Dr. Adam Boender on Peptides, GLP-1s & Health Optimization | Ep. 145 Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Peptides and the Guest

In 2023, when they came out and they said, peptides are not safe. There's not enough research. Well, there's plenty of research, every drug, not just peptide has to go through specific basis and standards of, research to be able to become a drug.

But again, it's, whether or not peptids work or don't work, they're extremely safe, It's the money and nobody wants to say it, but it is the truth. What is The Truth About Peptides That Everybody's Missing?

Peptides are the signaling molecules of every single cell. I don't think people realize is that your body already produces them. The reason why people are utilizing them therapeutically because ultimately the biggest thing is we have Dr.

Adam under here. Dr Adam is a chiropractic physician, co-founder of Regenerative Treatment Centers of Leawood, clinical director at Precision Practice Mastery, and host of the PEPtide Pulse.

Through peptides, regenerative medicine and bio-optimization, he helps people explore new paths for recovery, performance and long-term health. So when you first got into peptide, what was that aha moment for you?

The biggest thing for me was when my younger sister, she's a twin. She came to me, and she was like, I'm 220 pounds, so I am depressed. And she said I just want to lose weight.

I put her on a program and within eight months, She was from 220 to 145 pounds. I want to be very clear. It wasn't just the peptides. They're not a magic bullet.

There are some peptide that have been approved by the FDA. So you've got like Tessamoralin, PT-141, SS-31 has had an approval as well for mitochondrial health, which is crazy because most people don't think of those.

Why so much skepticism behind peptids? Honestly, it's because… Welcome to another episode of a healthy point of view podcast. I'm your host, Sam Tahata.

And as usual, we bring experts from all over the world to talk about health, wellness, beauty, and mindset. We keep on hearing about all of this peptide stuff.

Well, what the heck are peptides? And why is there so much peptid stuff all social media, all the news? What's going on? Why is it illegal? We brought the subject expert today.

This is a real subject. We have Dr. Adam Onder here. Dr Adam, all right. Wow. All right, amazing. Let's go. I feel important. You are important, man. Listen, you're on all of these different stages.

Every single time we run into each other at all the different conferences, You're educated on this functional medicine stuff. You know, you go deep into not, I don't even want to talk about just peptides.

You go deeper into health optimization. And really, a lot of the peptide stuff that you're so involved in is giving people their life back. But at the same time, we've got these bigger governing bodies, the ones with the three-letter words, that are really restricting a lotta the stuff and taking away from these patients.

So, but before we get into any of that, number one, thank you for coming on the podcast. And number two, we want the listeners and viewers to really understand who Dr.

Adam is. So I want to go way back, man, way, back from when you were a kid, like five years old and talk about like your upbringing and what brought you to where you're at today.

Wow. So normally I start with, you know, West Philadelphia is where I was born and raised on the playground. No, not really. Just I had to do it. Will Smith?

Yeah, no. Okay. You know honestly, going back to my younger days, I really wasn't a lot into health and wellness. I actually, I shouldn't say that I got my first gym in my basement.

And I think I was in third grade. My uncle gave me a weight set. Um, it was scrawny. Uh, was picked on and I just, started lifting weights and got into that early on.

Dr. Adam's Background and Health Journey

Third grade, starting lifting. um, my grandmother actually had a, uh, a Weight Loss Clinic. Seeing these big, like fake fat, you know, molds and just talking to her about that.

You know, I broke my leg in third grade playing football. My uncle is an orthopedic surgeon fixed my lag. And at that moment, unlike I want to be a doctor, like the way that he made me feel, and that that movement of like I feel safe.

He's fixing something that's broke. Right. So it was from third great on I'm like, and a lot of bumps and twists and turns along the way. But God led me in the right direction.

And I ended up being a chiropractor, practiced for 10 years, grew my practice. I was seeing about 450 patients a week, did all of my own case management, went through all that.

and I would host little educational pieces for our patients. They'd come in and we'd host classes. teaching and seeing the aha moments people would have when just something clicked, you know, and you're doing this on a really much larger stage than that.

But that's been my mission from the beginning is like bringing truth, bringing reality. I think in an industry, which is our health and wellness industry that doesn't always get brought forward.

And I love it when I get to stand up on stage or Be on a podcast like this and if we can bring some of those aha moments, but do it through truth I think that's that my mission.

That's why I'm here Yeah, so you broke your leg. I mean earlier today, by the way, you were at liquid Vita Yeah You know experiencing a lot of the things that we do amazing experience.

Yes, he'll hear be and dr Davis talk about all this stuff all the time But you got to experience it today You get did the Dexter scan the vo2 max to arm or my legs are still sore from the VO2 Max.

Um, I Pedaling on that bike, but listen, I gotta tell all the the viewers and listeners your age came back on the vo2 max You're younger than what your actual man.

Yeah And younger then what's your actually chronological age? Yeah, so I'm turning 45 this year. I came eight years younger I believe is what it was So the health optimization is working.

It's working That's awesome. Awesome. So but you know when we were there I You didn't tell me about the broken leg, but you told me your arm. So you had quite a few things growing up.

Oh yeah, I've had injuries. I broke my leg twice, both playing football. Third grade, a lot of things happen in third grade. That's crazy. My arm went through a glass window.

Playing at a friend's house, we were on their porch, running back and forth to a little pool, and it was jump in the pool. Go touch the door. Jump in pool and go touch door, my arm through the doors.

Under my arms I could see my bone. Wow, you almost lost your arm. I did they said a millimeter more I would have hit the radial artery. Probably would've either lost the arm or my life.

But yeah, that was blessed small town in Iowa, Oscar Lusa, Iowa. They brought me in, sewed me up. And yeah. still there but yeah it was interesting because when i did the dexa scan i was like yeah man this this arm had reconstructive surgery on my tricep but my right arm based on that skin showed that the right arms bigger both in muscle density and also the the fat tissue is interesting to me i thought my left would be bigger because yeah injury are you right-handed or left i am right handed oh so that's probably why you see right hand yeah That's pretty cool, man.

Talking about health optimization, one of the things that we see out in the industry is people supplement just to supplement. I want you to talk about once you actually received a lot of that data today, how powerful is that health and wellness data?

Yeah, I think the data is probably some of the most powerful things that you can have, because again, we talked about this there as well. We all have a direction or destination that we want with our health.

If we're trying to do something different or trying optimize our heath, and we have this destination, We have to have some sort of map that gets us there.

and utilizing from the DEXA scan to the VO2 max, and obviously there's blood tests and things like that, that they give us viewpoints internally to what we need to then take the next steps, whether it is take a supplement, missing one supplement here, or nutritionally.

How should we transition what we eat, how we drink? I mean, all of these things have to play factors. And I think testing, it's the test, don't guess scenario.

Most people are guessing when it comes to their health, which I thing is very scary. It is. When we get into talking even just peptides, this experimental use of just guessing, I heard people take this, Same thing in the supplement world.

It's the same thing with almost anything. Oh, I heard somebody did really well with this. I'm just going to try it. Well, should you actually try? Should you use it?

And so I think there is a lot to having standards, using testing for those standards and then having those guide you so that you can then retest. Arnold is a guy that was helped me throughout and I love the fact that he talked about with it like the the Journey that Vita journey that you talked About how he's even put together like programs which I think are phenomenal where you're not just doing one test So I could sit here and do a DEXA scan.

I can do the VO2 max, but if I only do it once It's never gonna help me down that journey anyway, so making sure that your doing it multiple times so you can see that progression I Think is vital It's important, man, especially like we're going to start getting into talking about the peptides.

But, you know, we already know like the GOP ones. One of the things with the gop ones is that if people don't do it the correct way, they can lose a lot of muscle mass.

Oh, absolutely. So how do you lose muscle? Mass is not going be by just getting on a regular scale that tells you just total weight. Right. It is doing an in body or doing a DEXA scan to see how much lean mass you have versus adipose fat, visual fat.

So that's cool that you were able to experience that, you know, I'm obviously a huge proponent of that. I mean, even seeing the back of the cup, prevention, early detection and treatment intervention.

And what I tell people is like, You know prevention and early Detection will determine your type of treatment. Absolutely. Because there's so many times that we have people that they get sick, they have some kind of pain, and then they find out they had cancer.

Why Health Data and Testing Matter

And then all of a sudden you find that it's like stage three or four. But when you have early detection, you had the capability to catch it early, which is going to determine maybe a different type of treatment intervention, where they could use sort of peptides or eat a little bit healthier and put that cancer, whatever it is, into remission or get them back into the optimal ranges if it something else.

So cool, man. So I'm happy you were able to do that. I want to get into today's topic of health optimization, specifically with peptides. What is the truth about peptide that everybody's missing?

Let's start off with that I think that the biggest thing, there's so much in the media. There's much on TikTok and Instagram, because we just hear about peptides and then taking, they just name a peptide, right?

I'm just gonna take this. But what I don't think people realize is that your body already produces them. I mean, the truth is, that you're body makes these peptids.

A lot of them, a lot. BPC157, TB500, thymosin alpha one, like your bodies produces these, And the reason why people are utilizing them therapeutically or bringing them in through these injections or other forms is because ultimately they're trying to get a result that their body is not being efficient enough in.

I always say that it's not about deficiency, it is about a lack of efficiency. your body just needs to become more efficient. Peptides are the signaling molecules of, well, every single cell.

I mean, you were born with it. It's just as we age, just like we have cellular exhaustion, stem cell exhaustion. You have communication exhaustion and that's what peptides, they're the communicators.

So if they don't get that signal, basically every single function of your body, whatever that may be, is going to have a diminishing return. So I think the biggest thing is that your buddy makes them.

Don't think that they're new to the market. They've been around, they are in there. I was going to talk about oxytocin or insulin. I mean, oxytocin was one of the very first discovered peptides in 1922. These have been around for a very long time.

Insulin is a peptide. Everybody knows about insulin, it's saved a lot of lives. That's a type from way before anybody saw about that. And that's the thing.

A lot people don't understand that there's Things that are right in front of their fingertip that our peptide that they've been classified as a peptid, but you just have never noticed it until now, like the GOP ones have come out.

And then that's when people are like, oh, peptides, peptides. So you mentioned about efficiency. Can you give us an example of what some of these efficiencies are that the peptids provide?

Yeah, I mean, so we just we can talk about like tissue healing. I go to like BPC 157, which your body actually makes through gastric juices. Your intestines actually make Bpc 15 7. And and so that's being released.

It can actually help with gut health, number one. So if your gut is not functioning right, if you're eating or food, we have so many gut issues and or tissue repair.

For our body to have repair to a tissue, say, you know, a ligament or a tendon or muscle within the knee, we have to get a signal when that injury is there to allow that healing to occur.

And BPC is one of those that gets a single to the space wherever that injuries to say, let's accelerate that tissue repair, create more vascularity to give blood supply there.

Well, why do we need more blood supplies? Because it's what carries the nutrients, oxygen and everything to allow that healing to occur. Or MOTC. MotC is a great one.

I love this peptide because it helps with mitochondrial function, the energy source of our cells. And so when our mitochondria begin to become less efficient, obviously everything depletes.

So if you can utilize a peptide to increase that efficiency, you're going to have more energy, ATP production. I mean, it helps with everything from sleep to even just your immune system function.

So, yeah. That efficiency part, that's one thing that you brought up is… Like if your body stops producing a lot of these, and we know as we age, we start to produce less hormones, less glutathione in our body, the less NAD is being absorbed into the cells.

So it's part of the aging process, especially when we're exposed to so many different toxins and chemicals and all kinds of stuff in the environment that we are in.

When it comes to some of those peptides, how you were saying, I want to talk about the difference between utilizing peptide versus an actual synthetic drug.

I always like to bring up testosterone, right? When you inject testosterone it shuts off your natural production of testosterone. Now peptides, correct me if I'm wrong, works a little bit differently than shutting off you actual natural product.

How does that work? Yeah, so like when you're going to inject so a exogenous hormone like testosterone or growth hormone, it goes into your bloodstream.

It pushes a response. Right. So this can go into the difference between like hacking a system or optimizing a And so like that exogenous push, yes, it's going to basically turn those receptors off.

It's gonna give you a flood of that. And then that's why you continue to use it. Whereas peptides, they're optimizing a system. Your body already makes it and it is going hit a receptor.

Its going trigger that receptor to tell your body then what to do. So it doesn't push it into it, It optimizes just that receptors to have a down regulatory effect.

The best way I've ever described it, I feel, is an easy, simple way. It's like you're reading a book and all of a sudden your eyes are starting to get blurry, right?

You don't have bad vision, it's just that you can't really see. So you put reading glasses on, so it just clears the focus on those words. That's what peptides are doing, clearing the focused on the cell signal so that it can get the message across so much clearer.

You're blind and you need a specific prescription, to constantly change your vision, you just need to home in on that focus, and that's what peptides do.

And it's not going to burn out those receptors. Again, your body naturally produces it. That is one of the biggest things. A synthetic, quote-unquote, peptide is made from amino acids.

It's a very specific amino acid sequence that mimics the exact same amino-acid sequence your And so it's not trying to make something different. It literally recognizes it as the same amino acid sequence when it is put in.

So it going to go mark that signal to tell that cell what to do and then that cells going then cascade effect the other

signal. Yeah, it fascinating. Is it safe to say that peptides stimulate the body to something in particular?

Yeah, so, and the best way to describe that one is like a growth hormone secretagogue peptide. That would basically send a receptor signal to say the pituitary gland or the hypothalamus to naturally increase growth hormones.

So instead of giving yourself a synthetic growth hormon. Like actual growth hormone. Growth hormone. You're giving youself a peptid that will allow your body to natural produce growthhormon like it used to.

It creates that pulsative effect again. Kind of basically basically gets those organs or glands or whatever that are responsible for producing growth hormone It stimulates them to exactly so a natural production, right?

So so when you inject actual growth hormones, what's happening there? So yeah, so basically it's just going directly into the bloodstream. It's gonna have a push of growth hormone.

And it gonna go hit those receptors, but again, it just gonna hit it, its gonna be gone. Its not creating that natural response that your body actually needs.

it recognizes that response, because it has been doing it for forever. Instead of the synthetic, which is, It is a Push and it stops. and its synthetic to the point of your doesn't recognize that responses.

Which is why it will actually burn out those receptor over time. So I'm happy you said that man because I want to put emphasis on that and that's a very important for the listeners of yours to understand and When you start hearing all of this like negative rep about peptides This is the positive part that people have to look at right?

How Peptides Work in the Body

Yeah, because when someone gets on let's say what we're talking about testosterone, right And then your body goes reads that it's already producing enough testosterone and it shuts off your natural production of testosterone To me, that's a problem, right?

So if there's different route that we can go with peptides to stimulate the body to produce more of its natural production, where we could still keep fertility going, especially with the young guys.

We got people with low T in their 20s, early 20's, I've seen it. Or even people that want to get on growth hormone, that they're growth-hormone deficient.

And instead of actually putting them on a growth hormones where it's going to shut off all of their natural production, and they have to be on this growth home for the rest of the life, you know, get a on the growth hormon releasing peptide, right?

Where it doesn't shut of to natural productions. Yeah, samorlin is actually a growth hormone that was actually FDA approved specifically for adolescents with stunted growth.

And so basically it helps to produce again that natural growth, I think one of the biggest things too that I thinks it's missed is they look at things like testosterone.

But for some reason people don't look the other hormones like natural-growth hormone in production. You still have to look estrogen, estradiol, progesterone, there's a lot of other factors that go into that.

Think that there are other solutions, but it's very hard in an industry When we will talk about this later, But like to push peptides into a regulatory state when they're natural, you know again It's not synthetic like you talked about a synthetic drug that can be patented in that way.

It' hard to patent a Peptide that is well something your body naturally produces. Yeah, yeah And you know, I can

understand the regulations of peptides being classified as a drug when you're physically injecting it, right?

Even other routes of administration, even like Peptides in a capsule form. Yeah, they're regulating it like a drug You know, it's almost like like for example If you put vitamin C in sterile vial and we're gonna inject it as an IV.

It's a drag, right? But now to hear the government say hey that same vitamin see you can no longer to go to Go to GNC and buy it and it has been regulated.

I got a problem with that. You yeah, you know It is a pro that's what they do with peptides. it is it in an regulatory space that And it's hard because there's no true definition.

It's just like a blanket statement of like, they're deemed unsafe. In fact, that was back in 2023 is when they came out and they said, you know, peptides are not safe.

You know there is not enough research. Well, there are plenty of research and that's the other side that we can get to is people say, well, no research on it.

There is plenty research Every drug, not just peptides, has to go through specific bases and standards of research to be able to become a drug. But again, if it's not economically feasible for a pharmaceutical company to bring in a peptide and patent a peptide, they're not going to do it.

And again you can't patent something that's natural. It's the truth and kind of a hard truth is people are like, well, are they eventually going to get, you know, approved as a drug or that they don't even know how to classify them right now.

Like they're like do we classify him as biologic? Do we classifying as this truth? Is there not a biologica? They're an amino acid sequence. They are advanced amino acids sequences, but they are not biologists.

So there's a whole lot. Very interesting how they do that stuff, man. It says I remember H. C. G. H C. G. for years. Any doctor could easily get it, put the patients on it.

It was a great first-line treatment for testosterone, boosted up testosterone levels. And it was good for some of our weight loss programs. Then all of a sudden, they decided to classify it as a biologic.

There's only two companies that had the license to actually have biologics. So now it basically took everybody off the market except for those two. They're not monopolizing anything, are they?

Well, let's not get started there. This will be a three-hour podcast at that point. So so why so much skepticism behind peptides? Yeah, honestly, um, I think it's because and my honest truth is Social media.

I mean honestly I I that there's In a space that isn't fully regulated yet, which they're trying to, you have to have guardrails in anything that you do.

I mean, we talk about injections and I think in training physicians and teaching physicians on how to best utilize peptides in practice as well. What's happened is it became the cowboy space.

you know, there is no regulation. So things are being brought in from all over the place. They hear about peptides, they're buying them off the black market, and vials that aren't labeled.

And so there's fear in that. There's a lot of fear mongering that goes in on the government level, too. Like I said, back in 2023, the administration said they are deemed unsafe.

Well, That's interesting because when you look at the clinical trials and studies that have been on there, even BPC-157, for example, there's over 400 different trials, studies, that had been done on Bpc- 157. Approximately 390 of them are animal.

There's about 10, 15 that are on human. But in any of those trials they've never found a dosage of BPc that was ever a lethal dose, ever. And actually no harm in the trials.

Isn't that crazy? This was actually, listen, we've been in the industry for a long time, and I remember when that happened, I had doctors with many years, more years under the belt than what I've alive, straight up come up to me and say, Sam, this is the first time I have ever seen the FDA remove something without having a true life-threatening adverse effect of any kind.

There's nothing they don't even have like any kind of negative safety data, right? You don' say that it was just weird You know out of any drugs or anything like they've never seen the FDA do what they did and it wasn't just on one There was like 17 of them right that they just completely but yet what's interesting is they didn't Well, we can say that, but they don't have to have a reason to do what they do.

It was a blanket statement. I mean, what's crazy to me is if you start looking at, so, man, I'm gonna go on a tangent. Let's do it, let's get excited.

But you can start lookin' at things like thymosynalpha-1, okay? We lose our thiamus gland as we age. Thymusynalfa-I comes from thimusgland. it's an immune-regulating peptide, a very powerful immune regulating peptides.

In fact, during COVID, They were utilizing it in hospitals for studies showing that it was helping patients. Did anybody else hear about this? Nobody heard about it, but it gets put on a list that is deemed unsafe.

We should be wondering why. Because when you have something that's this safe, again, I go back to, you know, economically feasible for a company that, it may cost a billion dollars to get a drug from stage one, zero, all the way to a phase three.

Like a Phase 3 study, costing you between 300 million to $1 billion to become a drugs. Why would they spend that much money if they know they're not going to get a return on something that is, well, number one, completely safe?

And number two, it's natural. So why would the invest the money in doing it? It's not about whether or not peptides work or don't work, or they are effective or non-effective.

They are extremely safe. it's the money. And nobody wants to say it, but it is the truth because they are safe and they will help change lives. But I think that also then goes back into, you know, why is there such a misconception, misunderstanding of where peptides are?

It's because of social media. It is because a lot of affiliates that are out there, the Jim bros, and I talk about this all the time that Buy this here, buy this there, and they're selling cheap products that are unregulated that have no testing.

And quite honestly, you don't know what you're putting in your body. Right. You're doing a lot of guesswork. Yeah. Then people get hurt from that. My biggest thing is, if you are going to go into this space and you've got to take them, make sure that you actually are being monitored by somebody that knows what they are doing.

And that's the biggest thing that I preach. And, you know, it's funny that… I educate this, I teach this. I think I told you last time, You know I got shut off from TikTok.

They took me off and I'm like, the Jimbrough guys are over here legitimately saying, don't worry about legality stuff, just get your peptides and sell them, make your money and then worry, about the legal stuff later.

Wow. And they're still going. All I've done is, hey, make sure that you have a safe product, makes sure it's regulated, and makes you sure you've got guidance, then they just want to shut me down.

So it is crazy. TikTok is owned by the Chinese, right? Yeah. By supporting the fake Chinese stuff that's out on the

street. That's probably why. Exactly what it it.

Those are the black markets. They come in these vials already in this lyophilized powdered form, unlabeled. You can go to TikTok, you see these people, They're sitting in their kitchen with these little printers and making these a little shiny labels and they're just throwing it around and be like, here you go.

That's scary. And yet practitioners are actually still buying that stuff, which is even scarier. There does have to be a certain level of regulation, right?

There has to some kind of regulatory behind this stuff. But you know, the whole peptide stuff to go back at what the FDA did. You know how I know what they did was wrong.

Because RFK Jr. just put 12 of all those peptides back. Yeah. So if you if if, if. You have the secretary of Health and Human Services and then Dr. Marty, 27th commissioner of the FDA, come in here and say, hey, this made no sense.

Yeah, that just shows you that something was sketchy to begin with. Oh, absolutely. Right. Because listen, you take something off the market like this drugs.

My expectation is for somebody at the level of FDA remove something of to market that's supposedly bad for you. I don't expect it to ever come back. And if it does come, I expect there to be a whole bunch of different studies and research and stuff, and it's coming back without all of that.

So that's how you know something was fishy. There was something else going on on the back end. Definitely, 100%. So when you first got into peptides, what really changed your perspective when it comes to medicine with peptide?

What was that aha moment for you? Yeah. I mean, before I was in the space of peptides, I did a lot with stem cells, exosomes. And understanding the functionality of what those do for the human body and then realizing that on a peptide level, it's even more specific.

Safety, Regulation, and FDA Controversy

And, you know, I had been utilizing peptides myself for quite a while. And I think the biggest thing for me was when I was shared the story about my sister.

This is I already been teaching, educating. You know, sometimes when it just hits home, you know my younger sister, she's a twin. She came to me and she was like, I've been seeing you talk about peptides.

I know you can help. And she is like I'm 220 pounds. Depressed. Don't want to go to work. But I didn't know she depressed. At first she came and said I just want lose weight.

So I put her on a program and within eight months she went from 220 to 145 pounds Wow. That's life changing. I want to be very clear. It wasn't just the peptides.

We talk about wellness and optimization. Nutrients, vitamins, fluid, those are drivers that help peptide be more efficient. Red light therapy. All these things.

They're not a magic bullet. They are not the cure-all. There are an optimizing tool that should be placed in with other things and monitored. And so when I helped her put this program together, I mean, it was from nutrition to increasing her protein intake.

when she came to me, because that's just, I continue to check in and she's like, you know, my depression's gone. I can go to work, can stand, function my inflammation.

She had gut issues that have started to subside as well. And again, when we talk about these major peptides from, the Ozempics and the Manjaros and all these drugs, which are peptide, that go into these spaces and you hear all the bad publicity of you know, the ozempic face or all of that, that muscle.

The reason why these products don't cause muscle wasting, it's called starvation. I've said it over and over again, you look at somebody that's anorexic and somebody who has ozzempia face, they look identical.

It's because they're depleting their body of every single nutrient that they need. And I think that needs to be made clear. In the last article I saw was, y'know, oazempica, I'm only saying these names, can't remember what it is, but they are saying decreases the sex drive.

You know, so so don't use this Mike who's actually putting these articles out there and where they grabbing their information because it doesn't do that But you know what does?

Starvation. Yeah, because when you starve yourself, you don' get the nutrients and the fluids and all the things that you need It messes up your hormones mess up.

Your dopamine receptors. It messed up drive It's not that that's doing it it's the doctors that aren't doing. It right lifestyle. Its lifestyle It' doctors when they don't monitor when They don' show you how to do something and they're trying to push something because even a lot of doctors will do stuff for a quick buck Like I'm gonna increase your dose if they'r getting paid for that product.

They'll do it. But I think that It''s always low and slow for me and I know I''m going off on this but I I When things change categories and it's not about the product and I think that's what needs to be made clear is it is not the peptides are bad.

It's the person that is actually managing the peptide or the system that managing this. The government side from it being shut down saying due to safety, it was never about safety.

They are safe. When people have bad effects, it's not because of the peptide. It's because the misutilization of peptides is the doctors are monitoring or they're just going rogue and trying something.

So I might have gone off on a tangent. No, no, you're good. You're so what when it comes to peptids, well natural versus synthetic. Yeah, so obviously your body naturally makes peptides.

Now, if you're looking at how peptide are produced, I mean, they're produced in a lab. They're made, but they are produce from amino acids. So they mimic the exact same amino acid or the actual peptid that your bodies makes.

The way I describe this is talking about like I say the language of the body, the communicators, So think about amino acids just in general by themselves and then the alphabet.

So you have like amino acid like glycine, alanine and all these other things. Think of like the word Dan. Right? So, think of that as three different amino-acids that are strung together in a very specific sequence and it means something.

It means Dan Well, if we were to take that synthetic chain of amino acids and we switch it and it says now and, same amino acid, different sequence, a different word, and different meaning.

So we can make in a lab a sequence of amino acids that matches MOTC, BPC, SS31, thymosin alpha-1, kisspeptin, any of these different peptides. in the exact same sequence so that your body can recognize it as basically exactly what your buddy has.

And that's why your bodies not going to reject it. That's right. They're also so safe. So you know, you have your purists and my job is not to try to convince a purist that, a therapeutic peptide is just as beneficial as what you're body makes.

What I'm saying is it just increases that efficiency because of that cellular exhaustion and the years of trauma, toxins and all the other things that you've probably done to break down your body.

These peptides are used to help enhance that communication. Put those reading glasses on, home in on that signal and allow the body to actually restore function, heal, have energy, do the things.

And they are so specific, you can go from Neuropeptide to a gut peptide two an immune peptides. It's it's pretty phenomenal. I love that So, you know earlier you gave me a peptid.

What was it about tests? That's a first test of fencing. Yeah, it was a small molecule. They kicked it man I feel you feel it now. Oh, yeah, that feels good.

You know, I felt very sharp focus. Initially I'm like, i'm very in tune of my body. So whenever I fuel something I might I Can feel the switch I'm switching up a little bit initially.

I was like what's going on here Yeah, you know, but and you always have all the little little gadgets and toys and I wasn't waiting for the other one that you have so All right.

Cool. So I want to talk about, you know, we talked about the peptides coming off the market and they ended up going on a list, a category two list. What is the category 2 list?

So you've got lists basically, well, and one thing that I wanna make clear is that when you go from like category 1, category Once a product's actually on any list with the FDA, it never comes off.

Because you hear people all the time, well, they're coming off the list. They're never going to be off of the lists. That's why I was saying earlier, like, for it to come off now, you know something was up from the gecko for to it come of now.

Yeah, so what they actually do is they just switch, in a sense, the lifts that they are on. So from like a category 1 to a Category 2. And basically their whole premise of doing any of this It's supposed to be, again, for safety reasons, or, you know, so if there's a drug or a chemical that has caused a lot of deaths, they're gonna be like, this actually needs to on this list over here, we gotta move it, and there needs be more regulation of that.

Who can actually prescribe it? Who cannot? And so what they are doing right now is they might not all move. It really depends. This still has to go through a lots of regulatory channels.

Part of it is being switched from one list to another, which you said, you know that it was wrong when they can easily just move it over. Right, right.

Because typically to move something from a list, it has to go through specific safety regulation trials. I mean, and it can take, they could take years for that.

But when something's done in a sense under the rug or not right, it's much easier to move it from one to the other. They still have to go through legislation and there's stuff coming up I think here in July that they're going to be checking on this, but it moves it to basically a bulk list, meaning that even the compounding pharmacies like a 503b, so a compound pharmacy there is 50 3ab, they were not allowed to make it.

And so then there was like the direct manufacturers, there were RUO and all those things that were happening. But because it's shifted, now the compounding pharmacies can actually start to produce it again and get it back to the patients and the clients and people that are getting benefit from these products, which I think is vital because they were helping save a lot of lives and helping a Good friend of mine, Dr.

James Laval. So with A4M. Heptide guru. Yes, peptide Guru. This man is incredible. But he was talking about when he stood in front of the FDA and showed over a million subscriptions, a billion prescriptions without a single adverse reaction.

And they still said, nope, there's not enough evidence to show that they're safe. What yeah that that to me is mind-boggling and the reason why it's mind boggling is that You have a lot of functional medicine doctors.

Yeah, right all throughout the nation all through out the United States We're not talking about a state issue. We talk about the FDA at the federal level.

You know regular Regulating this right taking these things off the market And you have, as you said, millions of prescriptions. These are millions. Of patients that are dependent on this type of treatment for their overall health.

And then we're not talking about just patients. That want to lose a couple of pounds. We're talking. About people that have metabolic disease, autoimmune issues, people with neurocognitive type.

of diseases, patients, that truly depend on. This like this is sometimes last resort for some of these patients Where you have such a huge governing body that decided to just say hey no more.

Yeah I mean, that's crazy. It is crazy and it's sad which you know They talk about again. We always go back to this. Its the regulations are based off of keeping people safe Well to me somebody dealing with a chronic illness or a disease is not keeping them safe If you're pulling something that it was actually helping them, right?

with actually no substantial evidence to say that you should take it away from them either. Right. So, I mean… Not that saying that, hey, this is harming you.

Yeah. You know, it's literally like them removing chemotherapy while there's tons of cancer patients that are in the middle of getting their cancer treatments.

Except there is a lot of money in chemotherapy. Yeah. No, it's, It is. It's a messed up. I hate this, but I mean, that's part of the whole Maha movement, Make America Healthy Again, and where things are going.

it is a movement. Its a strategy. its a push. And there's lot that needs to go into it. Not just legislative changes, its stuff that we have to do as providers, getting the voice out there just like this to help people to realize that they just can't do it all.

They need help, they need people like us to spread the word and providers have to take a stance too. I mean, one or two here, there, not, but people can come together and understand the safety.

That's one of the biggest things I get is again, yeah, are they safe? Are they actually legit? I always tell people, You just have to, a lot of times, try it to show that it works.

Sometimes they're too afraid to try. That comes down to traceability of the product that they are getting. Where is it coming from? What's the source?

Those are all vital questions that you've got to ask when utilizing peptides. Another thing that I want to talk about is the importance of a medical provider treating the patients correctly with the peptide.

Yeah, and I bring this up just actually yesterday. My wife was at a Women's group that she goes to in the topic of conversation around the table. They started talking about The gop1 drugs.

Yeah one one of the girls there's a nutritionist another one is big into health and wellness And um, they're talking by the go p1. Drugs and they kind of hating right now what they didn't know is that my wife is on it Yeah You know And she brought it up to them.

She says, hey, I'm on it. And they said, oh, really? And then everything kind of got quiet there. But the important part where I am going with this is what she mentioned.

Because the girls, what they were saying is, people are losing so much muscle mass. People are getting that

ozempic phase. It's starting to cause other issues, blindness, this, that, blah, all this stuff.

Real-World Results and Proper Clinical Use

Yeah, she brought up a good point to the way she says well, how are they doing their treatments? Right is if you start doing the GOP ones and you're not eating right and your number two and You're, not changing your lifestyle of course once you stop taking the gop ones you got to go back to where you were at before you probably got To be worse is now your your Your hungry again, and then you gonna start eating like shit because you've never changed your, lifestyle so so for me You know, I think one of the biggest issues that we're having in the industry that has to be addressed is medical providers that are just selling the stuff like drug.

Yeah. Right. But you got to treat your patients the right way. You're doing a lot of data things that were that. We did today. Yeah, no, absolutely and what's interesting and because my organization we train physicians on how to utilize peptides and Well, you've been training people.

I mean we've taken out my team. That's like a methylene blue high dose vitamin C You know with all the stuff that you guys do Yeah we been doing trainings for a long time and a lot of different modalities and I think you know Sometimes I start, I know that when there's therapies like this, it's because it gets exciting, doctors just want to push it and they want get out.

And the truth is you have to have a standard, but that's also why we're in the state that we are in. People get the fear of just the word peptides. And even a larger organization, I think, what was the analogy I was thinking of?

You have a farmer's market, right? Okay, you have the farmer market. You've got a few bad vendors that are going on in the farmers market over here. And so let's say that the head organization says, we're going to close down all farmers markets across the US.

So wait, there's a few bad vendors right over here. Why are you shutting everything down? That's what's happened within the FDA. But then the same thing is happening with providers.

There's few that providers that then get a bad rap for the whole industry. Because why? Because, well, great question is, I don't know why. Ultimately, as a provider, our job is to look at how do we implement something safely and effectively for our clients and for patients.

And I've always been, you start low and you go slow. I think too many providers just listen to the patient that's sitting across from them and they don't realize that the patients doesn't know what they want or need.

Right. The patient is saying, I want to lose 20 pounds. How can we get there as fast as possible? And they're trying to please the person across when providers shouldn't be pleasing the personal across them because you've got to ask the right questions to get to end result.

And you got take the steps. That's hard for a lot of providers to understand because what is the thing we've always learned? You know, the customer is always right.

Now when it comes to medicine, Why did we learn the things that we've learned is to help guide them. But we're such a consumer driven industry. Like I said, the Jim bros, that the affiliates, I mean, most of our medicine today is not even run by physicians.

It's run on Instagram influencers that are pushing stuff that they don't even fully understand. And so the whole Ozempic face and all these things is because, yeah, providers are bumping up doses too fast.

When I talked about my sister and her transformation, and that was my big turning point of like, I want everybody to experience this if they can do it the right way.

What's so vital about that is that she didn't change her dose at all that whole time. But what are we told about all of

these GLPs? Every four weeks, you gotta bump it up.

You gotta pump it. Why? Every single person you're saying is gonna be the exact same experience and need the same exact dose that you are gonna bump up every single time.

No, actually practice. Do something, Doc. I would say on stage, practice makes what? Everyone says perfect. They're like, no. Practice makes improvement.

Make the mistakes. Don't do it the way the everybody else. Actually look at the person in front of you. If they're getting results after four weeks on any of the GLPs, why do you have to bump it up if they are already losing weight?

They are on the trajectory that they need them to be. But yes, test them. Do an in-body scan. You know, do a DEXA scan, Do those things so you can see that muscle and make sure that they're actually taking the nutrition in that the need.

Higher protein, you have to bump it up. Hydration, these GLPs will dehydrate you. Most people don't realize that. They have a dehydration effect. You know, one thing you said is you got to go slow.

Yeah. Right. And that's one that we always try to preach to people. It's like, hey, this is a marathon, not a sprint. So, you know Dr. Davis, he's really big into this.

I remember initially when we started doing more peptides and stuff. He would actually tell all the other providers, him as the chief medical officer, is don't throw the whole kitchen sink at them.

Especially if they're just starting off. Because if you put somebody on five, six, seven different peptides at once, they have a reaction. You don' even know what they are having to reaction to.

So starting slow and then implementing some of these other peptides is usually best. So I want to talk about one of the big peptide companies in the industry that all of a sudden they just shut down.

Everybody was talking about it on social media, peptid sciences. What the heck happened? So, 2025, there's actually the Drug Safety Act stuff that went in.

And so with the GLPs, because they're a research company. people are understanding that even though they're a peptide research company, that regular consumers were purchasing from them.

Right. They're like the biggest one in the game. Yeah. And so, you know, what they did is that they said, we don't want to be a part of this, so that's actually the main reason why they actually shut down.

There's, they wanted obviously to also make sure that the regulation is changing. I think that one of the This is a turning point to let people know that there is regulation changing, which it needs to happen.

But it also needs You know, the state of the industry was changing, which is a big sign when something like that happens. At first, they're like, we're no longer available.

But now they've actually changed. If you go to their site, there are some of these gray market companies that are out there saying, oh, We bought up all of peptide researchers stock.

We're selling that product. Were doing these things. Now their side actually states if anybody's claiming that they are us, That's how dirty the market can be in the peptide space.

Wow. That is what's scary about it is people are now going through. Well, yeah, they shut down. So we took their stuff. You can buy our stuff because you know that it's as good as that's crazy.

It's messed up. Yeah. So, you know, when we talk about peptides and FDA and FD approval, there are some peptide that have been approved by the FDA, right?

Yeah. So you've got like Tessa Morlin, PT-141. SS-31 has had an approval as well for mitochondrial health, which is a great one for the heart. I've actually talked to Dr.

Davis about that one quite a bit. Right. Cardiologists, man knows the There's more mitochondria in every single heart cell than anywhere else in the body, and so it helps with oxidative damage to the mitochondrion, so helps protect it.

Yeah, there are peptides that are actually FDA approved, which is crazy because most people don't think of those at all. It's like you mentioned peptides and you think everything is shut off.

But there are some that are there. So, yeah, just understanding, again, that it does take, it takes time to get that approval. And Tessa Morland was actually studied for HIV patients.

And the drugs that they were on for HIV was creating this lipodystrophy, these kind of potbellies. And they're also dealing with sarcopenia, losing muscle tissue.

So they brought in Tessamorlin. What they noticed is that the muscle wasting actually subsided and that these pot bellies actually started to shrink. So that product alone has a couple benefits.

It's a natural growth hormone peptide, so it's going to create that natural pulse of effect, but it focuses on visceral adipose or fat tissue and also helping obviously with muscle.

I'm going to say this on growth hormone peptides like Tessamorlin. Most people categorize them and put them into like the steroid category. You know, they think of it like muscle because whenever I mention it, why is that people are like, well, because they thing of muscle growth, hormone muscle, growth.

Bodybuilders and they freak out. And I like these are completely separate categories. It's not about trying to gain muscle. more so than to basically help with recovery of your muscle.

Right. Now, if you recover faster, you could work out harder. You could get bigger muscles, but it's not like a steroid that is a push and makes your muscles hypertrophy so fast that you start tearing tendons and those types of damaged tissue as well.

So I love testosterone, by the way. Yeah, that's my stack. It's part of mine as. Well, yeah, I. Love it. Is that the cheapest peptide? No, you know, but it's a part of one of the more expensive ones.

It works very well. Yeah, I run it all year round. So I want to talk about the future of peptides, right? Different delivery systems, because when people think about peptide, sometimes they just think of taking a capsule or an injection.

But we're starting to see peptids where you spray them, nebulize them. You can do a bunch of other stuff with them Yeah, so peptides are fragile, just in another nature.

You know, I said there are amino acids that are linked together in a very specific sequence. So like when you're utilizing peptide, and I'll start with like the injectable side.

When you reconstitute it, you put water in there, like you should never shake that vial up, it'll actually break the bonds. And so it will actually denature that peptid.

But in any industry, we always have to be looking to advance that industry. And and so with peptides, I still remember early on in this, they're like, you know, the only thing you can do with peptides.

They always have to be refrigerated once they reconstituted. You can't take them out if they are exposed to heat or going to break down. Well, there's new technologies that are out there, too, that use like liposomal technology.

So encapsulation. There's nanotechnology where they also within an encapsulaton. And then it just comes down to where their being absorbed. Seeing the different technological changes, I think, is very fascinating, from under-the-tongue sprays, liquid drops, nasal spray, it's going to continue to expand, and who knows?

I know there are some people that talk about patches. But I think any delivery system, you really want to look at, what is that mechanism of delivery?

Because even going through the skin, the dermal layers, You have to have something that pushes it through that. It doesn't just like soak in. You gotta have like a carrier.

Yeah, it's got to some sort of carrier, and so when utilizing like nasal sprays or sublingual that can now be shelf stable, because when you can encapsulate it, in a sense creates a protective barrier around that peptide, so it will hold its bonds.

then once it gets into that space, oral cavity, nasal, it can be absorbed. And so different delivery mechanisms, never going to be the same as like an injectable.

It's kind of like a vitamin IV. Now we know we get a hundred percent of that vitamin when we do an IV, right?

Peptide Delivery Methods and Future Innovation

Or an injection directly into muscle tissue. Same thing with peptides when you do an injection, you know, You're gonna get 100% of it But what becomes the closest thing next to that that you can still have because I think it's like 67% Of the world's population hates injections, right?

I mean you get it IVs all this like there are people that just they won't walk in because they don't want to see a needle So building and having more technological advances in this industry, I think is important because it helps open up the doors for the people that maybe wouldn't want to utilize them or try to use them if they didn't have that.

I agree, man, 100%. So, Dr. Adam, you know, right now there's a big movement that's happening, the MAHA movement, Make America Healthy Again. How does peptides fit into this whole movement?

Yeah, I think that peptides in this space and this change of the medical scenario, number one with these shifts from the categories is opening up people's eyes again like, okay, there is something here.

But I again, it's an optimization tool that I thing has to be utilized. We live in the sickest country in world. We really do. In fact, I think what's crazy is that we have more awareness, we had more technology.

We have, honestly, the best emergency medicine system in the world, but we the sickest health care system. Because it's not health. It's sick care. And people don't even know how to define health Health is ultimately, it's 100% function physically, mentally, socially, and spiritually, not just the absence of disease.

That's why we can have people that have cancer that don't feel a thing. It's like disease has nothing to do with the symptom, but that's what we associate it with.

So this Maha movement, I think, is It's pivotal, but it is just a movement and there has to be legislative changes. There has be regulatory changes and we all have to come together just to keep pushing it.

And I think peptides are going to a big part of that. We're already seeing that, you know, with what RFK is doing and the shift from the categories with these peptide.

They're still a battle ahead. You know there's still legislation, there still has the be votes, There's excitement, We

have to see it come through fruition.

That's the thing. I do think we have a good set of leaders to support in the peptide industry. Doc, if there is someone who really resonates with today's message, what is that one thing that you can really leave them with when it comes to peptides?

Man, you're asking a man that throws spaghetti on a wall and there's all kinds of things everywhere. I think the biggest thing that people have to understand is that peptides are safe.

That they need to be utilized within our healthcare system. And if I'm gonna encourage anybody to even do anything within that is if you want to try peptide, if your a practitioner, have an understanding of how to utilize them before you actually offer them to a patient, probably try them for yourself if haven't.

But if you're a listener that like keeps hearing about it or you even on it, make sure that you are being monitored and that that You have well that path that direction.

I mean that's what we talked about with with the testing that we did today. It's like create a path, create direction, monitor what you doing and stay safe.

because it's never, I shouldn't say never. I can't see never but it typically not the peptide that caused the damage. It's the person administering that peptides that creates the damaged.

So if you're gonna leave with anything, maybe leave it with that. Educate yourself, understand, and be guided by somebody that knows. Absolutely. We're going to have a little fun here.

First thing that comes to mind, you gotta say it. The first peptid that come to your mind you got to say. All right. You ready? Yeah. Best peptide for cognitive health.

The hexa. Okay. That's peptides for weight loss. I read a true time. best peptid for pain management. BPC one five seven. Hmm. that's pep tied for aesthetics.

A GH KCU. okay. PT one for one, you're gonna say thanks. That was a grand finale! I wasn't ready for that one! That's best peptide for sexual health, the love peptides.

I knew that was on your mind this whole time, man. Maybe it's the colorful fit that brought it up. What other peptid, best peptide, for, well you said cognitive health.

Come on, Sam. And we take so many peptides immune system. I'm also an alpha one. That's enough. Cool. All right. Awesome. Right. Next thing we're going to do here.

So one of my favorite podcasters, Stephen Barlett, with the diary of a CEO, he came out with these conversation cards. Someone have you grab that? Yeah.

Open it up. And randomly pick two cards out of there. OK. Oh, I have no clue what those cards are going say. What do you mean? This one's tagged. You said, and then what you're going to do is you've got to read the card out loud and answer it.

Oh, that'd be fun. Holy cow. Okay. Am I allowed to cry on this pocket? Listen, those guys have made a few people cry. What was the most valuable lesson you've learned in the last year and why?

I've always been one. Sorry, this is that a lot of stuff happened in my life over the past year, actually. a lot of stuff with family, work, everything, but I'm sorry.

Let it out, man. That's what it's for. God put that card there, by the way. Yeah, I know that. The family is everything.

MAHA, Truth, and Closing Reflections

Even when you feel like everything in your life has been torn to shreds, that family is everything and that no matter how hard it gets, never give up, Never stop and just keep pushing through.

And I would say with that, know your truth. Know your true. Because people will say what ever they want to say to break you down. But if you know, your Truth, nothing can break You down, what's the truth?

Tell me. Jesus, God, my truth is who he's made me to be the leader that I am the man that am The Father that i am. And i stand by his word, and he has gotten me through every single thing.

Amen. Okay. Be ready for the next one. What would you do if you absolutely weren't afraid? I don't know if I can actually say this one up. I think understanding my truth kind of goes into this one.

I've always lived, maybe you can relate to this, you're on a big stage and people are always looking at you. You know, I don't think people realize, and this is me personally, it may not be you, but But I'm scared half the time.

Like I have a fear of saying the wrong thing, doing the right thing. Just there's something in me that just has that underlining thing of, and I am going to screw this up and if I screw it up it's going affect all these people.

I feel the same way. 100%. I can relate. It's crazy, I don't think that there's ever anything that we could ever have that were never truly not afraid to a point, because I think fear is what actually drives us.

So I'm kind of adjusting this card a little bit, but if I wasn't afraid of anything, then I would always just continue to speak my truth. That's really what it is.

But it's crazy because those little fears, they hit you, you know, constantly. So it pushing those down. And I think overcoming them. Because I that's what we're made to.

We live in a society in the time that people are afraid to speak the truth. I mean, we really are. There's so many movements of this, that, and the other.

Too many people are afraid to actually speak truth to who they are and I think what God has actually called them to do. When we live in that fear, what if that mission that he's called us to is to transform the lives of every single person in front of us because we're afraid we won't do it?

You know how you said before, living your truth is through the Lord Jesus Christ, right? And in the Bible it says it, that you shouldn't live with fear if you're living through Christ.

He's got our back. So that's powerful, man. Yeah, those cars are something else, man. They are. Something else. Wow. So I need to tell my producer that I needed this.

This is amazing. Yeah. Can I steal this idea from you? A hundred percent. OK. It's not my idea. Steven Barlet's band. Hey, so let's keep it going. Absolutely.

You know, as we wrap up your doctor, Adam, is there anything that you want to leave everybody off with before we wrapped up? You don't. I love the peptide space.

I loved the transformation that has helped millions of people have in their lives. I just want to leave them with the fact that I'm never going to stop telling the truth about it.

And I am probably going be wrong a lot. I think that's one of the biggest things. That I never gonna be right all the time. Well, except I tell my kids I always right except for when I not.

But I thing the big thing is just know that i'm gonna keep fighting. Um, I mean I know I have a mission not just in the

peptide space but the optimization space for people.

to speak truth and let people know that our bodies are designed. This is a temple, we know this, this is our temple. It's the only one that we've got.

So let's optimize it. We have an opportunity that while we're here to transform the lives of people. And so I'm going to keep bringing my truth, I am going keep spreading whatever information I can keep educating because if I could educate one doctor to do this, if i can treat another to this I know that that person is going help the 50 to 100 people that they have and those 50-100 go share that message and so yeah.

Just know that i'm gonna keep fighting. I'm going to keep going. Nothing's gonna stop me So and it's thanks to people like you that allow me to come on share my mission my vision.

So, thank you No, no, I appreciate it man. And you know, listen man, you're a father You're brother to many of us You are a healer you went to school to learn to be a Healer and you are leader, You know So you just got to Keep on pushing with what you doing uh continue to collaborate the way that we do in the industry You know, this is not a one man show.

It's all of us. We have to roll up our sleeves and do it because we know that we need to bring that change in the course of medicine. And we can only do that collectively, not individually.

So if people want to find you, how can they find? Yeah, so we've got precisionpracticemastery.com. That's our training for physicians. And that's really the main place that people come.

We've get some new training courses coming on for our providers, which is awesome. So I'm super excited to be able to launch those. They can also find me on Instagram.

so at Dr. Adam Boonder. that is D-R-A-D-AM-B-O-E-N- D E R on instagram. Pretty much the two main places they can find. Amazing amazing brother was a pleasure having you on a healthy point of view podcast.

Yeah. Thank you. It was awesome Guys You heard dr. Adam. There's a lot of things behind this peptide world that we have to really look closely into to understand A lot of you providers that tune into the podcast, listen, the Liquivita team, our practitioners, myself, we take a lot his training.

That's how we become experts at what we do. And the education and training never stops. But he's not here just to train the medical providers, also you guys, the consumers, or people that are just health and wellness enthusiasts.

Dr. Adam is very active online. He's always going on different podcasts, he is posting his content. But ultimately, educating the masses is what we're trying to do.

Guys, make sure you take this podcast, share it with your friends, your family. Make sure to subscribe, like, comment, do all that fun stuff, and we'll see you for the next.