

OWN YOUR STACK™ · BODY · BRAIN · BUSINESS

FREE STARTER KIT · THE OVERLAP DECADE

Why Women's Metabolic Health Matters

A new lens on the Overlap Decade

Saujanya Vemuri, DHSc

NNP · MHP · CNC

Founder, EM² · Menopause & Metabolic Health

saujanyavemuri.com



A MOMENT MANY OF US KNOW

3 : 00 PM

Energy gone.
Brain offline.
Body running on fumes.

Your Body Is Saying Something

THE SCALE OF THIS

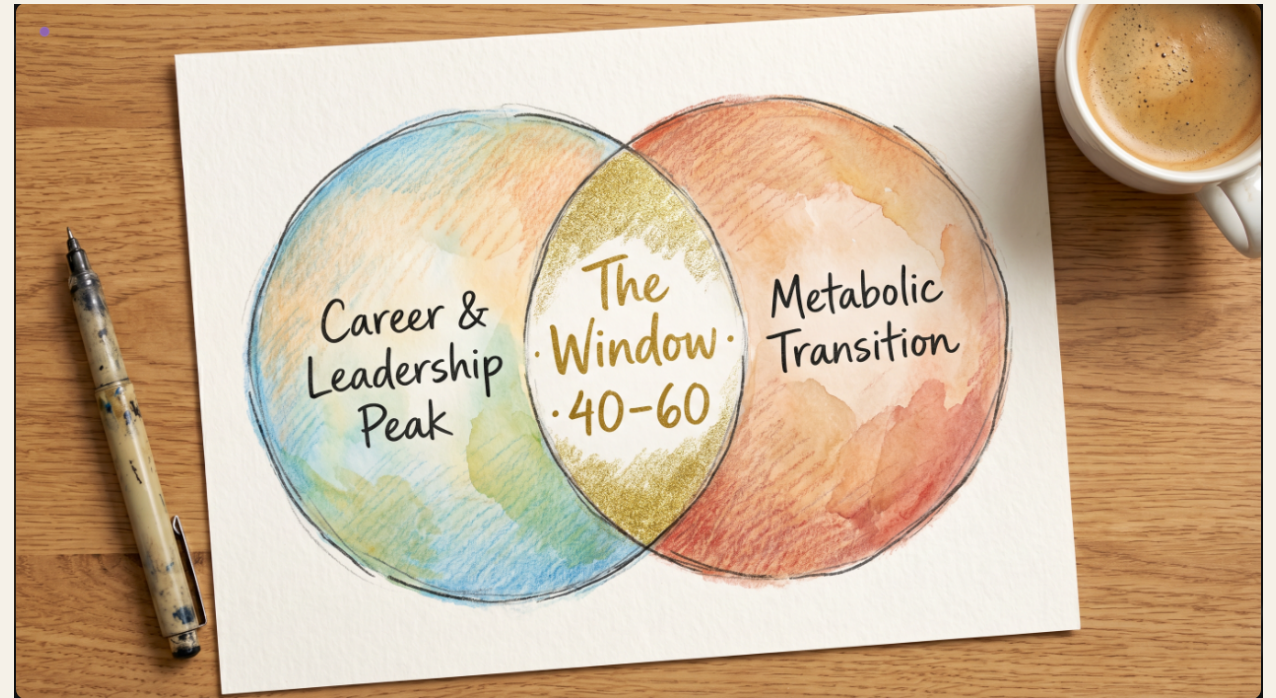
\$1
TRILLION

Not because women are missing. Because too many are functioning on empty.

Source: World Economic Forum, 2024

Our peak years. Our peak transition. *Same window.*

Ages 40 to 60 is where career and biology meet.



OWN YOUR STACK

Body · Brain · Business

Starter Kit

"Complex science.
Simple language.
All of us, together."

We explore:



The Moment

The Reason Midlife Feels Different



What We Explore

A Few Threads Worth Being Curious About



The Shift

Three Changes That Tend To Travel Together



The First Steps

What Energy, Focus and Resilience Rest On



The Invitation

Why This Decade is Ours To Lead

SAME BIOLOGY. VERY DIFFERENT EXPERIENCES.

What differs is not the biology. It is the environment around it.

TRADITIONAL LIFE



Movement, rhythm, community, sunlight.

MODERN LIFE



Screens, deadlines, indoor hours, fragmented time.

Same biology. Very different environments.

SWAN Study · Sources available in full program. · saujanyaavemuri.com

A few of the threads we follow.

Questions we sit with together in the full program. Here are a few worth being curious about.

01

Why the weight shows up in the middle.

There is a reason it settles around the middle even when nothing about our eating or effort has changed. We follow that thread to its root, and what we do about it surprises most of us.

02

Hormone therapy, and when it actually works.

The real question turns out to be less about yes or no, and more about the right hormone, the right route, and a window of timing that changes everything.

03

The days to lift heavy, and the days a walk is plenty.

There is a way to read our own biology and match effort to it, so the same week gives us more, with less strain and more ease.

And two more worth staying curious about.

The body keeps a few quiet secrets. These are two of the most useful to uncover.

04

Why the gut decides whether any of it works.

The same treatment can work beautifully for one woman and fall flat for another. The reason often traces back to the gut, which is the last place most of us would think to look.

05

The 3 a.m. waking, and what it is really telling us.

Waking at the same hour, night after night, is a signal worth listening to. It points to the nervous system and the metabolism underneath it, and once we learn to read it, sleep starts to return.

These are the threads we follow together, all the way to the root. The science is rich, the language stays simple, and the next pages begin to show us where to start.

Three changes that tend to travel together.

Not separate problems. One connected pattern, in plain language.

01

Where fuel is stored

The body starts holding more energy around the middle, deeper inside, rather than where it used to.

02

How signals are heard

The body listens a little less well to its own energy signals, so the same meal lands differently than before.

03

How muscle is kept

Muscle becomes harder to hold onto, and muscle is exactly what keeps energy steady and strong.

They reinforce each other, which is why this can feel like more than the sum of its parts. The full picture lives in the modules ahead.

Conceptual overview. SWAN Study (Study of Women's Health Across the Nation). Full sources in the complete program.

Energy, focus, and resilience rest on a simple structure.

This is the map. Each layer gets its own module in the full program.

5 Five Factors

- Metabolic and mitochondrial
- Hormonal: the insulin, cortisol, and estrogen triad
- Autonomic nervous system reset
- Brain and cognition
- Behavioral and circadian rhythms

6 Six Sustainable Strategies

- Sustenance
- Sleep
- Stress reduction
- Strength
- Social connection
- Sunshine

We do not fix a complex system one symptom at a time. We read the whole and find the leverage points, which is how good leaders think, and how we lead our own health.

One line a day. That is the whole experiment.

TRY THIS WEEK

**For seven days, write one line each afternoon.
How is my energy, and what came before it?**

By the end of the week we start to see our own pattern. And a pattern is something we can work with.

THE OVERLAP DECADE

This window is not something to fear. Understood clearly, it becomes one of the most powerful decades of our lives.

Complex science. Simple language. All of us, together.

As George Bernard Shaw reminds us, progress is impossible without change. This decade is our invitation to think again.

Who this is for. And who it is not.

A short filter. Read it honestly, then decide.

This is for you if

- ✓ You are in the 40 to 60 window, or already close to it
- ✓ You have tried the standard advice and it is no longer working
- ✓ You want the science, not slogans
- ✓ You are willing to run a small weekly experiment on yourself
- ✓ You would rather understand the system than manage symptoms

This is not for you if

- ✗ You want a 30-day quick fix or a single supplement answer
- ✗ You are looking for a coach to hand you a plan you never read
- ✗ You prefer certainty to curiosity, and slogans to systems

If the left column sounds like you, keep reading. The next pages are the reason women stayed.

REAL VOICES

What Women Are Saying.

Real voices. Real results. Real biology, finally understood.

The numbers behind the stories.

A snapshot of what shifted for the women you are about to meet.

22 lbs

lost in 6 months

With A1C moving out of the pre-diabetic range.

32 lbs

lost, sustained

With PCOS understood, hormones re-regulated.

8 hours

nightly sleep

After a year of aches, inflammation eased.

Normal

cholesterol and insulin

After years told it was just perimenopause.

These are not marketing numbers. They are what shows up when the system is read correctly.

"The reset program helped me find balance for sustenance, weight loss, and overall health, without sacrificing foods I love. Reduced inflammation after a year of aches, and a sound 8-hour sleep every night since."

Aparna

Program Manager, Expedia

"As a woman in my 40s, I'd almost given up. Saujanya explained how food impacts the body and tailored a program focused on metabolic health and sustainable results. Beyond weight loss, cholesterol and insulin normalized."

Deepika

Transformation Coach

"I began at 174 pounds and 6 months later I'm at 152, with A1C significantly reduced from a pre-diabetic state. Body fat down 5%, visceral fat down 2%, waist down 2 to 3 inches. Never felt deprived."

22lbs

Lost
In 6 months

5%

Body Fat
Reduction

Priya
CTO

2in

Waist
Reduction

"For the first time, I actually understood why things were happening to my body. Why PCOS. Why my hormones went off. What triggered the weight gain. Down 32 pounds, sleeping better, skin glowing, staying consistent."

Lasya

Data Analyst

The Overlap Decade Series: The Full Program.

The full curriculum for the decade that decides.

Thirteen video modules across six domains. Delivered weekly over twelve weeks. The science, the story, and the interventions you actually apply, one layer at a time, in language that respects your intelligence and your time.

13 MODULES • 12 WEEKS • 15 INTERVENTIONS

The Program

13 video modules • 6 domains of metabolic health • Weekly delivery over a 12-week arc

The Tools

Starter Kit • Health Archetype Quiz • Good Energy ScoreCard Quiz

The Resources

14 module handouts • 15 experiments • Bootcamp toolkit

Common questions, answered.

The six that come up most often, in plain language.

01 How much time does this take each week?

About two hours. One hour for the module, one hour for the weekly experiment. The experiments are small on purpose, so they stay done.

03 Do I need bloodwork or a wearable to start?

No. The Starter Kit and Module 1 begin with what you already know about your own week. Bloodwork adds signal later, and the program shows you what to ask for.

05 I have tried everything. Why would this be different?

Most plans manage symptoms one at a time. This one reads the system, finds the leverage points, and treats energy, sleep, and body composition as one connected story.

02 Will I get personal medical advice?

This is education, not medical care. It is designed to make you a sharper reader of your own body, and a sharper partner to your clinician.

04 Do I have to be on hormone therapy for this to work?

No. The program covers when hormone therapy helps and when it does not. The five factors and six strategies apply either way.

06 How is this different from a book or a YouTube channel?

A curriculum with an arc, weekly experiments you actually apply, and tools that turn your own week into signal. Not a library. A program.

Read your own system. Reclaim your own decade.

The Overlap Decade Series opens for enrollment this September.

Thirteen video modules across six domains of metabolic health. Fifteen weekly experiments you actually apply. The two quick tools, the Starter Kit, and the language to read your own week as signal, not noise.

\$497

ONE-TIME ENROLLMENT

Join The Overlap Decade Series →

saujanyaavemuri.com/overlap-decade-series

✓ Cancel or pause anytime.

Lifetime access to modules you have already unlocked.

Questions? saujanya@healthem2.com

If you are not ready to commit, start with the mirror.

A free five-minute read on where your energy, focus, and resilience actually rest today.

Thirteen questions across the six domains of metabolic health. Your Health Archetype in five minutes. A short read on where you are today, and what the first useful move looks like from here.

5 min

to complete

13 Q

across six domains

1 of 5

archetypes revealed

Take the free Health Archetype Quiz →

saujanyaavemuri.com/overlap-decade-series/health-archetype

✓ Free. No cost, no card.

Your archetype and short read arrive by email.

Wherever you begin, begin with signal, not noise.

Saujanya Vemuri