DR. TMAC PRESENTS

50

IS THE NEW

50

My Feel-Good Starter Guide

For women in their 40s, 50s, 60s, and beyond

tmacinspired.com

A NOTE FROM ME

Hey, girl. Welcome.

At 51, I'm not trying to look 25 again. There are enough 25-year-olds out there. Let them have it. I want to look good, feel amazing, and enjoy every bit of the age I am.

For years I did all the things. I worked out like crazy. I ate high protein. I tried keto. I'd lose the weight and gain it right back. I had heartburn all the time, I felt sluggish, and I was taking Motrin every morning for back pain I'd had for five years.

What finally changed things for me wasn't doing *more*. It was doing things *differently*. This guide is the simple version of what I wish someone had handed me sooner:

1. Find out what's inflaming you

2. Trade long cardio for 20 minutes of strength

3. Ask the right questions before you try peptides

4. Find your women

> *"50 is the new 30"? No, ma'am.*
> *50 is the new 50.*

With love,
Dr. TMac

STEP 1

Find out what's inflaming you

Something I ate all the time in my 20s just wasn't agreeing with me at 51. For me, the big one turned out to be chicken. I was eating a lot of it. When I cut it out, I started to notice a difference.

Your body changes. What you eat may need to change with it.

- **Keep a two-week food and feeling journal.** Write down what you eat, then how you feel an hour or two later: bloating, heartburn, sluggishness, aches.
- **Look for patterns.** Notice which foods keep showing up on your rough days.
- **Bring it to your provider.** Your journal gives you and your doctor something real to work with.

THE TEST I USED

Food Sensitivity, Vitamin & Gut Health Test

Get the test here

Good to know: commercial food sensitivity tests, especially hair-based tests, are not validated for diagnosing food allergies or intolerances. Use your results as a starting point for a conversation with your provider, not a diagnosis.

Affiliate disclosure: This is an affiliate link. I may earn a commission from qualifying purchases at no additional cost to you.

STEP 2

Trade long cardio for 20 minutes of strength

If you're in perimenopause or menopause, this is the game changer. Stop doing 40 minutes to an hour of cardio and start strength training. Your body composition changes, and you get your time back.

My week

Strength	3–4 times a week, 20 minutes max
Walking	Every day, morning and evening. 1–2 miles.
Equipment	Dumbbells. I use 15 to 25 pounds.

The 20-minute workout

Warm up (2 minutes): march in place, arm circles, and a few slow bodyweight squats.

Then the circuit: do each move for 40 seconds, rest 20 seconds, and go straight to the next. Six moves is one round. Do 3 rounds.

	Move	What it works
1	Goblet squat	Legs and glutes
2	Bent-over row	Back and posture
3	Romanian deadlift	Hamstrings, glutes, lower back
4	Overhead press	Shoulders and arms
5	Alternating reverse lunge	Legs, glutes, and balance
6	Floor chest press	Chest and arms

New to lifting? Start lighter and focus on form. Work up to heavier weights as you get stronger. If you have joint, heart, or other health concerns, check with your provider before starting a new exercise program.

STEP 3

Ask the right questions before you try peptides

Peptides are what my girlfriends and I talk about the most. I've shared my own experience, but I'm a nurse, not a doctor, and what worked for me may not be right or safe for you. Before you try any peptide, take these questions to a licensed provider:

1. Is this peptide FDA-approved for what I want to use it for? If not, what does that mean for me?
2. What does the research actually show, and has it been studied in women my age?
3. Where would it come from? Is it from a licensed pharmacy, and how do I know what's really in the vial?
4. Could it interact with my medications, supplements, or health conditions?
5. What side effects should I watch for, and when should I call you?
6. How will we track whether it's working and whether it's safe?
7. Is there an FDA-approved option that could do the same thing?
8. How long would I take it, and what happens when I stop?

> A provider who welcomes these questions is a provider worth keeping. If someone can't answer them, that tells you something too.

STEP 4

Find your women

None of this happened for me alone. It happened in conversations with my girlfriends: “Girl, did you try this? Did you do your research on that?” We're all in our 50s, and we're in the best shape and feeling the best of our lives, together.

That's why I built the **Visual Sanctuary**, a space for mature women who have stepped into a softer way of living. Come share what's working for you, ask questions, and be around women who get it.

JOIN THE VISUAL SANCTUARY

Join other mature women who have stepped into a softer way of living.

Create your free account

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> *“50 is the new 30”? No, ma'am.*
> *50 is the new 50.*
> *And we look and feel fabulous.*

MEDICAL DISCLAIMER

I am a nurse, not a prescribing physician. This guide reflects my personal experiences and opinions for informational purposes only. It is not medical advice or a recommendation to use any particular peptide, supplement, or treatment. Retatrutide and KPV are not FDA-approved treatments. Personal experiences do not establish safety or effectiveness. Consult a qualified healthcare professional before making health, exercise, or treatment decisions.