Welcome to the Bioregulator and Peptides Summit

Hey everyone. Nathalie Niddam here. If you're watching this, then you are joining me at the Bioregulator and Peptides Summit. And I want to thank you for being here and tell you how much I appreciate you joining me, and most importantly, all the incredible experts that I was able to invite to share their wisdom, knowledge and gems with you.

I think that we can all agree that the peptide and the bioregulators space, but especially the peptide space these days, is nothing short of. Well, it's kind of crazy, right?

It's kind of insanity out there. We've got people running around injecting themselves on social media influencers, claiming that this protocol was fabulous for them, and it's going to be the best for you.

We have doctors who are out there telling people that peptides are useless, they're dangerous, they're no good. I'm starting to think that those doctors maybe are getting paid by someone, and then we have people saying that bio regulators do nothing.

So what are we supposed to believe? What are people supposed to believe? So I would guess that for most of you who are here watching this, you believe that there's good in these things, but there are nuances that we need to acknowledge.

There are certain things that we need to know are a fact in this nascent industry, as it were. When it comes to bio regulators, they are legit. Bio regulators were researched for over three decades in Russia.

Why Bioregulators Matter

They are currently used as a matter of course. You are going to hear from Doctor Svetlana Trofimova herself, who is one of the leading doctors or the leading doctor at the Saint Petersburg Institute of Gerontology and Bio Regulation, the widow of Professor Vladimir and a woman who has done incredible things and achieved incredible results with her patients using by a regulator peptides.

Now, very often she'll use those bio regulators as well, or alongside either conventional treatments or alternative treatments. They're not always the only thing that she's using, but she is using those bio regulators as a part of the toolkit that she uses to help people deal with incredible conditions, including things that conventional Western medicine considers untreatable, like retinitis pigmentosa, a genetic disease that affects vision and narrows people's field of vision gradually until they eventually pretty much go blind.

So I think we can all agree that bio regulators there a thing, and they're a thing that we all need to get our heads around. Now, here's what's interesting about bio regulators.

And then we'll move on to the longer Jaden peptides. Here's what's interesting about bio regulators. And this is some of you will know this. You will have heard this from me before.

For those of you who are new here, here's what you really need to understand about bio regulator peptides. Bio regulator peptides are tiny. They are 2 to 4 amino acids long.

There's possibility that some of them may be five amino acids long, but for the most part, it's the ones that are commercially available are within that range of 2 to 4 amino acids.

They are available in two forms. They were researched in two forms. Not well actually three. But we'll really only talk about two right here. The natural extracts.

These are natural extracts from animals. The main ones are from mammals being they used bovine like from cows, sometimes from porcine. A lot of what's available on the market right now are extracted from porcine tissue glands and even from sheep.

Now, rest assured, nobody's slaughtering these animals just for their little tiny bits and bobs. These are, you know, it's a whole industry, right? So yes, they come from animals.

And for people who are, for whatever reason, opposed to using animals for anything, there is another alternative. We would call those the synthetic bio regulators.

Natural vs Synthetic Bioregulators

So these are identical analogs to the principal amino acid chain that is found in the natural bio regulator that has been synthesized in a lab. And that can be then administered either through a subcutaneous injection, sometimes as a spray.

And increasingly, we're starting to find people that are finding ways to make them a bioavailable across the skin. So they are tiny, tiny, tiny, tiny.

Now, the difference between the synthetic and the natural bio regulator, the natural bio regulator is not just that 2 to 4 amino acid chain. It's actually a complex.

There's more to it than just that simple amino acid chain. It comes, if you will, with an entourage of other small proteins and amino acids. And this is in large part why it is believed that the natural bio regulator gives a slower effect but a longer lasting effect.

And quite frankly, also when we have people who might be very immune reactive or maybe who are very, very sensitive, sometimes the decision is made and we talk about this with Doctor Trofimov.

Sometimes the decision is made to provide them with just the synthetic bio regulator first, because there is less for them to react to there. It's just that amino acid chain.

So and the synthetic bio regulator. Sorry, almost forgot to tell you this actually is faster acting, but perhaps we see that the actions last, maybe the effects last a little less time.

Okay, so that's your natural bio regulator and your synthetic bio regulator. The other things to understand you if you hopefully you downloaded my book.

And in that book you get the foundations of bio regulator peptides, you're going to learn a little bit about their history. You're going to learn a little bit about how to use them.

You're going to learn what is the selection of bio regulators that are available. One thing I'd like to invite you to consider is if you're working with a practitioner, which hopefully you are.

But if you're not and you're dying this here's what you need to know about the bio regulator. Peptides in general. Overwhelmingly they are incredibly safe.

They seem to they modulate, right. So they bring the body back into balance. They don't over push. They don't suppress. Now does that mean that anybody it's safe for anyone at all to use the by regulators.

Look the safety recommendations remain the same. We always recommend that pregnant women probably stay away from them. But definitely speak to your physician first.

Anybody with active cancer.

How to Use Bioregulators Safely

This is not the time, right? Unless you're working, you happen to be working with an integrative oncologist who has experience with the bio regulators and cancer, which I don't know that there's even any published studies in this area.

So if there's no published studies and there's no prior experience, it's not worth the risk. It just isn't right. So please be mindful. Work with a practitioner, especially if you're dealing with a serious medical condition.

If you're using the bio regulators, you're generally healthy and all you're looking to do is basically is to slow down aging or to drive regeneration at a cellular level of the tissues, glands and organs.

Then you could probably get away with using bio regulators on your own. Think of the systems, right? If you're looking to address, let's say you're in a building phase of muscle or you want to support muscles, what might you use?

You might use the muscle bio regulator, the blood vessel by a regulator, the cartilage by a regulator because it's going to upregulate collagen and elastin.

Right. So these are all really important for muscle. And we want to support bone. Cartilage is not bone but your bones have collagen and elastin in them.

So the cartilage bio regulator indirectly is going to support bone. And the muscle bio regulator because it's supporting muscles is also going to support bone.

Another bio regulator that is really important for building strength for bone, for muscles will obviously be the blood vessel by a regulator, because blood supply to and from every tissue in the body is critically important for us to get any kind of benefit.

The next one that often gets forgotten here is parathyroid. So the Paris thyroid bio regulator super important for bones because the parathyroid glands monitor it impacts our calcium metabolism calcitonin.

So parathyroid bone by a regulator and cartilage by a regulator. And finally we would work with the blood vessel bio regulator. So you can see here how we address the whole system.

So I will be eventually coming out with more resources for you guys. If you're interested in the bio regulators and you're interested in learning more about them, then I would encourage you to join my longevity community, which you can find information about it on my website.

Now that's I know it's a little plug. Forgive me, I had to do it, but that's kind of like the overview of bio regulators I wanted to provide you. Obviously, we have the pineal gland bio regulator that helps with circadian rhythm with telomerase activation.

So maintaining the telomeres on the ends of that DNA. So helping to give the DNA more opportunities to replicate in a healthy way. It also regulates melatonin normalizes melatonin production a lot of people will do a course of epithelium or the pineal gland bio regulator and find that their sleep improves.

The natural version of that will be Andalusian. Now also another one, pineal on pinyin also is good for sleep, really good for general brain health.

Key Bioregulators for Health and Longevity

Whenever we're talking about brain, anything to do with the brain, we want blood vessel on board at the same time, right? So I don't want this to turn into a master class.

Maybe we'll do one of those one day. Let me know if you want me to, but this is just kind of to get you thinking along the lines of the bio regulators.

So bio regulators, they act as epigenetic switches. They act directly on your DNA. There are people like doctor Bill Lawrence who would say that what the bio regulator is doing is really repairing the knees, ability to replicate and to act the way that it did when we were younger.

All right. So especially if you're over the age of 50, bio regulators are really, really interesting. We could move that age back to 4045. If you're in your 20s, you probably don't need them unless let's say you have dysregulated sleep.

The pineal gland bio regulator might be helpful. Know that a pit alone is on that regulated list of peptides. That's in front of the FDA right now. So technically, the synthetic version of the pineal gland bio regulator is not approved for human use.

Having said that, one thing that's really important to remember is those natural bio regulators are actually considered to be nutritional supplements.

So they are approved for human use there. They virtually have grass status. I mean, I don't know if they officially have grass status, but they are quantified or defined as nutritional supplements because they're really just 1 or 2 steps away from food.

Right? The liver bio regulator probably is found in liver. Heart by a regulator would be found in the heart in the heart muscle. So you get the picture, right.

So natural bio regulators totally above board and know that there's about 6 or 7 bio regulators that are not available as synthetics. Those all that information is in the book.

There's a nice table for you guys. It explains each by a regulator what organ or tissue it is related to, and also which ones are available as both synthetic and natural, and which ones are only available as naturals.

Okay, that's about it for the bio regulators. Now, when it comes to the longer chain peptides, this is where we're getting into this whole zone of I don't know what to call it right now.

You know this there's a big uproar currently as we're releasing. Well, certainly as I'm recording this, which is a couple of weeks before we release the full summit, there's a big kerfuffle right now with the FDA around peptides.

So the good news is that the FDA last week took basically considered seriously considered six peptides.

Peptides, FDA Status, and the Current Debate

The seventh one sip got kicked off the list for crazy reasons that I'm not going to go into right now, but there were six peptides that were considered for being brought back to the 503, a category, I believe, which means that they would be allowed to be compounded in compounding pharmacies, which means that doctors would be able to prescribe them.

Now, here's what did happen. What did happen is that the PKC Committee, which was composed in large part of stakeholders in the peptide business, in addition to certain FDA scientists, which apparently were brought in kind of at the last minute.

But regardless, the Peacock Committee voted yes, that these peptides should be considered. What did not happen is that they did not officially get moved over to that compounding list.

This is still going. This still needs to be approved. The FDA has not made their final decision yet. Now, historically, the FDA has absolutely agreed with this committee.

Having said that, it has never been composed of stakeholders before. And at no time in FDA history have they ever said yes to any peptides. Well, other than the glasses, which are different because they're pharmaceuticals at this point.

So peptides are still very much gray market at best. So there's a few pieces of advice that I want to give you. Number one, know that if you're using peptides, they're not fully vetted yet.

Right. Here's what we can say for sure. Do they need more long term human studies? Absolutely. I don't think anybody would deny this. Right. Do we have time for long term human studies, given that the genie's out of the bottle here?

The cat's out of the bag. You, all the consumers out there are not waiting ten, 15, 20 years. Even if somebody was going to throw $200 million at the problem and set up those double blind studies, nobody's waiting.

This is the problem. This is what's really being put in front of the FDA, and that is that people are going to use these things, whether they give it a yes or a no, because people will go underground.

They will go to research labs to get their hands on this stuff. The challenge with research labs, very uneven quality wise, very a huge lack of transparency in terms of what people are actually getting.

And I, you know, I think it's only a question of time before something bad happens because of an impurity, not because necessarily of the peptide. I can't tell you that all the peptides are 100% safe, because we don't know that we don't have those long term studies.

But what I can say is that every physician I've interviewed, every doctor I've talked to, and a lot of the evidence that's out there, the 350 pages of evidence that was put in front of the FDA last week, hoping that they would read it before the vote.

There's this is reams and reams and reams of clinical applications that doctors put forward. They came forward with the clinical evidence that they've collected in their practices around the use of these peptides in their practice.

So the interviews you're going to listen to in this summit are going to share is a lot of clinicians and doctors sharing their experience and what they've seen, these peptides, how they've seen these peptides help their patients in practice.

So I encourage you to listen to it with an open mind. Be smart, be safe. Don't assume that just because your friend Betty got a peptide from wherever and used it successfully, it's the right thing for you.

The terrain that the peptide is being introduced to is critically important to results. It's critically important to safety, and it's critically important to whether this thing is going to be able to help you or not.

So I'm a big you know, you know, I've been talking about peptides for a long time. That's why I'm hosting this summit. I mean, lord knows I got booted off of Instagram by Instagram for talking about peptides, and I'm not even a little bit inflammatory out there, but I digress.

That's not what we're here to talk about. I'm really what how am I going to put this? Like, I don't want to say that these are the greatest thing since sliced bread.

I think they hold a lot of promise. I think that we've seen so many clinicians have so many great results with peptides. We're doing humanity a disservice if we don't allow them really to be prescribed and used in clinics.

Right? So hopefully, hopefully the FDA will make a decision that allows this to happen.

Closing Thoughts and Summit Resources

This may not happen for a year, folks. So just so you know, you've probably heard it elsewhere, but you've heard it here for sure. Now, nothing really has changed yet about the status of these peptides as far as the FDA is concerned.

So get educated. Find a practitioner who can guide you. Be safe. Be conservative. Because here's the thing you only get one body, right. Don't be playing Russian roulette with it.

Please be cautious. Please be safe. And please watch these interviews. Reach out to these clinicians. There are brilliant people here who are doing incredible work.

So if you listen to one of these clinicians and physicians and you hear something that really resonates with you, please reach out to them. Reach out for the resources.

There's some great information here, and I really hope that this helps you in any small way or some a loved one or a friend. So thank you again for being here.

Thank you for registering for the bioregulator and Peptides Summit. It has been my honor and my pleasure to put this together for you, and I hope that you love it, love listening to it, and get as much value from it as I got from pulling it together for you.

Once again, it's Nathalie Niddam. If you want to follow me at Nathalie Niddam on Instagram at Longevity with Nat, also on Instagram, that's my backup account.

So make sure you follow both and at NatNiddam.com is the website. And of course on the website is where you sign up for the newsletter. And it's also where you can join the longevity community.

I may or may not have a book coming down the pipes, so definitely sign up for the newsletter because that's where you'll find out about that. And that's how I got folks.

Thank you so much for being here. I am so grateful for you guys, and so excited for you to be a part and take part in this summit with us. Thank you.