

A woman with long brown hair is sitting and reading a book. She is wearing a brown sweater. A cup of coffee is visible on the right side of the image. The background is a soft, out-of-focus white and brown texture.

The Postpartum Guide to Getting Your Energy Back

Because the exhaustion, anxiety, and brain fog you're feeling aren't signs you're failing, they're signs your body needs something it lost during pregnancy.

For the postpartum mom who is doing everything right and still doesn't feel like herself.

So Glad You Are Here

The three foundations in this guide are a genuine starting point. Moms feel a real shift when they begin here.

But here's the truth: Postpartum depletion is not one-size-fits-all. **The minerals your body specifically needs, and the order in which to rebuild them, depend on what pregnancy, birth, and motherhood have taken from you individually.**

That's why I test minerals with every client I work with.

When we run a mineral test, it's like opening your body's dashboard. We can see exactly which minerals are depleted, which are out of balance, and how that's affecting your energy, mood, hormones, sleep, and digestion. No more guessing. No more spending money on supplements your body may not even need. Just a clear, targeted plan built around your body.

If you're ready to go deeper, here's how we can work together: Restored Postpartum, my 8-week group program for postpartum moms who are ready to rebuild their mineral foundation and start feeling like themselves again or 1:1 with Krystal.

Not sure which one is right for you? Book your free connection call at the link below.

[BOOK A
FREE CALL](#)





Hi, I'm Krystal!

I've been there. After having my babies, I walked through gut issues, deep fatigue, brain fog, ongoing anxiety, and a kind of irritability I didn't recognize in myself, especially with my kids.

The guilt that followed made me wonder why motherhood felt so hard when I wanted it to feel different.

I was doing everything I thought I was supposed to do. Eating well. Taking my prenats. Pushing through. But nothing was changing. Deep down, I just wanted to feel like myself again.

By God's grace, I learned that my symptoms weren't random and they weren't a sign I was failing. They were signals that my body had been depleted by pregnancy, birth, and the relentless demands of new motherhood, and had never been given what it needed to rebuild. Through testing my minerals and gentle, root-cause support, I began to feel like myself again. And with it came a steadiness and peace I hadn't felt in years. **I believe that the same is possible for you, too.**

Warmly,
Krystal Settlemaier, FDN-P

What postpartum depletion actually is

Postpartum depletion is not a mindset problem.

It is not a sign that you can't handle motherhood.

It is a physiological reality that too many mothers are living inside, often without anyone ever naming it for them.

Here's what happens:

Pregnancy is one of the most physically demanding things a human body can do. To grow your baby, your body draws heavily on its own mineral reserves — magnesium, potassium, sodium, calcium, and more.

Then birth happens. Then breastfeeding. Then months or years of broken sleep, constant physical touch, and emotional output with little to no recovery.

Your body gave everything. And unless those minerals and nutrients are intentionally rebuilt, depletion becomes your new baseline.

This is why you can sleep 8 hours and still wake up exhausted. This is why you can eat well and still feel off. This is why rest alone doesn't fix it.

Postpartum depletion doesn't mean you can't handle motherhood. It means your body has been carrying more than it can sustain without the support it needs to rebuild. This guide is about beginning to change that.

Signs your body is depleted after baby

Postpartum depletion doesn't always look dramatic. It doesn't stop you from showing up, it just makes everything feel heavier when you do.

For many postpartum moms, it shows up quietly in ways that are easy to dismiss or normalize.

Read through this list and notice what resonates.

- ☐ 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 found yourself nodding along, you're not alone.

These are signs of postpartum depletion, not a lack of effort, discipline, or love for your family. Pregnancy and motherhood draw deeply from your body's reserves. When those reserves aren't rebuilt, these symptoms show up and stay.

The good news: depletion has a root cause. And root causes have solutions.

3 things that help rebuild a depleted postpartum body

These aren't quick fixes. They are foundational supports that your postpartum body is genuinely missing.

1. Minerals — the foundation pregnancy depleted most

Minerals are the spark plugs of every cell in your body. They regulate your energy, your hormones, your mood, your sleep, and how calm or chaotic your nervous system feels. Pregnancy pulls heavily from your mineral reserves to build your baby. Breastfeeding continues that draw. Stress burns through minerals fast. And if your digestion is compromised after birth — which it often is — you may not be absorbing minerals from food even when you're eating well. This is why so many postpartum moms feel depleted no matter what they do. Rebuilding your mineral foundation is often the missing piece

2. Morning light — the simplest reset your body needs

Morning sunlight is one of the gentlest and most effective ways to support your energy and stress response, especially postpartum. Getting natural light in your eyes upon waking helps your body:

- Regulate cortisol so your energy pattern stabilizes through the day
- Improve sleep quality so rest actually restores you
- Lift mood and reduce that low, flat feeling that creeps in

It costs nothing. It takes five minutes. And it works with your body's biology instead of against it.

3. Nervous system support — because you've been in survival mode

Motherhood keeps your body in go-mode. The noise, the needs, the constant decision-making, the broken sleep — your nervous system is responding to all of it, all day long. This exhausts your adrenal glands, burns through minerals even faster, and keeps you stuck in that wired-but-tired cycle that rest alone can't fix.

Your postpartum morning reset

Most postpartum moms wake up already behind. Grabbing coffee, responding to kids, rushing through the morning without a single moment to support their own body before the day asks everything from them.

This routine is not about being perfect. It's about giving your depleted body three simple signals to help you feel calmer and boost your energy in a gentle, deeply restorative way.

Step 1: Mineral mocktail — before the coffee

Before anything else, sip this to give your body the minerals it's been running low on since pregnancy.

- 8 oz coconut water or aloe vera juice
- A pinch of sea salt
- A squeeze of lemon or lime
- Optional: a splash of pomegranate juice if histamine sensitive

This helps your body access energy from a nourished place, not from caffeine pushing a depleted system harder than it can go.

Your postpartum morning reset

Step 2: Get outside — even for 3 minutes

Upon waking, step outside and get natural light in your eyes. Even if it's cloudy, cold, or you're still in pajamas. This gentle signal tells your body it's time to wake up, supports healthy hormone production and sets you up for a better night's sleep.

Step 3: Gratitude – before the to-do list

Gratitude anchors our nervous system into safety. When we practice daily gratitude, we are rewiring our brain to see more of the positive, more of the good that's around us. These happy thoughts don't just live in our heads; our bodies respond by reducing inflammation and offering other amazing benefits. I love to encourage doing this while outside, grounding on the grass or concrete.

Postpartum moms who do this morning routine consistently notice:

- More steady energy throughout the day
- Less reactivity and overwhelm
- A calmer start, even on the hardest mornings

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.