

The 2-Day Hormonal Belly Fat Reset

Break Through Your Keto Plateau, Reset Your Hormones & Burn Belly Fat Naturally (Even If You're Over 40)

Created for busy women over 40 who are ready to ditch the diet stress and unlock real results.

Welcome + What This Guide Will Do for You

Welcome! If you've hit a wall with keto or low-carb... you are not alone.

Thousands of women over 40 suddenly find that what *used* to work no longer does. The weight loss stalls. The cravings come back. The belly fat sticks around.

This guide will help you reset your body with a simple 2-day plan that works *with* your hormones, not against them.

In this guide, you'll discover:

- Why weight loss changes after 40 (and what really causes the belly fat)
- A flexible 2-day intermittent fasting and hormone-friendly plan
- Common mistakes women make when fasting or dieting
- A simple path forward that actually fits your lifestyle

Why Keto & Low-Carb Often Stop Working After 40

When you first tried keto or low-carb, you likely saw fast results. But if you're over 40, your hormones have changed — and those changes make traditional dieting strategies less effective.

The Hormone Trifecta:

- 1 **Estrogen Drops** → Fat stores shift to the belly
- 2 **Cortisol Rises** → Stress causes fat to stay stuck
- 3 **Insulin Resistance Increases** → Sugar is stored instead of burned

This combination makes it harder to burn fat (especially around the middle), feel full after meals, and stay energized and balanced.

That's why you need a plan that gives your body space to reset — without more restriction.

Your 2-Day Reset Plan (Simple & Effective)

This plan is based on a gentle intermittent fasting rhythm designed to lower insulin, reduce inflammation, calm cortisol, and support fat-burning hormones like HGH.

Day 1: Reset Schedule

Time	Action
7:00 AM	Hydrate with water or herbal tea
9:00 AM	Light movement or stretching
12:00 PM	Black coffee (if desired)
7:00 PM	Eat your normal dinner
8:00 PM	Begin 24-hour fast (water/tea only)

Day 2: Fasting Window (24 Hours)

No solid food from dinner to dinner (24 hours). You may drink: water, herbal tea, black coffee (no cream or sugar).

Pro tip: Add a pinch of sea salt or sugar-free electrolytes to your water to maintain balance.

7 PM (Day 2): Break your fast with a hormone-supportive meal — protein (chicken, fish, eggs, beans), fiber (leafy greens, berries), and healthy fats (avocado, olive oil, nuts).

Want a done-for-you plan that uses this exact rhythm?
See How Eat Stop Eat Works →

What to Expect During the 2-Day Reset

- More energy by Day 2 evening
- Less bloating and water retention
- A lighter, “clean” feeling
- Mental clarity and fewer cravings
- A sense of control over food again

Common Mistakes Women Over 40 Make

Mistake #1: Fasting too aggressively

Daily fasting + stress + under-eating = hormone imbalance. Start with 1–2 fasts per week.

Mistake #2: Not eating enough after the fast

Your post-fast meal should be nourishing, not minimal.

Mistake #3: Over-caffeinating while fasting

Too much coffee = cortisol spike = more belly fat. Stick to 1–2 cups max.

Mistake #4: Thinking you have to suffer to see results

Fasting is meant to simplify your life, not make it harder.

The Eat Stop Eat plan avoids all of these mistakes. [Learn more →](#)

How to Keep Going After the 2-Day Reset

The 2-day reset is a jumpstart. But for long-term results, you need a rhythm that's sustainable and built for your hormones. That's where the Eat Stop Eat method comes in.

With Eat Stop Eat, you'll:

- Fast just 1–2 times per week
- Eat normally the rest of the time
- Burn fat, rebalance hormones, and simplify your life

No calorie counting. No daily restriction. Just results.

Bonus: Hormonal Belly Fat Checklist

Check any that apply to you:

- You're doing everything “right” but still gaining belly fat
- You feel more tired and bloated after meals
- You crave sugar and carbs more often
- You've tried keto but plateaued
- Your sleep is inconsistent or broken
- You feel frustrated and defeated

If you checked 3 or more boxes, your hormones may be holding you back — and intermittent fasting could be your reset.

Eat Stop Eat is the plan thousands of women are using to reverse this pattern — gently, effectively, and with real food.

Ready to Burn Belly Fat, Regain Energy & Break Through the Plateau?
➔ **See How Eat Stop Eat Works**

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