:

This isn't a gamble. It's a proven system — backed by science, designed by practitioners, and trusted by thousands of women.

When you show up, it works.

And we're here to support you every step of the way.

Quick Wins Checklist

Tiny shifts. Tangible results. Repeat.

This isn't about a complete life overhaul. It's about small, simple actions that stack up — and signal your body it's finally safe to let go of stress, weight, and burnout.

Use this checklist to stay gently on track — not perfect, but present. You can print it. Screenshot it. Stick it on the fridge. Whatever keeps it front of mind.

Daily Wins

- Take your supplements
(anchor to coffee, water, or meals)
- Listen to 1 Recode Activation
(while walking, winding down, or prepping dinner)
- Read your 7-Day Activation email
- Add protein to each main meal
(palm-size is a great guide)
- Drink 1.5 – 2L of water
- Move your body in any way that feels good
- Breathe. Pause. Choose calm over chaos
(even once = progress)

Weekly Momentum Builders

- Rewatch a Reset Video
(especially after a hard day)
- Review your wins — even the tiny ones
- Reflect: "What made things easier this week?"
- Prep for success — supplements in plain sight, meals loosely planned
- Celebrate something
(consistency, a craving you overcame, better sleep...)

You've Got This – Final Notes + Support



You didn't land here by accident.

You're here because part of you knows — the old way isn't working anymore.

You're ready for something smarter. Gentler. More sustainable.

This isn't a protocol. It's a **reset** — one that's designed to work *with* your body and your real life.

When you follow the rhythm, use the support tools, and stay gently consistent... Your body will start to shift. Your brain will too.

And soon, the woman you've been trying to get back to? She'll feel like *you* again.

What to Do If You Feel Stuck



Revisit your Companion Guide — go back to the basics



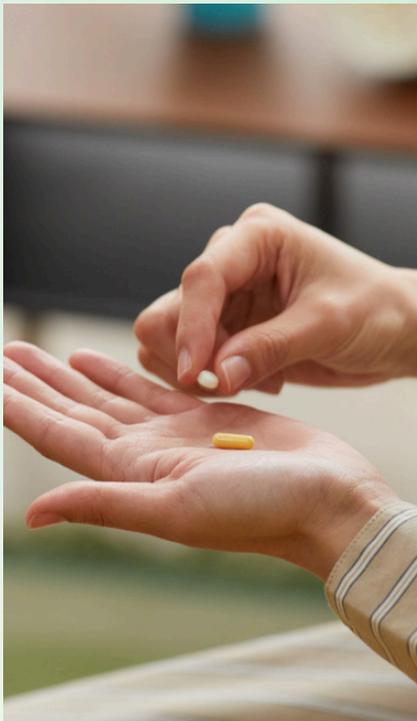
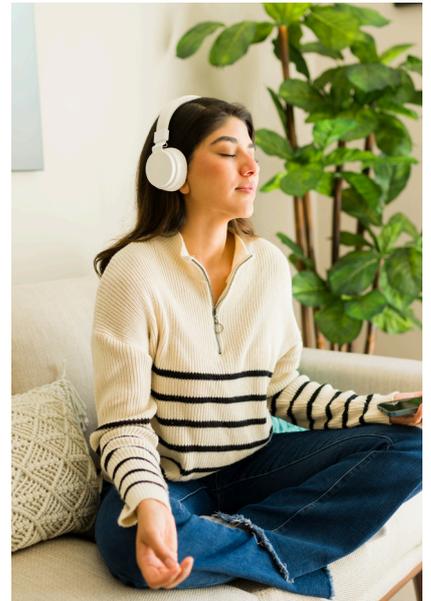
Use your Rescue Kit tools (they're there for your trickiest days)



Re-listen to an Activation to reset your mindset



Book a session with one of our experienced practitioners for personalised support and clarity



Your Supplement Script

Want to keep things simple?

Download and print your **Supplement Summary Script** — a clear, concise guide to dosage and timing.

📌 Stick it on your fridge or inside your pantry door so you're never left guessing.

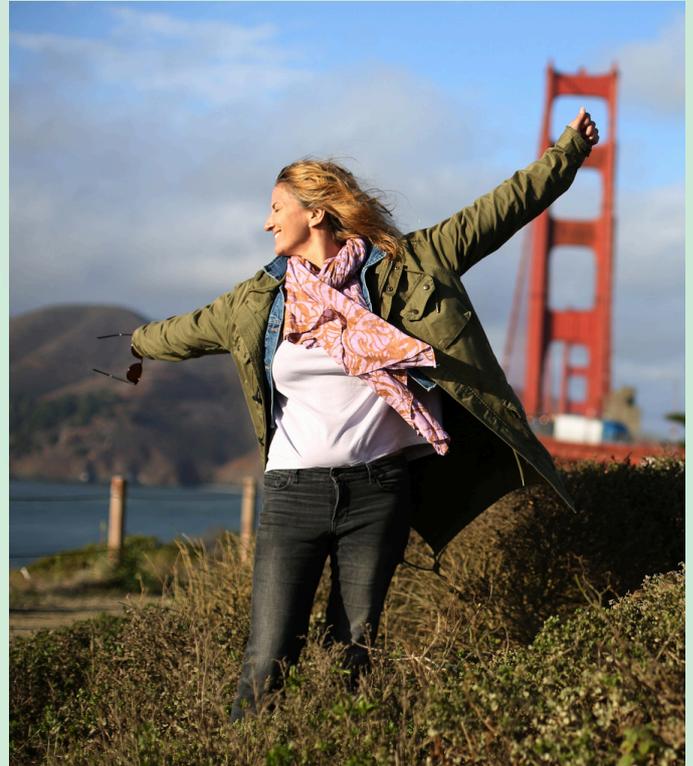
[👉 DOWNLOAD THE SUPPLEMENT SUMMARY SCRIPT NOW](#)

Your Next Best Step

Remember: This isn't about being perfect.

It's about being present, consistent, and kind to the woman who's doing the work.

The reset has already begun — and you're doing better than you think.



Now go press play, take your supplements, and let your body catch up to the vision you've already said yes to.

You've got this.

– Victoria

P.S. This Is for the Woman Who's Ready for Real Change



If you're thinking:

"I've tried everything... I just don't know what works anymore."

"I want more than advice—I need a real path that actually fits me."

"I'm done putting myself last. I need a solution designed for women like me."

Then this moment is for you.



BOOK YOUR FREE METABOLISM RESET & STRATEGY SESSION

Since 2007, I've supported over 17,000 women through midlife transitions—addressing:



Hormonal weight gain and stubborn belly fat



Emotional eating, anxiety and sleep disruption



Gut issues, bloating, and sluggish digestion



Fatigue, brain fog, and nervous system burnout



Chronic symptoms conventional care often overlooks

All without restriction, overwhelm, or random supplements that miss the root cause.

In this session, you'll get clarity on:



What's actually happening in your body—and why



What's keeping your metabolism and energy stuck



Your exact next steps to reset and start feeling like YOU again

You'll also gain access to:

Functional hormone + gut testing

DNA-based longevity insights

A science-backed, personalised plan that works with your real life

This is for the woman who's ready to invest in herself—because she knows when she thrives, everything gets better.

 **BOOK NOW!**

You don't need another quick fix.
You need a clear path, built for you.

With you, fully—



Victoria O'Sullivan

Bachelor of Health Science | Midlife Metabolic & Longevity Specialist | Science-Backed Mind-Body Mentor

