Ep 588: How Peptides, Bioregulators & Hormones Transform Women’s Health After 40 Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to peptides and bioregulators

Welcome to the health fix podcast where health junkies get their weekly fix of tips, tools and techniques to have limitless energy, sharp minds and fit physiques for life.

Hey Health Junkies, on this episode of the Health Fix Podcast, you get me, Dr. Janine Kraus. I'm going to be talking about something that is really starting to blow up in the alternative medicine space, but also in what folks call the biohacking or optimizing your health space.

And it is the idea of peptides combined with hormones and using something called bio-regulators. Now, you may not have heard of bio regulators. Most folks have hurt of peptides thanks to the GLP-1 explosion.

And maybe you've heard pairing them. With hormones, maybe not but right now there is quite a movement to put these things together and I just did a presentation on Monday in my free series of Master classes to talk about it and i decided that i wanted to, talk a little bit more on the podcast just in case some of my listeners didn't hear, about my, free Masterclass series you can find out all about these if you follow me on Instagram but also if You head over to dr.

J Krauss nd.com and you put your name in for my More or less newsletter list, which is really three emails a week where I talk about what's happening in my practice what I'm seeing working It's basically tips, tools, and tricks and my favorite things that I really see working because this day and age with AI and AI doing podcasts, like what?

That blows my mind. I'm old school and I am a real human being talking to a screen right now. And it's, you know, I I 47 at the time of this recording and in, You know I looking at all this stuff and going, man, We have come a long way and I'm, you know, I can see where AI has some benefits, but it's really starting to infiltrate my practice in a way that I think can be helpful because folks are looking up their health on chat GPT, But they're also finding out about things like peptides and bioregulators and things of that nature.

And thanks to the podcast space, You can search all of these things and learn more about them too. So I wanted to throw my experience in with with the combination of peptides, bioregulators and microdosing hormones because I've seen some really cool things over the years and You know, it hasn't been one of my go-to, if you will, treatments because they are a little spendy and convincing folks that a peptide or a bioregulator may be something to consider when it costs three or $400 for a round of it can be a bit daunting.

However, I'm just gonna put this out there. When I look at what people spend monthly on supplements, I cringe and as I've said multiple times before on the podcast I have contributed to some of this this problem because we are trying to regulate certain things in the body and what I found is using things like bioregulators and don't worry I'll explain exactly what that is here in a second peptides and sometimes hormones We can cut down on the amount of supplements that we need to to help to do certain things and that is really the biggest thing that bothers me in my industry and I sometimes find that it's hard to get around when I'm trying to really help optimize many areas of someone's health but at the end of the day.

I am always on the hunt for something that is going to help our bodies innate intelligence do its own thing versus give it a band-aid because Sometimes, let's face it, even in the natural medicine space, we're doing what's called green medicine, or swapping out a pharmaceutical for a supplement.

And we are still band-aiding. We're not necessarily fixing things. This is a big gripe I have with my industry as a whole. I've taken slack from patients on it and folks on Instagram and stuff, and I get it.

What the heck are peptides really? And what the hell are bioregulators?

What bioregulators are and how they differ from peptides

Well, first and foremost, they're not the same thing, but they are both versions of small protein fragments. And peptide have more amino acids basically stacked up in them, if they were natural peptids.

Then there are synthetic peptid, like the GLP1s and things of that nature, where they derived from Different molecules and and so we have to think about first and foremost What are these things and I even had to make myself notes so that I do not confuse you guys in terms of of my way of explaining things now bioregulators are very different compared to your peptides per se because they are proteins that are small amounts.

That is not what I wanted to say. Now, what are bioregulators? Biore regulators are small, short-chain peptides that are like two to four amino acids long.

And I might have to explain what's an amino acid. Amino acid is our building blocks of the proteins. An amino asset, for example, maybe like lysine or proline.

For example if we're talking about a particular type of peptide, Let's say BPC so body protective complex 157 that one is a mix of multiple different amino acids to create the full body-protective Complex 15 7 in fact, it has 15 amino acid now something like thymus and beta 500 which is TB 500 has 43 so 43 amino assets to make it a peptide so the bioregulators are smaller than that.

They're tiny and they're signaling mechanisms that can get into the cells and tell the cell what to do. Now, peptides are similar in their function, but the big difference between a peptide, which is larger, more amino acids, and a bi oregulator is that the bio regulators are very targeted towards certain organs, glands, very targeted for those particular cells, whereas peptides are a little more broad.

So for example, BPC-157, if you've never heard of it, I apologize for not jumping in and explaining that. Bpc- 157 is a complex of, like I said, 15 amino acids that helps with your tendons, your ligaments, so it's repair of your tissues.

And I came to learn about BPC 157 from some folks who were in the boxing round, so amateur boxing, and then also with bikini competition folks, who are having like strains and sprains as they were really slimming themselves down before they got on stage for different competitions in It's fascinating that these folks were using this, you know, a decade or so ago, and we still are just really on the precipice of talking about them.

But I started using them in my practice for folks that would maybe have a strain or a sprain, And it works so much better than using platelet-rich plasma, PRP, which I used to do in my office, that I was like, forget this.

Platelet rich plasma is, you know, quite expensive. You've got to draw someone's blood. And instead, I can just inject with BPC157. I'm like well, shoot, i'm gonna do that.

So that's kind of how I really started to get into peptides. And the more that I started working with higher end athletes, the way I realized that these folks in the off season were using a lot of these tools.

And I'm like, hey, what is this? Tell me more. So peptides are, like I said, bigger molecules. and they're synthetic and there's naturally occurring peptides.

So naturally-occurring have the amino acids just like we have, and then the synthetics like the GLP-1s, those are created in a lab to work in specific manner.

We have to think about how these things are treated, how they act in the body. No. Bioregulators, and one of the things I really wanted to clarify for folks is that biore regulators are getting confused with glandulars and different organ tissue supplements out there.

So, for example, we have multiple companies now that are selling cow livers and cow thyroids and cows adrenal glands. And which is great. Chinese medicine talked about eating animal parts or taking animal part to reboot those particular organs or glands.

And that's cool. You're getting the whole organ. you're Getting the proteins in there, you getting aminos in, there you are getting, some hormones in their, your getting nutrients in.

For example, if you take a liver organ supplement, from one of these companies, you are going to get the whole pieces of liver in there. And so you're going get everything that comes with it.

Same thing goes if you get thyroid. You're gonna get some thyroid hormone in their. Now bioregulators are not the hole kit and caboodle of the organ. They're actual specific very small Amino acid chains like I said between two and four chains that are going to go and target Say let's let go to your kidneys.

They're gonna go in target your kidney specifically to help it with its function Now, why would we want a bioregulator? Well, bi oregulators were created as a anti-aging or a slowing down the aging process to help with aging organs, tissues, glands, and they're signaling their messaging and what they are doing within themselves.

This whole concept of bioregulators and peptides was started by Vladimir Kavansin.

Vladimir Kavinson, research history, and product sources

back in the 70s. Now this is under Soviet rule. This is way, you know, deep into those types of research. You know leave it where you will. Research facilities going on and I don't know a lot of what was going in those times.

I wasn't alive and there's a lots of speculation and we weren't really told a about what kind of research was going on in Russia. And I know that there's a lot of different thought processes, depending on what side of the fence you come there.

But Russian athletes always did quite well in a in our different Olympics. So there is that and Vladimir Kavansin was working with that. He was actually I don't pay attention to politics, folks.

I stay way out of that realm because it is low vibe energy. But Putin's gerontologist, if you will, or anti-aging medicine guy was Vladimir Kavanaugh.

Here's the caveat. Vladimir died at 77 years old. My own father, who's never taken a peptide in his life, I can assure you, is 89 and outlived this guy.

So the question becomes, this guys was experimenting with a lot of peptides, with alot of bioregulators, for over 40 years, from 1973 to 2013, and he created a lotta different products, but he couldn't live long himself.

So that kind of sucks because it doesn't promote the benefit of these things quite well. However, in my experience, I have seen some really cool things happen using bioregulators and I've seen nothing happen, using them as well, same thing with peptides.

Ive seen folks take terzepatide and not lose a darn bit of weight. Same with somaglutide, but you have to go back and go What are we missing here? Well, if you're eating out McDonald's and you are eating healthy chips, let's say they're organic, but they are tortilla chips and your doing this on a regular basis and not eating enough protein and sleeping enough and taking care of yourself, You can't supplement anything your way out of a poor diet and lifestyle.

Same thing goes with exercise. If you're not doing the foundations, bioregulators, peptides, all this stuff is not for you. You've got to get the foundation of your health dialed in first.

you're gonna waste your money. And that's one of the things I learned the hard way with some clients when I tried

to use peptides as a last ditch effort to help with kidney failure, to some heart stuff, with a thyroid that wouldn't respond to anything that we would give it.

I've done this with couple different folks and I had some folks fail completely like the thyroid bioregulators didn't work. But I also had folks do it and it was amazing.

So where do we go with this? I think at the end of the day, when we're trying to help optimize our health, we have to have the foundations down no matter what.

And maybe that was something that's going on with Cavinson. I don't know. Obviously, I didn't really know much about his life other than he was the anti-aging doc for Vladimir Putin, who, well, he's still alive, so who knows, right?

Who knows? We can go many different directions with that as to what happened to Vladimir Cavison. The point is, is he did 40 years of research that came out with some really cool stuff.

And I have some notes here because the amount of peptides that this man created and the amounts of bioregulators that he came up with is mind-blowing.

He has 200 patents and 700 research papers. So that's a lot of volume on these and a lots of money going into working on the fountain of youth for our organs.

And… You know, he created his own line, it's Cabins and Peptides. I'm not sure if you can actually get a hold of his line in the US. When I look it up, I can see a whole bunch of them with the British pound pricing.

And so I don't know if can even get things imported in US, however, there's a company called BioLongevity. It is owned by Jay Campbell and Hunter Williams who are two peptide fanatics and experts in peptides space and have been for a very long time.

And this company is producing bioregulators much like what I mean, they're the almost same exact formulas as as Kevinson peptides. So that's interesting.

Just something to think about. Now, there's another company called Promethean Biore regulators by Nick Andrews. He's also another big guy in the peptide and bioregulator space, I have not tried his products.

I've tried bio longevity products, and I do think they work. And I wouldn't doubt that Nick's quality is outstanding as well. Now there are other companies out there that are claiming to have bi oregulators.

However, like I said before, we want to be looking at What are you actually getting? Because bioregulators are sequences of small amino acid chains. They are not liver, they are not a brain, They are NOT a thyroid of an animal just put into a capsule like dried and put in a capsules.

They're specifically targeted sequences. And so for example one of the things that I find absolutely fascinating and a way that i have started to look into my own journey from perimenopause into menopausal and noticing that hormones aren't helping me solve all of my issues.

And in particular, one of the big issues that a lot of women have that seem to come up over and over again is that estrogen might help them feel better in their body.

They might have less aches and pains. Progesterone might help with sleep. It might with lowering histamine responses. But the hot flashes still hang on and they just keep coming and coming.

And the more we tweak the different hormones and we try to work with antihistamines and different circulation boosters like Dongguai and things of that nature, nothing's happening.

It's not changing.

Cycling formulas and examples for women, eyes, heart, kidneys, and adrenal support

And interestingly enough, one of Vladimir Kavansson's formulas, the GPLFEM complex, and I'm looking to the side because I actually have to read it out because Gplfem complex just is not sick in my brain.

But it has, it's known as a peptide geroprotector. helping our female parts and key components not age so much, it covers the vascular, the nervous, endocrine, and the reproductive systems.

And there are bioregulators in this formula for the pineal gland, brain, vacular system, liver, thyroid, ovarian, biiregulator too, then alpha lipoic acid in it.

out of all things, and I'm guessing that helps with boosting circulation of the particular peptides. And the idea with using bioregulators is you're not gonna be taking them on a daily basis.

The idea is, you are going to cycle these. Same thing with peptide. This is the number one thing that drives me nuts about peptids right now, is we have people on them 24-7, for years.

They were not designed for this. weeks you know eight to ten pushing it honestly i learned eight weeks two weeks off eight week two week off and so when i look at the different vials and i can't do eight because now i have people wasting formula so i had to go longer so that people get their money out of their round but nevertheless Same concept goes with bioregulators.

They're not meant to be supplemented day in, day out, they're meant for 30 days or 20, 30, you know, it can be 20 it could be 30 sometimes it's 60 days on and then you're off of it and you use them like quarterly or you can use it like two to three times a year.

This GPLFM complex is actually meant be used two or three time a years. Now, the GPL fem complex is the actual name from the Cavinson peptides. BioLongevity also has their version of it and I actually don't have the name in front of me, but you know what?

What the heck? We have internet right here. We'll just go right to it. And it's specifically in a capsule form for women and they call it, I'm gonna get it here in one second.

biofemale, and it's a natural peptide geroprotector. Now, when they say natural peptides, I mean, that is an amino acid-based bioregulator. And natural means it is derived from our own amino acids.

It is not a synthetic, made-in-the-lab kind of thing where it was made up in the lab, let's put it that way, because these are all made in a lab. They're put together in lab and I don't want to mislead you on that, but this one is what we have going on in terms of our own amino acids.

So I find it fascinating and in the way I'm looking at this being the next level of health optimization is these aren't meant to be daily supplements.

These are things we go on, we off of. And the more that we can take inventory of our health, the that can look at how are we doing? What's happening? Where am I feeling some decline?

where do I need a little boost? The more we integrate these things in and cycle them as needed. Now that The FEM formula is awesome. I like the idea of BioFEM from BioLongevity or if you are in Europe, GPLFem complex from the Cavinson peptides, you could get that as well.

And that's Cavanson peptide online and that is through the St. Sophia Institute where Vladimir Cavison was doing his research. Now, you may be thinking like, okay, so maybe I don't want to go full on for that.

Maybe I want try a little bit of a bioregulator and see how it goes. One of the coolest ones that I have found and something that i found to struggle with as I get older is my eyes.

and are my eyes. And it's, I felt like as soon as I turned 40, the mystery eye symptoms where I couldn't see in the dark anymore. I was having trouble, you know, reading and looking at the small print.

Uh-oh, that's a problem now. So visolutin, or V-I-S-O-L-U-T-E-N, is a retinal peptide meant specifically for a bioregular for the eyes and helping with the retina.

You know, I think a lot of people were on the screens all the time. We are on our phones. This could be something to really help us out. Another big struggle that women have in perimenopause and beyond and men have it too through menopausal and getting older is with the heart.

You know there's heart palpitations that show up there are blood pressure issues that shows up and I even had when I did my aging DNA aging test to see what was going on with me.

I found that my heart was one of the things that was aging faster and i'm like. I don't want that, right? So kilo, so C-H-E-L-O heart, H-A-R-T, is a peptide for heart support.

And so these are things that are happening that I see in real time with women. Another thing is kidneys. I've seen kidney filtration decline. So if kidney health decline and pylotax, P-I- E- L- O- T- A- X, and I'm probably butchering these, I never had schooling on how to say any of these.

If your guru out there knew how say these Give me a shout out and tell me how to say them. But that's for the kidneys. And that is another one I see is really useful for women and men that are struggling with their kidney function.

Now, I've also used glandocort, which is for adrenal glands, when someone's really pushed themselves to the limit and needs a serious reboot. Same thing with the endolutin, for pineal gland, and resetting brain to adrenal axis.

I'll use those two together. So, these are some of the ways, and gosh, by no means have I given you the exhaustive list of all the bioregulators out there.

There are a ton, pretty much for any organ, there's ones for pancreas, ones of liver, things of that nature. I really haven't used the ones with the liver and I'm thinking about it because so many folks are struggling with fatty liver right now.

It's an epidemic. almost as much as obesity, I think they come hand in hand. But boy, even some of my fit folks are showing up with issues with fatty liver as they get older.

It's like, what the heck is going on there? So nevertheless, I wanted to bring the bioregulators to your thought process that perhaps these could help you and keeping in mind that these are a little more costy, you know, they're spendy.

We're looking at 100 to up to 300, sometimes even $400, depending on the formula, but keeping two, three times a year. I am not recommending that folks do these 24-7.

And I'm thinking that for a lot of folks in the way that I've started to see these work, you could probably ditch quite a bit of your regular supplements.

know keep a I'm always like keep your magnesium your D and a multivitamin you know but the rest you may be able to to ditch it's kind of wild to think about it and especially for gut health I have started recently to just use bpc 157 oral capsules for Gut Health and kpv which is a combination of three amino acids, all together, lysine, proline, and I'm gonna forget the last one, valine.

There we go. Those three are awesome for reducing inflammation within the gut. And that's another thing that I see people struggling with. Right now, it's really, really popular to see a combination of the KPV with BPC157, TB500 and copper GHK.

And that combination is great for skin, it's great folks who are struggling with eczema, psoriasis, acne, and nothing seems to be touching it. Now here's the thing about that formula I just gave you, that's called CLO, K-L-O-W.

It has to be injected and it does best injected subcutaneously. And the idea is cycling it and not going to a level where you're taking it, you are injecting every single day.

This is a cycle. You're doing that to reboot your skin, decrease your inflammation and move on from there. Now a lot of people ask me, maybe they've taken terzapotide, may be they have taken semaglutide and they lost some weight.

They're like, what do I do next? KPV in that formula, CLO, can be a really nice way to reduce the rest of the inflammation, just kind of clean things up, or cycle it where you do terzepotide first and then go to CLOW, K-L-O-W, and cycle that next.

It's a great follow up. Some folks are using the GLP-3, which is the next version of, um, the G-l-P's and technically it's the g-i-p, but now I'm sounding like all these abbreviations and you might be like, What in the world is she talking about?

This is Retractetide. It is the next level of weight loss injectables and de-inflaming. Some say it's better than Terzepatide, I have not seen that yet.

I will tell you that. And so I still use Terzepatid for folks. can get it for you versus it being a research peptides site.

Gut, skin, and weight-loss peptide strategies

So that is something I'm doing because in the day of bots and AI, there is a lot of smear campaigns against peptide because let's face it, they do work and it's hard to patent something that's amino acids that are in your body.

And let's face it, Big Pharma wants it. And so there are a lot of folks that are anti-peptide folks and are going after some of these companies. I just had it the other day where a patient was like, look at this horrible review from the company that you recommended.

You're going to see that. People are gonna say, well, peptides are research peptide. Um, yeah, they are because the FDA has been shutting down peptide usage really heavily over the last, oh my gosh, 10 years, really, but more so in the three to five years.

I used to be able to get BPC 157. which is now listed as a research peptide, if you go to buy it online, I used to be able to get it from a compounding pharmacy in Tacoma, Washington, they would make it for me.

No big deal. But then the FDA took it away. And it wasn't because of safety, let's put it that way. It works, so they want it. We have to be aware of these things.

And I could also compound KPV. I would use it for nasal sprays for folks that had mold and mold toxicity. It would reduce the inflammation in their body and the brain inflammation.

KPF is amazing for brain information. and now I can't, I have use the research peptide sites. So if it's, you've went to the sites to see, Oh, maybe I'll get some peptides and you see research, peptids on there.

it. It's scary and you definitely need to know your brands. I typically will only purchase from NuvaMed Rx because I can buy them directly for my patients.

Also will use BioLongevity, Limitless Biotech, and NewScience Peptides. Those are my go-tos now. And the other ones, I've had some questions about their stability.

Now, are there other peptide companies out there that are great? Maybe. You gotta find out who owns them, See if

you can get a real live person to talk to you and ask questions.

That's what we got to do this day and age because they're exploding. People know that you could make money off of peptides and so there's a lot of companies coming out.

There's lot companies that are fly by night and there are a lots of company that's are not great. Let's put it that way. So just do your due diligence when you're looking for these products big time.

I've held off on talking about bioregulators. I have held of on taking about peptides until now because I didn't want to talk about them when I don't know if they're going to be available for folks.

Because after the FDA took BPC and KPV and all the peptide out of the hands of compounding pharmacies, I did not know we would get them back. And then, of course, there's the underground and all that and the whole issue of using these companies that are research peptides companies.

I mean, it's hard as a doctor to be able to like, yeah, I know you're going to totally fine with this because I can't tell you to use any old company.

I only go with the companies I do know. And that's why I've kind of stuck with NuvaMed at this point, because I can order direct from them and they're not out to the public.

They're only for release to doctors. So something to think about if you're looking for sourcing peptides, see if your doctor can get you Nuvamed Rx, or you can consult with me.

I'm always happy to do that with folks. You can always reach out at drjkraussnd.com and just send us a message. now here's the thing with all of this it's experimental and like i said it you look at vladimir kevinson living only to 77 you're like huh man if these are longevity and that was the guy doing all this what the heck it''s an experiment but that's what health is i practice medicine practice means you're more or less experimenting.

Everything we do, yes, we have standards of care. Yes, We have things that we know, without a doubt, work. And the more that I work with peptides, the More I know that they do work in bioregulators the same.

It's just a matter of being open to trying something. The worst that can happen with these is that They don't do anything. in terms, and I'm not saying the GLPs, I am not anything pharmaceutical, all I talking about is the bioregulators and your simple peptides.

Like, the worst that can really happen is 1. Nothing. That stinks. 2. You feel better. 3. Okay, are there some things that have side effects? Yes, terzapotide, those are synthetics.

I talk about the bio-regulators in the natural peptide that are amino acid. Like, yes, you can have side effects with terzapotide. Yes, with semaglutide, all those.

And you know, I'm probably dancing on a very Can you have side effects to peptides? Can your side-effects to bioregulators? Absolutely. Everything comes with some type of risk, but I can assure you that with the bi oregulator, it's a lot more mellow of what you might experience.

And since health is legitimately an experiment, you to take notes. You have to see, how do you feel? What's happening? what's going on in your body. You have to take notes before and after to be able to see if something really does work for you.

And in the case of targeting certain organ systems, I am going to start recommending that folks do the true age testing to able see how their organs are aging before after doing specific cycles so we know.

Does it work? Does is not? Because otherwise I'm just kind of spouting out information that this may work, it may not. I don't 100% know and all I'm going off of is what I feel myself and what my patients tell me, which is great, but

I need data.

I needed more data this day and age. We need to be showing how we help as practitioners, But also seeing proof.

Sourcing, safety, and why these tools are experimental

Because, um, yeah, it's that. That's what's happening. So nevertheless, I want to bring this all full circle here because There are so many options for you for the symptoms of aging.

And in particular, one of the ones that I didn't even bring up and I need to mention is for brain and cognition. We have nasal sprays like CMAX that can help to boost cognition, we have lots of different options that are de-inflaming like the KPV that i mentioned for It works on de-inflammation of the brain.

KPV and CMAX are a great combination of peptides that can really help with brain fog when nothing else is working. And these are things that you can use on a daily basis with the nasal spray.

And and when I say daily basis I better back up on a basis of as needed not daily as Needed because you could use them cycling them on and off but you can also use him as need it Sorry for the misstep there, but that is something that I really I Really like about the peptides that they can be used in the moment in some cases and they Can be on-and-off not something you have to rely on so I've went through what a bioregulator is and what it isn't.

Biore regulators are not the same thing as the supplement companies that are selling Oregon. cap organs and capsules like livers and pancreases and hearts and whatnot.

Not saying that those don't work. I think they're great. They're based off of ancient wisdom. Chinese medicine used them for thousands of years. i think what you want to be thinking about bioregulator versus a animal organ capsule or gland, you wanna be Thinking about do I want a target something specifically or do i want just general support?

And the answer comes down to, Am I trying to really work on boosting something? Like have I noticed that my blood pressure is going up or my heart palpitations are really going strong?

I would use a bioregulator over a organ capsule in that case. Same thing with liver. Like if you need to help your liver to detox, you'll need your livers to function a little better because you're noticing it in general, it's just not doing its thing.

Sure, use a liver support. Anemia, great place to use liver-support, the actual organ. But if you're looking at you have fatty liver, you may want to consider maybe I'm looking a bioregulator specific for the liver.

That's how I would look at it. Same thing for brain, brain tissue. I will be looking well, if we want a general brain. get an animal brain support, or if you wanna target cognition, focus, memory, specifically brain fog, I would go towards a bioregulator.

Now, in my presentation that I did on Monday of this week earlier, i talked all about the different peptides, how I use them, and if are interested in getting a copy of that talk, Reach out to me.

Go over to Dr. Spelled Out, J-K-R-A-U-S-E-N-D.com and say, hey, can I have a replay of your peptides masterclass? I'm happy to send it to you. Also going to say hey let's get you on my email list so that you know what's going on or follow me on Instagram.

I will tell everyone what is going there. with my different master classes. Now today was a more general podcast just to kind of break that chain of confusion between bioregulators and the glandular and organ support supplements out there and just give you a little background on peptides and bi oregulator peptide and what it's all about.

It's a fun, exciting space we're in and these really do have the potential to help counter some of the hormone

Irregulate, you know, hormone, what am I trying to say?

Issues that the hormones are not countering and going up or going down on hormones isn't helping you. You don't feel good lowering, You Don't Feel Good going higher.

you don' t feel Good with the different blends or you just don t want to manipulate your hormones anymore using bioregulators or peptides or even the organ systems.

Supplements can can help you to get what you're looking for in this case. And like I said, it's all experimental, but I think that peptides and bioregulators really do have some value going forward for optimizing health and countering longevity because they're specifically targeted to help tell your body what it needs to do to repair, rejuvenate, or optimize the system that it is targeting.

Like I said, the pineal gland, it's gonna optimize that. The heart is gonna try to optimize versus using, you know, let's say Hawthorne berry to help with blood pressure.

Once you stop it, your blood goes back up, but maybe the blood-pressure issue is really in regulation of the heart. Maybe it is the cardiovascular system and maybe we need to try a peptide specifically for your veins.

and working on veins and arteries specifically. It all depends on what your main symptoms are and what resonates with you. I want everyone to take control back of their health and use their intuition on, what seems right.

You're in your body. And I'm always going to default to what a patient is like, hey, I really feel like this is more of the issue. Great. Let's go after that.

So bioregulators, peptides, organ supplements, glandular supplements all have potential to help you to counter the side effects of aging and hormones alone are not the answer.

We do need to pair things and I think that peptide and bi oregulator and the organ glandular and organ capsule support is quite helpful. So I invite you to dive into it.

And if you guys like this, I would like to hear more about what you're interested in in terms of specific organ systems. You want to know what I'm doing, what i'm trying out.

I am happy to share more. Today I just wanted to introduce you too it and just put it out there to see what do you think. Alright. Some food for thought, literally, and…

Alright, something to think about. Well, appreciate you guys hanging out with me and so grateful that you're here. Like I said, if you haven't joined my email list, do so.

If you have followed me on Instagram, I highly recommend it. And if haven given me a review, please help me out and share what you think of the podcast.

It helps me to know and also helps get the word out. Alright. Have a great day. Whatever you doing. Hey fellow health junkie, thanks for listening to the health fix podcast.

If you enjoy tuning in, please help support me to get the word out about the podcast, subscribe, rate and review and just get that word. Thanks again for