





Wellness Optimization Blueprint

Science-backed strategies to
boost recovery, improve
performance, and support
overall health.





What is a Peptide?

Think of peptides as tiny messengers in the body.

They're made up of short chains of amino acids (the building blocks of protein), and their job is to tell your cells what to do – like repair tissue, produce collagen, or calm inflammation.

Your body naturally makes peptides every day, but as we age, production slows down.

That's why supplementing or using therapeutic peptides can be such a powerful tool for healing, recovery, and vitality in midlife.

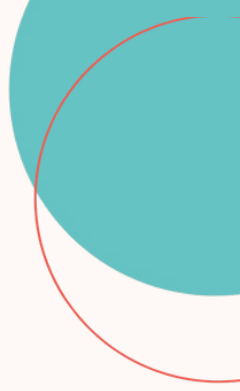


What is a Peptide?

Safety, Use & Benefits



Types of Peptides



1. Collagen Peptides (Beauty + Structure)

These are broken-down forms of collagen protein. Found in powders you add to coffee or smoothies. Support skin elasticity, hair, nails, and joints. Think of them as “building blocks” for connective tissue.

2. Nutritional Peptides (Food-Derived Signals)

Naturally released during digestion of certain foods (like milk or soy).

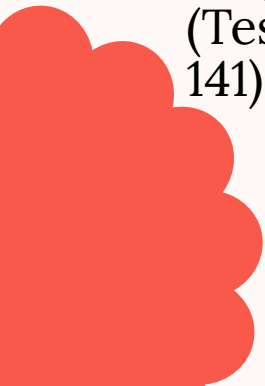
Influence things like blood pressure, immunity, and metabolism.

These are subtle and part of everyday nutrition – they’re not usually prescribed.

3. Therapeutic Peptides (Targeted Healing + Performance)

Specially designed or bioidentical to what the body makes. Delivered by injection, nasal spray, or capsule under medical supervision.

Target very specific functions: gut healing (BPC-157), fat loss (Tesamorelin), energy repair (NAD+), sexual wellness (PT-141).





Why Therapeutic Peptides??



✨ You've seen the difference between collagen, nutritional, and therapeutic peptides. Here's why therapeutic peptides deserve your attention in midlife:

💡 They're targeted. Instead of offering broad support (like collagen or food peptides), therapeutic peptides send specific signals to your body — repair the gut, burn fat, boost energy, or balance hormones.

💡 They work with your biology. These peptides are often bioidentical to the ones your body already makes. Think of them as amplifiers that help your system get back on track.

💡 They go deeper. While supplements and powders can help on the surface, therapeutic peptides can address the root issues that midlife women often face — stubborn weight, energy dips, sleep struggles, and hormone shifts.

🧠 What's Coming Next

In the pages ahead, you'll discover:

- How they support gut health, cortisol balance, hormones, and weight loss
- Simple guidance to help you decide if peptides might be the right fit for your personal plan

Unlock Recovery, Energy & Performance with Peptides, NAD+, Glutathione & Microdosing GLP-1

Chronic pain, slow recovery, and low energy can make life feel like an uphill battle. Traditional treatments often address symptoms but not the root cause. Injuries linger, fatigue persists, and daily performance suffers.

I personally experienced this with plantar fasciitis, which made walking, training, and even daily life painful. I tried every standard treatment—physical therapy, orthotics, stretching—but nothing provided lasting relief.

Then I discovered peptides (BPC-157 & TB-500), NAD+, Glutathione, and microdosing GLP-1. Within weeks, I was pain-free, energized, and moving better than I had in months.

Experiencing this firsthand made me realize these tools are life-changing when used correctly, and I wanted to share that knowledge with others.



This blueprint exists because everyone deserves access to safe, science-backed strategies that support recovery, performance, and overall wellness.



This guide is designed for people who want to take control of their health and performance, including:

- Athletes & active individuals: Recover faster, prevent injuries, and perform at their best
- Busy professionals: Combat fatigue and maintain energy throughout demanding days
- Anyone recovering from injuries or chronic pain: Heal smarter and more efficiently
- Health-conscious individuals: Seek science-backed strategies for longevity and wellness.
- People who want clear guidance on peptides, GLP-1, NAD+, and Glutathione

If you want to feel better, move better, and take control of your body, this blueprint gives you actionable steps and insights to make it happen.



Faster Recovery from Injuries - BPC-157 & TB-500

What it is:

Peptides that act as messenger molecules, signaling your body to repair and regenerate tissues efficiently.

How it works:

Imagine your body as a construction site after an injury. Workers (cells) are scattered with no instructions. BPC-157 and TB-500 act as foremen, directing workers where to repair, what to fix, and in what order.

They also remove obstacles (inflammation) to speed up healing.

Why you'd want to use them:

- Heal lingering injuries, strains, or post-surgery damage faster
- Reduce pain and inflammation
- Restore mobility so you can get back to daily life confidently
- Protect against chronic tissue damage

I had plantar fasciitis that kept me sidelined for months. After starting BPC-157 and TB-500, I was walking pain-free in just five weeks. I could finally train again without fear of reinjury. It's incredible to see your body heal faster than you ever thought possible." – Courtney M



Reduced Inflammation & Better Cellular Health – Glutathione

What it is:

Glutathione is the body's master antioxidant, produced naturally in cells. It protects cells from damage, supports detoxification, and maintains healthy function.

How it works:

Think of your cells as a factory producing energy. Waste builds up over time, creating sparks of damage. Glutathione acts as the janitorial crew and security team, cleaning up waste and preventing sparks from turning into fires, keeping the factory running smoothly.

Why you'd want to use it:

- Reduce inflammation that slows healing and causes fatigue
- Protect cells, tissues, and organs from daily stressors
- Support overall wellness, recovery, and immune function
- Enhance resilience against aging and environmental stressors



"I didn't realize how much oxidative stress was affecting me until I started Glutathione support. Within a few weeks, I noticed less joint stiffness, quicker recovery from workouts, and even my skin looked healthier. It's amazing how much better your body functions when it's protected at the cellular level!" – Client B

Boosted Energy & Stamina – NAD+

What it is:

NAD+ is a coenzyme essential for cellular energy production and DNA repair, keeping your cells functioning optimally.

How it works:

Think of each cell as a battery powering your body. Without NAD+, batteries run low quickly. NAD+ acts as the charger, keeping your energy full so you can tackle workouts, workdays, and daily life without burning out.

Why you'd want to use it:

- Sustain energy naturally throughout the day
- Improve workout performance and recovery
- Support cognitive function, focus, and long-term vitality
- Enhance cellular repair and slow signs of aging

"I had been feeling drained and struggling to get through long workdays and workouts. After starting NAD+ therapy, my energy levels completely transformed. I wake up feeling refreshed, my focus is sharper, and I can power through workouts without crashing. It's like my cells finally have the fuel they were missing—truly a game-changer for my energy and recovery!"



Metabolic Support & Appetite Regulation – Microdosing GLP-1

What it is:

GLP-1 is a hormone that regulates appetite and blood sugar. Microdosing involves small, controlled amounts to optimize metabolism.

How it works:

Think of GLP-1 as your body's thermostat for hunger and metabolism. If it's off, your body feels hungry even when it doesn't need food. Microdosing tweaks the thermostat so your body signals fullness correctly and uses energy efficiently.

Why you'd want to use it:

- Reduce cravings and overeating without extreme dieting
- Support steady energy and metabolism throughout the day
- Promote healthier, sustainable weight management
- Enhance long-term metabolic health

I always struggled with cravings and overeating, even when I was trying to eat healthy. Microdosing GLP-1 changed everything. I feel full at the right times, my energy is steady throughout the day, and I finally feel in control of my metabolism. It's like my body finally knows what it needs." – Michelle B



Improved Mobility, Flexibility, & Performance

The combined effect of recovery, reduced inflammation, energy support, and metabolic balance.

How it works:

Imagine your body as a well-oiled machine. Peptides repair joints and tissues, NAD+ powers the engine, Glutathione cleans up cellular waste, and GLP-1 regulates energy.

Together, the system runs smoothly, making movement effortless and powerful.

Why you'd want to use it:

- Move freely without stiffness or pain
- Recover faster from workouts or injuries
- Improve flexibility, strength, and athletic performance
- Feel confident and capable in your body every day

Empowered Knowledge & Confidence

- *Understand the science behind these tools*
- *Make informed decisions about your health*
- *Implement strategies safely and effectively*
- *Only use products from a doctor-backed company, like EllieMD, to ensure quality and safety*

Bringing It All Together

Using BPC-157 & TB-500, NAD+, Glutathione, and microdosing GLP-1 together:

- Heal injuries quickly
- Reduce inflammation and oxidative stress
- Sustain energy and focus
- Support appetite regulation and metabolic balance
- Improve mobility, strength, and performance

This blueprint isn't just theory—it's a practical guide to implementing science-backed tools that help you feel, move, and perform at your best.

Take the Next Step:

You now have the tools and knowledge to support your recovery, energy, mobility, and overall wellness. Don't wait to start feeling your best.

Here's how to take action:

- Learn more and access doctor-backed peptides and supplements: Visit www.elliemd.com/shift
- Get personalized guidance and a customized plan:

[Book a Consultation](#)

Take control of your health today with trusted science-backed solutions and professional support.

☀️ Ready to Take the Next Step?



You now have the tools and knowledge to support your recovery, energy, mobility, and overall wellness. Don't wait to start feeling your best.

✨ Here's how to get started:

Learn More at EllieMD

👉 www.EllieMD.com/shift

Book a Free Peptide Consult

Let's talk about your goals, struggles, and how peptides could support you.

👉 <https://tidycal.com/shift/peptide>

