Podcast Intro and Guest Welcome

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.

Jay Campbell, welcome to The Health Fix Podcast. Janine Krauss, thank you so much for having me. I'm always humbled, privileged and grateful when I get a chance to talk to other people who are extremely awake in this insane clown based world that we're living in right now.

Well, it's always fun in the simulation and we got to come up with new games and one of the biggest games that I found to be the most beneficial for my folks when they're trying to figure out just how to live epically in this world, peptides.

For sure. Incredible.

Jay Campbell's Peptide Origin Story

So I actually don't know your origination story when it comes to like, what was the first peptide that showed up for you that you were like I really want to try this and see what it can do.

Like who introduced you to this? Yeah. So great question. And I've only answered this a couple of times, but you know, I have my, as I said, infamy on the internet.

My internet infamie is from hormones, right? Like I wrote the first two biggest books on therapeutic testosterone for both men and women. First book was written in 2014, published in 2015. Uh, and then the big book, which is the TOT Bible came out in 2018, written A lot of people think that Jeff Bezos went from, you know, Mr.

pencil neck pipsqueak to dude with the shirt off, walking on yachts because he read my original book back in 2015 because it was the number one book on men's health for Amazon for like six months.

But bottom line. In 2003, four years after I started using therapeutic testosterone, I was experimenting with Ipamerelin, which was at the time, so this is in 2003. Really the first I would call research peptide that was in the quote unquote underground biohacking community.

Because it's notoriety was that you could inject it and it would not disturb endogenous pituitary function of growth hormone release. So it was this wonder peptide in that if you were a guy using or a woman using therapeutic testosterone and you took epimerelin, there would be great synergy because it will increase natural IGF-1 production.

And because it didn't disturb the pituitary, you could inject it actually up to three times a day. So a lot of bodybuilders, biohackers performance enhancement people, again, back in the infancy of the internet when the signal-to-noise ratio was pure signal and very little noise were using this.

And it was profound. I like to say this, and my wife also talks about this when she goes on podcasts or interviews. When we first met in 2012, I got her on Ipam or Ellen.

It completely changed her physique. So much so that a lot of people in her family and her inner circle. She was a successful residential real estate person accused me of putting her on steroids and she was literally just on it from rowan.

And she probably lost like, you know, over six months, she'd probably last like six or seven pounds of body fat, but

it just really changed her physique.

It just made her waist much leaner. Uh, she got much more muscle definition throughout her body. I mean, She was always a good, uh, knew how to train and she was an intense lifter and et cetera, but she never could change your body naturally like that until she on him.

And so that was really my first peptide, But I started using, you know, most of the peptides that your audience is familiar with, um, You know as far back as like 27, 28, 2008, 2007, 2009. That's when I Started using BPC, TB 500, melanin, the melanotans.

And then obviously as it progresses more and more peptides have become commercially available. I've used pretty much everything. Nice. Yeah, right now, I mean, in the normie world, the GLPs are peptides.

Exactly. That's all, you know, most folks know. And I've been trying to kind of bring in, like, epimeralin for me also changed my physique. that was one of my big intros, BPC 157, because of just working in a pain realm with a lot of folks.

I quit using a stem cell and a lots of even the PRP once I saw how the the BPC could do for folks in acute situations and I was just like wow I'm down here.

GLP Book, Microdosing, and Obesity Treatment

Yeah yeah yeah well because you don't know this or maybe you do know, this I don''t know but I my book on GLPs comes out February 24th and it is without a doubt and you know me I don't say this lightly is my magnum opus it is a book that should change the world now obviously it's probably three years too late because like you said every every normie who's fat knows what a JLP is now the problem is that And obviously all of this is addressed in the book.

But the problem is, is that 95% of people who use GLPs use them incorrectly. And because of that, you know, they've gotten this horrible rap in mainstream, right?

All the celebrity doctors, all the celebrities, influencers and gurus talk shit about them and say they're horrible and they cause thyroid damage and metabolic dysfunction and we go the face and would go be neck and will go via ass and etc, etc.

and all that is true. But it's true because the pharmaceutical industry does not want people to use these drugs to improve their health. They want them to be addicted to them so that they blow out their receptors and stay on them forever.

and obviously take higher and higher dosages so that they pay more money to the pharmaceutical industry, more to The Quack Doctor who doesn't tell them how to use it right.

And so it's just this vicious cycle. All of this stuff is covered in the book. I'll just tell you right now and tell your audience. It's 720 pages as of right with 1400 scientific references.

So I actually beat all of the published research to death I examine all of the side effects. We go into depth about why they happen, how they're avoidable, and how to actually not have those side-effects.

And then we get into, okay, I know you already know this and most of your audience does too, but microdosing is the way. How do we micro dose these? What do you do from a lifestyle component to enhance the experience And then, you know, what are the other things that we can do as we become a master of using GLPs to literally change our lifestyle?

Now look, I mean this when I say this, people in my inner circle, which unfortunately these days has gotten too big. I need a dust. I needed a giant fly swagger.

But the reality is, is that everyone who uses these within the context of health and longevity dramatically transforms their life. And when I say that, I really mean that I have a chapter in the book that's called the transformations and it's 16 men and women from all over the world, all walks of life, All sorts of disciplines.

There's like a guy worth 250 million. and then there's people that are like, you know, barely able to make ends meet. But they have a before and after, and then they had their story in their own words of like what it's meant to them to go from, you know, four hundred and twenty pounds to one hundred eighty pounds as a man or two hundred ninety pounds is a woman to a hundred twenty pound as woman.

And obviously, the words are amazing. I mean, everyone who's read the book and there's been a good number of people that have previewed it now have all said to me, Jay, that the transformation chapter is astonishing.

Like, it's so amazing, right? So I really want people to get to that chapter. Like I'll say this, there's chapter two and chapter three, Janine, are very technical because we really go through the science of the studies and we go to the side effects.

But then after that, It really becomes really awesome reading because it is obviously teaching people how to do it right. And we're really going to a point of like, do this and not that.

At the end of every chapter is the key findings. And the key findings are like the summary takeaways. So it's kind of like, you know, like you and I know this because the old school books, but it is the cheat sheet, right?

It's like read this if you can't read all the rest of the stuff because you just want the Summary. And so obviously I did that because I knew that there were some chapters that were really, really technical with the analysis and the research.

The publishing company cut 240 pages out of It was a 900 page book because again we don't want to miss anything there's so many idiots you know deadpanning these products and they have no understanding that they actually can cure obesity.

Now my mission in my life at 50 I'll be 55 on February 24th is to cure Obesity. My mom died of obesity She really died of COVID in 2023, because they gave her remdesivir, and you know the whole story.

I don't have to go down that rabbit hole, but so many obese, comorbid, inflamed, insulin-resistant people were killed during COVID. As they say, the useless eaters, right?

That's what they referred to them as. And I was like, there's gotta be a way to end obesity. To fast forward the data, Because obviously all of this I know from the book, by 2032, we expect the world, the number one cause of death will be obesity.

And the amount of people that will die per day is like four million will dying per-day from just obesity, right? So it's like if you're, if we can put these drugs, which are obviously you already know about GLP-2 and GLp-3, and glp3 which is retitrutide will approved by Eli Lilly by the FDA at some point this year.

I mean, that means nothing, because it has been a research chemical for three years. There was an all the biohacking communities been using it, but it's such a profound drug that if we could make it accessible to everyone, we can cure obesity.

I mean, I tell people this and I really mean this. If you understand how to use these drugs. There is no way that you can be fat. You literally can eat whatever the fuck you want.

As long as you exercise and you take care of yourself, you could eat pizza and ice cream and drink Mountain Dew. Now, You can't consume lots of alcohol and smoke a lot of weed, right?

And a lotta people wanna do that. But you live a very conducive life to not being a Spartan. and you know eating

keto or carnivore and just remain metabolically flexible and eat whatever the you want and use these drugs and be shredded year round i mean my wife and i like i said are 55 years old and we don't ever have high body fat and live what we eat whenever we want but we know how to microdose these medications to literally alter our body composition from mostly muscle and very low fat.

Now, obviously, I don't expect every person to walk around with a six pack. That's not the goal. But if we can literally be metabolically healthy and strong and vigorous into our 50s, 60s and 70s.

that's what I want. And right now, look at this. You know how bad it is in the United States right. If you fly first class, you can't get off the plane.

There are so many people who are obese waiting for wheelchairs that it's become a disgrace in America. And this is where we're going. I mean, nobody talks about this, but I'm like, hey, man, we got to teach people how to use these things because we can avoid all of this if these people know how.

To use it. The medical system doesn't give a rat's ass. They're not going to. Teach people. How to? Use these correctly. You know, today or yesterday, Trump released Trump Rx.

which is a scam in and of itself because they're like lowering the prices of all these drugs. But where is the education? There's no education. Oh, let's just make the price is lower.

And by the way, if you read the fine print, the pricing are lower for two months. and then they bait and switch you back up to the high prices. I mean, you can see it right in the ad.

It's on Twitter. i can screen share and show you right now. it's such a scam. But it is like, why are we not educating the doctors first, because they are fucking clueless, and the patients after the doctor understand how to use these?

Because as you know, knowledge or education without application is useless. And these people do not understand how to use this. They listen to the pharma rep.

The pharma rep says, start up at six milligrams a week or eight milligrams per week, or whatever it is, and then just go like this, until they're toast.

Until they are toast! Every one of these is toast, metabolic haywire, hair falls out, thyroid damage, face collapses. I mean, it's like a big joke in the newspapers when they show people with Wigoby face.

And all of it is avoidable. I mean, I know people get so mad at me when I tell them this, because they've been so brainwashed by the mainstream media that it's not avoidible.

Oh, no. That's that true. The studies show that you get muscle loss. You don't get muscles loss! I interviewed some of the leading experts in the world.

If you eat enough protein, if you make sure you're hormonally optimized and balanced, and you actually resistance train, you are not going to have any muscle-loss.

So it's just insane. I mean, you know this. It's the haves and the have-nots. We have people that have the information and they apply it and it is like, holy shit, greatest thing ever.

And then we have idiots. The idiots are the noise, the loud complainers and screamers. Then you get the celebrity doctors that jump onto it, and say, these are worst things ever!

How many people do you hear keep saying that it was reptilian venom? I have heard that. I thought about that in the book. These people don't even know how drugs are made.

Drugs come from reptiles and mammals and birds. It's retarded. You know this. Obviously, you got me so fired up.

This is so awesome. Love it. But we live in this world now where we haven't talked about AI.

We have to. And by the way, I want to say this, zero AI in We did not summarize anything with AI. So many times, the two copywriters and myself, we wanted to, you know, because you're in the Google document, it says, summarize with A. I.

You know key findings. One time, one of my copy writers was, let's just do it on a separate document. No, we're not going to hallucinate or regurgitate what we created naturally with our brains, right?

But so the truth is, is that people are living in a world right now, Janine, that is mostly made up. Do you realize that AI, because I'm my peptide expertise, has a huge section on me in all of them.

So we play this game, a couple of my friends, we'll like ask perplexity, Claude, Grok, and chat GPT. We'll ask it like, okay, here's a question for Jay Campbell, answer it as Jay, Campbell.

And we give it six different questions and every single answer is wrong. Every single. Answer. So imagine when you scale that to mainstream consciousness across the planet, how bad people's brains are declining and IQs are lowering because they're literally being told lies and falsehoods.

It's insane the world that we live in right now. Completely insane. You cannot rely on AI for anything. I tell people this like you cannot rely on it.

Sure, you can do a Google search and look at the AI summary, but if that's what you think is correct and you don't do any more work or research on that, You're going to be deceived.

It's that simple. You will be. I'm floored by how many people will bring me in printouts as a doctor consult. They will bringing the print outs like, look, I put everything and I am like awesome.

We're going to use that as like a baseline of just there it is. And then we're gonna actually use my brain. Yep. My brain as what actually works here.

But it's like, you know, it was the Google doctor of the old days. It's the same shit. Just repeating. And it just may be a little more insidious pattern here in this case, which is fun because I don't know if you've put in, like you said, with your questions with peptides, I put it in just to see what my patients might be asking.

So I'll put is in as like I want to use BPC 157 and I'm going to for this, whatever. very interesting and very like it is not FDA approved and you know stuff like that so here we are trying to trying you educate a little.

Now, when it comes to working with Reda or whatever, what's your favorite out of those three? By the way, which one do you like the best for yourself?

That's an awesome question. And let's just break it down for your audience. By way you're the only second podcast I've done talking about the book and the one that actually knows how to ask me the right questions.

You're setting me up for perfect. So I cover all of everything.

Retautride, GLP-1 vs GLP-2 vs GLP-3, and Side Effects

Well, let me just take a step back. So obviously the audience that listens to you and mostly me knows that there's GLP 1, GL2, and GL3. Let's define that.

GL1 is obviously semaglutide, which is known as Wigovie. I forget there's another generic of it, and then there is GLP2, which is trisapatite, people know as Zepbound or Monjaro.

And then, there was GLp3, not FDA approved yet, but it's being used everywhere as a research chemical around

the world. That's Rettutrutide. Obviously, that patent is owned by Lilly, who also owns the patent for trizapatide, obviously Zeptound and Monjoro.

Right? And then Novo Nordisk owns the Semeglutide Wigovipatin. And so that's GLP-1, GLp-2, and GL p3. Now, so people understand what that means. GL P1 means appetite suppression.

Gl P2 means, appetite, suppression and glucogen stimulation, which is like an increase in metabolic rate, right? So it's increasing your metabolism. and then GL-P3, Which is obviously the greatest drug This is, by the way, published research-wise, not my opinion, but I mean, I agree with it because of my use of it.

It's the greatest drug in the history of medicine because it does so many amazing things that it's not even designed to do. And I'll get to that in a second.

But GLP-3 means appetite suppression, glucogen stimulation, and insulin signaling improvement, right? So you've got a three-fold thing, which if you understand why obesity happens, those are it, it right.

their metabolism crashes, they're hormonally dysregulated, and then they become insulin resistant. Right. So now you're giving them a drug that improves all those things.

If they change their lifestyle, which obviously most people today are very reluctant to change your lifestyle. They want the easy button. You know, the Instacart or the Uber Eats or DoorDash.

Push the button and I want instant gratification. Right? So you do have to to use these products. But obviously, once you This is why they're so amazing in getting into run-of-the-true type.

They change the brain wiring. So if you are addicted to shitty foods, right? And we know this. This is a known thing. The major food companies or corporations spend literally billions yearly to create these hyper palliative, addictive chemicals on the French fries and the cereal and all these horrible foods that people then become addicted too.

Right. So again, supersize me. Like, let me get the biggest size and let just keep overeating, overeat, over eating. And they're not overeating because they are hungry, they over eating because their brain tells them to overeat, right?

So now you have this amazing drug, JLP3, that not only improves nutrient partitioning, improves metabolism and suppresses appetite, it also changes the bad shit that the hyper addictive and palliative chemicals are doing to the brain so that you don't need the shit anymore.

Like your brain just says, you know what, I don t need to smoke weed. I don't need to drink a bottle of wine at night. You know, I Don't Need to sit here and eat four McDonald's cheeseburgers when I could have half, you know what I mean?

So it's so amazing. And by the way, when i say this and people are listening to this on the podcast, this is not my opinion. This is in published medical research, thousands, not hundreds, but thousands of studies that are already out there from stage two and stage three of granitrutide, and hence why it's going to be approved for use very soon.

The estimate is probably second quarter of this year. And Jimmy and I can assure you of this get again I've been using this product since 2023 in the summer when it literally first came out as a research chemical my wife uses that my 16 year old daughter is now 18 and she was using it it changed her you know she lost like seven pounds of like Fat, genetic fat, you know, because of like she has my mom's side of the genetics and that the women in the family get like those, cottage cheese dimples, like they can be in great shape, but they get those little dimple of cellulite like between the hamstring and the glute tie in area.

And so it's like I gave my daughter a microdose of runitrutide when she was cheering and within six weeks that fat was gone. Never to come back, right?

So like the reality of these drugs is again all the things that they do that which already explained and they're also changing brainwave patterning, dendritic, serotonergic, what is the other one, dopaminergic right?

So all three of the brain wave patterns are being changed to be better right that's the best way to say it like you don't have obsessive compulsive desires anymore it just literally says to you you know what you, don t need that I mean it really is like a self correct auto correct from abusing your body with poor food choices.

Or even not just, it's not food, its behaviors. Like I've heard of guys who are addicted to porn, no interest in porn anymore. Addicted to alcohol, totally.

And in the studies, addicted alcohol addicted, to weed addicted vaping, smoking, change brain wave patterning, not interested in this, right? So again, when you understand all this and then you also, and this is obviously most important, understand how to use them.

Which is the big misnomer then all of a sudden everything changes and it radically improves your life and so like I think people where this is going is rather true tide again if you're a smart person which obviously most of the people listening to you are.

They already know how to get it, right? They go to bio-longevity labs. Now, we stopped selling it. I'll get to that in a second. But we sold it all last year.

We sold at the year, the three months before when we launched. Uh, but we stop selling because our attorneys, uh, were, you know, meeting with some higher ups in the FDH food chain.

And they were like, You guys don't want to be selling red or true tide in year that it's approved because they're probably going to come after anyone who's selling.

Because you don' have the express use right of Lily. to sell it, right? So we start selling it but it's still out there and my chemists and chemical formulators are already making a new small molecule product that will be better than rototrutide.

It will bind harder. You can use a smaller dose and you probably only have to dose once every two months, so that's coming. But the reality of it is, is that this drug, if we made it accessible to the public, and obviously they won't because they want people to pay $2,000 a month or whatever the fuck it's going to be.

It's gonna be outrageous because if it works so well, which is going limit its access. But if made this drugs available to to public globally, We would end obesity.

That's how powerful this medication is. Now again, like I said to you, in addition to making it accessible, we have to make education universal. You know, my book is just a first step, but we to educate clinicians.

We have educate functional health providers. All of these people have understand how this drug should be dosed. how it should be titrated, how should it be cycled, all the other things that we have to do from a lifestyle component to make it work as well and as effective as it is.

So all those things would just have be part and parcel to making it accessible, but there's no reason that you can't. But again, like you said at the beginning, this is the matrix.

And the pharmaceutical companies don't want people to be healthy. They want. People addicted to their medications, paying an outrageous, enormous, crazy amount every single month and staying on them for life.

And that's what I write about in the book. You won't be addicted to these drugs for life. You don't have to stay on them for Life. But yes, you can micro dose them year round, and obviously I give strategies and I tell you exactly how I use it, how my wife uses it.

How thousands of people I've worked with and recommended online use But it's up to you. Some people can get completely cured. You know, they use it to lose 10 pounds of fat or stubborn, you know.

Belly fat, or baby fat. Or butt fat, or leg fat that they could never get off naturally. And then they were like, hey, I got it off. I'm done. Yeah, already have a clean lifestyle.

Already know what to do. Know how to eat insulin controlled. Metabolically efficient, metabolically healthy now. So I don't need to use this. But like I said, like my wife and I are very, very lean people.

You know, we obviously walk around like that, you know as influencers, We show our physiques all the time year round. And so, again, as one of my spiritual mentors say, be a living demonstration, right?

So it's like the truth is, is that if you want to look like us, these things make it much easier, Right? And that's what I talk about in the book that eight years ago, six years before these things were available, if you were anybody who wanted to walk around with a six pack in your fifties, it was not easy.

And nowadays, and I'm kind of letting the secret out of the bag, it's pretty easy if you have a brain. Because that's how amazing these drugs are. Now, obviously, you can't be in fear of them.

I've got a lot of really, really smart, sophisticated, affluent people who are in my network. And they've told me. to my face, either in text, phone calls, zoom calls whatever, I won't use those because a blank side effect, right?

And you know, insert it, Right? I don't want to go blind. You know I Don't wanna have thyroid damage. I want have bladder damage or parathyroid. And I've heard it all.

Right so it's like I address that in the very beginning of the book and I go through every single known side effect in to publish research and we examine how why they happen.

you know, how to avoid it and then how To fix it. And here's the truth. These are the two things that I'm giving you something that no one else knows.

This is in the book. The two reasons that side effects happen. Number one, the dosing is inexact, incorrect, too high, which is again, 98% of doctor prescribed GLP peptides.

98%. And then number two, poor lifestyle. Now, number two is part and parcel to number one, right? Because if number 1 was right, they would tell these people how to be changing their lifestyle to make the drug work.

But they don't give a shit. They don' t. The docs literally go to a weekend clinic posted by the pharmaceutical reps and say, this is what we want you to dose it at.

This is where we go. Ten days later, it's like this. boom, whack out their receptors, make them feel like shit, collapse their face, collapsed their ass, collapses their neck.

You know, again, the memes that we've all seen. But then just keep them hooked on it because now they don't understand, you know. Hey, I lost weight because look, this is and we talk about this in the book.

When you first take this as an obese insulin resistant person, You lose weight. Because you what happens, right? They stop eating. they stop eating. And when I say they stopped eating, these people will go 10 days to 14 days without food.

Now imagine what happens, right? I mean, come on. You don't have to be a rocket scientist. All the negative side effects, all the things that people talk about that are horrible happen.

But if you're an uneducated normie, you said the word, so I'll use it again. And you know nothing about nutrition. You're a college-degreed person, sophisticated, six-figure wage earner, and you learned absolutely diddly squat in

high school or college about Nutrition, you think that if you don't eat, then that's great, I lose weight.

And they see it, right? The first five days to seven days, to 10 days the weight falls off of them, their stomach gets smaller. They're like, this is great.

I'm not eating. Then 10 days later, you know what happens, right? But so, if we understand that that doesn't have to happen if you take a microdose, We still have a normal lifestyle, we still eat, you know, hopefully correctly because you understand how to eat correctly.

Now you have more energy because of the brainwave change to lift, to exercise, do cardio, understand that your sleep is important, that you're not eating a giant meal of McDonald's and French fries at 1030 at night.

Because again, the drug is preventing you from doing that. Then all the great stuff happens. And all these amazing changes happen to our bodies, into our minds, and we transform.

And that's why these drugs are so powerful. But again, it's education. We really have to educate the clinicians first. Then the people should be, obviously, not just my book, but listening to other people that understand how to use them correctly.

Thankfully, there are enough clinicians now that do recommend microdosing. They do tell them you cannot start with the pharmaceutical amounts. And I think the biggest misnomer, which I haven't said yet, is even if you're obese, you can still use a microdose.

Injection vs Pill and Future GLP Compounds

See, the docs that are trying to make money and trying counter people like me are saying, Jay Campbell is full of shit. He's not a doctor. You know, he talks about micro dosing, but you are a fat person and you insulin resistant and it's going to work for you.

That's a lie. The studies show that microdosing works for everyone. It's just that we have to start them at those dosages so that their bodies develop a clinic, not a clinical, but a chemical proficiency on understanding what it's doing versus whacking out the receptors, which is the pharmaceutical way.

And look, the pharmaceutical companies don't give a shit. They don' have a hat in this. J. Campbell can teach people how to use microdoses. There's other people doing it, too.

they use my name a lot. But at the end of the day, studies show that six milligrams or eight milligrams, or 12 milligrams is the way. And people don''t have to change their lifestyle. They can just take the high dose forever.

Of course they want them to take a high-dose forever because that's how they get paid. But that's the amazing thing, Janine, is that the study that came out on reticulatide in late December, which was really the final third stage or stage three trial study, it showed a 71 pound weight loss over 58 weeks consecutively of 12 milligrams a week of the dose.

And by the way, all the people in the studied did not exercise. They did. Not change their diet. they did nothing. It just lived like dumpster fires, you know, insulin resistant, metabolically deranged dumpsters fires.

still lost 71 pounds. So you understand the value of how insanely amazing Reddit True Tide really is, but then my argument, and obviously I make a good point of this in the book, is that now, okay great, we know this.

Now imagine actually living a conducive lifestyle combined with a microdose of this medication and what is going to happen to you. You're going look like a changed person.

And then all those people in the book that talk about the transformations talk that. By the way, you don't have to have Ritutide. That's the ultimate one.

But GLP2 is pretty close. Right? GLP-1, which is obviously Manjaro, and not Manjar, Wagovi and some agglutite, what most people are using, because that's what their benefits give them, is almost irrelevant at this point.

Now, a lot of doctors get mad at me when I say that, but it's true because, like, who cares a shit about appetite suppression when you can improve insulin signaling and nutrient partitioning?

right then my co-payment won't pay for my Jaro and Reddit True Tide is an FDA approved right so it's like I hear all that but it is like okay well great but in the world today you know you can get from point A to point B in a BMW and a Toyota Camry There's one that's a lot more fun to drive and more exciting, right?

So it's up to you, you could use Simagotide with your copayment, but there's no, all it does is make you nauseous and literally suppresses your appetite when you have the other ones that can do none of that stuff and actually make your leaner faster.

So, it really just comes down to the end user's choice. I don't even recommend the some of the tides. I'm like, why? There's no point. It does it to me.

Same thing. Completely useless. But it's adapters. Yeah. Insurance subrogation. You know, it is the first one on the Trump ad. And I love how they show up.

By the way, I was literally just looking at this. Hold on. There it it. 13.49 with a line through it, and then it says 149 now a month. And then, it's the injectable, right?

Because we gotta show them the pill first, because we know we're afraid of needles. So then they show the Wigoby pen, 14. 49, now only 199 a moth. It's just, dude, its insane, the fear porn.

Let's talk about pill versus injection for a second because that's a thing that kills me with this whole situation and talking with people about it. So the pill is brand new.

And the science, we don't even spend a lot of time in the book about it, because I'm just going to tell you right now, the Science with the Pill says it's shit.

It says, it causes more side effects and nausea. Remember, and I'll explain this in a second, but you have to take five times the dose of an oral GLP than an injectable.

The reason this is is very simply. all injectable peptides or all peptide or the highest impact delivery system is injectible because of two reasons. One, it crosses the blood brain barrier the fastest.

And two, It gets into portal circulation. So it's absorbed, you know, systemically fastest, right? When you take a pill of anything, whether it is a supplement, a drug, You know a GLP peptid, your dealing with all these uncontrollable, just call them variances, like eating food and insulin release and all these other things that will prevent the actual drug from being absorbed you know through the liver through, the small intestine etc.

So injectable is always going to work better than the pill and I just tell people and i mean this The Wigovia pill is useless. When you look at the side effects that people experience on the Wigo V pill versus the would go the injection and we both know the we go.

The injection to you and me is Useless, right? Because again, it's just appetite suppression. But the Side effects are four to six acts. the injectable form of semaglutide, which by the way is already the highest side effect GLP.

We didn't say that, but that's another reason why we'll say like, you know what? Don't use that anymore. You know, it does work. It does suppress appetite, But it also makes a lot of people nauseous.

And when you take the high dose that these idiots are recommending, everyone is nauseus. That's why they don't fucking eat for two weeks. I mean, imagine literally not eating and being an obese, insulin resistant, metabolic

range person and not wanting to eat.

Think about what it's doing to your receptors in your brain and in I don't want to eat that. You know what I mean? And you walk away nauseous, which obviously none of that is healthy, but that's what has happened.

So again, you're right. I have to say that at this point, if you are still using some agglutide, there are better options. And by the way, we didn't say this, let's talk about this.

The last chapter in the book is what's in It's a bonus chapter. It is actually the biggest chapter in the book. I put it at the end because it was like so exhausting to read through.

But I say this at very beginning of the chapter, I said, guys, this is incredible stuff. And by the way, just so you know, interview one of world's leading GLP-1 physicians.

In fact, he writes the foreword. His name is Dr. Rudolph Eberwein. He's been prescribing GLPs since 2008. him and his wife on this giant obese obesity clinic in south beach florida he works with indigenous amazing man shout out to rudy and you know he's seen the evolution of these drugs until now but you don't he talks about Doctors are guilty of malpractice.

And he says all of them are that don't teach their patients the lifestyle habits that must come with using GLPs because they are such powerful drugs. Right.

So he talks about that. But the truth is, is that and this is what we both say in the book. It's kind of crazy that what? We recommend now Janine in two years could be irrelevant.

Renatrutide could be literally useless in two years. We are in a biochemical or biomolecular golden age. It's a renaissance. And all these drug companies are making all of these amazing, you know, call them agents, small molecules, medications, interventions, whatever, that completely can change the metabolic cascade in the body and in way that's conducive to long-term health and safety.

Retrutide, as great as it is, may be completely irrelevant in two years and so we talk a lot of those drugs because they're already in stage one, some of them are in Stage two, there's even a few in stages three, and we're literally looking at GLP4, GLp5, glp6.

Right? And for the real nuts that listen to you, because I'm sure there are, they're going to be like, Jay, what is a GLP-4? What is the GLp-5? A GL-P4 is myostatin inhibitor added on, right?

So what does that mean? It will literally allow you to not lose muscle. Like, you actually build muscle on these, and then that would be GL p4, then GL P5 would the myostatin inhibitors and a brown adiapost tissue stimulator, so like you're increasing you know, what is white adipose tissue, which is obviously metabolic, metabolically accelerated muscle tissue that you spontaneously create, like in the upper back or the lower back.

So it's like all these amazing things are coming. And I would assume they really are within two years of being able to be used. It's all of these recommendations that I make of Red True Thyme being the greatest drug ever to end obesity.

it'll probably be circumnavigated by something better you know, within a couple of years. And so, again, that's why I say, like, if you're a smart person and you understand what's going on, you really want to educate yourself on how to use these, because these really will be the key to living to 150, living 240. I mean, think about this.

By the way, I didn't say this and I should. You know I'm letting more out of the bag about the book. All of my biomarkers have improved.

Health, Mindset, and Spiritual Alignment

So for all the weirdos who are like, there's no studies in the long term ramifications and Jay Campbell can be full of shit and he could fall over, die.

That's not, I mean, yeah, sure. I could get hit by a bus in an hour. Right. But all of my biomarkers, which I track twice a year since I've been 29 years old, since my first started therapeutic testosterone.

So 20, almost 26 years, 26, years this year, my bio markers have never been better. All of my inflammatory markers are the lowest they've ever been. My cholesterol, my ratio is insane, like my triglycerides are almost, I almost have none.

I mean my small particles are amazing, My APOB, APAOA, all those things are all amazing. So it's not just what I say and how I look, it is also the internal workings, right?

So again, that's what these drugs do and that what the future is. So that why I say like it's really, really important if you really care about your long-term health and safety or happiness that you understand how to manipulate these and use these in your own lifestyle because there's nothing like them ever before in the history of medical science.

Nothing. I agree. I've had people, you know, the cholesterol came down after trying all the things, and definitely I'm not in the camp of recommending Stanton's for it.

Yeah. And so I, I am impressed. Like I have got so many folks having so much changes, myself included, that speaks for itself. There are so may celebrity influencers who consult with me or led to me because I'm really kind of the loudest voice.

I think preaching about these things who have changed their stance. You know, after hearing me speak to them directly about this. And again, so many people, as you know Janine listen to the headlines.

And then instead of, you know, really doing the research, they just start making content on the headlines. And I've had some really real, I won't mention their names, but some mega famous people completely changed their stance and their direction about these things.

Obviously now they message me all the time and like, Hey dude, can you, Can you get me 25 vials of road true tide? I'm like we don't sell it anymore. He's like yeah, But you're Jay Campbell, You know you can get it.

I need you to go to this email. It's awesome that we are doing this. I mean, I don't know how much of an impact I will make. But obviously, as I told you, my goal really is very humanitarian.

And it is to get as many people access to these medications, to not be obese, not to be metabolically dysregulated, and to enjoy their life. Because look, we didn't say this and I know you know this, This gets me sometimes teared up, but the average obese person, not the every obese, is literally living in a default state of suffering.

Their body is a cytokine storm, 24 hours a day, seven days a week. It's so sad. That's why the whole any weight is healthy, fat acceptance nonsense is absolute utter dog shit, because these people are suffering, right?

And I know a lot of them. I don't want to say they're a different person. They're humans just like us. There's no difference. They're not, they are different because they literally live in a state of suffering.

So if we can help them, you know, by teaching them how to use these tools. And see, the other thing is, and I didn't mention this, if you use the tools correctly, You will actually be motivated to exercise.

To be motivated to change your lifestyle habits because that's what it's doing to your brain. It's actually giving these people energy, right? And then if you get them hormonally optimized, you know, because we haven't mentioned this, or get then on mitochondrial stuff, like a MOTC, a 5-amino, an NAD+, like all these other things.

Dude, they're so excited. They're like, holy shit, I never knew that life could be this great. I want to go to the gym.

Because all of their mitochondria are turned off.

They've got infections in their microbiome. they've Got all this shit growing, you know, because again, they're addicted to the hyper palatability aspect of foods.

And so they eat shitty food all the time. I mean, I used to watch my mom go to The Corner at get togethers. My mom was 300 plus pounds and she was five six and She would just turn around and stuff like three slices of bread in her mouth.

You know what I mean? Like I said, it tears me up, but there are so many people that are addicted to food and cannot turn off the food noise and can not stop this incessant urge to overeat, to stuff their face.

Again, they've got shit growing in their microbiome, right? So it's like, Wow, Jay, we have an actual antidote. We have a tool and a weapon against all of this.

Why are we not making this affordable? Why aren't we making it public knowledge on how to use these things? But we have enough power between ourselves and our voices in our podcast our audiences to teach people there's another way and so like that's why I'm so amazingly happy and excited to come on podcast right now to teacher people like hey dudes you guys can use these drugs and completely change your life and every single person that does.

is part of that 10th monkey or 12th, monkey where now they can send it to one other person and then one of the person. And obviously it just expands exponentially from there.

So that's the whole key right now. I think with teaching people that these drugs are profound and they are life changing and transformative, but we just have to educate people on how to use them correctly.

100% a hundred percent and you highlighted a little bit of something that I think for a lot of people that food noise component Like yeah, I can't tell you how many women that have told me like I have my life back because I'm not Constantly exactly thinking about food and so now we've got people who are conscious Who are awake and we can raise the vibe exactly and then you know, that's actually a key thing too is that And I never knew this until recently, and I should say like recently COVID, post COVID right before COVID.

I had my spiritual awakening in Peru in 2018, my true spiritual Awakening. And then I've always been awake. But like it was like, wait a minute, there's a bigger picture here and meaning and purpose for what I'm doing.

and that is when you get physically aligned and you have low body fat and no inflammation. Now you're able to receive the downloads, right? From the divine, from the collective universal consciousness, however you want to, you know, consider your spirit, God, source, whatever, and now you have a bigger mission of helping.

Because when you just said it, when your obese, and you're metabolically dysregulated and your a flaming dumpster fire of just insulin resistance and cytokine storms, you can't receive downloads.

You're in so much pain and suffering and just disorientation at all times. So it's like, and, y'know, think about this, because we didn't say this. I mean, this is the way they want us.

When you are like that, your programmable, You're mind controlled, you're entrained. The only thing you think about is fucking eating every two and a half hours or two hours, right?

You don't have any other thoughts. You are not creating, not serving mankind. Not building things that humanity desires or could use. Literally in a state of suffering.

And when you are in state suffering, what are you serving? Self. You're not serving others, you're serving self. And so that's the way they want us. That's why you see the rise in obesity, the rising insulin resistance, and all these chemical castrations of all of our young men and women.

I mean, God, I could keep going. The whole AI now, all the screens. People are just getting dumber and more disconnected. from what matters. And it's just, it bothers me so much.

I mean, obviously I'm very passionate about speaking about this, but the first step is physicality, getting your physical health to a point where you can actually receive downloads, where can connect with, you know, source, God, universal consciousness, and literally then attempt to understand that you are part of a bigger picture.

The reason you're here is to serve. All of us are here to serve. It's just some of find that out earlier than others, you know, based on the things that we learn, base on mentorship.

But it's like, man, I just don't know a bigger task right now than teaching people the value of getting their health optimized because everything else will come naturally and fall into place when you have your health optimize.

I really don' think there's any other way. Really say this all the time. Don't think you can be a gigantic you know, again, metabolically dysregulated obese person and be spiritually optimized.

I think it's impossible. No, I don't think so either. I think this is the key here. We have to help folks optimize so that we can rise. Like you say, raise your vibration.

Raise the vibration collectively. That's literally it. They're constantly doing psyops like you and I talked about off there before the show started. This whole Epstein files release is to collectively gaslight all of us.

To like say you have no power, but we do have power. The power is by opting out of that bullshit, turning it off, not reading it and working on yourself.

As you know, it's an inside job. Everything is an insight job, you can stay down here in victim. shame, guilt, blame, humiliation, destruction, or you can move your shit up into reason, acceptance, understanding, and forgiveness.

It's up to you. Every single day you get to choose. You know, just like they say, the sun will come up tomorrow. Our thoughts create our reality, our thoughts become things, why would you ever have negative thoughts?

Why would ever not have a resonant idea or resonat viewpoint in life? And look, I know it's not easy. I mean, that I had a negative disposition until I was 42 years old.

I didn't understand the law of attraction. I don't know. Understand the idea that like smiling and you know, being grateful and shaking people's hands and looking them in the eyes and being like so nice to meet you.

How important that was to actually get the same treatment back.

Book Release, Resources, and Where to Find Jay Campbell

Literally everything is energy. What you give off is what you get back. It's that simple. There's no negotiation behind that. If you are an asshole and you treat people with disrespect, you know, inhumanity, etc.

That's what get you back and get the opposite back if you do the opposites. So again, why wake up in the morning with a sour disposition? And I know it's not easy because I did for 42 years of my life.

But once I realized that everything was based on how I treated the world and others, which is obviously, as you know, really just a reflection of how you treat yourself, then everything changes.

And I swear, I don't care who you are. If you're watching this right now and you rock bottom, emotionally rock, bottom financially rock. Bottom with every definable asset, you can literally wake up tomorrow morning and change your thoughts and be within one year, a hundred X for where you feel right.

Now. It's just, it's all here. That's it. You know, it's here, too. It's in the heart. But it is literally first changing your

thoughts to get to a place where your heart is serving first and you are heart focused.

So huge. Jay, with that, I think we got a mic drop on that one. That was so good. Thank you so much for letting me talk and really pontificate. I'm so grateful I had a goal in 2025 in December of doing 75 podcasts this year, you know, about this.

Um, and thank you for the opportunity to speak. And you really set me up awesomely. So I honestly, I'm really grateful, Janine. Thank you so much. My pleasure, Jay.

I have no doubt folks are going to love this. Now, of course, you've teased the book so much that we have to make sure that you repeat again when folks can be looking for it.

And then of, course I'm guessing jaycampbell.com, but give us all the outlets and possibilities to find it Yeah, so first off, thank you. From my heart to your heart, I'm very humbly honored to be here today.

Whenever I get a chance to speak to resident souls, it's amazing for me. I probably sucked some of your amazing resident energy out, So, Thank you! I am in a time of my life with my business right now with BioLongevity Labs.

We're going through all sorts of scaling issues right, now so it was very good for, me and very cathartic. If you guys find value in what I talked about here today, a couple things.

Number one, go to jkampbell.com forward slash free dash info and you can get a downloadable PDF copy of any of my books for free. The metabolic awakening with GLP-1 peptides is not there yet, but it will probably be there by the end of March.

The book is publicly available. It will be available in audio, hardback, paperback Kindle. And then obviously what they know now is called the digital print edition, which is kind of like a digital PDF for color.

Then we're also going to do which I'm actually starting this weekend. We're going do a video format because as you know, most people can't really read today.

They'll probably read the key findings or the summary of the book right, but what I'm going to do is I am actually going make a video portion of book and I will make it completely free of key finding.

So it will probably be maybe four to six hours of me going through the findings of a book. Uh, and I'm going to make that available to everyone who purchases the Kindle and the kindle will, when we launch and again, February 24th is the tentative launch date on Amazon will be like, you know, I don't know.

They have rules now at Kindel based on how big the book is. Like, so it might be one 99. It might 299. I dunno. they have, they determine that now. Um, And that'll be that for a week.

Cause you want to game the. Amazon algorithm so that it becomes a bestseller and it gets way up in there now, obviously my books do that anyway, but I think what I'm gonna do is like anybody who buys the Kindle in the first week will get access to the free video Book free version of the video book and then eventually I'll make that a for free on that same page I gave you guys but as you said Jay Campbell comm has tons of amazing free content on peptides bioregulators small molecules BioLongevityLabs.com.

If you guys want to purchase any of these amazing medications, peptides, bioregulator supplements, you can use the code J-A-Y-C. Janine, if you want become an affiliate, I'll happily create a affiliate code for you too so we can change that and post that on the links when this broadcast runs.

And then the last thing would just be if want follow me on social media. I'm completely deleted now from Instagram. I've been deleted off of TikTok for four years.

You'll laugh at this. There's four Jay Campbell's on TikTok. with actually huge followings. So they different gaming

my profile and probably selling steroids or illegal underground stuff.

I mean, who knows. Every time people send me screenshots, I laugh. Yeah, that's not me. And they will not let me go on TikTok. Like I'm not kidding you.

My name is Prasanna Nangrata. If I attempt to start my own account on Tik Tok and they see my IP instantly deleted. Yeah, the only place that I am actually freely able to transmit content and when I say freely meaning they don't suppress it, I'm completely invisible if you search me is on X.

So I have like 30,000 people following me on x and I've been able post a lot of really good content on peptide so that would be the place to follow me.

I Am on Instagram right now, but I completely visible like if search Jay Campbell, it doesn't come up. You actually have to put Jay Campbell 333 and then they eventually make it show, but it's like at the bottom.

Like my people say, like when you're that suppressed and shadow ban, it means you are over the target. You know what I mean? Like that means that you actually make a difference and they got to block you from, uh, from your content showing up.

But honestly, Janine, thank you so much for having me on today. This is amazing. Uh, I'll be happy to come back and talk to you and your audience once the book is out and you have access to it.

And I will send you the PDF. I should have the pdf in like the next three days. So when we end this, Like I get your cell phone number and we can text each other and I make sure I send I love it.

Yeah, I'm gonna nerd out. I will read from front to end. Oh, yeah, you're gonna love It I mean, it's so deep. You'll probably text me to be like bro. This is like Exhausting like could you have cut some of this out and we like we did we cut 240 pages out I Doubt it I doubt it i've been addicted to peptides for the last decade awesome.

So I know I would geek out like no doubt Yeah Thank you so much for having me today. Really appreciate it My pleasure, Jay. Thanks again for coming on.