

THE *calm* MOMMA BLUEPRINT

For the woman who feels
emotionally exhausted in a body
that no longer feels *familiar*.

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The Considerate Momma



BODY/NERVOUS SYSTEM ASSESSMENT

DO ANY OF THESE SOUND FAMILIAR FOR YOU?

CHECK ALL THAT APPLY

Motherhood & Emotional Capacity

- You feel like you've lost access to a version of yourself you used to know.
- You love being a mom but lately it doesn't feel the way you thought it would.
- You find yourself going through the motions instead of being truly present.
- You grieve the mom you were or the mom you imagined you'd be by now.
- You wonder sometimes if this is just who you are now.

Body Signals You Can't Ignore

- You feel inflamed, bloated, or uncomfortable in your body
- Your energy feels inconsistent or crashes throughout the day
- Your sleep isn't as restorative as it used to be
- Your body or weight isn't responding the way it used to
- Your body seems to refuse losing belly fat

The "I'm Doing Everything Right" Loop

- You're already doing the work (mindset, parenting tools, awareness)...
- ...but it still feels harder than it should
- Things that worked before are no longer working
- Something feels off but you can't pinpoint what, exactly

BODY/NERVOUS SYSTEM ASSESSMENT

DO ANY OF THESE SOUND FAMILIAR FOR YOU?

CHECK ALL THAT APPLY

Reactivity and Emotional Capacity

- You find yourself snapping faster than you used to... especially over small things
- You go from calm to overwhelmed quickly, and it feels hard to slow it down
- You feel overstimulated by noise, mess, or constant demands
- You have less patience than you used to—and that frustrates you
- You feel a sense of guilt or regret after reacting

THIS ISN'T
random

If you checked even a few of these boxes, I want you to pause here for a second.

*Because what you just identified isn't a **parenting problem**.*

*It isn't a **patience problem**. It isn't a **"I just need to try harder" problem**.*

*What you're experiencing has a **physiological root**. And when you understand what's actually happening underneath these reactions — in your body, in your hormones, in your nervous system — **everything starts to make a lot more sense**.*

THE NERVOUS SYSTEM & YOUR WINDOW OF TOLERANCE

Your nervous system has a threshold.

A point at which it moves from regulated to overwhelmed. From calm to reactive. From responsive to survival mode.

That threshold is called your window of tolerance. And it isn't fixed. It expands and contracts based on what's happening in your body — your hormones, your inflammation levels, your blood sugar stability, your sleep quality, and the cumulative load your nervous system has been carrying.

When your body is well supported that threshold stays wide — and you stop running on fumes and start actually showing up. The noise is just noise. The hard moments don't take you out the way they used to. You feel like yourself again in a way that doesn't require constant effort to maintain.

When your body is under-supported that threshold shrinks. And what you're left with is a nervous system that is constantly bracing, constantly overwhelmed, and constantly running out of capacity before the day is even half over. Your nervous system isn't separate from your body. It is your body. And it cannot perform beyond what your body can actually support.

THE CONNECTION NOBODY IS MAKING UNTIL NOW.

Your body naturally produces GLP-1 hormones. They are short chain amino acids responsible for regulating some of your most essential biological functions — metabolism, blood sugar, appetite, and as it turns out, your nervous system. And just like vitamins and minerals, you can become depleted in them.

Chronic stress depletes them.

Inflammation depletes them.

Hormonal shifts deplete them.

Years of running on empty depletes them.

But here's the part that stopped me completely:

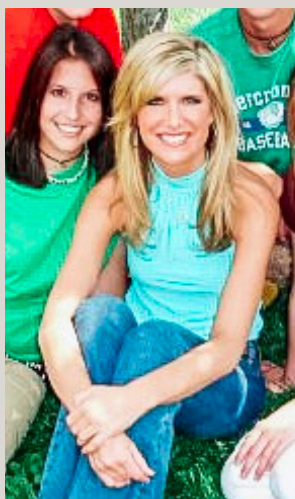
GLP-1 receptors are found along the vagus nerve — ***your body's primary nervous system regulation pathway.***

The one that governs how quickly you shift from calm to overwhelmed. How much capacity you have to pause, respond, and utilize the parenting tools you've gained.

When those receptors are ***under-supported*** your entire stress response system becomes **harder** to regulate. Not because you aren't trying. Because your body's primary regulation pathway ***doesn't have what it needs to do its job.***

This isn't just a metabolic issue. It isn't just a weight issue. It is a nervous system issue. A capacity issue. A motherhood issue and it may be the most important piece of the puzzle you haven't addressed yet.

MY HEALTH JOURNEY



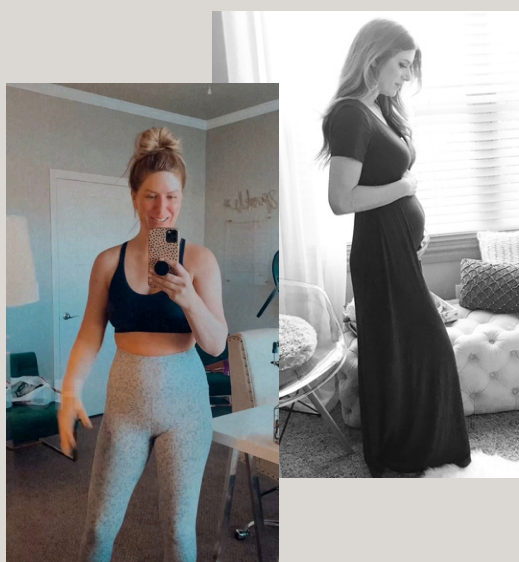
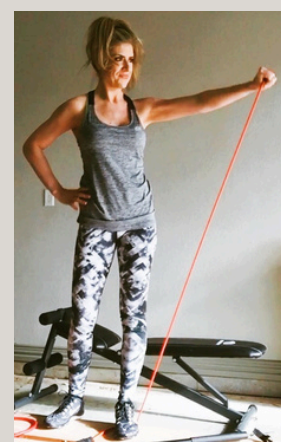
UNDERWEIGHT DIDN'T MEAN HEALTHY

In my early 20s, I was praised for being thin as though my 113lb body was healthy. But behind the scenes, my gut health was a wreck, my anxiety was debilitating, I battled cystic acne, and my sugar cravings completely controlled me.



I BECAME DETERMINED TO HEAL MY BODY

In 2012, I went all in on learning health, fitness, nutrition, and supplementation. By 2014, I competed in my first bodybuilding competition. In 2015, I even wrote an ebook on tracking macros and eating clean.



THEN MOTHERHOOD CHANGED EVERYTHING

I became a mom at 35, and by 38, I found myself struggling with rage and nervous system dysregulation in ways I didn't understand at the time. That journey eventually became the foundation for Rage-Free Parenting and the work I do today.

BUT MY 40S BROUGHT AN ENTIRELY DIFFERENT SHIFT

Suddenly, everything I had always relied on felt different. The version of me that used to feel grounded, patient, emotionally steady, and in control suddenly felt harder and harder to access—and I could feel that shift happening right alongside the changes in my body.

As my hormones shifted, inflammation increased, energy crashed, and my body stopped responding the way it used to.

That's when I realized this wasn't just about discipline or regulation anymore. I didn't need to keep pushing harder. I needed to start supporting my body *differently*.



How I started supporting **my body** differently



Once I realized my body wasn't responding the way it used to, I started researching deeper.

Perimenopause.

Hormones.

Inflammation.

Nervous system regulation.

Metabolic health.

And honestly... what I found shocked me.

At the time, I only knew GLP-1s as a quick-fix weight loss crutch for people who didn't want to do the "hard work."

But the deeper I researched, the more I realized I had completely misunderstood them. I started learning that many women in perimenopause were using GLP-1/GIP support for far more than weight loss.

Women were talking about:

- inflammation decreasing
- improved energy
- less food noise
- better emotional regulation
- improved metabolic health
- feeling mentally clearer
- finally feeling like themselves again

And suddenly... things started making a lot more sense.

Not just the weight changes, but the exhaustion, emotional overwhelm, nervous system sensitivity and the feeling of constantly fighting my own body.

For the first time in a long time, I stopped seeing my body as something failing me. And started realizing it may have been under-supported.

What *shifted* when I began supporting my body



In January '26, I started on a GLP1/GIP + L-Carnitine injection and in April I added Selank Nasal Spray for anxiety/regulation.

In 4 months, I officially hit my goal weight, losing 30 pounds and while that's been amazing, it's still the *least interesting* thing that's changed.

What matters more is how different I feel in my own body and nervous system.

The food noise got quiet almost immediately. I didn't fully realize how much mental space food had been taking up until it suddenly wasn't consuming my thoughts all day long anymore.

Within a few weeks, the inflammation in my body started going down too. The aches and pain I had normalized for years started disappearing.

I have real energy again. Not the "surviving on caffeine" kind. I actually have energy to enjoy life again. To go do something fun with my daughter after school instead of feeling like I'm barely surviving the rest of the day.

My nervous system feels *steadier* too.

I am more patient. More emotionally regulated. More quickly able to access all the tools I've created and taught on for years. And for the first time in a long time, I feel like I can fully access the version of me that always felt buried underneath the exhaustion, overwhelm, and constant pushing.

and I'm not alone

real people / actually know ↘



MAKING AN INFORMED DECISION

The peptide space can feel incredibly confusing right now—and honestly, it should.

There's a massive difference between medically guided peptides prescribed through licensed providers and the growing black and gray market products being sold online without proper oversight, sourcing transparency, or pharmacy protections.

That distinction *matters*.

WHAT I PERSONALLY LOOKED FOR:

✓ 503A Compounding Pharmacy Standards

I personally wanted peptides sourced through a 503A compounding pharmacy with regulated safety standards, sterile compounding requirements, and prescription oversight—not unregulated online sources or research-grade products.

✓ Ongoing Medical Oversight

I wanted a peptide-trained medical provider reviewing my health history, medications, symptoms, and goals

✓ Personalized Dosing & Reassessments

One of the biggest reasons I felt comfortable moving forward was knowing dosing could be adjusted based on how my body responded over time.

✓ Flexible Payment Options

I also appreciate having flexible ways to pay for care, including HSA/FSA options, PayPal, Klarna installments, and payment plans. That made ongoing support feel far more accessible and realistic during this season of life.

After months of researching and trying to understand this space more deeply, I eventually found a telehealth company that aligned with the level of safety, structure, sourcing, and medical oversight I personally felt comfortable with.

That provider for me ended up being EllieMD.



MAKING AN INFORMED DECISION

IF YOU DECIDE TO EXPLORE THIS FURTHER:

If you decide you want to explore medically guided peptide support for yourself, the process is actually very straightforward.

Step 1:

Scan the QR code below or go [here](#) and click “Get Started” to create a FREE Customer Profile. This allows you to see all available peptides.

Step 2: Select the Peptide you want based on your goals.

For **Weight Loss or Metabolic Support**, I recommend GLP1/GIP injection. You'll also choose your amino acid compound: Choose B-12 for energy, metabolic balance, nerve help, L-Carnitine for exercise recovery, fat metabolism, energy production or Glycine for muscle preservation, sleep quality, cognitive function

For **Nervous System Support**, I recommend Selank Nasal Spray, NAD+ injection or GLP-1/GIP injectio.

Step 3: Complete your health intake (this includes your history, lifestyle, and goals)

Step 4: Review your available provider-guided options (3 month supply)— The cost includes the peptide PLUS Provider Support & Shipping. No hidden fees/memberships

Step 5: Submit your request & you should hear from the doctor shortly as to whether or not your order was approved.



Reach out to support@theconsideratemomma.com with any additional questions or concerns

FREQUENTLY ASKED QUESTIONS

1. **Did you have any side effects?** With EllieMD, everyone starts on a microdose to help minimize side effects as much as possible. The morning after my first dose, I simply felt full. Not nauseous, just full and didn't have much of an appetite. I also began losing weight quickly so I worked with the doctor EllieMD assigned and we were able to find the right dose for both my appetite and weight loss.
2. **Are natural GLP-1 supplements a healthy alternative to GLP-1 injections?** Natural GLP-1 supplements are not designed to withstand DPP-4, an enzyme that breaks down GLP-1 hormone in the gut within 1-2 minutes. The injection, however, is designed to withstand DPP-4, allowing GLP-1 to be enhanced in the body for 5-7 days! Those claiming to lose weight on a GLP-1 supplement are not losing because GLP-1 hormone is increased. They're losing due to additional lifestyle changes made (no snacking, lymphatic massage, more water etc). Supplements simply cannot and do not compete with GLP-1 injections
3. **Do I have to pay for the Doctor with EllieMD?** The price of your medical oversight, shipping **and** peptide are **all** included in the price you see on Ellie's site. There are no hidden fees, co-pays or memberships.
4. **Will I lose my hair?** Hair loss can happen with any quick weight loss, not as a direct result of GLP-1's or GLP-1/GIP. Maintaining a healthy, protein rich diet and taking a quality multivitamin can help protect against hair loss.
5. **What if I do experience side effects?** This is why medical oversight from doctors trained in peptide therapy is so crucial. If you do experience side effects, your EllieMD provider will work with you to decrease dosage until you find what works best for your body. Not all peptides on the market are customizable, but all from EllieMD are!
6. **What is the difference between EllieMD peptides and others I see online?** It's the Wild West out there in the peptide space and finding a reputable source can be challenging. There are dirt cheap peptides on the black and gray markets, research-grade peptides that come with a label that clearly states they are "not for human consumption" and even influencers buying peptides and selling them for profit from their basement (I wish I was kidding). EllieMD offers medical-grade peptides from a 503a compounding pharmacy and meets all the highest regulations for purity, consistency & quality. EllieMD batch tests every peptide to make sure you're getting the same strength from product to product and purified every peptide 3-4x or more to assure there are no trace heavy metals or endotoxins left in them.

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REGULATION TOOLS

YOU CAN USE *TODAY* FOR INSTANT RELIEF

01

THE VAGUS HOLD (YOUR RESET BUTTON)

Place one hand over your heart. Place the other gently on the side of your neck. Inhale for 4. Exhale for 6–8. Let your shoulders drop. Let your body feel your hands.

What this does:

This signals *instant* safety to your nervous system and helps bring you out of that immediate surge of rage/reactivity

ORIENT YOUR BODY BACK TO SAFETY

Slowly look around your environment. Pick one color and find as many objects as you can in that color.

What this does:

This *instantly* disrupts the anxiety/panic cycles in your nervous system by activating your brain's logic centers and simultaneously quieting fear, worry and concern.

02

LOWER BODY RESET (FOR THAT RISING HEAT)

If you feel the intensity building: Stand tall → rise onto your toes → drop your heels firmly into the ground. Repeat as many times as needed until you feel intensity decrease.

What this does:

Anger/rage need powerful bursts of movement or energetic release. This is the reason you yell; it's a *release*. Heel Stomps are a healthy alternative that instantly provide release but do not damage relationships.

03

SINGLE-POINT FOCUS (FOR OVERWHELM)

When you begin to feel overwhelmed, choose one object to fix your eyes on and slowly breathe as you focus solely on this one object.

What this does:

Choosing to focus on one object *instantly* quiets the "chatter" in your brain and quickly decreases sensory or situational overwhelm,

04

THESE ARE SOME OF THE EXACT TOOLS I STILL USE IN REAL LIFE WHEN I FEEL MYSELF GETTING OVERSTIMULATED, REACTIVE, OR FLOODED.

[GET THE FULL ROADMAP](#)