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**WELLNESS**

# Feeling off Postpartum? Your Prenatal Might Not Be Enough.

If you're a few months postpartum, or even a few years out, and you're taking your prenatal, but still feel foggy, weak, snappy, bloated, anxious, or just not like yourself, there's a reason.

Moms come to me feeling confused. They haven't felt the same since having their baby whether it's been 3 months, 3 years, or longer. They are doing everything "right" like taking prenats, eating healthy and trying to care for themselves while raising their families.

But here's what we're never told:

- Pregnancy
- Birth
- Nursing
- Broken sleep
- Ongoing stress

While these demands are beautiful and necessary, they deplete key nutrients, especially minerals, that prenats don't meaningfully restore.

**This isn't me saying to ditch your prenatal. It's about understanding that postpartum bodies often need more than one pill to rebuild what pregnancy and stress have used up.**

When we intentionally support minerals postpartum, we move through motherhood from a nourished place, not a depleted one. So glad you're here!

# Common Signs of Postpartum Depletion

- Waking up tired, even after a full night's sleep
- Feeling wired but exhausted at the same time
- Relying on coffee to get through the day
- Feeling more snappy with your kids than you want to be
- Brain fog or scattered thoughts
- Feeling anxious, sensitive to loud noises, or overstimulated
- Craving sugar, salt, or carbs for energy
- Headaches, hair thinning, or muscle cramps
- Digestive upset (bloating, constipation, diarrhea, or nausea)
- Feeling like you're doing everything "right"... but still feeling off

If you find yourself nodding along, take a breath. These are signs of mineral depletion, not a lack of effort, discipline, or willpower.

# Why Minerals Matter (Especially After Babies)

Minerals help run everything.

Think of them like the backstage crew at a concert. They control the lighting, sound, and timing so the performers can do their job well.

If the crew is understaffed or exhausted, the whole show struggles.

Minerals are essential for:

- Energy
- Mood
- Hormones
- Thyroid
- Digestion
- Stress tolerance

**Pregnancy, birth and breastfeeding draw from your mineral reserves.** Layer in inconsistent meals, stress, and sleepless nights, and it becomes clear why so many moms feel completely drained.

When minerals are imbalanced, your body compensates. That's when everyday life can start to feel overwhelming and those common "mom symptoms" pop up.

This is not a lack of discipline. It is depletion and you're feeling it.

# The Mineral Patterns I See In Postpartum Moms

Your symptoms are not random. Let's connect some dots.

## When Calcium Is Imbalanced...

You might notice:

- Constipation that won't budge
- Brain fog or forgetfulness
- Feeling emotionally flat or disconnected
- Anxiety that feels stuck in your body
- Hair thinning
- Trouble sleeping
- Anger outbursts or irritability
- Feeling cold or sluggish

## When Magnesium Is Imbalanced...

You may feel:

- Easily overwhelmed
- Snappier than you want to be
- Sensitive to noise or touch
- Waking often at night
- Headaches or migraines
- Fatigue
- Low mood
- Bloating
- Anxious

## **When Sodium Is Imbalanced...**

You might experience:

- Mid-afternoon crashes
- Needing coffee to function
- Feeling shaky between meals
- Low mood
- Dizziness when standing
- Fatigue that lingers
- Muscle weakness
- Difficult time handling stress

## **When Potassium Is Imbalanced...**

You may have:

- Sweet cravings
- Mood swings
- Digestive upset - constipation, nausea, diarrhea
- Anxiousness without a clear trigger
- Shakiness between meals
- Heart palpitations

# Why “Normal Labs” Don’t Match Your Symptoms

This part is important.

Your body protects your blood first. Blood levels are tightly regulated to keep you alive.

To do that, your body will pull nutrients from tissues - muscles, organs, even bones - to keep blood labs looking "normal".

Which means:

- Your thyroid labs may look “fine”
- Your iron can be in range
- Your hormones can appear normal

And you can still be depleted at the tissue level.

Standard labs are designed to detect disease. They are not designed to catch early mineral imbalances driving your symptoms.

There is a big gap between “not diseased” and “fully nourished.”

Many postpartum moms are living in that gap.

# Why I Test Minerals For Every Postpartum Mom

I use a simple, non-invasive, at-home test called Hair Tissue Mineral Analysis (HTMA).

HTMA looks at mineral patterns stored in tissue over a 3-month period, not just what's circulating in your blood on a single day.

HTMA helps us see:

- Why your energy feels stuck in low gear
- Why stress hits harder than it used to
- Why your hair, digestion, or weight haven't normalized
- Why your mood feels fragile
- Why you don't quite feel like yourself anymore

Instead of pushing through, we rebuild intentionally.

The HTMA helps you support your body with exactly what your body needs instead of guessing or leaving it in the hands of a one-size-fits-all prenatal.

# It's Possible To Feel Like Yourself Again

If you still feel off postpartum, even while taking your prenatal, your body may simply need deeper rebuilding.

You are not failing.

You are not too sensitive.

You are not dramatic.

Your body prioritized everything for your baby. That's beautiful.

But it may have left you depleted.

**If this resonates and you're curious how to get more energy, clearer thinking, feel less overwhelmed and less reactive, DM me the word RESULTS and I'll share how I can work with you in helping you feel better in your body again.**

Or you're always welcome to book a [free Connection Call](#) if you'd rather chat and see if it's a good fit!

My prayer is that this training has been a blessing to you. I also want to encourage you to give yourself lots of grace in this season of motherhood. You're doing an amazing job. If you're experiencing many of the symptoms listed above, please don't blame yourself. These are simply signals from your body that it may be asking for deeper support.

## DISCLAIMER

The information provided in this guide is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Please always consult your healthcare provider before making any changes to ensure they are appropriate and safe for you.