



Metabolism Reset Mini-Guide

By Carla Moss, NBC-HWC, FMCHC

Being Well Aware | The Alchemy of Wholeness Coaching

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Welcome

This is your invitation to reset your metabolism in a way that feels supportive—not stressful. Instead of quick fixes or extremes, you'll find daily practices that restore steady energy, balance hormones, and help your body work with you, not against you. Think of this as a gentle reset: small shifts in sleep, stress, nutrition, movement, and even skincare. Together, they create the foundation for vitality in midlife.





Metabolism 101: What It Is

Metabolism is how your body turns food and drink into energy. Even at rest, your body is busy—breathing, repairing cells, circulating blood, and balancing hormones. It includes:

- **Basal Metabolic Rate (BMR):** Energy your body needs at rest.
- **Thermic Effect of Food (TEF):** Energy used to digest meals.
- **Physical Activity:** Exercise and daily movement.
- **NEAT (Non-Exercise Activity):** Little things—walking, fidgeting, standing.

💡 Metabolism isn't "broken" — it's adaptable, always responding to your habits, hormones, and environment.

Metabolism Myths (Debunked)

✗ "A slow metabolism is why I can't lose weight."

✓ Truth: Lifestyle factors like sleep, food, and stress play a bigger role.

✗ "Metabolism is fixed."

✓ Truth: It adapts. You can support it with smart, consistent choices.

✗ "Eating less speeds metabolism."

✓ Truth: Chronic dieting can actually slow it down. Better: nourish with protein + fiber.

✗ "Cardio is best for metabolism."

✓ Truth: Muscle is your metabolic powerhouse. Strength training matters most.





Why It Matters in Midlife

Hormones shift. Muscle mass naturally declines. Stress piles on. These all affect metabolism.

Thyroid

Regulates energy use.

Insulin

Helps manage blood sugar and fat storage.

Cortisol

Chronic stress raises belly fat and cravings.

Estrogen

Declines in menopause shift fat distribution.



The good news: Lifestyle Medicine—daily habits—can reset and steady these changes.

Daily Lifestyle Levers

Sleep

Deep sleep resets your appetite, blood sugar, and hormones.

- Aim for 7–9 hours in a cool, dark room.
- Try a phone-free wind-down after 9 p.m.

Stress

Cortisol is your stress hormone. Chronically high levels slow metabolism and fuel cravings.

- 5-minute rituals (breathing, journaling, stretching).
- Limit caffeine if you feel wired.
- Practice saying no—boundaries are medicine, too.



Circadian Rhythm + Morning Light

Your body clock regulates energy, digestion, and metabolism.

- Wake and sleep at consistent times.
- Morning light for 5–10 minutes before screens.
- Avoid heavy late-night meals.

Hydration

Even mild dehydration slows metabolism.

- Drink a glass of water before coffee.
- Add sea salt or electrolytes for better absorption.



Movement

Muscle is metabolically active—it burns more energy even at rest.

- **Strength:** 2-3 sessions/week (squats, lunges, rows).
- **NEAT:** Walking calls, stretch breaks, dancing in the kitchen.
- **Timing:** Post-meal walks and morning strolls help regulate blood sugar and hormones.

Clean Beauty

Your skin absorbs more than moisture. Many personal care products contain endocrine disruptors that interfere with hormones. Smart swaps:

- 1 **Soap → Castile or natural bar soap**
- 2 **Lotion → Shea or cocoa butter**
- 3 **Deodorant → Mineral-based roll-on**
- 4 **Perfume → Essential oil blends**





One Gentle Ritual

Coffee Scrub (DIY self-care)

- ½ cup used coffee grounds
- 1 tbsp coconut oil
- 1 tsp cinnamon
- Mix and use in the shower 1–2x/week to boost circulation + support lymph flow.

Your 7-Day Reset Plan

Choose one small shift each day. After a week, notice your energy, mood, and steadiness.

 **Sleep: No screens after 9 p.m.**

 **Hydration: Water before coffee.**

 **Movement: 10-min walk after meals.**

 **Morning Light: 5–10 minutes outside.**

 **Stress: 5-min breathing or journaling.**

 **Clean Swap: Try one endocrine-safe product.**

 **Nutrition: Protein + fiber at breakfast.**

Next Steps

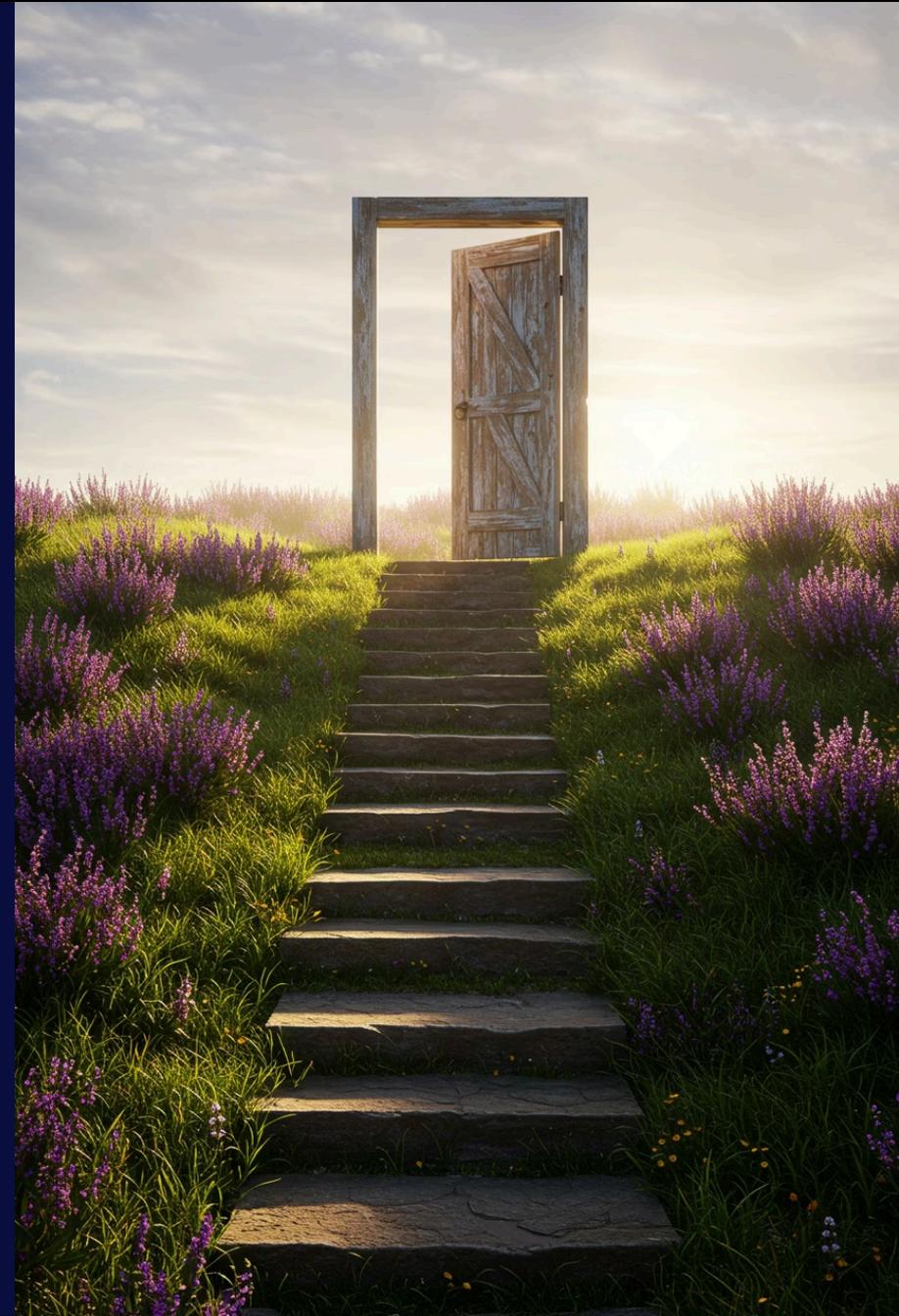
Thank You for Beginning Your Reset

I'm so glad you've taken this step with the *Metabolism Reset Mini-Guide*. Small, intentional changes really do create momentum.

If you're ready to go deeper, the **full 100-page Metabolism Reset** is your next step. Inside, you'll find a complete framework, recipes, meal plans, strength strategies, and the tools that help women in midlife create lasting energy, steadiness, and confidence in their bodies.

♥ Continue your journey here → [Metabolism Reset – The Complete 100-page guide.](#)

Your body knows how to heal. You just need the right tools and support.



Disclaimer

I, Carla Moss, am not a medical doctor, dietician, nor nutritionist. I do not hold a college degree in medicine, dietetics, or nutrition. I make no claims to any specialized medical training, nor do I dispense medical advice or prescriptions. This content is for informational, educational purposes only, and should not be used in place of an actual doctor's visit. The content is not intended to diagnose or treat any diseases. Please consult with your doctor or licensed health practitioner if you have any questions regarding the information provided in this guide, and then make your own well-informed decisions based upon what is best for your unique genetics, culture, conditions, and stage of life.

About Me

Carla Moss, NBC-HWC, FMCHC

I am the founder of **Being Well Aware**, my private coaching practice. I am a National-Board Certified Health and Wellness Coach, a Functional Medicine Certified Health Coach, a Somatic Sex and Relationship Coach and a Spiritual Life Coach. I also obtained health coaching specialty certifications in Hormone Health and Emotional Eating Psychology. Additionally, I completed training in Menopause Wellness, as well as training in Bio-Identical Hormone Replacement Therapy (BHRT) from the American Academy of Anti-Aging Medicine.



I've helped hundreds of women reclaim their vitality during hormonal transitions through personalized coaching that integrates evidence-based strategies with holistic practices. I believe that menopause isn't just a medical event—it's an opportunity for profound growth and transformation.

For personalized support, [book an Introductory Call](#) with me today.

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