Introduction and Kyal's Background

Hi, everyone, it's Dr. Jen, and welcome back to the Peptide Summit. So excited to have you all back. And today we're going to have a great conversation with Kyal Van Der Leest.

He's an Australian naturopath. And you guys are going to really like his accent. He's a nutritionist. Also founded the peptide based supplement company LVLUP Health.

Kyal's health journey and his passion for functional medicine supplementation of the peptide, stem from having worked at a busy supplement store and his first professional job out of university at a hyperbaric oxygen facility.

Working with and learning from both elite athletes and chronic disease patients. Kyal developed his range of peptide based products from these experiences, and his own personal health challenges with black mold, and the subsequent deterioration of his and his family's health.

The products in LVLUP and Kyal's offer are an attempt to reduce multi-product health protocols down to an all in one product of the highest ingredients and quality, best performance to deliver the fastest results and healing.

Awesome. Thank you so much, Kyal for being here. We're so excited to hear from you. Thanks for having me. And thanks for getting through that long preamble.

It's really important. Yes. Yeah. It's all part of my journey. Obviously. I've worked in a clinic in a hyperbaric oxygen facility, which were pretty pivotal and really formative roles.

I mean, is a if anyone's worked in a supplement store, you need to know inside out and back the front, all the products or even if you have your own dispensary, like you're not going to stock a product without sort of having some idea of what you're giving to your client.

So that was a really formative one, but also that hyperbaric oxygen facility that was so humbling. My goodness, when people come in with a chronic health condition that you've only sort of learned from university or in a, in a textbook, and you see the real world, ramifications of that, like Lyme disease was a huge one.

So many people with Lyme disease would come in and cancer as well to that center. And yeah, just chatting with everyone about what they took or what they take or what their approach is, was.

Yeah. Again, education beyond anything an institute could have given me. I definitely agree with that. And especially we're not learning a lot about things like mold or Lyme as much when we're, like you said, at university or in medical school.

It's kind of things you have to learn with your feet on the ground, boots on the ground and working. So that gives you such a good clinical experience.

Especially Lyme disease in Australia. I don't know if it's change, but when I was working there, it's not even acknowledged as a disease. So, there was a lot of medicinal gaslighting of people symptoms that people have had to deal with, and that sort of sucks.

But in the same way, it's kind of opens up people's mind to seeing a natural path or seeing an osteopath or a functional practitioner. So it's sucks that that's the way it is in the world at the moment.

But at the same time, I really strongly feel this new wave of practitioners and health care that's coming through that will help bring back, the West from this chronic health, disaster really, that we're facing at the moment.

So and peptides, one of those tools, I think, obviously, if you're tuning into this Summit, you know, about them and you know how amazing they are, and hopefully I can provide some information about about them as well as, possibly the easiest and most, if not the most efficacious, but the easiest to administer and the easiest to take being oral peptides, which is my big passion.

Yeah, it's really exciting. Well, how did you learn about peptides? We all kind of have our own story. So how did you find out about them and what got you excited about them?

Yeah, well there's kind of two layers to it. The first layer was ages ago, back in 2008.

Discovering Peptides and Launching LVLUP Health

As an Australian, that was a professional football club that use them and their players became very strong and started to succeed and everyone started to question sort of, what are they taking, what's what's going on, why they all look like super soldiers and or winning.

And even the captain of the team was the best player for the whole league that year. Call that. We're taking TB-500, AOD peptides injectable. at the time, they weren't banned.

it was completely legal what they were doing, but they kind of put, bad reputation on peptides because everyone associated them, like with testosterone or cheating. But.

So that was my first sort of introductory to it, years before my second, when I had to sort of unlearn this programing of peptides as cheating a testosterone, they're illegal.

and that was at that same clinic that I just talked about across the road, was a compounding chemist that a lot of these patients who came in were either advised to get on some peptides or they were already on peptides as well.

And being the technician and, one of the, clinicians helping these people in the facility, I didn't really know much about them apart from that dogmatic opinion I had and was really just open to hearing about them.

And, the clinic director sort of gave me resources and helped me learn about them, and I was kind of amazed by them. And, that led me down the rabbit hole of, learning from, through podcasts and through online forums.

And however, back in 2000 and I think it was 17 when I first got introduced to them, a lot less information available then, but still managed to get a pretty decent understanding of it.

Got to the point where I wanted to try them out myself. and being an Australian, our border force basically seized everything that came through, and that led to a lot of frustration.

But it also presented the opportunity to be the only at the time, Australian vendor of peptides, because I've managed to find some manufacturers who could bring them in.

And yeah, that's sort of how LVLUP again. frustration with not having access myself. So screw it. I'll do it myself mentality. Yeah that's awesome because it is really frustrating when you know something can work and how it works and then you don't have access to it and that that's a problem.

So you mentioned in the bio you had mold illness and that it's it's really devastating. And not only, you know, have the problem with mold and mold illness is a lot of people don't know why they're sick.

So how what happened with your health story with that you said you and your family were affected. Exactly right. Unfortunately molds the gift that keeps giving.

When where I live in the world, the Humidity's high. The building materials are cheap and it's seemingly unavoidable. Unfortunately, I've just come out of another house.

That's my, second one. Now, that's been sort of almost condemned with too much black mold to be remediated properly. But Black mold is an amazing teacher.

I'll give it that. When you are put in a position where your brain's not working, your hormones are thrown out, your gut is irreparably damaged. That's one thing with the products.

Like it doesn't matter how many peptides you throw at your gut issues, if you're living in the mold, it's like a Stanley knife, gluten and glyphosate punch holes in your lining.

your gut lining mold is just like running a knife through it. It's. I could not, no matter how much peptide I had in my business, in my personal disposal, I couldn't fix it until I moved out of the mold.

histamine intolerance issues, liver enzyme elevation, kidney function issues. It's such a prominent and prevalent issue that's finally getting some recognition and some limelight, I believe, Jordan Peterson just had, I believe the guys who implement the Shoemaker protocol on his podcast, that was fantastic at getting awareness around CES and mast cell activation syndrome.

But chronic fatigue, it's it's kind of ridiculous how many systems mold effects in the body. But most of the reigns that LVLUP has now is almost like a reactionary response to the mold.

Like my testosterone dropped to the point where my libido is near non-existent. And as a 30 year old male, that's pretty, pretty bad place to be. So I developed a product for that.

My liver enzyme markers were all elevated, so I made TUDCA, and I made a Liver Complex product to sort of remediate that, as well as, histamine intolerance issues, bringing in like 6 or 7 different products from overseas just became tedious, as well as consuming 6 or 7.

So I developed Hista-Resist and of course the GI Repair was already already existing at the time, but that's definitely very helpful. And it's been pretty impactful in, restoring my gut health, which, you know, it's horrible eating something that you would think would be perfectly fine, like a slow cooked meat.

And then you end up with histamine intolerance and then you end up bloating. And it's it's so frustrating because no matter how perfect your diet is, no matter how much you block blue light and, filter your water, all of these, very important foundational things, it kind of just gets thrown out the window and molds and issues.

So, so mold just affected every one of my body systems pretty much as I've spoken about. So, getting out of the mold was the primary objective once. That was once we were able to achieve that and find a new house, then the healing begins.

And it's a bit of a process.

Mold Illness and Systemic Health Damage

If you've ever run a mycotoxin test or inorganic acid test to see where your levels are at, I highly recommend that, the mycotoxins test can sort of tell you exactly what the metabolites of the mold, that are in your body.

Therefore, when you use binders, you can be a bit more targeted. when you begin to detox, like it's all about maximizing, sorry, minimizing the amount of time in which you're sick and using peptides as well, like KPV, which is in a standalone and GI Repair.

That's been hugely impactful for the, post mold illness, which I'm still getting over. And it's been a month since getting out, but, yeah, that's hugely impactful.

And a lot of people who have had mold issues have reported to the that's helped them. it works via the Milano coordinate system in the brain. And this Milano Portman system is huge, is hugely beneficial for both the brain fog

and for the anti inflammatory effects.

and it's probably my favorite peptide for mold. there's VIP as a nasal spray, which can be beneficial too. But I've also heard reports that it might be a little bit too intense.

And then other ones like Famas and Alpha one would be definitely one to to look at as well. If you have any sort of immuno compromised which mold again suppresses, another thing it does suppresses the immune system function.

And yeah. Thomason or the thymic peptides are really beneficial as well. Yeah, I definitely love KVP for the inflammatory processes. And it does help mold patients a lot.

If they're really bad office. They're in that Sears kind of effect. And that's the thing with mold. I mean I've had patients where they grew up in a moldy home and they they just had like a chronic headache.

Every day. We found the mold, we treated it and they did better. And then some people are just like it devastates them. They go into a big inflammatory response, kind of like you said, it affects their all of their body.

So it's it's really it's really a sad thing because you either have to remediate and spend thousands of dollars and then more money on treatment or like you said, you had to move twice.

And it's because all the building materials are just they're not plaster anymore, they're just drywall. And that's like more food. So, you know, we're maybe going into too much detail, but maybe someone out there is listening and they're like, oh, you know, I need to get out or I need to get this checked.

And then I need to get on some peptides to support my body to, to, you know, get back into homeostasis after this mold. Yeah. I don't want to get too wrapped up in mold.

I think we could spend the whole the whole duration of this talk speaking about it. It's such a passion of mine because obviously the healed become the healers, and the more damage you get by something, the more you learn about it.

So as I said, it's the silver lining to this, to this health challenge that I've gone through and learning so much about it and then developing the products to help myself primarily.

But anyone else going through it? But yeah, my heart goes out to anyone who's experienced it, and especially if you're a renter, and then you have to get in some sort of dispute with the landlord about it and trying to seek them, fixing it.

It can add an extra layer of stress too, which is the beginning, and mental health and all that sort of stuff is sort of the root cause of all issues beyond even the gut health, which I think a lot of people would consider the root cause.

But mental stress and all that can sort of certainly override a lot of the interventional, protocols that you might want to do. So yeah, mold. Definitely have it.

Check out Evan Brand. He's he's one of the best educators in the whole world about mold. If you want to look into that more but we will move on from it a little bit.

I think actually, potentially the next thing we could discuss is, electromagnetic frequencies because it sort of ties in with mold, I believe. doctor Dedrick, clean heart prove that mold gets exacerbated by the presence of electromagnetic, electromagnetic fields.

And I believe that's why it's become such a prevalent and and at the forefront of, a problem for a lot of people nowadays. but, yeah, that's sort of part of my journey as well, is living in a house that was 50m away from a massive toll, cell tower consignment at 156 consignments on it, and had a variation of three 3 to 4 G plus in

Australia, we have only just got 5G, so be interesting to see where that leads for, for mold and chronic health conditions.

But yeah, at the time brain fog, horrible inflammation all over my body, inability to sleep, reliance on melatonin supplements because it just was disrupting my body's in intrinsic ability to make melatonin.

And the I believe as well the melatonin that you do make ends up being the anti-inflammatory for all the reactive oxygen species and inflammatory damage that is occurring to your brain.

So I'm glad I was taking the melatonin and some of the other things that support brain health, like, pa mental ethanol. I'd like, magnesium three and eight before that gets into the brain to sort of help with that, inflammatory process in the brain.

But yeah, emfs are another huge thing that I think there's even been it's own some it about emfs it's another thing that people can sort of go off on their own tangent and learn about if they're interested in it.

Yeah, it's definitely really scary. Especially, the new thing is that like, you know, when people put their cell phone, like in their bras or in their, their pants and, like, right over their ovaries, like, that's what girls do.

They put them in their, their pants. I'm like, stop doing that because that 5G is right there. And just, you know, a quick tip that I always say, you know, airplane mode on your phone at night or put it way across the room if you, you know, need to have it on for like, you know, your parents or something that need to call you.

and then I put my Wi-Fi on my Christmas tree timer. So it goes off at midnight. But I will say, my husband and I, we were like, really into this movie.

And we stayed up late. Too late. And then the last 20 minutes, it just went off and I was like, I'm so sorry. Like if it's on the or the Wi-Fi is done, we're done.

We're going back. it was kind of funny, but but yeah, definitely. So what peptide what relations have you made with your company that will support EMF exposure disclosure?

If someone's like, you know, I work at a school and because they got $10,000 donation, they put a Wi-Fi tower right on the building because that happens.

So what would you suggest people? Well, there's not really a pep talk that I've specifically made for mold exposure. I'm sorry, mold exposure for EMF and Wi-Fi exposure.

It's just so that the magnesium three night is one of the products I make, because it's that form that crosses the blood brain barrier. The main mechanism of damage of electromagnetic exposure is the voltage gated calcium channels.

when you're around high MF environments, there's a massive influx of calcium into the cell, which subsequently releases nitric oxide and in a disproportionately high amount, which causes reactive nitrogen species.

And it's called peroxide nitrate. That's the primary primary damaging mechanism of EMF exposure. You can kind of mitigate this by taking massive doses of magnesium.

And I believe that's besides soil depletion. One of the big contributors to why there's such a chronic magnesium deficiency in the population. If you're around EMF all the time, well, the magnesium burn rate are going to go up as it's sort of countering all these calcium influx in a fluxes that are occurring when you're around these, these field.

But peptides that got me through it when I was living there were the like the Cmax in the C, like, nasal sprays getting them into the brain. They're not only nootropic effects.

So you can sort of salvage your mental function with those whilst you're in a non-ideal situation. But they also work via the Akt system as well, which can actually help protect you.

the neuroprotective. If I had my time again, I'd probably look into peptides like P 21. like di hexa and cerebral loss and just sort of to sort of accelerate the healing, from the damage that occurred.

And actually, while I link it back to my old two, my child really causes, a lot of, sort of cerebellum damage. I believe it's the part of the brain that's been linked with mold exposure.

You breathe it in for your nose, and it pretty much goes directly into your brain, unfortunately. And that's why a lot of people, one of the top and one of the earliest symptoms of mold exposure is, neuroinflammation, brain fog, cognitive decline, lack of verbal fluency, i.e.

you can't find your words properly and just a frustration that, you know, you you you know what you know. You know what you need to say, but you struggle to find the words just like I demonstrated then, it's yeah, mean again, frustrating.

But, yeah, these neuropeptide IDs, they hold a lot of promise.

EMF Exposure and Brain Support Strategies

Not only for these, like, acute slash chronic if you're living in them. inflammatory issues like mold and, EMF, but also the conditions that, become very, very prevalent.

I don't know the statistics on, maybe you can help me out if you know them, but Alzheimer's and ALS and cognitive decline issues are so becoming so prevalent.

I think from memory, it was like one in 3 or 1 into will develop Alzheimer's or, what's the other one forgotten? dementia. That's the one. Those are the, big issues affecting the aging population.

So I believe in the future we will hopefully provided anyone will fund the studies, be looking at things like zero 21, die for these conditions and salvaging the DNA, restoring brain function, helping with re myelination, helping with, boosting brain drive, nootropic, neurotrophic factor to sort of bring these dying, cells back from the brink.

And there's also nutritionals that work amazingly well, the PDA being one of them that I mentioned before. But there's also a precursor to creatine, which can cross the blood brain barrier.

That's a pretty new ingredient that not many people have made, but it's called Guana Dino acetic acid. This is small enough to cross into the brain, so to help replenish brain creatine levels, but you do need to, you do need to provide methylation cofactors that will use those to convert through to creatine.

but yeah, regular creatine supplementation doesn't actually enter the brain. But by saving the rest of the body from having to make it, then that will boost the brain creatine levels by sort of incidental effect.

there's also a few other forms, nutritional precursors that I again, this is a peptide summary. I should probably loop it back, but there's NAC and Acetylcysteine that again similar to creatine, doesn't normally cross the blood brain barrier.

But there's a new form called NAC eti Knesset NSA. It'll sustain foster that form small enough that it can cross the blood brain barrier and provide the direct precursor for glutathione in the brain.

There's a lot of really promising studies for it, for reducing neuroinflammation, for boosting, go to fine levels. And I believe it's either four or I can't remember off the top of my head, four times.

but bio oral bioavailability than regular NAC. So there are a lot of things we can do for neurodegenerative

conditions. It's not really a topic I was planning on talking about, but I'm very passionate about it. It's affected my family.

I know people currently who are dealing with these neurodegenerative conditions and things like phospholipids as well, to assist in the re myelination.

That sounds like a new product that you need to bring on board because you're you're good at pairing peptides with nutraceuticals. So I think that that's your next project maybe right.

It's in the works. It's a lot of zooming peptides. It's one that's been challenging because we could have made it already, but we kind of want to run it through some clinical trial processing first.

We don't want to when you're altering neurochemistry and you're directly altering the brain comparative to fixing the dot, the implications are pretty large.

And with these things, as with a lot of peptides, they are experimental. And because they're naturally produced, unfortunately, the studies and the funding is not as rich as you would find in a if it was a one that, you know, was modifiable and become patentable, and then the pharmaceutical companies would jump all over it, as has happened with, I believe, a peptide call that we wanted to chat about.

Lorenzo tide acetate. this one is a patented form, but there are other forms that aren't patented which I will be releasing in the future. I currently can sell it because I'm an Australian.

It's not patented here. So the rest of the world, you're welcome. But I believe that's going to change very soon. So we've looked at using a few different forms.

And that is it's. Not about that one a little bit. It's pretty amazing. I have a patient that I have on it, and it's the only thing that fixture chronic diarrhea I mean we have done everything.

And so it's FDA approved for celiac I believe is what is approved for in the US. So explain a little bit about what it does because it the list is like this long.

What it does. Okay. Well I guess the subsequent effects of, of reducing that like a permeability of the gut, the Lorenza Todd works on fixing basically, it is a ZoneAlarm antagonist, and ZoneAlarm is this little protein that gets released when the body's been exposed to gliadin or glyphosate or something that it really doesn't like, or like gram negative bacterial endotoxins ZoneAlarm has released.

And this sort of creates an opening of the membrane, in the GI tract, in your GI tract, you have all of your, in your, in pterosaur, it's in your epithelium.

this is only one cell thick. It's not a very strong barrier. it's not usually having to cope as much damage from the environment as it has of light, but this is only sort of one cell thick.

And between the cells are these little Velcro like structures called tight junctions. And when they get exposed to Clayton, this is happens especially for people with celiac disease.

those tight junctions basically break down and cause what's called para cellular hyper permeability. There's two types of, hyper permeability or leaky gut one's called trans cellular, which is basically the cell itself is breaking, is being damaged.

is not healthy. Basically, you maybe don't have enough, short chain fatty acids being produced in your gut, or maybe your mucosal membrane has broken down, so much so that your gut bacteria are starting to feed on those, that epithelial layer.

And that's causing chronic inflammation and the breakdown of those which can cause that trans cellular

permeability. This is where your BPC really comes in.

And things like KB as well. They really help with this trans cellular, this cellular repair from within to sort of bring it back. Where is the La Raza tied.

It's kind of like if you had a wound, if you looked at a leaky gut as a wound. La Raza tide is the staples that sort of pull the wound together. So the BPC in the Cfpb can potentially be healing and make that sort of wound heal itself better.

there are a few botanicals as well, because this is how I formulators. All right. La Raza Tide works by helping tie junction repair, brings it together at staples.

It or stitches it back together while that's holding it, it only occurs for a few hours before the peptide degrades. But while that's occurring, we can bring these in these nutraceutical nutraceuticals like, try beta and bioavailable beta.

Right. You can bring in zinc l-carnitine, which is fantastic for restoring, the gut lining. And you can also potentiate the effect of Lorenzo's time with like quercetin or even better, the in the medically modified iso quercetin form, which we use both of because that form comes sort of from within the, that form crosses the membrane and sort of works on the basal membrane of your, of your gut lining, whereas the regular quercetin has terrible bioavailability.

Gut Repair, Leaky Gut, and Autoimmunity

But that's fine because it's working on the ethical membrane, the out of the membrane inside of the lumen, it's reducing the inflammation there. And it's sort of helping the cell from that level.

So that's the basically I've just run you through the the logic behind why I created GI repair and how I synergize the peptides with these nutraceuticals, these ortho molecular ingredients like the quest in and the tri beta and there's also probiotics that I created.

and other companies sell as well, ones like I Commencer and Clostridium beta serum. Both of these sort of work in synergy to build up and strengthen the mucosal membrane around this, around the epithelium.

There's two ways you can sort of go about healing the gut and ones to increase mucus. That's like the the moat around your castle, the castle walls being your epithelium and the sort of immune system sort of being just inside the, the, the castle walls if you, are experiencing damage or copying damage to your walls, ie your intestinal epithelium, then your guards, your, your soldiers inside the castle, that's your immune system.

They're going to have to react to these baddies coming in and destroying the walls and coming in to create havoc. That's things like lipid polysaccharides, dietary proteins or B that become antigens.

And that's sort of a big issue. And maybe one of the main, predisposing issues for autoimmune is, is, protein fragments from food are coming through, chronically broken intestinal membrane, intestinal epithelium, chronic leaky gut, the immune system kind of get overwhelmed.

And that's when immune dysfunction occurs. That's sort of where the immune system tries to find the culprit. And these little antigens, the present, it's like, oh, right.

They're the thing that's causing our leaky gut. We're just going to have an immune response to a food. And that's where you get food, intolerances or you get an IGA response to certain foods.

But then there's the concept of molecular mimicry, where these antigens from food look like, proteins within your own body. And that's, I believe, one of the primary drivers and causes of autoimmune.

And that's why having a really healthy gut lining and repairing you has just so many downstream effects, especially for autoimmune. I don't think there's an autoimmune condition in the world where healing the gut is not going to

result in substantial improvements in health.

Yeah. Let's back up. So many great points. I love how you described all of that. And the lorazepam like the staples. That's so, so good, so good. Because it's true.

yeah. Sometimes when we look at the gut health, we have to remove some of the bad things first, and then we need to work on the gut repair. sometimes we can, you know, everyone's kind of different.

And this is the ultimate GI repair. It. It is genius how you put all these things together just with the zinc. They're all out there. Lorazepam. Hide the BPC. 157.

It's it's really great because the gut is so complicated and there's so many things going on there. And yes, we have to fix the gut first. You have to for autoimmune diseases and stuff.

And yes, certain peptides are great for inflammation or great for thymus like health and all of that. But the gut is where you really need to start. And then I feel like once the gut health is good and you have that under control, the other peptides are going to work better.

I mean, I even say this with like the injectable, you know, GLP ones and all of those like you need to to work in the gut health first and then you can focus on all these like fun peptides, you know, to build muscle and all of that.

So I think that gut health yeah such such a good focus. So how how long would you recommend the GI repair probably at least two months. Right. While they're figuring out what's going on.

Because like you alluded to before, if you have mold, if you're living in mold, you could take the supplement and you'll feel better. But it's like you're you're chasing your tail a little bit.

Yeah. So the way I will, I'll keep it. Analogies I really like analogies, especially the castle walls. One every battle is different. Everyone's body needs support in one way.

Maybe for some people, strengthening the walls with the resistance is all you need, because there's not too many bad guys in your gut that are coming in and destroying the walls.

Maybe the mucous membranes are fine. It's it's really depends on the individual. But the way the reason GI repair has had such like almost unanimous success is because it targets every single one of those levels.

It has a mod biotic effect. The tri beta in it. The tribe beta in itself has a positive effect on the mycology of your gut. It helps strengthen the mucosal membrane and then zinc conocen sort of like reinforces the walls and itself too has an effect on the gut.

bacteria. The rising tide strengthens the walls. BPC sorry, La Raza, it's kind of like the the mortar between the bricks. It's like if you have no mortar between your bricks, they're not going to hold.

That's what La Raza does. BPC kp v g okay. All of these strengthen the walls. And then if you have done that and if the, the moat and the walls are strong, then your overactive immune system, your guards inside of your body can calm down.

There's the threat is so much less of an issue now that you can kind of just give them some counseling. They have PTSD. They've been fighting all these lipopolysaccharide and antigens and food particles coming in.

And if you have truly fixed they got that will modulate your immune system and get it to calm down. There might be some issue with that PTSD where you might need to shift your PT 1 to 2 to H7 in balance.

You might need to play around with that with certain botanicals later on. But I believe truly, the root cause of it is stress, gut health, and then all the other diseases below it.

There's that's sort of the hierarchy of health. I work with patients and clients, and I think all the practitioners that I work with as well and have a really great network of practitioners that I refer to as well, who all sort of type is not all of them, but most of them take this approach of let's heal the gut first, because that's kind of like a no brainer for getting people better, or at least improving.

Yes, I agree, and most of the time you have symptoms, you know, gut symptoms, bloating sometimes, but sometimes they manifest as other things, you know, I mean, we're some people don't know how it feels to have a good gut health.

They're just used to feeling like sluggish or constipated. So it's really interesting. But yes, definitely if anyone's listened there, if you haven't worked on your gut health, you should probably do some sort of testing or look into to healing your gut because yes, like glyphosate just pokes the holes in the gut.

And I mean, living in the Midwest, in the USA, like so much life, it's a it's it's everywhere in the water, in the snow. It's so frustrating. And you almost have to be on the like the offense, you know, and just like do all these things to keep your gut healthy so you're not having to play defense later and fix it all.

So it's something you have to think about. And these peptides can can help do that. Do you have any suggestions for a maintenance for gut health? If someone's like, okay, I worked on my gut health the last year, I've taken the ultimate GI a couple months now.

What do I do? How do I prevent it from going backwards? Yeah. So a maintenance dose and what actually never even answered your question properly. How long should you take these for?

I kind of just said it really depends which is a that's usually one of the best answers people who know will give you it depends on your situation, but most people will notice a benefit within like one month of taking it.

If you've got an IBD like Krenzel colitis, you'll notice that like within a week, it's almost a certainty. but for the general population, if you're eating really good quality food, you're seeking organic foods where possible.

Dirty dozen, clean 15. Look at those, up for the, up for organic for the dirty dozen. Reduce your glyphosate exposure. actively work on removing. It's probably a good idea as well, because, as you said, it's so ubiquitous.

It's in the drinking water. It's why filtering your water is a great idea to, But yeah, as a maintenance dose, maybe once every 6 to 8 months, if you're taking all the boxes for all the other lifestyle and nutrition things, that would be a good way to go about it.

It's also if you've traveled and you've got travel as Tommy or something like that, it's probably the most powerful intervention, just for acute things as well.

Obviously, you want to look through your binders, your charcoals, all those other things for the toxins, but just ceiling cut off really quickly to can help people get over those issues.

and peptides are good to cycle. If you have an IBD condition where you might need to take it chronically the way peptides work is, I'm sure a lot of people in the summit know is they either bind to a a cell surface receptor or they cross the membrane and instead of bind ever genetically that either way they're binding to something.

And if you're chronically or long term, having, a peptide or an ingredient or something bind to a surface receptor, I like testosterone. For example, if someone takes exogenous testosterone, then you can have receptor density downregulation with long term use.

So that's why I always suggest if you're going to take the product for two months at the end of that two month period, take two weeks off, sort of like a one month to one week sort of type to rest ratio.

that's sort of as a precautionary just on that theoretical principle of receptor site downregulation. I it's not proven

yet. I don't think there's any studies that show that you do end up with downregulation of receptor sites.

So that's more of a precaution. and I also think because these peptides sort of come in and come out so quickly, I think majority of them have a half life of between 3 to 5 to six hours.

especially for the ones I sell, I think bases is four. So it sort of comes in, binds to those receptors, signals, all of these amazing benefits, all these cell signaling cascades to increase epithelial growth factor, to increase VEGF, to promote angiogenesis in blood cell, blood vessel formation and NGF, there's so many downstream effects from just binding to the cell surface receptor that last beyond that window in which the peptide is actually in your bloodstream.

So if it's only in there for four hours, binding roughly, maybe for the other 20 hours of the day, it's not binding. Therefore, you might not end up with desensitization, but precautionary it.

It's good to have a week off for every month on. Yeah, yeah, I agree I love to rotate peptides. Let's switch subjects a little bit. great copper peptide.

So you have an oral form. Can you talk a little bit about oral peptides and copper orally. What it could do. Yeah. So copper I took injectable and it hurt like hit like expletive to take and to had a massive histamine reaction to it as well.

I've, I kind of tend to get those. And that's probably because I was living in mold that my history histamine back up was already pretty full. So when I did the injectable peptides, it didn't go so well.

That's why I love oral peptides and make them. And now G k is added to the range. I love this peptide so much. I bet that someone else in this segment is talking almost exclusively about it.

I don't know yet, but I am certain based on. Yeah, for topical, injectable. It's amazing. the way it up regulates down, regulates the the correct umbrella term is modulates epigenetic switches in your body is is remarkable.

It it affects the skin. It affects your fibroblasts, your hair, your liver, your nervous system, your intestines, your lungs. It affects stem cell expression, gene expression, almost always positively.

There's something like 24 genes associated with stem cell expression that it helps with, neuronal and nervous system repair, pain, anti-aging. It's, probably one of my favorite compounds.

Oral Peptides, Copper, and Product Quality

And until I sort of looked into the literature and looked into mechanistic li, the issues with taking it orally, I was kind of consigned, ceded to the fact that I'll, I'll just have to get it through the skin.

with, topicals, or I'll have to maybe bite the bullet and inject it again and risk that pain in the, and the histamine reaction. But by overcoming the stomach acid with a delayed release acid resistant capsule and then buffering the peptide with things like, cell, copper, sodium and, sodium bicarbonate, you can actually get really good bioavailability of this peptide because if it makes it through that stomach acid, it's only a tri peptide.

Three peptides long. It will easily diffuse across your small intestine into circulation, provided it's not been degraded by the proteolytic enzymes. like pepsin, for example, in your stomach.

It's so rich with that. That's why the timing of oral peptides is important. Timing them away from protein is probably the best advice I can give, because protein is the trigger for stomach acid secretion, and the more stomach acid you have, the more pepsin is going to be converted from pepsin again, and therefore the higher the likelihood that the peptide will be broken down and its effects nullified.

The other thing that nullifies DQ arly is stomach acid hydrochloric acid. So that's why that just using a delayed

release and acid resistant capsule works.

And then once it's through, past the stomach, that then the, the other enzymes will break down that capsule. Not not pepsin because it's not a, it's a cellulose based capsule.

So then it will get sort of released intelligently in the small intestine. Then it will go systemic. And I can tell you from having used it for about two months, it very much makes a difference to your skin health.

from the inside out as an oral capsule. But if you're then combining it with a topical skincare products, then the outside in whilst inside out is just like the best of both worlds.

as a topical, I don't think you get the sort of anti-aging effects beyond the surface level. You don't get the lung effects. I think it's really good for COPD as well.

I don't have the study on me, but it's something I've, I've, I've read, in the past, and it's really great for the gut lining to as I said, it helps with, stem cells stem cell regulation.

This also is applicable to the intestinal stem cells. So G HK will eventually make its way into GI repair in the future. but for now I have it as a standalone with all those buffers, it's kind of hard to add it to the GI repair, because those buffers that sort of stop it being released in the stomach would also nullify the stomach healing effects of GI.

Things like the zinc Königssee and the BPC help really help people with, Helicobacter pylori or ulcers in their stomach. But if we were to sort of buffer those, then it sort of nullifies that effect.

So we're figuring out a way to put it in Japan without sort of undoing the positive effects for the stomach of the other ingredients. But it's honestly, at the moment, my favorite peptide.

Oh, that's that's so cool. So timing. How long after eating protein? Like two hours. It really depends on how much protein. Again, that depends answer.

But if you've had a big steak give it two hours. That's usually how long it would take. A normal functioning stomach to work its way through a well chewed piece of meat.

otherwise, just try and have it before. And then usually if there's no stomach contents, it'll just pass through. Meat loaf similar to water. It's only a small capsule.

Yeah, that's really important in that with any oral peptides you would suggest. Exactly. Right. Yep. Anything apart from the BP say that one's resistant to the stomach acid as the generic form that is made in the stomach acid.

So it's resistant to it and it will still affect too many, too much of the pepsin in the proteolytic enzymes can affect, BPC, but it's it's a pretty hardy protein compared to these other smaller ones that are more fragile, like TB for or AC escape.

That one's also only for amino acids long. The g hc three days really small ones. It's it's very critical that they that the smaller they are in my opinion the more fragile they are.

Animal care you have to take when orally administering. Yeah that helps. That really makes a lot of sense. And you know, talking about your supplement company obviously like quality is so important to you.

And tell us a little bit about how delicate you are when you're creating these formulations. Obviously. Yeah, it's very important to me because if you are not giving your customers, your clients, yourself something that is exactly what it promises and says it is, then you delaying your healing journey.

As someone who's been chronically ill, I do not want to be in that state longer than I have to be. And unfortunately, with the rise of sort of black market, really cheap, not not to not Chinese, but there are a lot of really poorly

manufactured products that are coming from there.

There are a lot of really good ones that are coming from there too. So that's why I'm saying not to knock them. But, if you are not taking what you think you're taking, and that applies not just to peptides, but all supplements in general, there's just it's a wild West at the moment.

So trusting a company that does purity reports that answers your questions around sort of the quality of it, certificates of analysis, heavy metals testing is really important, especially for anyone who's doing injectable peptides.

I believe that's pretty risky thing to do if you're sourcing it from somewhere that doesn't test for those and doesn't test for endotoxins like lipopolysaccharide.

If you're injecting those things not knowing, then the repercussions are completely nullifies any of the positive effects of the peptides if they're even in it.

And then can leave you in a worse position health wise. And if before you even took the things, especially if you're doing it part of like a month or two month long protocol way, or injecting every day or every second day, like a small amount of these things can accumulate, especially the metals.

And I don't need to tell people why heavy metal is, not good. And that's your a supplement that you're using to try and fix yourself is the last place you want to find those things.

So that's sort of why I'm so pedantic about sourcing. That's why my products are expensive, because if you do it right, you get that. You get testing included on every single batch.

It doesn't work out all that cheap to do it and to synthesize things custom like the La Raza Tada is a custom synthesize. It's not just a generic aisle.

We're making 100 kilos of it. It's made on demand for our for our company, for these products. The same with the, KP v is not really too many people doing them.

So the accessibility is not really that high. But also on another level. the excipients that people use in products and the non-active like rice flour or even like some of the fillers that people use in products like I don't understand the use of fillers.

It's kind of doing a disservice to your customers or to yourself if you're taking a product with a like a lactose in it, like that's a filler. I've seen used, in some products.

So for someone who's lactose intolerant, again, like you're creating more problems in your solving by using that. rice flour. Like, what's the point? It's going to cost you another couple of dollars per unit as a manufacturer to use something like PA, I use it in almost every one of my products because it's second to generate probably the best anti-inflammatories.

It's. And even beyond tumeric, it's not going to lower iron for some people. It's kind of like this uniformly beneficial ingredient that I just use that as the basis for all the products, as the functional filler that synergize with the effects of the peptides and has its own sort of, add on benefits.

But yeah, long tangent about quality. It's so important. It is, it is. You don't want to bargain shop for supplements. Like I try to televisions I like don't get them on Amazon.

Like this isn't something that you end up a bargain shop, but this is your goal. It's going into your body. yeah. Yeah, I love that. I was telling Kyle before we got on this interview that I'm, I was taking the CVS and it has and it also and some other ingredients.

But I have an aroma machine and it just flares up sometimes I'll hit it on things or sometimes I will just ache if I maybe go out to eat or indulge in the, you know, some inflammatory things like out at a restaurant.

So obviously gluten free and lots of protein, but you just don't know what you're getting. but I've been taking it for the past three weeks and I've noticed a difference, so I'm sold on it.

PR I've read the research on it, trying it myself, so it was great. And then CVS knew would be a great anti-inflammatory. So it's it's really fun to try cut.

And it is really good to work with someone. you know, a natural path functional integrative medicine doctor that that knows what you need. So you're doing it correctly and you're not you're not like, wasting your money, you know, you have someone that is guiding you through like, protocols and and I'm sure, Kyle, like, you're a wealth of information too, with this, what new products are you working on?

Because I'm really curious, because I just I love your formulations. Well, I think I might have accidentally dropped a few hints that the neuro regenerate.

New Products and Where to Find LVLUP Health

It's talking about all those brain peptides that's in the works. Probably a few months because of all the trials. And, processes that we'll go through to make sure that's perfect, because when you start targeting the brain, then those metals and those LPs toxins that I was talking about, they are so important, working on skincare as well.

Everyone's sort of jumping on the peptide bandwagon, but we're going to do it and do it right. any, every ingredient that will go into this product will be environmental working group level one safety.

Because I'm sick of skincare being this being something that makes your skin less healthy. Or maybe you're getting a perfume or a fragrance or something that's sort of disrupting your endocrine system.

Or maybe like there's certain fats that might be rancid or it's it's a very difficult thing. I've been working on it for over a year trying to get it right as well.

So there is a skincare range coming out soon, I think, I taste that about a year ago and it's still coming, so yeah, bear with me. I'm bringing out the ace.

the Tb4 fragment peptide, Ac-SDKP that will be out soon. Synergize with those same ingredients, the PEA and the, absorption enhancing gradients and Larazotide by itself will be coming out again.

Like when you're looking at that mode of damage. A good practitioner. And this is why I love our affiliates in our practitioners and all the people we work with.

Like, I get so many emails every day about people asking, what's the best product for me? Which one should I take? Should I? I just kind of because I don't have much time.

I just said, just type GI Repair. It's a shotgun. Whatever one is, whichever part of your gut is the issue, it's got something in it that'll work. But if you want to be more specific, we have Tributyrin by itself Zinc Carnosine by itself, Larazotide by itself, KPV, BPC, everything by itself.

But I think to do that you need to work with a practitioner who can be a bit more targeted. They can take a full, comprehensive analysis of your lifestyle, your nutrition of you, and then figure out what is the lowest hanging fruit and the best product to support you.

And, I know you have your own supplement range too, so obviously you're very aware of how important practitioners are to work with. And, if there's any practitioners tuning in, like, props to you guys for learning about peptides if you didn't know anything about it.

And, I really hope that they see the utility in using these things because they are surgical and they're not surgical, they're not actually cutting you, but they're very precise in their mechanisms.

And once you understand that, you can they can really potentiate and make your particles work so much faster as with whatever it is that you're currently using, be it naturopathic, be it's nutritional, be it pharmaceutical as well.

Like, they they just have so much utility in every space. Like no matter what your practice, no matter what your dogma, they have a place in all of it.

Yeah. So I'm like shaking my head. Yes, yes. Because they do it and that's like your company LVLUP. It does it. It's like a game changer. It's like extra.

And that's how I explain to my patients like, you know, we're just going to we're going to add in some peptides because it's go time. You know we're going to step this up a notch.

Are you ready. And you know they're only downside is the cost. But if you explain what they do to your patients or to, you know, like you did, everyone's like, oh, that makes sense.

That castle in the moat. And so, thank you so much. I love all of your explanations and your stories and for sharing your heart with us and your passion.

So how can everyone find you? Learn more about your company or your products? Yeah, well, I'm a new dad, so I'm pretty hard to nail down personally. But you can find my company and my support team.

And, if you have any questions, lvluphealth.com, send through an email or a DM on Instagram and, do our best to answer it. And potentially if you want to work with someone, we have amazing network of practitioners who all are like, well, peptide birth too.

I can connect you with, if you're a practitioner who wants to work with more patients who are interested in peptides, we have too many ta ta ta to divvy up between our practitioners now.

So please help us out and connect. But yeah, lvluphealth.com is the website. I believe I've got a discount for all the listeners of the Summit that I don't think we've, mentioned what it is, but I will have it edited in or at a later date.

DrTalks15 or Jen15. One of those are work. and yeah, I really look forward to hearing how people go. If they do decide to invest in try these products.

Let me know on socials how it's changed a life. We have lots of amazing reviews on the products as well. If you need some more convincing, plenty of genuine verified reviews on the site, so check it out.

stay tuned for the new products coming out as well. If you if any of those things that I teased or of interest, which I think, anti-aging skincare is of interest to most people, but more specifically, the really, chronic disease issues like the CNS and Alzheimer's dementia.

Please, like, stay in the loop and make contact. When we bring that out. We'd love to hear feedback on that one. Awesome. Thank you so much for all that you do.

Kyal and thank you for making this Summit happen. I really believe peptides are the future of medicine and make bringing awareness to them for the general public, for practitioners and coaches, is just going to help the world in such a big way. So thank you.