Opening on Peptides and Early Experience

Welcome to the Peptide Summit. And, you guys are on with my good friend, Ben Greenfield. And we're going to talk about peptides today. How's that sound?

Well, that sounds pretty exciting. I think for the 0.001% of the population who finds peptides exciting. It's a small segment, but I think it's going to, a few of us, there's a few of us.

Maybe maybe just that kind of a high level. Tell me what your experience has been because you've been, I would say, an early adopter and somebody that has been a great source of information and education, getting getting it out there.

But what's been what's been your experience using peptides over the years? Well, it's by early adopter you mean trying new things out with reckless abandon and throwing safety to the wind?

It's possibly a fitting description. I kind of got interested in peptides simply because I spent a lot of my life competing in a sport, specifically Ironman triathlon.

And then I actually obstacle course racing and Spartan racing after that. That is kind of a sport where you're constantly chasing an injury, right? There's constantly like a nagging ache or pain.

There's constantly like some ankle or knee or hips or shoulder that's talking to you. But rather than just like resting and recovering and allowing it to heal, you instead figure out a way to get it mended as quickly as possible because you're signed up for some darn race that you paid a bunch of money for and that you're scheduled to go compete in.

And God forbid you should cancel that or, you know, drop out. Because in the world will end. As we all know, anybody who's done an Iron Man triathlon knows that.

Yes, you have to show up to the starting line come hell or high water. So anyways, I began to use peptides, particularly BPC 157 and TB 500, as a way to nurse sore injured joints back to recovery or to racing status more quickly.

And, they kind of worked like really well, which really surprised me, like better than almost anything that I'd used. And I, you know, I was just using, subcutaneous injections, either systemically, you know, kind of near the abdominals for the very, very small amount of body fat that I actually have seems to reside or, or just as close to the, to the side as possible.

So, yeah. And then that's, you know, that has been my experience. And so then also being somebody that exercises a lot and then having injuries, that became how I started using it.

And then in Covid, I started having people with pain that were like, I can't come see you until 2023. And so then I was like, okay, well, let's just start doing peptides and including with you.

And it's kind of amazing when you have pain kind of down by a joint. And especially for somebody like me, that was, you know, known for doing injections into joints and then to just be able to inject subcutaneously in the soft tissue, kind of close to a joint.

It's shocking how helpful, it is, having, having, being able to do that. Would you do that? How how soon around, training or a competition. Would you, would you had, would you start to do things like BPC and TB 500 around a joint?

Well, when I first started using those two peptides, I alternated, one day BPC and then one day TB. They're obviously working. And two different, mechanisms of healing.

You know, the former more of the inflammatory component and the latter a little bit more of the the soft tissue component. But I didn't really have any issues with injecting all the way up to literally like the morning of the race to manage pain or, or to speed up healing.

And I didn't find any contraindications about using something like that literally.

Injury Recovery and Peptide Stacks

On race day, I had one friend who was using TB 500 who commented to me that he injured his shoulder in the gym. He felt as though he may have torn the tendon a little bit and literally just like, walked into his kitchen and injected TB and like the next day.

So really good. And my son, my, 13 year old son, he did a, like a 2 or 3 hours of tennis and then lifted weights and then had a jujitsu match. And this was like last week.

And he walked in the house rubbing his elbow. And I'm like, what's wrong? And it was hurting him. And and so we put some magnesium oil on it. I did a little soft tissue massage on it and put him to bed and knee.

He woke up the next morning and his elbow was just like, still hurting. And so I, I said, all right, well, I'm just going to inject it. And so I had some BPC 157 and literally just jam straight into his elbow and it's up like 8 a.m.

and again, like, I don't know if it actually works this quickly, but by noon he was like good to go. And his elbow, it hasn't hurt at all since. So it seems like there's kind of a an acute reaction, which is pretty surprising with these.

And so I mean like and as you know, that like I after using BPC and TB, just began to use a lot of other things pretty successfully, like my favorite stack.

And I run this stack a couple of times a year, actually, for simultaneous fat loss and muscle game. And it also seems to sleep pretty well, too, is, Tessa merlin in the morning like pre fasted workout and then srJc.

Yeah. For Merlin in the evening for kind of like that growth hormone surge. And you know I'll do a couple cycles of that throughout the year and that that's that's another one where I almost just like can't keep weight on when I use that stack.

But it's, you know, simultaneous to it's muscle maintenance or muscle gains. And, you know, of course, there are a lot of others of others. But I, you know, BPC and TB are like always in my refrigerator shelf.

And then, for travel and stuff. I really like Thymus and Alpha and I'll, I'll 37 and then I run that Tessa morella CJC you know, a couple of times a year for around oh 8 to 12 weeks or so.

And, that's, that's a pretty good stack as well. Okay. And so I'm going to translate for people, the Tessa morrell and, and and then Tessa morrell and, and generally is combined with EPA or and and then CXC is generally combined with it from Maryland as well.

And those basically tell your brain to milk and secrete more growth hormone. And so than and rather than taking growth hormone, you actually tell your body to make it.

And so that's what that stack is. TP 500 is basically the fragment of a fragment of thymus embedded before it's the fragment, 17 to 23. And then BPC 157 is kind of an anti-inflammatory.

And then for what he's talking about for traveling, L 37 is actually a fairly significantly good anti-microbial. It's like an almost like an antibiotic.

And then thymus alpha one is an immune regulating. And then I think that that is kind of a nice particularly if you're out traveling, meeting people at this time when Covid still sort of swirling around the edges.

Those are those those are intriguing. And so then you can see whether you're strategizing sort of you're you're training sort of over the arc of the year or whether you're traveling or whether you're just at home dealing with aches and pains of life.

Suddenly there's sort of a diversity of ways that you can think about using these peptides to kind of regulate, basically your biology. Yeah, yeah, it was kind of interesting.

I had been looking into this when I was using Test Maryland and CJC and that's that, one thing that will increase the SA receptor sensitivity to the growth hormone surge that you get from that stack is quercetin.

And so, obviously, you know, quercetin is something I know you use in your practice mat, and it's actually it's, you know, pretty common in functional medicine for it to be used for a lot of immune protocols, whether injectable or oral.

But it's interesting that it seems to also fare pretty well with those growth hormone stocks too. That's awesome. And it also is kind of a it's a little bit of a analytic.

And so it was kind of nice to kind of do something for senescence when you're stimulating growth. Right. Right. Exactly. Yeah that's awesome. The the there are some people who kind of like to cycle on and off of, that growth hormone stack.

And then there are some people who will kind of continue to take the CJC over morale and over the whole course of the year, some people will sleep a lot better with it.

And some people it will incrementally add to sleep, because sleep is one of those. Sleep is one of those things that if your body's not working well, then that can be a challenge.

And so, yeah, but but honestly, like I have, I have been getting like the best sleep ever lately. Oh, it's so good. Yeah. What do you do? What's working for you?

Well of course, like, I, I continue with my normal sleep hygiene practices. Right. Like I keep the room cold, and I even use one of those chilly pads.

And then when I travel, I just, like, take a lukewarm shower before bed and then wear socks, because if you, if you, like, warm the, the arterial venous sinus, the most, vessels, like in the hands or the feet while you sleep, they kind of like, paradoxically cools the core.

So when I travel, like, do a shower or and wear wool socks, but then at home I'll just use the chilly pad and then keep the room pretty cold. And the chilly pad, I'll put that at like 55 degrees.

And then, you know, I still use blackout curtains. And, you know, keep the room super dark whether I'm traveling or whether I'm at home. You know, I don't have any business books or any business activities in the bedroom.

The bedroom is only for sleep and sex. And then the, noise component is I always cover up ambient noise with some type of white noise generating device. But.

But the things that I've been doing lately, because as you know, Matt, it's like you're always tinkering, going for that extra 1% or, you know, trying to get this whatever the sleep score on your device from, you know, 85 to 80 to 90 or 95 or whatever.

And I've been like consistently, just crushing like eight to 8.5 hours of amazing sleep on a, on a regular basis. And so the changes that I've made, the only things I've, I've, I've changed are, I installed, a really, really more intense

blue light producing device on my desktop. And, about an hour or so after I get up, by the time I'm in my office, I.

I blast that thing up to full capacity, and I still run the infrared lights in the morning, which I always have done to kind of simulate sunrise. You know, I have one of those juice panels, but I've added the really, really bright blue light.

And so I'm getting really good. Circadian architecture kind of started off first thing in the morning and then the, the evening, a couple things. Oh, and then one other thing I do in the morning is, you know, it's like the best ten bucks I've ever spent on Amazon, especially for travel, because, you know, when you travel, you don't quite have as much, say, over the bright lights in the refrigerator or, you know, or the hotel room lights or whatever.

I bought just a little head lamp on Amazon. That's a red light headlamp, right?

Sleep Optimization and Circadian Hacks

So when I get up in the morning until I the time of day has arrived at which I want to send my body a message that it's time to get up, I'll wear that red light producing headlamp and just not have any other light sources at all.

And I also have on my blue light blocking glasses. And so especially for me when I travel and I'm at a hotel or whatever, like it's so nice because I just have no lights until I actually want it to be light.

And then in the evening, you know, I of course continue with that blue light glasses and, you know, turning off all the devices and keeping the room pretty dark.

But what I do now is when I'm at home, I'm only using, three things before sleep. L-theanine. Gaba and then, five HTP. So L-Theanine Gaba and five HTP, all of which has pretty good human clinical research on them for things like sleep latency and restfulness and then the only modification that I make to that now is when I travel, because there's a little bit more stress and a little bit more circadian rhythm disruption is, I add melatonin and CBD when I travel and that's it.

That's it's like super simple. So I'm not taking a whole bunch of stuff for sleep anymore. It's just like doing five ish ten Gaba when I'm at home, when I travel, depending on Gaba with CBD and melatonin and that plus like that, that light hack with the super bright light in the morning and like, no light at all, in the evening.

Like it's just it's working really well. That's what dosing are you doing or the of those, of the sleep sack. Well, I and, I don't want this to sound like, like, commercial or whatever, but, you know, the the main reason I started using those three was because, like, can we work to develop, like, the sleep product?

And it's got all three of those? I don't even remember what what the ratio or the amounts are, but we use basically the bare minimum of what's used in human clinical research.

And then just like, put each of those in there. But then I can tell you for the CBD and the melatonin, I do go pretty high in that. Right? So I don't really use it much at all when I'm at home.

But when I travel, I actually do around 150 to 200mg of full spectrum CBD oil and around 200 to 300mg of melatonin. And I'll usually free. Yeah, and a suppository or an oral.

And so I'm, I'm super high dose on the CBD and the melatonin. But again like for me when I travel I'll just be able to wake up and have slept like 8 to 9 hours.

And a lot of people are concerned about melatonin inducing grogginess. But you know, in terms of the super cosmic nucleus and the ability for it to be able to kind of, basically turn over that melatonin more quickly, as long as you get a ton of exposure to bright light, like bright blue light when you wake up like it banishes any melatonin induced grogginess pretty quickly. So.

So yeah, I go I go pretty high dose of melatonin, CBD, pretty low dose on the other three and five and Gaba, I don't have the label of our of our Kian, one in front of me, but it's it's really not that much of any of them.

Okay, so then I've been doing the, the theanine and low dose melatonin every night. But then I'm going to try your, your product because I like the idea of having, adding, adding adding this in.

Yeah. We can't, we can't took a deep I interviewed Angelo, who I think you know, who's the CEO at Kian. I interviewed him like a week ago. The podcast should still be up on my channel, of course, but we took a deep dive into why we chose those three ingredients.

And again, like I just had, I was, you know, I was kind of at the pharmacy where I was trying this, I was trying that I was, you know, throwing stuff at the wall just to see what would stick.

And, then once this came out, like, I just quit using anything except just like three little capsules of that, and I just keep on my, on my nightstand and, you know, I'll take it within like 10 to 15 minutes.

I literally feel like I've had a Valium or something, but I don't I don't wake up groggy. I like the idea that you said of like, sleep architecture. Because as you begin to design and circadian kind of architecture, if you begin to design your life around that, you get like now, like, you know, I remember I used to do like 24 hour shifts all the time.

And so I was like up and down, you know? And now I go to bed every night at the same time. I get like, I also get like eight hours of sleep every day.

And so that's I think and if you can, it's interesting talking about peptides. If you can manage pain and then you can manage sleep that goes a long ways towards like basically after if you manage food that that's going to cover like 90% of like almost everybody's problems.

Oh yeah. Yeah, absolutely. Yeah. And I mean like, you know there are I know Tara Pats I sorry, but but that's like you know there's there's also the sip which I know some people like.

And I have sound, I have to admit, like with a SIP deep sleep inducing peptide, if I've been, like, traveling a whole bunch and stuff, just kind of, you know, pardon the expression F stops from a circadian rhythm standpoint.

I've, I've found that that melatonin sledgehammer that I talked about works really well. Like on super high dose on the melatonin for a couple of days, but, the, the sip like 3 or 4 hours, before bed.

I actually have found that that if you've had sleep issues and you just got to kind of hit the reboot button, it seems to work pretty well. And you know, I've, I've maybe use DST, like maybe like ten times ever.

And it's usually been when I just feel like I've been traveling so much, my circadian rhythms off, there's too much going on. And then I'll just use that.

And it seems to just like restore my sleep architecture really well. For what it's worth. Yeah, that's how I feel too. Like, I, I don't think it's something that is a regular thing, but then if I'm out on the road and I'm gone for, you know, a week during meetings and then sometimes I use that a little bit like just to kind of reset from the jetlag and I'll, I'll find it to be helpful.

The other thing, that kind of and then this is paradoxical because I find better results when people take it in the morning is the, the, the pineal gland has two peptides that are made their pineal on an epithelial line.

And then some people will well notice when they take those. And interestingly, people used to take a lot higher dosing of them. But like we've been using I've kind of a lower dose like a milligram a day of pineal gland and Apatow Allen and that is helpful for some people.

And then they'll take that in the morning as part of resetting that circadian kind of architecture. Like you're talking

about. Yeah. Yeah. And and what's interesting is, you know, obviously daytime energy is related to circadian architecture.

And I've actually found, because, you know, you and I started talking about this a few months ago about these new peptide bio regulators, you know, based on, doctor comments and research out in Russia.

And it's, you know, you you sent me some to try. And I began to stack those a couple of capsules of each five days on and two days off and, you know, my energy levels went up considerably, but my, my libido got like, annoyingly high.

Like super duper high, on those bio regulators as well. And so I, you know, I, I guess from an HPA axis standpoint or perhaps are actually, you know, directly on testicular function or something like those from, from like energy, sexual slash endocrine and libido standpoint.

You know, because I've, I've like messed around more and often before, for example, and, you know that that works as advertised, but it's like really nothing compared to these, these peptide by regulators.

You know, I think on a scale like I would say that the peptide bar regulators are probably my favorite thing that I've found in the last ten years. Probably. Yeah. Yeah.

I mean, I know they're working systemically, on a lot more than, than just know libido, but that's the main thing I noticed. And, you know, before then using that same kind of line of thinking of, like, supports like, or doctrine of signatures, I'd been using a lot of the ancestral supplements.

So that's a guy, Brian Johnson, the Liver King is super popular on, like, TikTok and stuff. He looks like a Viking, but, you know, they make, like, prostate and thyroid and, you know, everything from, like, fish eggs and marrow to liver and kidney and heart and spleen and pancreas everything.

And I, I've been taking those and I kind of like I didn't want to take too much. And I started using the peptide by regulators and kind of quit using that, that organ stack.

And I think the organ sets pretty good, and I felt pretty good on it. But again, like, holy cow, these, these bio regulators, they must just be acting with even greater specificity on the cell receptor or something because they just they freaking work.

Holy cow. So then imagine just for people to think about this, imagine that, in each organ there would be little protein lines that sort of regulate what happens in that organ.

And so what they were able to do, and if you want to try these, you can, you can, call us and we can send them to you. What they do is they take, the, the, an organ like the liver, and then they will isolate the, the, the, the for segment amino acid of, of the by a regulator peptide out of that.

And so these are all small, two three 4 or 5 amino acid peptides. And because they're smaller you can take them orally and you can absorb them, whereas, a big 50 amino acid peptide is too big.

If you take it, by mouth, your body will start to chop it up. And then by the time it gets absorbed, it won't be able to have its clinical effect. And so then they have a bio regulator for every organ.

And then, several for the brain, one for the cortex, a couple for the pineal gland, three for the immune system, one for blood vessels, and so we, we like to combine 5 to 8 to even all 16 of them.

Do you, do you think that that the there was a, a the timing was such that the your sleep could have potentially gotten better when you started taking the bio regulators.

Yeah. I, I think there's potential for that. Obviously, you know, when we're talking about stacking a lot of things, it

can be difficult because there are a lot of times a little bit of overlap when you're trying a few different protocols.

I think that it probably does help with sleep. But the main thing I know is, of course, was the energy and libido, but kind of related to, I guess, both the sleep and the energy.

Thing is, I owe you a quick word of gratitude because you actually shared with me about this idea where I think you were doing this in the morning, but I've actually been doing it like at night, kind of as my dessert after dinner is making the chia seed pudding, where you just take a whole bunch of chia seeds and you soak them in water and make like a chia seed slurry.

And then I, in the water when I soak the chia seeds, I add Quinton to it. So I get like this hyper mineralized solution that's a chia seed slurry. And then I put organic prunes in there, like the equivalent of for organic prunes for the evening.

Before I go to bed. And I wake up and I just, like, poop like a champ. And and it's super simple. I just like chia seeds and minerals and prunes. And I realized that for people who are watching their weight or trying to do intermittent fasting or compressed feeding window, maybe you're not going to wake up and eat all of that.

So you can have a good bowel movement. But I found just like substituting whatever I'd normally eat for dessert with that instead. I mean, it's like incredibly satiating and it seems to work so well for just like great, great morning poops.

And you had told me about that and I was like, can I prune too? And I love that. But man, I started doing that. And I guess the only thing that I, that I add in there is I still do take magnesium in the evenings, which seem to help soften the stool as well, but since you told me about that, I'm going to return the favor and tell you about what I do in the mornings.

Bio-Regulators, Energy, and Libido

Now that's pretty, pretty amazing for like my morning breakfast and energy levels is I do, liver. Like, I soak liver in buttermilk or kefir for about 24 hours, and then I rinse it and I blend it in a blender and it makes like this raw blended liver.

And I pour that in the molds, and then I freeze them and I keep them in a Ziploc bag in my freezer. And so in the morning I will get ice. And then I'll take about six of these little frozen liver capsules.

And I put them into the smoothie. And then I do bone broth and colostrum. So my morning smoothie and this is like top of the totem pole for energy levels.

It literally feels like life blood while I'm drinking. It is basically liver bone broth and colostrum. And you can add anything you like. You could add some stevia or some monk fruit for flavoring.

You could add. Yeah, a little bit of like, know butter or something like that. If you were avocado, if you wanted even more calories or consistency or creaminess or something like that, you could top it with coconut observe, or coconut flakes or spirally and or whatever.

But the the main base of the smoothie is basically frozen raw liver, colostrum and bone broth. And it works super duper well. And my only concern was, of course, in people who eat a lot of organ meats.

And this is kind of a thing that Doctor Perlmutter is talking about a lot now is uric acid and some of the potential physiological issues with uric acid.

And, you know, crystal formation and, and things like that. And he has a new book about this called Drop Acid. And so I actually I tested blood uric acid levels after that smoothie.

And then I tested them after just doing like, you know, like a blueberry ice milk type of smoothie. And my uric acid levels were remarkable higher after the liver smoothie.

They're like 7 to 8 consistently. And ideally they should be below four. And they were below four when I when I didn't do the liver. And so then I asked Doctor Perlmutter and, and he mentioned that there's probably some part of him I know a lot of guys will do this, like, like, doctor, Stephen Gundry wrote the book about lectins and then, you know, designed and now sells a supplement that, apparently will break down lectins and then, you know, Doctor Perlmutter wrote a book about uric acid, and then he actually has a supplement that's supposed to drop uric acid.

But I did like I got his supplement, which is called drop acid. I was like keratin and tart cherry and some of these things that will lower uric acid levels.

And I just basically dropped like four of those in the smoothie and then tested a few times. And actually when I put those into the liver smoothie, my uric acid levels like blood uric acid levels an hour or two later are actually lower.

So it's one thing to think about if you are doing like a lot of organ meats and stuff like that is the uric acid. But it turns out like some of these, some of these things that reportedly will lower uric acid, at least in my own experience, seem to work for that.

So you can kind of have your cake and eat it too. If you want to call liver cakes and you can have your liver cake. So then, where do you get the, liver from?

Liver King? I, you know, like Liver king. That company is ancestral supplements. And they do like encapsulated liver, which I, I, I like, but, I mean, I order meat and stuff from U. S.

wellness meats, and I always have them, so some liver and and so I am just doing like liver from you swear on this meats that I freeze. But but you know, you if you didn't want to do that, you could just use the the capsules.

I think Ancestral Supplements does a good job with the capsules, but one of the thing about them is they they also do, they do like bone marrow capsules and their bone marrow capsules.

You've, you've you've eaten bone marrow before, Matt. Right. It's all that rich, salty, umami flavor. It's like it tastes really good. I actually had some bone marrow last night with my sons.

We made bone marrow for dinner. But the ancestors, someone's company, they actually encapsulate, bone marrow. And, and, you know, it's in these little gelatin caps and it sounds super funky, but I've actually been, like, popping that stuff, like candy.

Like glitter, like when I have an appetite craving or, like, I want snack or whatever. I'll literally just, like, drop like 6 to 10 of those capsules in my mouth and chew on them, and they taste like super duper good is literally just like chewable bone marrow capsules.

Probably. I'm in a bed. I'm in a bed that, you know, right now we we have bio regulator peptides from the liver by a regulator. Peptides from the brain.

Realistically, there's probably bone marrow bio regulator peptides that you're getting when you take that I bet. Yeah probably I don't know but I like I feel honestly like I feel super duper good right now at this point in my life.

I the like the only thing that still bugs me and you and I have done a podcast and stuff about this, so it's no secret. Like I have left knee issues, but aside from like, a buggy less knee, like I just and I'm sure it's a lot of the stuff that we're talking about right now, but I just feel amazing.

Like, I feel like I'm like 17, 18 years old. I'm I'm I'm happy to hear that. When you do that lever, when you do the lever, how much water do you add to the lever when you blend that?

Oh, when you blend it, you don't need to add any water like you. So you soak it, you know, you soak the liver. And I like to use Kiefer. Just because the enzymes break it down, you get a little bit of the gamey flavor out of it. Buttermilk also works really well in a pinch.

If you don't have either of those, lemon juice will work okay. But what I do is I soak it for 24 hours and then I just give it a good rinse, and then from there drop it into a NutriBullet.

And I don't even need any water. Like, it just blends like, you know, same same ways you blend like an avocado or whatever. Okay, I'm not 100% going to going to try that this week.

Because that's amazing that, you know, I, I, I look I for some reason, Instagram or somebody, served showed me a picture of you and it was, it looked like you were probably coming back from, like, the walk that you're on right now and and said Ben Greenfield life.

And you looked super healthy. And I think as you begin to hear even in this conversation, it's like we're talking and I'm literally going to do 100% of the stuff that you're talking about, because I love to try it.

And then basically what we're talking about is figuring out how to hack your life and figure out how to adopt these techniques and strategies into a lifestyle, because basically, you know what?

You know, we what we say is basically, now that we figured out how to do this, that's like the that's basically like 90% of the battle. You need a nice place to live. And then that's about it. You know?

Yeah, I mean, there's a lot of these things that that do stack that, you know, that we haven't talked about that. Of course I do. And I know that you try to practice as well, you know, like regular sauna practice some type of discomfort from cold on a regular basis, you know, sunshine, earthing, grounding, really, really careful attention paid to sourcing of water and hydration and then also the mineralization of that water and then, you know, and I also know that that you, you appreciate the fact that, you know, we're, we're not only tuned beings electrically.

And so we do need to pay attention to the electrical soup in which we bathe ourselves. But then also we're, we're tuned vibrationally. And so, you know, that means that the energy frequency of the emotions of the people we surround ourselves with, but then also the, the ability to be able to tweak ourselves using vibratory energy, you know, such as, like music, singing, chanting, humming, gargling, breathwork, like, I, I honestly think sound medicine is just amazing.

And I know that you and I both love music. We have a band called Rocky Roots for everybody listening. Just so you know, Rocky Roots music comes songs for you and a couple songs.

Yeah, yeah, well, me, me too, like I, I just love music so much. Like it's. And sometimes I, I feel disconnected from it and sometimes I don't feel very well.

And then I'll, I'll look at my day and I'll be like, oh, I didn't listen to any music today, or I didn't listen to a song today. I didn't play my guitar today, or I didn't think or on a piano today.

And it's like that missing vibratory energy from my life is really interesting. And like, my wife has this philosophy. She thinks that in heaven, like when people talk to each other, everything will be singing and music like like every thing we say to each other will just be all singing.

I think you and me and Barb were joking about this at some point at your house or something, about how we were just like, hello, goodbye, but basically like this idea that we're just like supposed to be musical beings and so many people don't have music or singing or vibratory energy like that in their life dictates that, like, that's a huge thing.

And I like now when I get up in the morning, my wife's actually on a ten day silent meditation retreat right now. So usually she does this, but, I fully support it and I do it when she's gone is very first thing, like when I wake up after I wash my face and, you know, scrape my tongue and do my coconut oil pulling and all my stupid morning Ayurvedic

stuff in my bathroom, there's I go downstairs and I light and incense sticks, and I just put on like, amazing music.

I like this channel called Elevation Worship on Spotify because it's just like super, really like epic spiritual music.

Gut Health, Diet, and Morning Smoothies

And I just put that on. I did the house and burnt incense and music in the morning, and I just love that my sons can wake up to a house that's full of like, vibratory energy and sweet smelling incense, and it's just like a perfect way to start the day.

They're going to have like, the rest of their lives. They'll always remember that. And, it's going to be like something that they track and home to, probably an influences on forever.

I hope so. The the yeah, we, me and Barb, love to send videos to our friends, and you've gotten quite a few of these. I, I have a bunch of them to send you of the rerecord.

Ourselves singing along with, like, you know, Elton John and Garth Brooks and George Strait and Jackson Browne and James Taylor and the and all of our favorite kind of people.

Yeah, I love that. I, you know, I didn't even send you. Sorry. This has nothing to do with peptides. Now, I realize. But I didn't even send you that. I, I wrote and recorded while I was on this very walk a few months ago.

I, like, had a lot of ideas about color that I was thinking about, and I wrote and recorded a new song I put out on YouTube a couple of weeks ago called, Canvas Cries.

Oh yeah, send it to me, I will, I'm going to listen to it. Oh, well, you know, it's interesting, speaking of singing, this, one this is. But this is a peptide thing.

But this is this is probably legitimately my favorite thing that I've ever sort of figured out that I'm in kind of this process on. And what I have noticed is, as I get basically my body tuned, then I'll start to I'll start to get a vibration that I'll feel in my chest.

And so today I haven't done anything, but I can kind of feel it where I can. I can feel a sense of a vibration, almost like an unknown type of sound. And then when I do that, I can kind of, I can sing better.

And so then if and I've noticed if I, if I die on myself in with peptides for stem cells or exosomes or really anything that I'll start to feel it come in and then I'll suddenly feel better, and then I'll notice that I can sing better.

And technically, I did give you peptides, when we recorded our, Yeah. Which I remember. I don't know if, you know, I don't know if you felt you sang any better with them, but I have noticed that I do sing better when I'm taking, That doesn't surprise me.

And I think there might be also, the an effects from a vagus nerve standpoint, if, if it is affecting the nervous system and particularly vagal tone, you know, like, like the vagus nerve.

I don't know how much you've looked into this, but there's there's a really good correlation between vagal nerve tone and the health of the, the throat chakra.

And it might be just because, you know, the way the cranial nerves are kind of snaking down through there or so or something to do with the cervical spine.

I don't know. But basically this idea of increasing vagal nerve tone, being able to help one actually interact with vibratory energy, particularly like singing and chanting and arming and things like that more effectively.

There's there's actually something to it. And what's really interesting is there's actually a device I don't know if you

know about this one, but it vibrates the collarbone and it's a it's a vagal nerve stim.

But unlike, you know, like, you know, something that you'd normally wear around the temples or like, right around the neck area, this one actually stimulates the vagus nerve through the collarbone.

And it was developed originally for like, anxiety and relaxation. But it literally feels like a cat purring under collarbone. And it it feels really good.

It's called a, it was developed by a guy who's, he's a, a, TCM practitioner based out of, the UK. And he began to use this in his patients and found that it shifted their state of relaxation.

Really, really. Well, it's called a, a sensate. Sensate. And, you know, you literally have. I have one of those. Yeah. And you wear it around your lips like a lanyard around your neck.

And technically, you're supposed to lay down when you use it. You don't have to use the lanyard, but you put it right over the collarbone and it vibrates.

And it vibrates in correspondence to special audio tracks that you play via the sensate app and, you know, related to vagal nerve toning. And then also just this idea that we're sound beings and we respond really, really well to sound vibrations and frequencies.

That's a really cool device. So then, the, I'll tie this one together. You're not gonna believe this. Not only is everything that you said true, but then, interestingly, branch of the vagal nerve called the recurrent laryngeal nerve actually goes to your vocal cords.

That just surprise me. And so then it's kind of interesting that that and and I have I've found that, you know, the as, the, the vibration techniques and anything that will, will stimulate and turn up the tone of the vagus nerve, but also really any, any of the cranial nerves, those are basically, where rest and relax is coming out of the brain.

And then that is basically an antidote to the basically the fight or flight side of the equation. And so if you can turn that up, that kind of helps to balance.

And probably one of the big problems of our life and our era is, is that we tend to be too stuck in fight or flight, you know. Yeah, yeah. And religious I mean, that's probably why the, the, the, the physiological double nasal inhale followed by the, the audible sigh works really well.

I mean, and I don't know if anybody's tried this, but it's the in in through the nose and then sigh audibly out. So it's like this, it's it's so it's like in, in nasal out, audible in, in nasal out, audible.

That is a really, really great way to relax yourself super quickly. Like, like especially if it's pretty intense, like an argument or, you know, or something happen at work or a really disruptive email or something like that.

You just step away and breathe like that for a minute. And it seems to hit the reboot button better than just about any breathwork activation. That's, probably incredibly helpful.

Needed advice for a lot of people out there. Do you do you have a breathing technique, what you do when you do cold therapy? Yeah, cold therapy is just box breathing.

I've tried everything, and box breathing just works for cold therapy. And that was, you know, like, that's what a lot of operators, you know, like the seals will use for increasing HRV in high stress environments or even preparing you know, to, to pull a hair trigger, you know, well, sniping or, you know, or, you know, being in the Pacific Ocean or a cold bath for training or whatever.

It's like. And that I did commander Mark Devine's Navy Seal camp for civilians called Kokoro a few years ago. And that's like the top breathwork tactics that they teach for, particularly the the ice bath cold component is box

breathing.

And and it really does like for the cold just work super duper well. So if you want to really kind of like generate a little bit of internal fire and then slip into parasympathetic mode is you do 2 or 3 minutes of Wim Hof and then, you know, preferably you're like sitting next to your ice baths or whatever.

And what I like to do, and you want to be careful that you don't get super dizzy when you stand up is, I'll just sit next to like, you know, I'll go like 30 to 30 degrees on an ice bath.

I'll sit next to it and I'll do about three minutes of Wim Hof, and then you know, you you finish and you do that full inhale where you just shoot a light at the top of your head and then a full exhale.

And while I'm holding the exhale I'll just like slip into the tub and then go straight into box breathing. And if you want to feel really amazing what you do is you do about two minutes of box breathing in a tub like that, and then you just slip out of the tub, sit down next to the tub, do another 2 to 3 minutes of Wim Hof, hold the exhale, get back in the tub and do four minutes of box breathing.

And, three rounds of that is just amazing in terms of, either like starting your day or, you know, throwing something like that in on the weekend is like a recovery breathwork session, but it's just basically three rounds of 2 to 3 minutes of Wim Hof.

Hold the exhale, slip into the tub, 2 to 3 minutes, a box breathing, and you just do that a few times through. Okay? I'm gonna I'm gonna try that. I do something very similar to that.

It was, Doctor Mack, Harry McElroy, our, you know, Harry who's great. Yeah. And so then he, came and stayed with us last night. And so then we got up early and and did a sauna, and I, I walked out and I don't I don't know why because I, we were in the sauna and I thought, well, just something called me.

And then I said, I'm going to go look over the edge of the deck. And then like five feet away, there was a deer just standing there, and, and I just looked at it and it looked at me, and it was, it was chewing on some some leaves, and it wasn't scared at all.

And I just like that and I kind of started talking. I was like, hi, how are you? And, and then I just it put me in I it looked, it was looking me right in the eyes and didn't move and it just was chewing.

And then I just, it put me into like the super chill state. And then I got, I just like and I, I stood there for about a minute and then I could tell it would, it would have sat there for an hour.

And then I went over and I just melted into the tub with that energy this morning, which was, which was just kind of a it was an amazing way to start the day.

That sounds pretty, pretty amazing. It's, you know, if if you were up here in Idaho, in Washington with all the rednecks. So I to ask you, you know, whether you had the tenderloin or the back strap for breakfast, eggs and sausage, but, but yeah, there's I have a lot of deer up here, and it's it is super peaceful to just watch them and.

Yeah, yeah. Watching nature, watching wildlife. I mean, there's definitely something to that, you know, back to the vagus nerve and parasympathetic activation even just like fixing the gaze on the horizon, having a big picture window that you look out at various points throughout the day, having a fish tank or having something where you can actually watch nature moving, like a lot of this stuff, like people like to hear about the sexy stuff, you know, the peptides and the vagus nerve stimulators and the, you know, the laser lights on your head.

But sometimes there's, you know, it's very simple things, you know, including just like watching animals in nature and breathing and, you know, seeing good music, like it's just, you know, a lot of this stuff is not that complex.

Yeah, it's not that complex. And those are the things that people have been doing for 5000 years. And anything that

has that, that, that thousand year trajectory of, of people who've been doing it for a long time is probably what's going to work.

And, you know, I love that, you know, people like you and, and, and we're, we're all sort of naturally coming around basically the same ideas. And then we're just basically filling out, you know, around basically that lifestyle design then.

Oh, okay. Well, what, what what can help with what what can help? How can I modify to manage my pain a little bit better? How can I. That's amazing. You know, be exercising and something, it's like something I'll hurt and then I'll, I'll inject, you know, the fragments.

I mixed the fragments.

Lifestyle Design, Nature, and Sound

The TV and BBC together, and then I'll do that, and then it's like, it'll. I'll forget that I had that pain, you know what I mean? But by the end of the day, it's kind of crazy.

Yeah. Yeah. I mean, that's I, I and this is just how I operate, you know, the whole ancestral wisdom meets modern science thing. I love the best of both worlds, right?

Like, I love breathwork, but I also like to go and just like, you know, lay down and soak ups in the hyperbaric. And I love the sunshine, but I also like, like I mentioned, the big, you know, blue light box in my office with the infrared light.

And, you know, I, I would love to be able to just wander outside and find a nice natural spring, but it's not out there. So I have a, you know, super nice water vortex or structured filter with a double carbon block, you know, filtration units that the water passes through before it becomes structure.

That's like part of my, my house filtration system. And so I, I kind of dig the general concept, even though there's a lot of definitions of the biohacking, I like the general concept of it just being a way for us to use technology to, to, to better adjust to so-called evolutionary mismatches.

And I think that's like one of the best ways to use a lot of these technologies and, you know, hacks and, and, you know, kind of like the, the modern component is, has we, we use the modern to return to the ancestral, almost now we, we're, we're talking about sort of stomach hacks.

And I love what you what you've done. And I love that Chia thing that and that was the depth I'm going to I'm going to try that. Have you tried much of the the VPK 157 or KP or the combination orally.

Have you tried that at all? Which ones? The Cfpb Cfpb is a segment of melanocytes stimulating hormone. And it's kind of an anti-inflammatory peptide. And it will calm down mast cell activation.

And so for people with gastrointestinal inflammation, upper intestinal inflammation and even a lower, that one is, you can think of it almost like a bio regulator peptide.

It's something that we do you can do is subcutaneously, but that one, because it's small, you can take that orally and then you can combine that with BPC 157.

And I have had myself and a lot of people who all do the, the chia seed thing, it's kind of funny. Somebody brought me a chia seed, literally. All right.

While you were telling me that story, holding it up on the screen, you didn't see it, but, the, I'll, I'll have people take that peptide stack along with, like, what we're talking about fiber and and prunes and stuff like that.

And I found that to be fairly helpful for some people with, with, with GI problems, which is kind of one of those if you can if you can hack that one, if you can hack sleep, if you can hack pain, basically you're a long way towards success in life.

Yeah. You know, I, I haven't used I've used oral BPC, I haven't used that stack before. So no I haven't, but I, I do like, you know, the other few peptides that, you know, that can be administered orally.

I do like BPC 157 for gut stability and, you know, for, for me, right now my diet's pretty simple. Anyways, it's it's basically, you know, like, a large leaf, you know, you know, like carnivore nose to tail diet with some really easy to digest, largely on fermentable things thrown in.

Like I do a lot of chia seed slurry. I do a lot of CMOs gel, I do a lot of like pumpkin curry, and I even order the baby food from Serenity Baby Foods, which is like mashed, pureed like olive oil and beets and salmon and grass fed beef.

And I like I literally have like because like, I have a princess gut, you know, the snacks. She works for me. I got issues, so I'm pretty, pretty dialed in on diet.

So most of my vegetables are all steamed mash cured like very few raw vegetables, almost no seeds and nuts, almost nothing hard, you know, no corn, no carrot slices, but basically, whole bunch like mash stuff, chia seed slurry, sea moss gel, pumpkin tray, baby food.

And then it's all just like salmon grass fed grass, finished beef, seafood, shellfish, organ meats. You know, in the morning that that liver and and colostrum and as long as I stick with that and go relatively grain free as well, like, my gut feels really good.

And honestly, it's like I could I could eat like that my whole life. Like a couple of pieces, like wild caught salmon with some sea moss gel and, you know, and some salt and some nice olive oil, you know, and then like, doing the chia seed slurry with the prunes and the Clintons for dessert.

Like, I feel I feel pretty good with that. And some people wonder if you get enough nutrient density. And I gotta say, like there's two. I would say like two of like my go to condiments, aside from all the primal Kitchen stuff, because I love like the Primal Kitchen ketchup and mustard and mayos and stuff is, there's a guy named, Andreas, who has a company called Andre's Seed Oils.

And they do, like, pumpkin seed and hemp seed and, and, you know, sunflower seed all these cold pressed oils that are fantastic. And so I get those and I get Doctor Thomas Cowan's vegetable powders.

And so, like, those are the two things that I use to amp up the nutrient density of my diet throughout the day. And so essentially, like a nose to tail carnivorous diet with a lot of super easy to digest pureed mash, steamed soaked type items.

And then I throw in the undresses oils and the, the town's vegetable powders. And I just feel I feel great on that diet. That's interesting. And you know that.

And I think this is a little tip, like a somewhat of a, like a lifestyle tip you think about. You've been working on this for a while, even since, like we started talking about it years ago and to me, gut stuff, I would say I feel better from a gut perspective than I have felt in my whole life.

And it's something that I spend a little bit of time thinking about and working on every single day. And I would I would actually say, also, if you told me, oh, you're going to eat like this for the rest of your life, I would go, that would be amazing. Yeah, yeah.

So part of it is, is, promoting, promoting and getting your head wrapped around, because so many people yo yo into something that is unsustainable. And then they bounce back into, you know, whatever they were doing.

And so that, that. And that's why I think this lifestyle conversation is so important. And then starting to kind of tweak and hack around, you know, a lot of the people with bad leaky gut, that causes immune dysregulation.

And so then that's a place where you can begin to start to think about ways to regulate and balance the immune system. And then peptides would be like one great place to start.

And so then this, you know, you get back into a long term strategy of biohacking and regulating and balancing your biology. But in parallel to that, it's like an entire lifestyle thing of of what you're choosing to put in your body.

Yeah. You're not going to be able to out peptide your way out of a crappy diet, or no sunshine or fresh air or grounding or earthing or, you know, having your phone up to your had an extra Wi-Fi router all day.

And so, yeah, I mean, like my view of peptides is kind of back to the whole ancestral living thing. Like they're the icing on the cake of a, of a properly structured lifestyle that's as close to nature as possible.

I would I 100% agree. I have personally. That must be why we get along so well. Must be. Yeah, that and we're brothers from another mother. Yeah. What's the what is your new song about?

Tell me about the new song. It's about nature. It's about how how the divine, the creator. God reveals himself to us through nature. And so it's just like all about colors have, you know, grass in the sun and the mountains and the birds and, you know, and, and and, you know, carrot cake and shrimp and coral fish and just like, you know, it's it's all about colors in nature.

It's called canvas cries like the canvas cries. Well, I'm, down in the San Francisco Bay area of Silicon Valley, but if I, if I had, transfer to, like, and Star Trek, I'd be myself up and go for a walk with you.

It sounds amazing. Well, I'll make it happen sometime. Yeah. Well, it was awesome to talk to you. Thank you so much for taking the time. I think this is, your, invaluable source of information for people, and, you're helping make the world a better place while you make yourself a healthier person.

And so I'm, grateful and honored to be your friend. And, glad that, you're out there, figuring all of this stuff out and sharing it with the world. Awesome, man.

Well, I love you, and I'm happy to hop on any time. So, So, yeah, enjoy your chia seeds, man. I need you to, I can talk to you ahead. Okay. Great.