Episode 604: Using peptides & bioregulators to speed up gut health protocols with Dr. Jannine Krause Transcript

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Podcast Intro and Gut Health Focus

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 help junkie is welcome to another episode of the Health Fix podcast today.

I want you to ponder a question What if I told you that you could speed up weight loss, belly bloat, SIBO, CFO, even just weird gut funk like bloating?

That has no explanation. You've tried all the different diets. Can't figure out what food's causing it. It just keeps showing up and annoying you. Well, on this episode, I'm gonna dive into some of the things that I've been finding to be quite helpful for a lot of folks in my practice.

Now, is it perfect for everyone? Absolutely not. Is it the panacea and the magic pill? There isn't one, sorry. You're the Magic Pill. We'll talk about that in subsequent podcasts.

Nevertheless, let's talk what's going on in my office and what I'm seeing and why I have to share this. So last week, I did a master class on how to put everything together to age well.

And I realized in that masterclass that a lot of folks are still unsure of what a peptide is, what peptides bioregulator is. What these things are. So we're going to dive into it organ by organ related to a lot of the symptoms I see.

Over the next couple weeks, I'll be popping these in. So first and foremost, we got to talk about the gut because the is the foundation. If your gut microbiome is off, you're gonna really struggle with your health if your circulation to your got is you are going to struggle with your health.

If your liver's off, I can go on and on. You get the idea. Here's the thing that I've been seeing over and over again. A lot of folks associate peptides as a broad statement for things that help you lose weight.

That is not even the like one 80th percentile of what even the peptides are, they're so much deeper than that. We've been led to believe that they just came out in the last couple years.

They have been around since the 1970s when a guy in Russia named Vladimir Kavansin started researching these things. Then, Jean-Francois Tremblay in Canada started research them and came up with more information.

And now they're still listed as research peptides, which makes it really weird when you're a doc trying to tell folks like, hey, we're gonna do a research study on you.

You're an N of one. Which at the end of the day, that's what it is anyway. Let's be real. Practicing medicine means we are trying figure out what's going on with you and we don't 100% know.

Like, could we be sure about some things? Yes. Can we tell you without a doubt? No. And so in this case, you are here likely because you were frustrated with something with your health.

And you're like, I really need some answers. The gut is one of the most frustrating things secondary to weight loss, hair loss and probably sleep when it comes to medicine for us docs, because there are things that drive people nutty.

And I get it. Having been someone who struggled with their weight and struggled, with gut issues for a lot of my life. I've been incredibly frustrated.

What Peptides and Bioregulators Are

One of the biggest frustrations I have and why I really started to look into peptides a decade ago when they were really sketchy, now they're a little more accepted.

Before trying to tell a patient, hey, we're gonna use a check or a money order and you are going to buy some research peptide from Mexico, someone's gonna send them over to the US and we are gonna try them out.

I mean, that's sketch. That's what it was like 10 years ago. Now it's a bit more acceptable. I have decided that I'm going to bring out all my research on myself and give you guys kind of some of the research of what I've learned and from patients that were willing to dive down this rabbit hole with me.

But thank goodness for y'all now it is not as sketchy and I do believe the current administration is working on trying to make it a little safer because with the weight loss boom with peptides it really did open up a whole new can of worms when it comes to safety.

in the research peptide space. So everything that I'm going to be talking about today is a research Peptide. Full disclosure, not much research in U. S.

shown on humans. Now BPC 157, I'll talk about that peptides a little bit later, there is more and more human research coming out. Thank goodness. But for the rest of things, yeah, it is rat based.

research and that's why they are considered research peptides and why us humans are the experiment if we choose to try these. Now, normally I run in a space of being very conservative about what things I do with patients, but I've gotten to the point where I am sick and tired.

of protocols that are 85 supplements long. That's an exaggeration. They're like 10 supplements along. You have to take them and then sequence them, especially in the case of gut stuff like SIBO, small intestine bowel overgrowth.

Folks are taking things for almost a year, two years, sometimes even some cases three years like literally repeating cycles of killing bugs in their gut when I don't know if that's 100% what we need to be doing once you've done your initial protocol.

I have plenty of folks in my practice who I've run through multiple kill cycles, given multiple supplements. The reason I talk about the things that frustrate me is because I'VE DONE ALL OF THEM.

I am no saint here. And this is where I see peptides and bioregulator peptide to come in and save us from the monotony of gross powders that we got to put into drinks that you by the end of like a month you're like gagging them down and trying to hide them because you just can't take the taste and the amount of pills.

Let's face it, like, are we doing anything different here as natural medicine or functional medicine providers by giving people that many pills when they could just take one as a pharmaceutical?

and then we demonized the pharmaceutical company. It's a conundrum. it is something you really have to like bring out there and so I'm bringing it out.

I have talk about it because it frustrates me and I am sick of doing it and i'm not doing anymore. And why I talk at Nazium now about peptides and bioregulator peptide is because of this.

So what's the difference between these two things? Peptides are small protein fragments that have been linked together to create a certain purpose. They're either created in a lab, much like the weight loss peptides, the GLPs.

Now, things like KPV, which is a gut peptide, lysine, proline, valine. Three amino acids linked to get there. to create a certain function. For KPV, it's helping with the gut lining.

Now Body Protective Complex 157, that is meant to help with tendon and ligament repair, tissue repair. Its signaling mechanism is for that. So yes, these particular peptides signal for things.

Bioregulator peptides or peptide bioreglators, you could say it either way, are directly coming from organs, coming form the liver, from your pancreas.

You can get signaling molecules that are even smaller protein fragments that extracted from these particular organs. So, for example, It's very popular right now for folks to take supplements of ovaries from cows to help with fertility, but also help hormone balancing.

It is very poplar right to now take liver from animals in a capsule. Thyroid, same thing goes for heart and kidney. Chinese medicine has long recommended this actually.

This is not new science, this is from ancient wisdom. which is why I blend Chinese medicine into everything I do now because I'm realizing that my training as an acupuncturist set me up for a really great combo here to see that we have modern advances coming through with the peptides and then we had the old school versions of what they were using these organs for because peptide are essentially a honed in version of what you would get from taking, say, an animal liver, and animal heart, animal kidney.

So this practice that has really seemed to blow up in the last couple years is nothing new. In fact, as a naturopath, I was ridiculed and made fun of by a lot of folks for recommending things like these, or glandulars, which are adrenal gland, thyroid gland.

These kind of things from animals. Now it's cool, ridiculous, but whatever. I digress. Anyway, what bioregulator peptides are, or peptide bi oregulators, they are extracted information from say a heart of an animal, from, say, a kidney.

And when I say an animals they're actually extracted from human heart, human kidney, for us to take. They are synthetic, They're coming from a lab. actual animal because these are so honed in.

Now what's interesting about them is that they will signal your heart to say improve its function, your blood vessels to improve their function. It can help your pancreas.

Right now I am helping someone to work on their pancreatic health using pancreatin, which is a type of peptide bioregulator.

Gut Circulation, Movement, and Microbiome Basics

So when people hear these, it's a new name, but ultimately, It's on an old twist on old medicine. And so what's cool about it is we can take Chinese medicine theories, what organs age the fastest, or which ones get out of balance the most according to Chinese Medicine.

the heart the liver the digestive system the lungs and the kidneys you need all of these vital organs right well guess what we have peptides that can help with each and every one of those and in particular the bioregulator peptide now let's go back to the gut because that is the focus of what i wanted to talk about today so what I've learned about the guts in all of these years of practice and frustration of having long protocols, taking forever for things to change, people getting really frustrated and I don't blame them.

I'm frustrated. In fact, I've become increasingly frustrated with the natural medicine industry in the last probably 10 years, but in particular the past few because we just keep coming out with more and more protocols with ridiculous amounts of supplements to the point where I am starting to wonder if we're going towards the skin care industry where it's a 10 step protocol.

Always. We're not helping the body when we're taking handfuls of supplements. It's confusing the bodies. Doesn't know what it's doing. You're giving me 85 signals.

Which one am I supposed to focus on here? This is why honing in stuff. And that's what I've learned over the last almost 20 years of practice. Now the big thing for the gut is that you are not going to get results at all if you're not paying attention to the circulation of your digestive system.

Many of us have jobs where we sit all day. We are compressing the guts. Then we go work out and we do more compression of the area because we're sitting and working with dumbbells, we are sitting on machines.

It's just more compressions in the same forward and backward plane. If you look at Qigong, you'll get Tai Chi, look any of the folks online that are showing you moves to open up your heart, open your lungs, work on your gut.

They are rotating the body. We have lost the rotational plane of movement. And some folks in fitness are starting to bring it back in. Thank goodness.

Probably most of people that our dancers and really get into twisting motions have decent mobility in terms of lymph and let's say circulation through their gut.

If I look at my friends that are dancers or that really into let say movement in all kinds of different ways, they do tend to have more lean abdomen and that is because of this.

I am certain of it now that it's been almost 20 years of working on things. touching your abdomen, massaging your, abdomen breath work, dialing in the diaphragm and pelvic floor piston to help move things along.

I think that's why a lot of us are constipated. We're not moving things. But we're also gaining weight in that abdominal area because we are not. Moving the circulation.

And I talked with Deanna Hansen from block therapy about this and how using blocks like she in her technique to work on stimulating myofascial Release will help incredibly.

A lot of women have had C-sections. That's like set up for having trouble with moving circulation through the abdomen. So we wanna be looking at, okay, how are we supporting circulation?

I use red light therapy at night on my abdomen, I do a lot rotational movement now. I also do block therapy. You guys should check that podcast out. Block therapy is fascinating, fascinating stuff.

Myofascial work is really important. And you'll see even in some of the qigong, acupressure, different types of techniques for the abdomen are incredible.

Maybe I'll do a podcast on just that, but right now I wanna introduce the concept that we need to be touching our abdomens. We need be opening up the abdomen.

we to need stretching overhead. So many people do not even reach overhead, the old school lat stretch with putting your hand on the wall and leaning into the walls, game changer.

Game changer. But we're not doing it. I don't know why. Lazy? No, I think it's just we've been inundated with information. We need to go back to basics and that's what this is about.

Now the other big thing is the microbiome and you see me looking to the right I have notes over here because there's a lot I want to make sure I say. The microbiomes secondary to circulation is key.

And do I believe that probiotics are the end all be all? I actually despise probiotic to be honest because I feel like a And it's not because it speaks their concept of them is off.

I want something where I can seed it, like put the good stuff in, then maybe bring a little more good and then we're good to go. And turns out there is some research happening on that.

My podcast next week is all about that with some folks that have been doing research on it. Something to think about. But the traditional probiotics, the lactobacillus, bifidobacterium, seed probiotic that are spore-based probiotcs, all of these different things, we put them in to the digestive system and we expect magic to happen.

Well, nine times out of 10 when you're having issues with bloating, you have issues small intestine bowel overgrowth, having issue with constipation, your microbiome is off.

And most of us is actually that we're more sterile or we have certain species like staph or strep that're living in the gut. More often than not, I don't see as many parasites as one would think from watching TikTok.

But in this case, we need to be thinking about a couple different things. One, hands down, if you're eating processed foods and that is like the majority of your diet, it's not like 20%. It's on 10%. That's like, you know, 50%. Your microbiome is trash and you do have to work on it.

Like there's no way around it, like you really do need think about it Now, if you are doing really well and you're eating super clean and your like, what gives, why is my gut crap?

I avoid 85 different foods, here's the list of foods I avoided. And don't get me wrong, I've been in that category. I'm not making fun of anyone. That I have had a list.

Not anymore, but I had list all the things that I wouldn't eat because it caused me to bloat. Well what I realized is much of what's on that list had to do with needing good bugs to break them down, like fibers.

If you struggle to breakdown veggies, you do not have lot of good beneficial bacteria in your gut to break down certain veggies. Are cruciferous vegetables meant to make you have a little gas?

They could. Yes. Do beans, you know, in excess? Yes! Here's the thing that we're getting wrong. We're overeating these things and we are eating them too fast.

That's need to slow down, we need look at portions of these things. And I'm not talking like weigh out your macros and this and that, I am talking about some people to build up the microbiome of their beneficial bacteria need feed their bugs slowly.

So like a teaspoon of beans or lentils when you take your probiotics or using resistant starch like fingerling potato that's been cooked almost to completion, but then it's cooled and put in an ice bath.

So the idea here is you're going to make like you made, like, you are going make potato salad. You cool down the potatoes and then you eat a tiny bit of those potatoes with your beneficial bacteria to try to help get the population going in there.

Now, the hardest part here is knowing how to sequentially do that. And for a lot of people, I'm going down to using yogurt, high culture yogurt that, yes, is spendy, but might be better than trying to wait for probiotic capsule to open up in your gut, especially if it's a higher up gut issue.

Now, here's the thing. Most of us know the idea of probiotics, most of know that our microbiomes need some support, but not as many of use know which direction to go.

Just taking a probiotic is not going to ensure that that is going do anything. And maybe some of you have tried it and been like, these probiotically things don't work.

Whereas other folks have been, like they actually did work for me. Here's why. They work well at night. I like to put them in the evening when nothing else is going in my gut.

I'd like pair them with a dinner meal that has something with resistant starch, whether it's a potato salad type of thing or whether its just one little fingerling potato that's been cooked in potato-salad style that you're having as part of the meal.

at the end with the probiotic, or you're waiting, depending on how your schedule is, you can wait, an hour or so, have that as your dessert. Blueberries, a little yogurt and a probiotics could be a nice little dessert to help set things in motion.

But the idea is even a bit of beans, like I was saying, with a tablespoon or a teaspoon depending how sensitive your system is. And then working up over time.

One of the old school naturopathic medicine things that I learned way back in the day is to Add in these beans and different things on small small levels because fibers are what your microbiome needs to And yes, they're synthetic ones that people put into the probiotics and this and that and do they help I don't know I Don't think anything really synthetic does anything amazing when it comes to fibers and and things of that nature other than keep you full so you don' eat as much food which If that's your MO, I guess that your mo, but you could use other things.

Nevertheless, thinking about using a tiny bit and sequentially adding as the days go by as your microbiome gets fed with the probiotics. So it's a sequential movement upward of taking more and more till you get to like a half a cup or a quarter cup, or max dosage really is two thirds cup to three quarters cup of beans.

Using Gut Peptides and Bioregulators

Many of us have done way more than that. And we wonder why we don't feel good. It's overload. our gut. I would venture to say that most gut issues come because of overloading, eating too much.

or stressing the gut out a whole other story, which I guess I could work into that good segue. So when I was talking about circulation of your abdomen, that is also feeding into your fight or flight nervous system.

And being able to twist and turn and breathe can really help to have your nervous systems feeling a lot more chill, even shaking. the body out and turning gently can get you into a more chill state.

These are some of the things that I really think we overlook and jump to the peptides, jump the probiotic, you know, fancy pants stuff. when we could be doing some of the really gentle like, okay, let's signal to the gut, everything's okay.

Cause your guts gonna go on lockdown and blood flow is gonna to go out to your arms and legs and not your gut for digestion. Another reason why we have digestive issues in the first place.

Same thing goes for sitting down and eating, counting 60 seconds before you actually start eating to sit the thing in front of you and breathe for a couple minutes.

60 seconds, maybe even two minutes. 60 Seconds, of course, one minute. So a couple minutes, give yourself whatever, but sit there and chill, then eat.

We are just too fast on things. I watch my dog eat, I'm going to have to get him a slow feeder. And I am wondering if humans need slow feeders. Something to think about though, check yourself.

Are you eating on the go always? You know, how many, How many chews do you take before you swallow? I had to call myself out on it. Seven, boom, swallowing.

That's hard for your digestive system. I think a lot of stuff going on with the gut is self-induced. So I talked about the nervous system, next I really do wanna get into the peptide bioregulators and talk about how you could use this to your advantage.

A lot people right now are like, I wanna lose weight, so I'm gonna use a GLP, like terzapotide, or if you can get ahold of retratatide maybe you're using that.

But I don't recommend somaglutide. It really works other than making people sick. So retratatide or terzapotide. You want to use those for weight loss.

Great, microdose them though and take breaks. Eight weeks on, two weeks off, maybe 90 days on two, weeks, off something like that to cycle them. And the point about talking about these is a lot of people want that and they go right for it and then they don't lose weight.

That's incredibly frustrating for a lots of folks, especially if it's curbed your appetite, you're eating less, Your bowels slow down and you did not even lose a pound over the course of like two months to three, three months when you're seeing your friends drop weight like nothing, especially if you have got issues.

What this tells us is we need work done ahead of time. Back to, like I said, opening up the body, doing some of the Tai Chi and Qigong functional kind of movements to help open up, the abdominal area, get the circulation going, and get to the lymph moving.

Because what may be happening is you may, the body may trying to burn some fat, but things are getting stuck. They're not moving out. And so we gotta have the bowels moving before we use a weight loss peptide.

You gotta work on it. Work on the microbiome. Even consider some detox. By that I mean using herbs, food, different things to get the liver, kidneys, and lymphatics moving.

I believe like the rebounders, the shaking and the turning and even the abdominal massage will help a lot with the lymph in the abdomen. Then internally, things like celery, parsley, cranberries, incredible stuff for helping the limb to try to just dump stuff out, radish, good stuff there.

The company standard process has a protocol 21 day cleanse that I absolutely love and we'll put the link in the notes at drjcrossnd.com and here below and it's a great cleanse to just open up everything.

Is it a lot of pills in one round? Yeah. Because in this case you would be taking a lot more herbs individually and they're all put into a capsule. It's called SP cleanse I think it's one of the best ways to start things out to really just do a good clean out of The system and springtime right now is a great time to do that And the 21 Day Cleanse is a great one.

It's easy, it's herbs and whole food based. There is nothing else, there's nothing synthetic in it, which I think is wonderful. And there is Whole Foods fiber that's added with it that has carrot fiber, beet fiber Apple pectin.

By the way, Apple Pectin is one of the most amazing things for the gut lining hands down. and it is easy to make. which is boiling down apples and it's kind of like going beyond applesauce.

And it is a great feeder for beneficial bacteria. You can look up recipes everywhere. It's easy to find. you can buy supplements, but why not? Apples are everywhere, use the real deal thing.

So, peptide bioregulators have things like pancreas. You could support the pancreates, you could post support this stomach. And I'm looking over to the site to get the Stamacort is the stomach one.

There's also blood vessels bent for it. It can support circulation in the body as a whole, but also if you're working specifically on the gut. And the reason why I say support specifically, if you're focusing on one protocol at a time, you are not trying to do 85 different things for the body, one thing, focus on the gut.

I would recommend if your still struggling with gut issues, that's probably why your here listening to this and you got maybe belly fat that is annoying you, maybe you want to lose weight, and maybe tried a peptide and didn't lose want to go, start here.

Start here! And with these peptide bioregulators, if you suspect that your stomach chi, so your energy is weak, how do you expect that? Well, If you need digestive enzymes to be able to digest food, or if by the end of the day, your tummy feels really distended.

It's not lower abdomen, it's higher abdomen. Your stomach is on the upper left side, underneath the ribcage there. If that feels distented, then perhaps there is a little bit of a stomach Chi issue.

If it takes forever for food to digest for you and it kind of just sits in there, that could be a stomach cheat issue. I use the peptide bioregulators to help support that.

If you've had testing done to see that your pancreas is weak or you had pancreatitis, pancretin can be really helpful. if you're diabetic, pancreatin could help boost pancratic.

I call it chi, really. It's force. Chi. The same thing goes with looking at the blood vessels, the liver. There's peptide bioregulars that help specifically with the livers.

And like I said, vent port for the vessels if you feel like circulation is a big issue. How would you know that? You might have broken blood vessels like along the lining, like just right like at the underside of your rib cage.

I'll see that a lot in folks that have liver issues, that pancreatic issues or digestive issues in general. Massage is really great there. Like I said, the myofascial release.

But in this case, if we're looking at, could a peptide bioregulator help? The cool part about these, you're not taking these for life. 20 to 60 days and you are off, and your off of them for a quarter.

And I have a lotta folks who, Their stomach hurts if they don't eat. They just feel like there's always gas in the stomach. It's almost like it's a balloon that's just always kind of hanging out there.

The stomach, not vent for it, but stomach hurt is a really good peptide bioregulator. And these things, like I said, are not meant to be used 24-7. Its 20 to 60 days on, and then you're off of them.

Sometimes they'll do 20 days two weeks off, then go back if it feels like not 100%. And then the idea is that 60 days, things should be good. But you're also working on microbiome.

You're working also on Qigong, Tai Chi, getting the circulation going and then seeing how things play out. Now, peptide bioregulators have been around, like I said, from the 70s.

These are almost 50 plus years old now. However, we're approaching them like they're a new thing in the U. S. but if you look, there's a lot of Russian and European studies and some of them are on humans.

There are a lots that are rats and that's why they are considered still research peptides. Now, one of the big things that I get asked a lot is what if these things promote cancer production in the body?

And the truth is we don't have enough data to say one way or the other. But what I can tell you is that the benefits people receive from these and the function regained, the ability to be able to travel and eat what you want and not be afraid of what's going to happen when you eat out, that's life changing.

I believe cancer starts in our bodies because of being frustrated, not living your ultimate life. I think there's a huge emotional component to it. And if you're frustrated from being sick and you just keep getting sicker and sickier because you are afraid to try something, I don't know what to say.

The problem with these lies in not cycling them. We do need to cycle them to be able to let the body settle out from the trial. I think that with anything.

But I'm not as afraid of these as I am afraid to have someone just dealing with their frustrations and life of not

feeling good. Like, we might as well try something.

Now, BPC, KPV, VIP. All abbreviations for peptides. These are longer than the peptide bioregulators. their combinations of amino acids that are put together to help with certain function of the gut.

BPC 157, popular now for taking as an oral capsule. And I do think that it can really help a lot of folks, especially through perimenopause and menopausal, when we just get gut funk that comes out of nowhere.

Well, not really out in nowhere as the body gets dysregulated with hormones, but it it can be incredibly helpful for some people. Not everyone. BPC isn't magic for everyone and what I've been recommending for a lot of folks is we consider what they do to understand what one is going to be the best for you to start with.

bpc 157 is known for helping with tissue repair.

Cycling Protocols, Safety, and Future Research

So if you feel like your intestinal lining is inflamed, maybe you've done a GI test and you seen that your lining has a particular inflammation to it, like calprotactin or lactoferrin are elevated, that means the lining inflame.

Okay, that's somewhere to start. You can start with that. Maybe you've ulcerative colitis, maybe you have Crohn's, Maybe You have celiac, you need to shut the process down.

I would use activated charcoal first in the immediate situation and then go to the BPC. It's worth a try, I usually do 60 days of a trial and stop with Bpc.

If you notice that two weeks off of the BPC, so say you got better and at two week's off the bpc things are starting to show back up in terms of symptoms, but you really did feel better with BpC, okay, do another month.

Then take a break, see where you're at. If at that point you are like, yeah nothing really changed, I'm still kinda back to square one, then I would go to something called KPV, which is lysine, proline and valine put together.

It works on the mucus layer. This is what good gut bugs stick to. Theoretically, you may be thinking, well, I should probably do all of these. You could, sequentially.

Usually I will use BPC first, then KPV. Then I'll go to something known as VIP, vasoactive intestinal peptide. It is a neuroimmune peptides, meaning it works between the nervous system and the digestive system.

A lot of us need that support. And I often will use it if I've suspected that someone has Lyme or a mold toxicity. VIP can be really nice, especially because it comes in nasal sprays.

And so if anything's stuck in the sinuses, I'll also use if someone had sinus plus gut issues. So if there's something going on with acid reflux that's coming up irritating the sinuses, also a great component.

So that the VIP. Now, you might be thinking, okay, where do you get these things? Limitless Biotech has the VIP nasal spray. The other ones I'm talking about with the peptide bioregulators, that biolonggevity.

Those are the two companies I trust at this point because so much has happened in the space, and these two are keeping up with the regulations that the government has put on them to operate in a safe manner.

And that's what's most important here. So if we're looking at the three main gut peptides that you can take orally, there are combination formulas. that have all of them in it, including some tributrin, which is a fatty acid that's great for the gut lining, probiotics, zinc carnosine, they call them the Gut Lining Inflammation, there's something called BioGut Pro.

There's also another formula like this that is called gut feeling from, I always get this wrong, it's integrative peptides.

Integrative Peptides, those guys have a formula called gut feeling, which I love.

It's one of my favorites I've spent all around for a long time, and I get praise at least weekly from a patient saying, holy cow, this changed my life.

This is amazing. I'm gonna keep using this. And the idea is, yes, max use, 90 days, then you gotta take a break. Sometimes you only need two months, than take break, but the point is you got to take at break at some point, much like I had said before, because yes there is this concept of overstimulating and could we be causing trouble and we don't know enough and I am venturing to say that I would much rather have people get results and feel good than be worried about something that we even know if possible and Theoretically, if you take breaks, things are gonna be okay.

Now, am I gonna give peptides like this that are promoting and stimulating to someone who has cancer? Absolutely not. However, most of us have cancer cells in our bodies.

That is a reality. So, If you're not eating well, you're not taking care of your body, and then you try to take peptides, well what do you think's gonna happen?

Your body's not gonna use that effectively, it probably won't work. So I'm speaking to the folks who 80% of the time you are eating organic, closest to nature, you really taking of yourself.

Peptides are best for folks that take care of themselves. If you're eating out 50% of the time or more, I don't know what's gonna happen to your body.

You have so many other variables. if you are drinking alcohol in excess, you have a lot of variables, so you can't blame it on the peptide. I mean, we have, there's a lotta goin' on there.

Chances are, those of you who are listening to this are eating pretty clean and looking to optimize, but I just need to make that disclaimer that when I get the question about could these peptides be causing cancer, my number one thought is, One, yes, of course, we don't 100% know.

We don' know about anything, really, because I don think everything's been cross-checked about that. But the second thing is, is we have to think about, like, what else are you doing that could be contributing to cancer in the body?

Are you harboring, you know, trauma and not unresolved things? Or you, are not working out? Because circulation is absolutely freaking key. Are eating junk and are drinking in excess?

Those are all going to be setting you up for trouble and you can't blame it on the peptide alone. So that's my soapbox there. Now, next week, I'm going be interviewing some folks from the company Designs for Health because they've been doing a lot of research on a concept that I have long hoped that someone would help a sister out with.

It goes back to my frustration with probiotics. I believe the microbiome is an absolute key thing for us to be taking care of whether it's on our skin, whether in our sinuses, vaginal tissue, oral stuff, all the way down through the gut.

But probiotics are not the answer alone. We need something that's going to help with the ecosystem of the guy. Not just here, keep taking these good gut bugs and keep take him and take them and taking him.

Like I said before, we can build up some of the beneficials in the gut using good food, good fibers. But for those folks that, let's face it, don't have the patience to do those kind of things, or have come off of a whole bunch of antibiotics, just the guts trashed, We need another step up.

And this is possibly something that they've uncovered that may be beneficial. Any time a new thing comes out, I'm gonna sit back, watch all my colleagues, try it, see what they're saying, See what have to say, Try it myself, and

see What happens, And then I'll report back.

I've not tried this probiotic that, It's considered more of a seeding type of probiotics. Not to be confused with the company seed. Like that's not what we're Saying here.

This is a type that is meant to help go in and help get the bugs, Like call out the troops and be like, Let's heal this up. And then they will end up supplementing secondarily with beneficial bacteria that we're used to, like the lactobacillus and the bacillis and all those guys.

So I am curious. And so I'm curious to see what you guys think with the podcast. Next week, I will have them on, Dr. Oscar Coetia and Danny from Designs for Health will talk all about that.

We're in a place of advancement in healthcare and it's individual. And we have the potential to be able to dictate what we want, what works for us versus falling victim to pharmaceutical stuff.

The interesting thing is much of the pharmaceutical industry, seeing the writing on the wall, they've bought out supplement companies. This is why I'm not 100% sure if a lot of these protocols that are really long and extensive are not coming from the idea of making money, which sucks.

But at the end of the day, what I want you guys to be thinking about is do you need handfuls of supplements to healthy? And have you tested it out on yourself if you took away a lot of your supplements?

Do you feel any different and added them back in one by one? I've done this with many of my patients and the results are a little bit… It's sad, especially when it comes to the digestive system.

If you are surviving on an enzyme, you got glutamine, You've got a probiotic, a prokinetic, I mean, clostrum, if you've all the things on board and you're still not feeling better after 90 days, it's time to look into it and go, okay, what needs repair?

And oftentimes it goes back to basics. circulation, working on your gut circulation hands down, then considering could I use a peptide to amplify the results because I am finding that out of all of the things going on we have the potential to use less supplements if we use peptides in between.

and cycle them. We're at the beginning of folks really starting to talk about how they're cycling on what they are doing in their practice. That's where I'm going to start to share what I found because it's been impressive and it is the most amount of praise that I've been getting lately in terms of quick results with folks.

And let's face it, if you're not getting quick results with weight loss, you aren't getting results like bloating, gas, or anything, it's frustrating.

I don't know why someone would want to see me for very long if I'm not giving them results. It makes sense to me. But for some reason, a lot of us are just chugging along.

Let's start researching and demand better results from these things. So mixing the old traditions with the quote new stuff, granted it's from the 70s, but new staff, let's see if we can really crank it up and improve some of our outcomes.

And I'd love to hear from you guys. I want to know what you're seeing out there because I hear a lot of people talking, But I don't hear lot people talk about what they're actually seeing with their clients or patients.

And I'd love to hear that versus all of the talk about how amazing certain things are. Because a lot of times I'm utterly disappointed by supplements, probiotics, different things out there, especially for the gut, since it is such a big deal.

I don't know about you. but I wanted to share that today and I hope this lands well for you and hope it gave you a

little insight. I just said it did.

All right, well stay tuned for next week where we are diving in to the ecosystem of the digestive system and some latest research from Designs for Health.

Now yes, they are a supplement company, so we do need to think about that. But the research is independent. They found the… The research was not sponsored by them, something to keep in mind.

At least an idea. And something I want everyone to be thinking about going forward when it comes to your health. There's a lot of noise out there. there's A LOT of folks looking to sway you in a one size fits all situation.

But what if you keep the idea of an N of 1 being your own experiment? That's what I talked about in my workshop. And while it didn't turn out as well as I was hoping for, nevertheless, if you're interested still in getting your hands on my workbook to show you how to create a research study on yourself, let me know.

Hit me up at info at drspelledout, J-K-R-A-U-S-E-N-D.com and we'll get that over to you. All right, you guys have a great day, whatever you doing. Hey fellow health junkie, thanks for listening to the health fix podcast.

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