# Why I Created SHIFT™

I thought I had it all figured out.

After more than 25 years in health, fitness, nutrition, and science, I knew how to take care of my body. I ate well, exercised, and understood how the body worked. I honestly thought, *menopause isn't going to happen to me like it does to other women.*

**Boy, was I wrong.**

When menopause hit at 47, everything changed. I wasn't sleeping. I was gaining belly fat without changing how I ate. I felt bloated, moody, and frustrated. The things that had always worked for me suddenly weren't working anymore.

And I kept thinking, **What is happening to my body?**

If I was struggling this much, with all my education and experience, how in the world were other women supposed to figure this out?

So I did what I always do when I don't understand something. I went looking for answers.

I put my science hat back on and spent hundreds of hours researching what was happening to our bodies as our hormones declined, right down to the cellular level.

I studied hormones, metabolism, nutrition, muscle, sleep, stress, and the science of healthy aging. I wanted to understand not just WHAT was happening, but WHY—and most importantly, what we could actually do about it.

And I discovered something important.

**Menopause isn't one thing. And it isn't fixed with one thing.**

It's a domino effect of changes happening throughout the body. Nutrition, strength, sleep, stress, movement, hydration, and targeted lifestyle strategies all work together.

I started putting that science into practice on myself. Then I began helping other women. What started with a handful of women grew into hundreds.

**And that's how SHIFT was born.**

I created SHIFT because I don't believe women should have to spend years feeling lost in their own bodies, piecing together conflicting advice, and wondering why nothing seems to work anymore.

I wanted to take everything I'd learned and make it simple. A clear, step-by-step program that teaches women what is happening inside their bodies, what to do about it, and how to make changes that last.

Because menopause shouldn't mean accepting a body you no longer recognize or giving up on feeling your best.

**My mission is simple: End the confusion. Stop the menopause suffering. Empower women to take back control of their health, their bodies, and their lives.**

And help women make the second half of their lives their very best.