

# Rewild Your Metabolism in Midlife



*7 Keys to Restore Metabolic Health & Energy*



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# Welcome

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Midlife is often the point where things begin to feel different, and once worked no longer has the same effect.

Energy can erratic and your body may feel less predictable than it once did. This isn't a sign that something is wrong, but rather it's a sign that something has changed, and is asking for a different approach.

This guide introduces a new way of working with your body. Rather than pushing harder or trying to get it "right," we begin to focus on restoring the conditions that allow your body to regulate more naturally.

Inside, I'll share seven key areas that influence metabolic health in midlife. Not as rules to follow, but as places to begin paying attention.

My work weaves clinical nutrition, plant medicine and embodied wisdom to support the body naturally

*Rewilding isn't about doing more - it's about returning to what feels true, simple & sustainable*



*The Rewilding Path*™  
*Stabilise Nourish Restore Rewild Reclaim*

## About Me

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Kia ōra, I'm Trina Delis - a naturopath, clinical herbalist and shamanic energy medicine practitioner based in Ōtautahi, New Zealand. For more than 30 years I've helped my clients to transform their health through the wisdom of plant, energetic and functional medicine so they can reclaim their power and live the lives they want to live.

I've always believed that true healing happens when we care for both the body, our mindset and our energetic self. I also believe that modern science and ancient plant wisdom can work beautifully together to restore vitality, and that it's often the small daily habits that create the biggest changes.

Most of all I believe your body already knows how to heal - it just needs the right nourishment, rhythm and space to remember how.

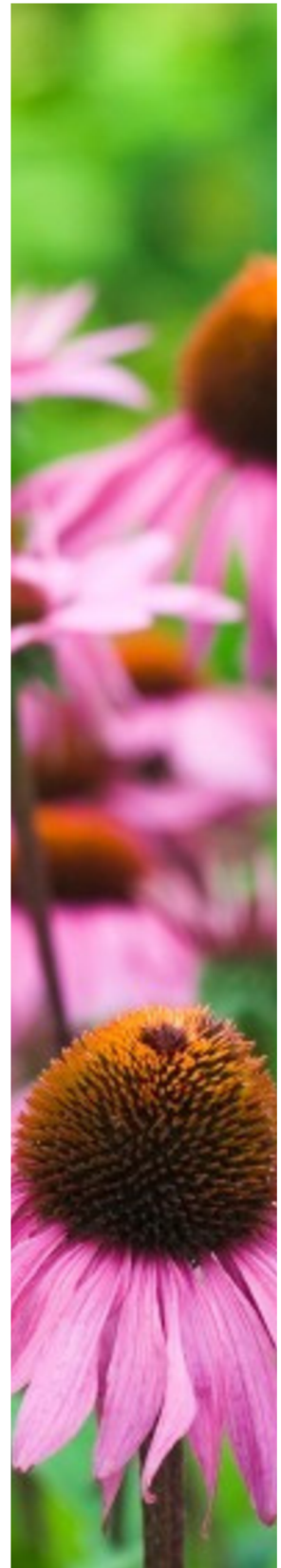
I love showing what's possible when small daily habits and plant, energy and functional medicine come together to restore vitality. Imagine waking up each day feeling clear, vibrant and confident in your body and your choices.

That's the transformation I guide women to step into.

*Trina*

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# 01

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## Restore Metabolic Safety

### Make it metabolic

The first 60–90 minutes of your day set your blood sugar pattern for the next 6–8 hours.

In midlife, beginning the day under-fuelled, or relying on caffeine alone, places greater demand on an already more sensitive system.

### A simple anchor

- Eat within 60–90 minutes of waking
- Include **25–30g protein**
- Build in fat & fibre for steadiness later

This is not about discipline.

It is how you signal to the body: **you are safe, you are fed, you can regulate.**

### A simple shift

Many women move straight into stimulation and override early hunger signals.

In midlife, this matters more.

Rewilding your morning is about creating **metabolic steadiness first** and not pushing through on empty.

*Small, consistent shifts in how you begin your day can profoundly influence your metabolic health over time.*





*Nourishment is more than fuel - it's how you listen to your body and align with its natural setpoint and flow.*

### **Why it matters**

In midlife, blood sugar regulation becomes less forgiving.

As oestrogen declines, insulin sensitivity shifts, meaning the body is more prone to spikes and crashes, even when eating “well”.

These fluctuations don't just affect energy.

They influence cravings, mood, abdominal weight patterns, and metabolic resilience.

Balancing blood sugar is not about restriction.

It is about creating steady, reliable energy the body can trust.

### **Make it metabolic**

Every time you eat, you are either stabilising your metabolism...  
or asking it to compensate.

### **A simple structure**

- Build meals around protein first (25–30g)
- Add fat and fibre to slow glucose release
- Let carbohydrates sit within meals, not on their own
- Aim for 3 structured meals

This reduces the need for the body to overproduce insulin and helps prevent the cycle of spike → crash → crave.

*Stable structure creates stable energy*



# 03 Restore Your Detoxification Pathways

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## Why it matters

Your body is constantly processing hormones, stress chemicals, and environmental inputs. In midlife, this becomes more significant.

As oestrogen fluctuates and declines, the body becomes more reliant on effective detoxification and clearance to maintain balance.

The liver plays a central role but it does not work alone.

## Detoxification depends on:

- adequate protein and nutrients
- efficient digestion and absorption
- regular elimination



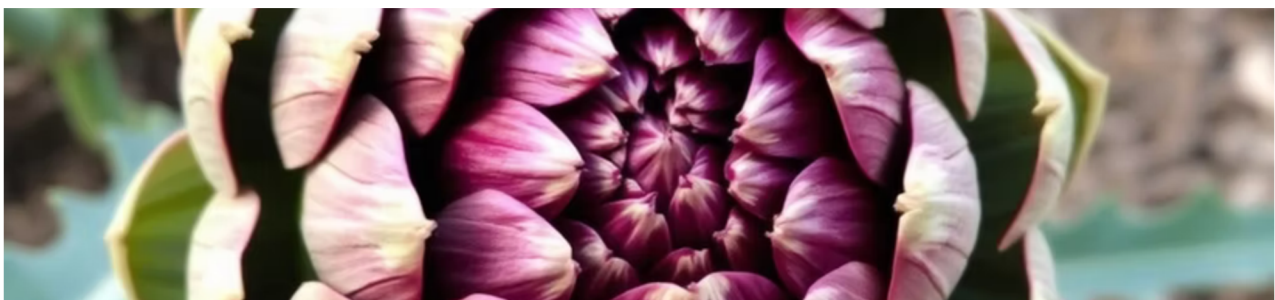
## Make it metabolic

- Prioritise adequate protein daily (supports phase 2 detox pathways)
- Include bitter foods and herbs to stimulate bile flow
- Support blood sugar stability (this reduces the detox burden overall)

## Begin here

- Include bitter and whole plant foods regularly - focus on leafy greens and cruciferous vegetables (broccoli, kale, rocket, cabbage)
- Use herbs such as dandelion root that gently support digestion and bile flow
- Support daily elimination (this is where detoxification is completed)

*Rather than trying to “detox” focus on creating the conditions that allow detoxification to happen every day*





## 04

### Move to Build Metabolic Resilience

*Movement nourishes your brain with oxygen, improves circulation and helps regulate your mood. But it's not just about moving - it's about building strength. Muscle is your body's longevity reserve, protecting your brain and metabolism as you age.*



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## *Movement is medicine: when it is matched to your physiology*

Movement is one of the most powerful ways to support metabolic health in midlife.

But more is not always better.

In this stage of life, excessive or high-intensity exercise can increase **cortisol load**, making it harder for the body to regulate blood sugar, recover well, and maintain hormonal balance.

### **Why it matters**

In midlife, the body becomes more sensitive to stress.

At the same time, we naturally begin to lose muscle mass.

This matters, because muscle is a key driver of insulin sensitivity and metabolic stability.

The goal is not simply to burn energy.

It is to build a body that can use and regulate energy effectively.

### **Make it metabolic**

Movement should support:

- muscle maintenance and strength
- stable blood sugar response
- nervous system regulation

Not deplete them.



### **Begin here**

- Prioritise strength and resistance-based movement to support muscle and metabolic function
- Walk regularly, ideally outdoors, to support circulation, rhythm, and glucose regulation
- Fuel your body appropriately around movement (especially protein)
- Allow adequate recovery between sessions

*In midlife, the body responds best to movement it can recover from, not movement it needs to compensate for.*



**Make it metabolic**

Rest is not passive.

It is how the body lowers cortisol, improves insulin sensitivity, and shifts into repair.

When this doesn't happen consistently, the body remains in a state of compensation driving fatigue, cravings, and disrupted sleep patterns.

**Begin here**

- Protect your sleep as a priority, rather than something that fits around everything else
- Create space to unwind in the evening, allowing your body to shift out of stimulation
- Ensure you are nourished during the day so your body can settle at night

**A simple, tangible practice**

Introduce a short restorative practice in the evening.

This does not need to be complex or time-consuming.

A simple starting point:

- Legs up the wall (5–10 minutes)
- Supported child's pose
- Slow, extended breathing (longer exhale than inhale)

*Rather than pushing through fatigue, begin to see rest as a form of metabolic support.*

*The body cannot repair in a state of urgency.*

*When it is given space to rest, it knows how to restore.*



# 06 Support Your Gut-Brain Ecology

## Why it Matters:

Your gut and brain are in constant communication.

In midlife, this connection becomes more influential, shaping digestion, mood, energy, and metabolic regulation.

When the body is in a state of stress, digestion is reduced.

When the body feels safe, digestion becomes more efficient.

This means it's not just what you eat, it's the state your body is in when you eat.

## Try this:

- Pause before meals. Take 3 slow breaths before you begin eating to shift your body into a state where digestion can occur.
- Sit down to eat whenever possible. Avoid eating on the run, in the car, or while standing - this keeps the body in a stress response.
- Include a small amount of bitter or fermented foods daily. Think rocket, lemon, apple cider vinegar, sauerkraut or yoghurt.

**Rather than focusing only on what you eat, begin to pay attention to how your body receives food. Digestion is not just mechanical, it is regulated by your nervous system.**

*When the body feels safe, it digests well.  
From there, everything else becomes easier to regulate.*



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# 07

## Protect and Renew Your Energy Field



*Your energy field is your invisible boundary - the space between who you are and what the world asks of you. When it's robust you feel clear, focused and at peace. When it's not so strong, you may feel drained, anxious, or scattered - especially after being with others.*

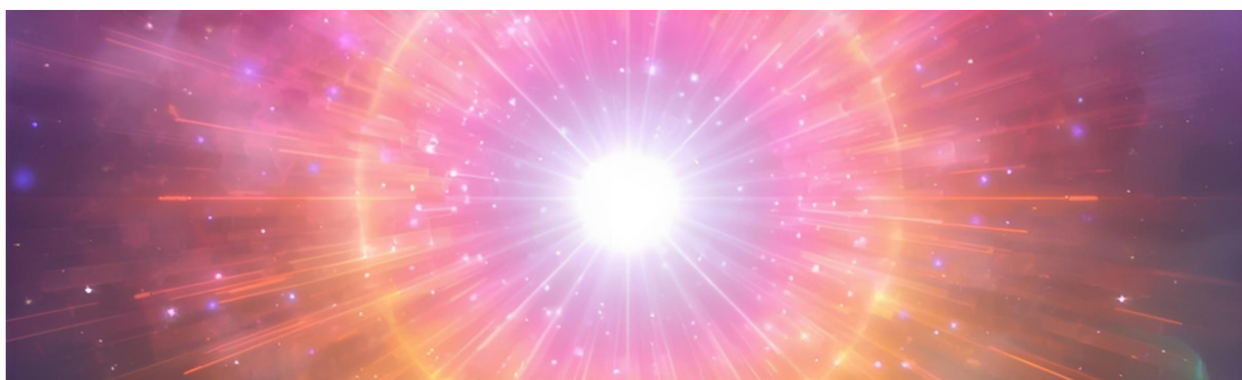


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**Try this:**

- Start the day with prayer and/or meditation - anchor yourself before the world pulls at your energy. Even 5 minutes of gratitude, mantra or breath awareness helps you stay centered
- Evening yin yoga ritual - slow, grounding postures help discharge the days tension and bring your body back into parasympathetic repair mode (my favourite yoga app is GLO)
- Ground and cleanse. Spend a few moments each day standing barefoot on the earth or visualising roots descending from your feet. As you exhale, imagine releasing tension, worry, or energy that isn't yours. Inhale deeply, drawing up stability, strength and vitality from the earth.
- Avoid toxic people, places and things - protecting your energy sometimes means setting gentle but firm boundaries. Notice how you feel after being around someone or somewhere - your body always tell the truth.
- The sacred art of "no". Protecting your energy also means honouring your boundaries. Saying no is a powerful act of self preservation. Midlife invites us to choose more consciously and go beyond self inflicted guilt and people pleasing.

*Remember: protecting your energy isn't selfish - it's essential. When your field is strong, your intuition sharpens and you can show up in the world as your unique self.*



# Go Deeper: Your Metabolic Drivers

For some women, simple shifts in food, rhythm, and lifestyle are enough to restore balance. For others, there are deeper factors influencing metabolic health.

**These can include:**

- underlying inflammation
- gut imbalances
- hormone shifts
- nutrient deficiencies
- stress and nervous system patterns

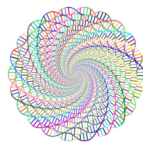
**A different approach:**

Rather than guessing, functional testing allows us to explore what is happening beneath the surface. This brings clarity to:

- why symptoms persist
- what your body specifically needs
- how to support it more precisely

*You don't need more information.  
You need the right information for YOUR body*

**This is where personalised support becomes important. If you'd like to explore your own metabolic health more deeply, I offer personalised consultations where we can assess your needs and decide whether further testing is appropriate.**



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# A Nourished Day in Midlife

*An example of nourishment as rhythm, not rules*

## **Morning: Begin with stability**

Anchor your morning with a protein-rich meal that helps you feel steady rather than wired. This might look like:

- Yoghurt, seeds, and berries
- Eggs or a savoury whole-food option
- Leftovers or a simple nourishing bowl

*The aim is to begin the day feeling grounded and supported, not running on empty.*

## **Midday: Sustain and support**

- Protein as the anchor (Organic meat, fish, chicken, eggs, yoghurt, cheese, lentils, beans, hummus, tofu, tempeh)
- Colourful plant foods
- Healthy fats for satiety (olive oil, butter, ghee, avocado, nuts, seeds tahini)

*The intention is to carry energy through the afternoon without peaks and crashes.*

## **Evening: Restore and ground**

How you eat and wind down here influences your sleep, recovery, and next day energy.

- Keep meals simple and repeatable - protein, plants, healthy fats
- Build from what you have available
- Eating enough during the day so you are not overly hungry at night
- Focus on consistency rather than perfection
- Creating space to move out of stimulation and into rest

*The aim is to arrive in the evening feeling settled, not depleted.  
This is not about perfection. It is about creating a pattern the body can rely on.*



# Where To Next

If this way of thinking about your body and metabolism resonates, this is only the beginning.

If you'd like deeper support, Midlife Metabolic Foundations explores these themes further.

- stabilising blood sugar and energy
- rebuilding metabolic safety
- working with your body, rather than against it with food, plant medicine, and simple daily practices to support lasting change.

This is where the real work begins: gently, consistently, and in a way your body can sustain.

**Take the next step**

**Scan below to learn more or join me inside.**

*Your body is not working against you.  
It is asking for a different kind of support.*



**Scan to learn here**

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