A Doctor’s Awakening To The Power Of Peptides Through Her Son's Recovery Transcript

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Introduction to Dr. Kathleen O'Neill

Hey, everybody, we want to welcome you back to the Peptides and Bioregulators Summit. I have a real treat for you today. I have a super mom, a super doctor, a super healer, just a pioneer in the place of peptides and bioregulators.

Even with Doctor Holtorf himself, I have the most beautiful, kind and amazing woman on the planet. We have doctor Kathleen O'Neill. Thank you so much, doctor O'Neill, for joining me.

And I just appreciate the time that you're going to take to just break down some nerdy and powerful stories that we can share together, and I'm excited for audience to encounter it.

Wow. Thank you. Michael. Yeah, it's a pleasure to be here. I just have had so much we have so much history with Doctor Holt or for myself. And I have always enjoyed working with him, learning with him, learning from him and just kind of bantering all of these things around and just growing and expanding and educating as much as we can to help others heal and their journey.

Guys, let's go. And Doctor Neil, what was your first introduction into the peptide space? Like how did how did peptides become a part of a healing tool that you use and in your life for your practice?

I mean, the most amazing thing about the journey that I've had is that I'm a conventionally trained Boston doctor from one of those Ivy League schools, which is incredibly mainstream.

From Conventional Medicine to Peptides

But I always had questions, and I had questions because when I started out, I started out as an athlete and a coach and at a high level, elite level. And I knew that there was more than just hormones and other things.

So we never even used back in the day in the 90s, as a physician at some of these mainstream institutions. So fast forward in the 80s and in the early 2000s, I had colleagues here in Boston who were interested in the stem cell space.

So you entered the stem cell space on their boards, and then you expand the stem cell space to other people. And I ended up working with the group every week, meeting on a group call global with stem cell doctors.

So fortunately, I had met those stem cell doctors because you never know what's going to one right later up wind. You know, fast forward, I guess probably about 6 or 7 years later.

My son's in college, out in California. I'm still in Boston. I've been in Boston, Cal my whole life. Born and raised. Could be Ben Affleck, sister septum.

You know that Philadelphia, right, is overseas. But for Matt Damon, at any rate. So my son's out in college, and I'm still working with this group in Southern California on stem cells, etc.

but it was a global group and they were we were just badgering cases and learning about cases weekly for a long time. They were in Irvine, and ultimately my son ends up on a college campus in Northern California watching a football game from his school, who's college.

And there's a random act of violence, and he ends up being beaten in the head with a crowbar, and then push

comes to shove, he ends up being robbed and left for dead and ends up in Oakland, California, in a hospital with no identification or anything.

So the mother of necessity, I was actually in Italy at the time with his sisters, and I get that call that he was found in this hospital, and he's unconscious and he's had five brain bleeds.

And what's going to happen? And so immediately I start to call, luckily, I have friends. I mean, you never know who your friends are and how they're going to be there to help you later, right? Or.

Yeah, I mean, clearly it's 11, 12 years later. So I, I can talk about this still, but at any rate, you know, prepared that he would go down to Southern California when able and we would do things and in the conversation with this group, that was when I learned of peptides.

So this was just 2013, 2014. Let's do peptides for your son. We may do other things, whether it's Stem cells or other things, but let's just really think about how to heal the brain.

Cerebro lice and thymus and beta, all of these different peptides. And I had maybe heard of them in the conversations, but they didn't ring a bell because I didn't have access to them.

Really. These were more, you know, kind of not easily accessed at that moment in time. So my subsequently fast for my son and I ended up taking him AMA out of the hospital and driving him to Southern California, where he gets treated and then comes home for treatment to Boston and takes some time off from school at USC.

And he ends up being treated at home for a long time, like it took a year to get better with all of the different treatments and continual peptide therapy, some other therapies as well, growth factors, you name it and ultimately is fully healed from that.

But that was my intro into peptides.

Healing Her Son with Peptide Therapy

With his case and other people kind of reaching out to me. Have you heard of peptides, which? There was a bingo moment when I treated my son and I saw their healing, and I learned more about them and understood their benefits versus and their safety profile, which is that they have a complete safety profile, the ones that I used for my son.

So learning the safety profile, digging into the research, speaking to the people who founded these particular peptides, etc., and going down those rabbit holes deep diving into those rabbit holes.

I then learned and thought that bingo to my days as an athlete and realizing that it was an hormones that athletes were taking from Russia, from East Germany, it was, you know, Cold War then and all through the early 80s, 80 through 84 people were I mean, the people from the Russian bloc countries really did not look human.

And they want everything. And we lost. And I just knew that it wasn't hormones, even at that moment in the 80s, because we were all testing our urine in the same bathrooms and nothing was happening.

And I no hormones. Having been a physiologist, were easy to discover. Peptides were not, though I suspect the way you learn that. So it's interesting.

So fast forward teaching started to teach on the case studies that I had of patients with peptides, and I used more and more. Another young boy I used right around the time of my son, who had was like ten years old.

I knew his parents and he had lost all of this here, literally bald compared to you, bald in the day on a trip over Christmas holiday. And the parents called and said, you know, our son lost his hair.

What do you think is the issue? We think it's Lyme. They were in Europe. I'm like, it's not Lyme in December January cation that much. But if you think it's like okay, go and get it. Treat for him.

So he subsequently went to Children's Hospital and they treated him for 5 or 6 months. He didn't get better. This boy came to my office. My clinic in Boston had a private clinic for over 17 years, and we treated him with peptides and other things, and he got a whole head of hair like mine.

That's literally from May until September. By the time school started. So it was immune and immune situation. So these are the cases that I've been seeing, like all the time pre-COVID, post-Covid of how do we use peptides and what we can do with them and with over, you know, 50 up with over 12 years of experience with them, using them in patients every week, I want to say every day maybe I'm exaggerating when I say that embellishing a little bit, but literally multiple patients a week for long periods of time and knowing the safety profiles I met on minuscule dose, it's basically microdosing of these peptides, whether it's thymus and alpha thymus and beta cerebral lysine, a GLP one glutathione, a peptide, or any of the other more advanced peptides mozzie SS 31, you name it, you know, these peptides are really remarkable in their healing capability, and that has been exacerbated since Covid because all of the peptides used to heal the post vaccine, the post Covid long Covid so quickly.

I mean, I have seen miraculous, miraculous changes and what a journey for sure. Neil, you're a master. I feel like I feel like when I got to talk to you, doctor holder of my brain just like exploded with like, oh my gosh, I mean, he's a man thing.

I mean, he's a dynamic brain to say the least. But I just I really appreciate that full spectrum story and what a powerful way to, to not only be like a practitioner to patients, but to be a practitioner mom.

I saw mostly women and children in the clinic I was working in, and mom was at the center of healing for the family. And so it's really, really powerful.

I just like that story, that man, you got to use something that now you're using on all your patients that brought your son's wife back. And I had a similar, interest in peptides from an old colleague of mine who was a pharmacist.

Her name is Lisa Brock. I was working in a clinic. We had supplements. We had all types of stuff detoxing EDTA. There were all these different tools at hand.

And, I started to become challenged at an early age and, you know, my dad has the client, the widow's peak, I'll call it. And my brother, older brother was appalled by age 19.

I mean, we just it hit us pretty hard. They, you know, alopecia. And so I was just like, I'm gonna do anything to save my hair. And I reached out to my friend Lisa and she said, well, what stopped her daughters here from falling out at 12?

Early Patient Success Stories

From being a wide patient and having high systemic inflammation. Was this company Integrative Peptides B and C157. And that was five years ago. And so when I brought it into the clinic I brought in all of their products.

And I noticed not only for myself, it kept my follicles strong into my 30s, 35 now, but it helped to offset so much of my patients systemic inflammation load that was causing things like hair loss.

You know, with all these underlying co-infections and things like that. And it's just powerful that we have access to them on the injectable or the oral side.

And we can shift patients conditions fairly quickly with a tool like a peptide or a peptide by a regulator that's much faster in the therapeutic space than just a supplement program.

It's amazing. Oh, 100%. I mean, to get the patient to understand and to trust and to develop the rapport with the

patient whenever there's a problem that, I mean, you lose your hair as a young person, a 12 year old, a ten year old.

It's devastating, right? This young boy began to what is bad. And it was very difficult socially, of course. Of course. Who does? Who wants to lose their hair?

So one of the things that's funny about his story is, again, he was one of the early on patients that I used it for. And I remember going we used to before.

So at that time that was what I knew. So we used to be for predominantly and I went to the some of my became friends with these gentlemen who have been studying thymic peptides since the 90s, the 1980s.

So I went to them just to kind of meet them. And they were talking amongst a group of them, the doctors and their proteges who are younger. They're now almost 90 and they're proteges from Hungary.

And I said, hey, do you guys realize what you can do with TB before? And I showed them the pictures of the patient who had had no hair and grew his hair back, and they were just like, you're using this for that because they're research people, MD, MD, PhD years and others.

And I'm like, why you don't? And they're like, well, that's one of the benefits of it. But it has many other reasons for being used. And so that was just opening into creating a whole new group of friends.

And colleagues, professional colleagues that I could go down the path to realize I can use some of these same peptides for heart failure, which I have done and seen the heart go from heart failure of 20% back to normal over the course of time.

That's pretty remarkable. We can go from severe encephalitis using these peptides where the person is completely unresponsive. Young 49, 50, 48 years old, completely unresponsive because of a viral encephalitis for a year and a half to two years, unresponsive shock therapy, etc.

within 3 to 4 months of using these peptides. Normal walking, talking, making dinner now I mean completely back towards the same person that they were and not eating 30 more sessions of shockwave.

That never helped in the first place. I mean, that is unbelievable. That is unbelievable. Yeah, it's that's man live blowing my mind over here. Well I'm curious doctor know like what?

What in this space we can probably just do an immune system segment. We could probably talk for four hours straight. But what were some of your choice peptides they're using when these cases came in with, you know autoimmunity and so much dysregulation immune system function, did you grab it like I know to tb4.

But did you gravitate towards like a certain subset of them that really served your patient base well? Yeah. And I think with autoimmunity there's definitely an immune challenge.

So you need to use the immune modulators right. If you're talking Lyme you might use one. But if you're talking general and you're trying to boost the number and the efficacy, the work, so the Army guys and the bullets, they have to do the job in the immune system to attack an invader and then to repair from the invader.

You're going to talk the thymic peptides, whether it's to one thymus, alpha one thymus and beta four.

Choosing Immune-Modulating Peptides

And those can especially beta four can be available orally as well as a frag. Right. Or it can be an available injectable. And those have been studied for 75 years, I mean, or 65 years.

Again, maybe I'm exaggerating, but it's a lot. BPC has been studied for a lot of years, 35 years, 30 years,

something enormous. Cerebral lyson has been studied for an enormous number of years, decades.

So any of these immune modulators I missing alpha thymus and beta BPC to rebel lyson. And even in the oral space, the cerebral prep pap or any of these, I mean all of these depending upon your budget or the problem.

Do you believe they can be absorbed orally and even now you know, a peptide developed by doctor, Fasano and his team, he's a mouse. General La Raza tied for a he'll unseal the barrier of the god or the brain.

All of those things. I mean, these have the most amazing effectiveness with the least downside imaginable. Agree? Yeah. He said to my patients, there's no side effects on the side benefits.

Like you're only going to get better and better and better, like the atrophic nature of a peptide means that it's positively going to influence cellular biology.

And so many amazing ways that patients come in for, let's say they wanted to do the same hair protocol I was on, but then their shoulder wasn't in pain and their knee joint came back from the right time, always from BPC and Tb4 and all of the tissue regenerative abilities.

And I can't believe right now there's certain influencers, there's a lot of people actually that are anti peptide saying that they're not natural. It's it's really driving me crazy that our bodies are creating 7000 peptides a day in a cascade of a beautiful symphony.

And if you didn't have things like glutathione or things like insulin or things that are peptide in nature, that inform cell biology to function correctly, we would die.

And so when we're just taking amino acid structures and mimicking the power of what we found in nature through our own bodies, I can't see something as more natural as that to the forefront of how we would treat our own cellular biology, because it's literally how our bodies treat themselves.

And so I just can't believe that there's like an anti peptide movement out there. And I don't know if it's because bodybuilders and you know, all these people are just taking them to to hack muscular biology.

But I'm not necessarily interested in that. I'm interested in the fact that we're erasing chronic illness autoimmunity and affecting patients lives in a very quick and efficient way.

And so I just feel like that's that's the thing that I thought they would try and come against us with is because we're coming against the system that keeps us sick for a long time.

And you're you're giving testimonies that people get better in two months or three months. And it's like, no, I'm talking miraculous change. Mira. It's incredible.

This is this is not even debatable in terms of the change, but I think there's a lot of noise. And then you have to ask the question, Michael, about the noise, who is making the noise and what are the reasons that someone might make a noise?

It could be that they don't have the knowledge and they're not willing to learn. They want to be in a box. It could be that they have, you know, some emotional interest in it.

Like, no, it couldn't be that easy because I remember I was diagnosed with an autoimmune condition that uses a peptide type one diabetes. Insulin is a protein that died when I was in my 40s.

And I remember my first lecture that I went to where I learned and heard that if you just did A, B, or C in this, I was pretty conventional mainstream at the time that you might have mitigated diabetes.

Well, I thought I had mitigated it for a long time because I was health oriented, so I thought it mitigated. I thought if

there was one thing I would never get, it would be diabetes, and that I get it.

Why Peptides Are Natural and Effective

And then I hear somebody who's now deceased, who I respect enormously and wish you were still here talking about, you know, some of the precursors and what are the susceptibilities and vulnerabilities you could have that there may be some viral associations, that there may be some vitamin D deficiency associated and of course, immune modulator, just, you know, deficiencies, which allows you if you have deficiencies in your immune system, your T cell system, your regulatory system, you're going to be more likely to get an autoimmune condition.

So I remember how that made me feel because I didn't know anything. The difference with me in another person is that when I felt that way, and I had a lot of resistance to what I heard because I thought, are you saying I caused this, or are you saying I made them, might not have known something and harm somebody or harmed myself?

Then what I do in those situations where I have a big response, where it's like, oh no, what did I miss? Or what did I not know as a clinician? Because we want to know a lot. We want to help.

That makes me dive deeper. My response is to say, what do I not know? What am I? What can I read, what can I know, what can I learn? And as I dove deeper with that response, I've talk to the hand to this clinician I learned, wow, there was truth to this.

Those were just papers I hadn't seen hadn't read. So there's a lot of noise. There's a lot of information that keeps us in a lane. If we can expand our view and we can take these glasses off and put on new glasses, it's kind of like I say, when you go to the eye doctor, they say, is this better?

Or is this better? Is this better or is this better? You could change your view and you can see more clearly when you open up and expand what you're willing to learn or know.

You can always make a decision that it doesn't feel right for you, but the noise has to be noise that spoken from a place of do you know about this? Or do you not?

If you don't know about it, don't say it's bad 100%. If you think it's the be all and end all. I really don't think anything is that way, because think about how much how fast medicine is changing today.

So I ally living intelligence. All of these things are changing medicine today. What we have to think of, I ask is what is the actionable information that we can use to do something that's safe, therapeutically effective, and somehow sustainable?

Safe means without harm. And you mentioned a couple things. Three things you mentioned. One is play a tropic. What does play tropic mean? It means that there are many functions that one thing in our body will do well.

If we have something that's intended to do many functions it may need, like a peptide, it may need that we have to supply a little more of it on a push. So it may need.

And there's a study on heart failure where one of the docs who previously was in the States but is now in Hungary, presented long term research more than two decades research on using thymic peptides for heart failure and demonstrating that there was tremendous benefit because there was thymic peptides available at the source, but they couldn't get where they needed to go.

So giving them exogenous lead to an injection boosted the response. I mean, like that's your point, right? Number two, you said was this cellular, you know, cellular healing, molecular cellular healing.

And what I teach a lot on is signaling mechanisms. How does signaling mechanisms work? And having had type one diabetes and taking insulin for a quarter of a century has taught me more about signaling and anything I ever thought I could learn in the medical school textbook about how peptides signal. Right.

So I can appreciate from the experience that I've had lived experience yours, mine and others is valuable. It's it's it's noise that needs to be upgraded.

We need to upgrade the noise of what the experience is, the lived experience of individuals who experience the magnitude of the benefit of like my patients and like you and like me and my son.

Because if we don't, then it's going to be 20 years of this head to head research of this versus that. And then it's another 17 years before it gets to the doctor's office, and we don't have time for something that they agree.

Agreed. Don't I agree? Yeah. Yeah. We're we're in the future now and we're literally paving it with every choice we, we take to further the peptide research, which there's no greater research than, you know, the years you put it in the years doctor hole talks, put it into it, the testimonies of our own bodies.

You know, you're selling doctor all to me. I mean, it's it's incredible. And now with peptide bio regulators, it's like you have something for cellular signaling.

You have something to turn on RNA, DNA, transcription factors for healing themselves and glandular restoration.

Longevity Projects and Upcoming Symposium

There's literally a whole symphony of things that you can pull from that are so adhere to our biological state that it's like I just I feel so grateful and thankful to have found something that has such clinical relevance in our community and can really shift how we treat anyone.

And I just it's just been such a blessing in my journey to be able to be around the pioneers of the industry like you are, Doctor Emil, and with, you know, Doctor Holt were often just the ones who were trying on themselves or, you know, making sure that it worked for them before they gave it to their patients.

Doctor Holt, for getting his cardiology back after his Lyme infection. And, I mean, there's just so many stories of it restoring the body back to homeostasis.

And I believe all of those trumped the white noise of the systemic inflammation disrupters to the truth of what actually healed our bodies. And so I feel like it's a good time to turn down the the programing that we're told, you know, from media and culture and things tap into something.

If you've never tried peptides, if you just got a bottle of BPC one five, seven or start putting some in your arm, you're going to notice a lot of benefits.

It's it's undeniable. The Cleopatra isms and the bio regulatory effects and how amazing you could feel. And so take this conversation, listeners, if you haven't even took a step into it, let this be an invitation for you to be able to utilize the tool peptides in by regulators for you to bring healing to your own body.

And so just thank you, doctor O'Neill, because I feel like you were an eloquent speaker in the way that you're kind of putting the puzzle together for, for a patient's healing journey.

And I'm curious, doctor, are you are you working on anything? Do you have anything that you want to provide our audience for? They can reach out to you or learn more about you and the research that you're dealing with your patients.

Yeah, there's a lot I'm doing, which is kind of fun. One last thing about your point, which is brilliant about the symphony, the fact of play, a tropism and the multiple mechanisms that these work by, creates a symphony which our body is intended to do.

And the last point is anyone and that would be opposed to this. There's so much money spent on biologics, and all the money today spent on pharmaceutical is around peptide like small molecules or peptide small molecules.

The fact that the money is put into that tells you the the value, the value and the impact the peptides will make. It doesn't have to cost $100,000 a year to get a biologic.

It can cost, I don't know, $1,000 a year to have a the biologic of a peptide orally or injectable. For a healing program that you need. I'm working on several things.

One, I have a really big longevity symposium with global speakers coming to Boston for consumers. It's a consumer event, and I'm so proud of this event because I have colleagues and friends like Doctor Holt Whorf in the field that I've been working with for 10 to 15 years, that have agreed to come, that I believe in and I trust as educators and people with science background that will speak to the consumers here in my hometown, which I love so well, and educate them on what does it take to be a longevity patient, which includes peptides.

So it's the basics and the foundation of the gut health, the brain health, etc. and then the secondary part of the conference in the afternoon is all on peptides and the value of peptides.

So that's one thing I do going on. And then I have several I have three case report books with series of eight case reports that I'll be publishing. I like the number eight because it means infinity, and I believe these are infinitely possible.

And thus I wear my Legos to put together my necklaces the way I want and peptides the way I want for healing with a patient. But yeah, so I have books that are coming out, and I also have the Longevity Symposium, among other projects that I'm working on.

It's been such a pleasure, Michael, to just do this with you and with doctor whole tour of he is just such a renegade in this field, and I have so much respect for him and all of their concern and the first thing that we all think of is do no harm and do the best you can with any tool that you have to offer safe, effective, sustainable solutions for people who are suffering to help them in their healing.

So I'm located in Boston and the name of my practice is Treat Wellness, and I named it that 17 years ago as treat for wellness. I want people to be well.

I think of myself as a longevity doctor trying to improve the quality of years lived for whatever time we live. It must be quality and my patients are longevity patients.

So we're in Boston at Treat Wellness, Stop Boston, www.treatwellness.boston if you have any questions. If you're interested in education or anything else that we can do for you, please feel free to reach out at any point in time.

Thank you so much and have a wonderful day. And please, I implore all of you to become longevity patients and to find your own longevity doctor so that you can be the best version of yourself for all of the time that you have on this precious earth.

Be well.