

FREE GUIDE

Your Body Isn't Falling Apart. Your Blood Sugar Is.

The real reason midlife women feel exhausted, foggy and out of control — and what actually helps.

Brain fog. Weight gain. Mood swings. Night sweats. These feel like four separate problems — but they often share one root cause: blood sugar dysregulation. When your blood sugar is unstable, your body and brain are in a constant state of stress. Here's how each symptom connects — and what you can do about it.

BRAIN FOG

Brain Fog & Poor Concentration

When blood sugar swings up and down, your brain — which depends on a steady fuel supply — loses its sharpness. Ketones provide a stable, clean energy source for the brain. Many women report that the mental fog lifts within days of reducing carbohydrates. This isn't a coincidence. It's fuel.

WEIGHT

Weight Gain Around The Middle

Insulin — your fat-storage hormone — rises every time blood sugar spikes. In perimenopause, falling oestrogen makes cells more resistant to insulin, so levels stay higher for longer. The result? Fat is stored, not burned — especially around the abdomen. A low-carb approach lowers insulin and switches the body back into fat-burning mode.

MOOD

Mood Swings & Irritability

Blood sugar crashes don't just make you hungry — they make you anxious, irritable, and low. This happens because a drop in glucose triggers a stress response, releasing cortisol and adrenaline. When blood sugar stays stable, so does your mood. Women consistently report feeling calmer, more even, and more themselves when they eat low-carb.

SLEEP

Night Sweats & Disrupted Sleep

Night sweats are often triggered by blood sugar dropping overnight, causing the body to release adrenaline to raise it — which wakes you up hot and unsettled. Stable blood sugar before bed means fewer overnight disruptions. Many women find that keto dramatically improves their sleep quality within the first few weeks.

Ready To Feel Like Yourself Again?

Book a free 15-minute discovery call with Claire and find out how a personalised low-carb or keto plan can help you feel energised, clear, and back in control.