

PRESS KIT • 2026

The Age-Stage Nutrition Blueprint for Women

Science-Backed Nutrition for Women's Hormonal Health, Energy, and Longevity at Every Life Stage



Patrick Zbardi

Author & Independent Nutrition Researcher

STATUS	FORMAT	LANGUAGE	CONTACT
Available now on Amazon	Paperback 537 pages	English	presse@ patrickzbardi.com

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01 — AUTHOR

Patrick Zbardi



Short bio: Patrick Zbardi is an industrial equipment engineer by training and an independent nutrition researcher. He is the author of *The Age-Stage Nutrition Blueprint for Women* (Amazon, 2026) and *Nutrition à Chaque Âge — 0 to 100 Years*, as well as two technological thrillers, *Chair Tendre* and *Les Invisibles*.

Full biography

Patrick Zbardi trained as an industrial equipment engineer. For more than fifteen years, he worked on production-line implementation across multiple sectors — including food manufacturing — in plants around the world. That work put him inside the systems that decide what ends up on a label, long before he wrote about nutrition.

The questions stayed with him after the career changed. Why does the same generic advice get handed to a 25-year-old and a woman navigating menopause at 55? Why do hormonal shifts get treated as a footnote in mainstream nutrition guides, instead of the center of the picture? *The Age-Stage Nutrition Blueprint for Women* is his answer: a structured, science-backed approach built around how women's physiology actually changes, stage by stage.

He is also the author of *Nutrition à Chaque Âge*, a life-stage nutrition guide covering birth to 100 years, and of two technological thrillers, *Chair Tendre* and *Les Invisibles*, which explore the same territory — the body under systemic pressure — through fiction.

02 — THE BOOK

The Age-Stage Nutrition Blueprint for Women

Science-Backed Nutrition for Women's Hormonal Health, Energy, and Longevity at Every Life Stage

Most nutrition advice is written for one body: young, and treated as unchanging. The Age-Stage Nutrition Blueprint for Women rejects that premise. It maps how hormones, metabolism, and muscle mass shift from a woman's forties onward, and translates that shift into practical, sustainable nutrition — without fad diets, restrictive plans, or advice borrowed wholesale from research done on men.

Who This Book Is For

Women 40, 50 and beyond, navigating changes in energy, metabolism, and body composition

Perimenopausal and menopausal women looking for science-backed nutritional support

Women experiencing unexplained energy loss, wondering what has changed

Women concerned about muscle loss who want to protect strength and mobility as they age

Women struggling with belly fat after 50 who have been told to “eat less” without lasting results

Longevity-minded readers who want to understand the research on healthy aging and nutrition

What Readers Will Learn

How hormonal shifts affect metabolism and nutritional needs

Science-backed protein intake for muscle preservation after 40

Chrono-nutrition: why meal timing matters as much as food choice

Managing perimenopause and menopause with targeted nutrition

Evidence-based supplementation for women's health

How to protect bone density and muscle mass at the same time

Meal timing, gut health, and metabolic change after 50

How to build sustainable habits without restrictive dieting

03 — POSITIONING

Why This Book Is Different

Age-stage approach

Nutritional needs change at 40, 50, and beyond. The book maps those changes precisely, rather than treating adult women as a single undifferentiated group.

Science-backed, not trendy

Each recommendation is grounded in published research on women's health and nutrition — not the latest social-media protocol.

Built for women's changing physiology

Not a generic nutrition guide adapted from male-centric research.

Practical without being prescriptive

Real guidance for real life, not a rigid protocol most readers abandon within three weeks.

04 — STRUCTURE

Inside the Book

A structured, evidence-based journey through women's nutritional needs at every stage

01**The Age-Stage Framework**

Why nutrition for women cannot be one-size-fits-all

02**Hormones & Nutrition**

How estrogen, progesterone, and cortisol shape food needs

03**Protein & Muscle**

The science of sarcopenia prevention in women over 40

04**Chrono-Nutrition**

Meal timing, circadian rhythms, and metabolic health

05**Supplementation Guide**

What the evidence actually says about key nutrients for women

06**Longevity & Aging**

Practical nutrition for an active, healthy second half of life

05 — EVIDENCE BASE

Scientific Approach

This book draws on published nutritional science, peer-reviewed research on women's health and aging, and evidence from human studies on hormones, metabolism, and muscle physiology. A structured reference list, organized by theme, is available on the author's website.

References: patrickzbardi.com/references-women.html

Editorial note for journalists

This press kit avoids unverified claims. Patrick Zbardi is not a licensed physician or registered dietitian; his work is presented as independent research and systemic analysis, not medical advice. No bestseller status, award, or press coverage is claimed unless independently verifiable.

06 — STORY IDEAS

International Press Angles

For English-language outlets covering women's health, nutrition, and aging.

WOMEN'S HEALTH

Why women over 40 need a different nutrition strategy

MENOPAUSE

Protein, hormones and longevity after menopause

NUTRITION SCIENCE

The end of one-size-fits-all nutrition

METABOLIC HEALTH

Why belly fat increases after 50 even at normal weight

CHRONO-NUTRITION

Meal timing and aging

MUSCLE & AGING

The hidden cost of muscle loss after 50

07 — PRACTICAL INFORMATION

Contact & Availability

Status	Available now — paperback edition on Amazon.com
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Author website	patrickzbardi.com/the-age-stage-nutrition-blueprint-for-women

For Journalists

The full manuscript is available on request for journalists, editors, and health professionals. High-resolution author photos and cover images are available on request.

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Response within 24–72 business hours. Please indicate your outlet and the angle you are considering.