



Whole for Good
WHOLE PERSON. FOR LIFE.

FREE PATIENT GUIDE

The Midlife Metabolic Guide

A whole-person starting point for menopause, eating behaviors, strength, and sustainable metabolic health.

Prepared by Dr. Tyra Ousley

Family Nurse Practitioner | Nurse Educator | Founder



Your midlife health is one connected picture.

Changes in sleep, hormones, eating, body composition, mood, strength, and metabolic markers can overlap. A useful plan considers the relationships instead of treating every concern as a separate failure.

1 Hormonal health

Notice the timing and pattern of symptoms. Bring changes in cycles, sleep, temperature, mood, sexual health, and daily functioning into the conversation.

2 Eating behaviors

Look beyond food rules. Restriction, loss of control, emotional eating, chronic dieting, shame, and access to nourishment all shape the plan.

3 Metabolic health

Weight is one data point. Blood pressure, blood sugar, lipids, energy, medication history, sleep, movement, and family history add context.

4 Strength and function

A long-term plan should support muscle, mobility, recovery, and what you want your body to be able to do.

A better question

Instead of asking only, 'How do I lose weight?' ask, 'What would help me build health, strength, nourishment, and confidence for the next decade?'

Five conversations worth having

Use these prompts to organize your thoughts before a visit. You do not need perfect answers. Patterns and questions are useful information.

1

What changed, and when?

List symptoms, major life changes, medication changes, cycle changes, or shifts in sleep, eating, energy, and activity.

2

What have I already tried?

Include diets, medications, supplements, programs, therapy, exercise, and what helped, harmed, or became hard to sustain.

3

How is food feeling?

Notice restriction, urgency, loss of control, guilt, fear, emotional triggers, skipped meals, or rules that take up too much mental space.

4

What does strength look like for me?

Name the activities, abilities, and daily tasks you want to protect or rebuild.

5

What outcome matters beyond weight?

Choose energy, sleep, labs, confidence, function, symptoms, nourishment, or another goal that would improve your life.

Bring this page to your appointment

Circle the prompt that feels most important. That is a strong place to begin.

The WHOLE Framework

A memorable way to hold the full plan together.

W

Wellness foundations

Sleep, stress, support, preventive care, and the conditions that make change possible.

H

Hormonal health

Midlife symptoms, sexual health, bone health, and appropriate clinical evaluation.

O

Optimized metabolism

Metabolic markers, medication when appropriate, nutrition, and sustainable health behaviors.

L

Lifestyle and eating behaviors

Movement, strength, food relationship, nourishment, and patterns without shame.

E

Empowerment through education

Understand the why, ask better questions, and make informed decisions over time.

Whole person. For life.

The framework is educational. Individual treatment depends on eligibility and clinical evaluation.

Choose what you need next.

Education can help you prepare. Clinical care is where individualized assessment and treatment begin.

Keep learning

Use Whole for Good resources to explore menopause, eating behaviors, GLP-1 care, metabolic health, and strength.

wholeforgood.com/resources

Check clinical eligibility

Review whether telehealth care is available for your location and needs, then see current appointment options.

wholeforgood.com/start

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Important

This guide is general education, not medical advice, diagnosis, or treatment. It does not establish a clinician-patient relationship. Seek a qualified professional for personal concerns. If you are in immediate danger or experiencing a medical emergency, call 911.