



YOUR MIDLIFE COMEBACK GUIDE: FROM STUCK TO STRONG

Breaking through losing that stubborn weight & feeling like YOU again!

Welcome to the GLP Success Guide



Wait...no one warned you about it either?

Here's a straightforward and hormone-savvy rundown about the highs and lows of you guessed it—menopause. If you picked up this guide; you're ready for change!

- ****Ready to clear away the fog.****
- ****Ready to quiet your inner mean girl.****
- ****Ready to stop asking, "Is this it?" and start saying, "Watch me now."****

Here's what it's about:

- **How to utilize GLP-1s as a tool (not a crutch)**
- **Strategies to support your metabolism, mind, and mood**
- **Biohacks to reclaim your vitality, yep!**

Because you know what, you don't have to accept feeling inflamed, exhausted, moody, and stuck. This guide is about changing the rules—on your own terms.

**So, grab your water, (*tip, ditch alcohol for starters) your sense of humor!
Lets GO!**

Lisa



What's really going on

And no, your not going crazy! It's your hormones babe.

1. Hormones Are on the Decline

- Estrogen, progesterone, and testosterone drop in perimenopause and menopause. That means:
- Metabolism tanks → Hello, belly weight Mood swings → Anxiety, irritability, random tears
- Sleep goes sideways → 3am wake ups, thanks hormones



2. Insulin Resistance Creeps In

Midlife bodies don't process insulin like they used to. That leads to:

- Belly fat that won't budge
- Constant cravings
- Energy crashes

3. Inflammation Starts Smoldering

Low-grade inflammation shows up as:

- Bloating
- Brain fog
- Joint pain



4. Cortisol Takes Over

Midlife = High stress.

High stress = High cortisol

What does this lead to :

- More belly fat
- Disrupted sleep
- Sugar craving

5. Mitochondria Need a Wake up Call

These little energy factories slow down with age:

- You're tired all the time
- Focus is fuzzy
- Metabolism slows to a crawl



This isn't about willpower. It's biology — and it's fixable. GLP-1s help. So do sleep, food, and mindset. You're not broken — you just need a little help



GLP-1'S 101

Why They're Not "Cheating, " and How to Use Them

GLP-1s (semaglutide, tirzepatide) mimic a hormone your body already makes — regulating blood sugar, appetite, and digestion.

What They Do:

Stabilize blood sugar Slow digestion →

Feel fuller, longer Lower appetite →

Say goodbye to snack spirals

Not Cheating This isn't lazy

This is strategic. You'd take thyroid meds if your thyroid was off — same idea.

It's not Magic- Pair it with:

Protein-first meals Movement that makes you feel alive Sleep (non-negotiable!)

Mindset work These meds open the door. You walk through it.

How to Make the Most of Your GLP-1 Journey



- Protein First,
- Whole Foods Always Drink half your body weight in ounces.
- Add electrolytes. Hydration is Hormone Gold
- Prioritize rest. 7-9 hours, Cool, dark, tech-free zone
- Sleep is Your Secret Weapon
- Lift. Walk. Stretch. Dance. MOVE
- Move Because You Can
- Visualize You! Ditch the critic. brain in the pause.
- Mindset

Why Not YOU? Your GLP-1 Getting Started

HERE'S YOUR GAME PLAN

- Get Clear on Your Goals →
- Weight is part of the picture. Energy, brain clarity, hormone balance, inflammation, and mood? That's the full masterpiece.
- Let Me Connect You to a Reputable Provider →
- I've partnered with trusted telemedicine experts to simplify the process for you.
- Let me connect you to my vetted network — and as always, be sure to talk to your personal physician too!
- Start Low, Go Slow → Nausea isn't a badge of honor. Starting too fast backfires.
- Go at YOUR pace. Track More Than Your Weight → Track sleep, energy, hunger, mood, movement.
- Celebrate your non-scale victories — they're the real flex. Keep Fueling and Hydrating → Protein first. Whole foods. Don't starve. Don't sip wine instead of water. (You know who you are.) Visualize Future You.



Why Ellie MD

- NABP-accredited
- 503A pharmacies only
- Personalized care + compounding options
- Real doctors.
- Real support.
- Real results.

How to Order with Ellie MD

1

[Go To: Elliemd/lisamccarron](https://elliemd.com/lisamccarron)

2

Choose: 20+ lbs to lose → Click **“Weight Loss”**

Less than 20 lbs / longevity focus → Click **“Microdose”**

4

Pick your formula: Tirzepatide → Add GLP + GIP + B12

Semaglutide → Add GLP + B12

5

[Fill out the medical questionnaire](#) **HERE**

6

Doctor reviews + approves

7

Your meds ship to your door

When You Order With Me:

- A patient Portal that allows you communication with the medical professionals
- Monthly check-ins from me
- Support of a whole community
- Top tier education about GLP-1's
- Supportive FB group
- Success stories

My Story



It's a story I am sure many are too familiar with. I turned 50 and things really started to change. I exercise, I lift weights I eat clean but still the shift happened. Suddenly I am puffy and have gained 20 pounds I did not see coming. My only child went off to college and there I sat. I had to do something. First thing was to get my hormones checked and balanced, that helped immensely but I still had the 20 pounds just hanging on.

I was seeing all of these success stories of "micro-dosing" GLP-1's.

Of course I had a opinion about these but after research and being so sick and tired I gave it a try. I am so happy I did! 14 plus pounds gone and feeling better than ever and like "myself" again!

You do not have to go through life feeling miserable, you can take control of the story and write it your way. I am 58 years old and feeling better every day, take the step, you owe it to yourself!

~ Lisa



