Fat Loss and Anti-Aging Formula - Jay Campbell & Dr Stephanie Rimka Transcript

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Introduction to peptides and the guest expert

Hey, it's Dr. Remka! I'm so excited! It's gonna tell the followers things are gonna happen. We're gonna talk about some of my favorite peptides and small molecules and how to stack them.

I've gotten many questions, people are messaging me, so is it this, is that that, and what does it want? And we're going to talk fat loss, we are going talk immune health, We are talking about healing and regeneration, longevity, anti-aging, how you can tweak it and refine it.

And we're doing it with one of my besties, spiritually a brother from probably the same mother back in the day, Jay Campbell. And he is going to pop on soon.

Hi guys. So he as one the most, um, well-learned and researched peptide experts in the market. And I'm going to tell you, I think probably, gosh, Jay might be in a 15, 20 year realm with the peptides.

I need to ask him, only in about a six or seven year circle of the peptides now. It's a whole lot faster than somebody who heard about it two days ago.

But Jay's been in this arena for a long time. He just came out with a really definitive book on peptides. And he'll mention that. but he's here to help teach you guys a little bit more with me.

We're going to probably be doing these at least once a month going over uh, different peptides and bioregulators and different things we can teach you about telling you exactly how to get them, um, where to them best quality and things of that nature.

Okay. Energy by far. There is Jay. Come on, Jay, I've been talking you up, bruh, you request. All right. He's, uh, you can't get distracted. God forsaken things in my ear.

All right. Turn it up. I hear you. Great. Yeah. Okay. You have a little bit of a tinny muffled something. Talk a bit more. Can you guys hear him? Okay?

I want to make sure you do. Somebody tell me. How does Jay sound? Because he's the one we want to hear the most from. What I was saying, Jay, I'm waiting to see if somebody, what they comment.

How long have you been in the peptide space? Is it 15 or 20 years? I started using it in 2004. So yeah, it's insane to think about that. I've been through two wives with peptides.

It really is. Oh my god. I need to become a sister wife just so I can have you hack me more. Okay. Hang on, I'm gonna put this in. Go ahead. Yeah. Can you guys hear me?

Okay. I can hear you a little bit. So I'm going to do that. Awesome. awesome. so I was telling them, you know, I've been bringing them a bit of the peptide information and I have only been in here this peptid game six, seven years, something like that, which you now isn't bad.

But you have been playing in this realm a long time and just wrote, what may become the definitive book.

How peptides work and delivery methods

You want to drop the name on that? Even though, as you know, stuff few people can even fucking read today. It's

still the number one book on men's health and alternative therapies.

I have no idea how, because we haven't done any marketing for it. Just I think it's collective consciousness, right? Like so many people have been harmed by allopathic medicine.

They're all looking for different ways and routes and modes of healing. And so peptides are like in the right place at the Trisapatite and semaglutide, because obesity is the thing, that's like the number one thing.

You and I will talk about that at some point in the show, cause obviously now we have all the misinformation doctors, I won't mention their names, but I so bad want to, talking smack about those drugs, and they really shouldn't be because they do work.

But again, as you know, better than I do, Obese people will do everything wrong because they're desperate to lose weight, right? So they are not gonna do the things that you and I tell them to do about, you know, managing a lifestyle, living in solar control, lifting weights, doing cardio, getting good sleep.

They just see the scale drop and then they don't realize that they aren't not, they ARE losing muscle because of losing weight. And in their mind, it's like, I want to be skinny and thin.

So, we do every thing wrong. Yeah. Yeah. And we'll, we will talk about that because if we're going to, you know, I'm cool with talking about, um, just appetite and some of glutein, and I actually can't stand, it's one of these, like, man, Jay, stop calling them drugs.

Can I tell people like these aren't actually drugs? I go, peptides aren' drugs, but because pharma has come in and been like wait a minute, these peptide are like potent.

What are these doctors doing? What do these compound pharmacies doing, You know? And they're like we got to come and make our money because they are more effective than the crap we are putting out.

So now they're coming in and trying like with so I've had people I say that I'm like some of glutide is not new I go this is Not a drug and just like all kinds of things you can do anything wrong I like let's not talk about how many people have died from Tylenol Okay, like I don't know that shouldn't even be approved.

But that's another story. So let us talk. Let's break it down real simple what are peptides proteins but they're basically bio molecules that our bodies produce for the most part naturally you know there are some that are synthesized but in clinical research which goes back probably 25 years in the states there's almost very very random it's uh they are orally consumed i always tell people in this is about you know obviously written about in the book the highest impact delivery system for peptides is always going to be subcutaneous injection now you and I laugh and we talked about this most people think of needle injection and they're like right and it's like No, these are literally insulin needles which probably 50% of America's because type 2 diabetes, which is a pathetic horrible statement on our society.

But you know, this is where we are with GMO food and everything else is going on. If you're going to inject them you are using a micro you know needle essentially again an insulin a very very small hypodermic syringe 31 32 gauge peptides are always in water base which is an aqueous solution you do not feel pain from that size of needle I don't give a shit how big of a pussy you but as you were saying the reality He's unleashed you guys.

I can't control it. Women are less of a pussy than men are. Men are more of pussy to inject themselves. And I have had these stories from you and so many other physicians who are like, oh no, the guy, he comes to my office and I inject him twice a week.

It's a small hypogarmic needle. Again, anybody who's familiar with type 2 diabetics and insulin needles, that's what you're injecting a peptide with. It doesn't hurt.

I'm going to tell you the worst part for people, and I do this to my dog because it's insulin. And I remember one of

my friend of mine, the endocrinologist, he was teaching me how to do magnesium B and C shots.

Those are horrible. It burns like hell. He was like, look, if I could teach a four year old diabetic to this of themselves, trust me, you can. You have a point.

right? So this is nothing like that. I think the biggest barrier, I'm going to say two things for this, is understanding these little vials. Oh, a needle.

But you have to like reconstitute it. There's this little process that can be overwhelming and easy overwhelming for me at times, right. So in my practice, Jay, I work with a very different type of client than you work on the regular.

I have lots of children, half my practice is children on special needs on some type spectrum and people with brain damage or mental health issues. So I don't necessarily have the population that can even manage any of that.

I have leveraged primarily the capsule, nasal forms of things, so I've limited my peptide clinical use to certain compounds that are going after Now, eventually I do have to pull out some brain things, but a couple companies have been very innovative and in some ways they're able to do some things.

And even if I'm losing a little bit of efficacy, I don't care because I can get that in a four-year-old or I I'm good. However, like you said, there are, you know, the purest strongest typically have been injections, but we have made some big breakthroughs.

They are doing trying to get much better. And there were certain compounds. Absolutely. they don't matter if they're oral or nasal and we're going to some of those we will be talking about.

Some of them are the favorite ones and I take these every day. There are part of the stacks that I do. So individual The peptides are small molecules we can use individually for different things.

And then when you stack things together, that's what we call it, there's a really big, powerful synergistic effect that happens. So sometimes people ask them, like, I get it now, it takes more money to do that.

It takes work, whatever. But so everybody comes into play at the level that they can. We're going to caveat that with that so. He has much more experience in the bodybuilding, you know, kind of the shredding and the super peak performance and this.

Fat loss stack overview

And I'm like patching people up post mold and vaccine injury, like catastrophic problems and trying to bring some memory back. Okay. The consciousness and why when I do peptides conversations with influencers like yourself, your online gypsy, by the way, not an influencer.

Remember that. I want to change the name. We're online Gypsies. Okay. Dixie, I like it. I want to assert. No, but the truth is that for you guys, we're down to the beginning.

And I know on all these shows, there's always people that are coming on and coming off. A lot of people, as you just said, have been harmed in the last two and a half years.

Okay? And we don't have to get into speaking code words or anything anymore. People understand what's going on. consciousness of, you know, what's just called humanity is like looking for alternatives now.

And without BSing you, because obviously we both have a vested interest in peptides, they do work and they ultimately do not provide side effects. You know we should probably talk about this just for a second, to get people hyped up about it, but my team and I, along with a couple of researchers, Who have been in the biopharma space for a long time are actually writing an article on how to recover from genetic therapy Let's just put it that way.

Okay using peptides using bioregulators It's so crazy as you know that like we actually have to write the article to hide from Google spiders Because obviously it'll delete my website right and I have a massive amount of traffic coming into my web site every month right now, but I We're also, obviously, in case they do delete my website at some point, we're going to put it out into the cloud so that everyone can have it.

But there will be an article coming that will completely clear. They just cut you off. Yeah, sorry about that. Peptides themselves. in a way to combat if you've been damaged.

If you have myocarditis, if have all these different things that potentially cause autoimmune dysregulation or disruption, we will have that. That's coming, I don't know.

My hope is it'll be out by the end of March. They're already starting to work on it. I will say, just to get people excited about it, as I was telling you off air today, bioregulators are even bigger than peptides.

And for people that don' know what bi oregulars are, bio regulators have been basically blocked from the West since the 60s. The Russians have actually been using peptide bioregulators since The Russians are so ahead of the game in electromagnetic medicine, frequency medicine.

It's unbelievable what we think we know. I'm like, bruh, Russia has been doing this for so long. People like us from even having access to these. And something happened in the last year, and I am not clear on what it was or what is.

But they are now flooding the market with it. You can go on, any one of you guys can just do this right now and fact check me. Go on Amazon and search bioregulators.

And see what comes up now. Again, I don't want to make this conversation. Her and I are going to be doing a once a month conversation and we'll go much deeper on this probably in our next conversation or a couple from now, but they're all oils and they all work tissue specific.

And what that means is they have this amazing, I mean, they're really honestly somewhat of an alien type of drug delivery system because they are able to bypass the gut and the liver.

As you know, most big pharma, Rockefeller, petroleum distillate medications cause damage in either the microbiome or the lever or in the kidneys or, you now, the nephron tubules or all these different things over time.

And that's what leads to people dying from taking their big Pharma pills where these drugs don't have side effects. And again, they work in a specificity of targeting the actual biological system or the organ system.

For example, and again this is mind blowing stuff. When people hear this they're like, bro, you're bullshitting me. There's no way. And I'm like no, this the truth.

They have a poscate bioregulator. So as a man, I'm 52 years old, as an aging man and you know this, but every aging men deals with BPH, which is benign prostate hypertrophy as they get older.

The prostate increases in size and then it also brushes up against all the tubules that are down there, your urethra. And essentially, eventually men lose volume on their urine stream.

With every old guy, you deal with that. Every guy in their 50s or 60s probably has to wake up in the middle of the night, take a piss. It's part of getting older, no matter how fit you are, it's just the way it is.

This bioregulator is a prostate bi-regulator that you can take and I'm not kidding you, it's an oral capsule once a day and it literally targets the prostate by itself and shrinks it and has no side effects, right?

So like when more and more people find out about this, I mean, imagine what's going to happen to doctors that work in the prostate field, right? Because they're not going be doing prostatectomies.

They're green light ultrasound, the invasive procedures, which they never tell people, like, it's 50-50 that you're never going get a heart on again if you do the seizure.

I have nightmare stories. So this is what bioregulars represent. Now, think about this for the heart, for kidneys, you know, brain. for the breasts, for a penis.

I mean, every biological organ system has a specific bioregulator drug that works each one of these. And all you have to do is get access to them and start using them, and you will definitely improve the strength and functioning of each of one.

It sounds like Star Trek shit, but it really is Star Treks shit. Yeah, but it's smart signaling and you guys, we will be bringing that to you and we'll be ringing the safe sourcing that's all being worked on discussed.

Jay has the people and the things and it is going to be coming and I will offering those as well. So you know what you're getting is quality because that is one of the problems.

What we've had to do is be often in the research molecule realm here and That's how we're getting these compounds because, you know, if the FDA is trying to take it from you, it probably is really good for you.

All right. So they've gone after compound pharmacies. They've going after stuff when right in the beginning of the COVID, that's when they started blocking many of peptides we are going to talk about and prescribing physicians could no longer get them.

We can't get it. Where is it? There's no more supply, right? So then we're having an order from trying to order stuff from Russia, try to add order, from another country, take six.

I mean, sometimes my peptides were taking like four months to arrive. Why is this so hard at this point? Right? Oh, because it's an immune system modulator.

No wonder they don't want any of us to have it. Right. So let's talk about what some of them are. Let's go into what a lot of people care about more than anything.

And you and I talk a bout it quite a bit. My big fat ass. That's talking about fat loss. Because that's what everybody wants to talk. It seems like everybody and their mother gained 20 pounds in COVID.

I don' care what you did. I mean, I woke up one day and I said, how'd I get that? I don't even understand what happened. Whether it was you really were doing something or the hormones just collapsed.

And I remember you telling me so many times, you're like, Stephanie, welcome to 50. You're right. I'm like, so what do we need to do, Jay? Tell me, right?

So let's talk about the fat loss stack, your favorite fat-loss compounds. Affiliate marketers for the number one research chemical company, peptide company we found online, and that is Limitless Life Neutropics.com.

I know you guys are also familiar with its biggest competitor, which is Peptide Sciences. If you get your peptides there, that's cool, too. It's always good to have competition.

But Stephanie and I, no, we can't tell you how or share this, but they are… Limitless is by far and away the best quality peptide found on the planet.

I'm going to tell you, I've tried them both, and I put several patients on both. Testilfencin and like 5-amino, And I just saw. And they would say that didn't work, it didn' work.

This new stuff is amazing! This stuff new is awesome! Oh my God! I don't know what was the matter before, but the new thing seems better. It's a new company, you're right.

By the way, his name is Christopher Mercer, and you guys can find him. He's in all the peptide communities online. And he's been there for a long time.

A very honest guy. I'm very, very close personal friends with him, he has certificates of authenticity on all of these peptides. There is no other compound.

Compounders are not doing that. No other body out there. Yes. Yeah. Let me repeat it for them. So they saw again, so limitless life, nootropics.com and if you could forward slash RIMCA stacks and it'll take you right to a page that'll have what we're gonna be talking about, right?

So that is mine, it's not prescription. because this is research molecules. I'm not your doctor, I am not telling you to do any of this. These are for your own research.

So I take these things on myself, educate my patients, don't tell them to take them. Let me explain to you what won't be explained to by any one of your moronic physicians that literally, they don t even seem to know how gallbladder works today.

Yeah, LimitlessLifeNoatropics.com. Somebody's right. Noatrophics, N-O-T-R- O-P-I-C-S. COM. I'll make sure it's in the title when I repost it. So again, fat loss.

Why don't you break those big babies down for me. On that page, when you get there, there are four different stocks and we're going to break them all down on the show.

But fat-loss being the first is, as you said, Hot topic. I just saw a statistic yesterday And this is insane, but 40. Yeah, I'm sorry 73% of men and women over the age of 40 in the United States and Canada are classified according to the BMI is obese Obese not fat obese So this isn't serious situation that we find ourselves in now today people are insulin resistant and uh metabolically deranged and of course obese right and as you know visceral body fat is the most inflammatory substance that we know of so all of these drugs guys that were talking about right now and again they're peptides call them drugs call the research molecules call it peptide whatever you want uh have been showed clinically in ample amounts of uh published research to Enhance fat loss now again.

It's very important and I always say this whenever I go on a show whether it's Stephanie and i'm talking with Danny Vega here right after our show's over at five Lifestyle is always the most important thing, right?

You guys got to live insulin controlled You've got up increase your movement patterning. Hopefully you're doing weights and cardio together. You're getting good sleep blah blah, blah I don't have to say anything else.

They're not magic bullets But if you do the other things and you add these in they can become like magic bullet because they are accelerant So let me just break down, you know, the four or five that are on the stacks page The first one you already mentioned, which you and I both love, I turned you on to it a year ago.

I gotta tell you guys this, so when I first turned Stephanie onto this she was like, it's amazing but I'm staring at the fucking ceiling at night when i go to bed.

What am I gonna do? I had to change the dose. I love it, I'm back on it now. And he was like, no, you're thinking I took your feedback to Chris the owner and he's like you know what, dude, i'm hearing from other women I remember I told you you were right I just didn't know.

Definitely, definitely. But, but every women, it's more women are much more sensitive to it. It's the most amazing thing I've ever taken in my life but I can't fucking sleep.

The rain. Oh, yeah. Well, it's serotonin, dopamine, BDNF, and norepinephrine. It's a magical explosion of function, of cognition, motivation, mood. Cravings are devastated.

You're like, I don't actually think I need the wine. I'm actually good. And I remember I gave it to one person.

Somebody in my house comes back two hours later, Am I supposed to feel this this fast?

I said, yeah, it's just because I think I'm going to go clean the roof. I was like, this is what I am talking about. This is Tessa Fenton. Seriously. That good.

Yes, yes. But there's a couple caveats for some people. And again, as you said, it's more noticed in women than men. It literally will wire you too much.

So the owner of Limitless said you know what, I'm getting this feedback.

Longevity peptides: Epitalon and Thymalin

I am going to lower the dosage by half, which is still interesting because as all the clinical research has showed all of the benefits in, again originally it started in people that were attempting to find an anti-SSRI, a depression medication.

Yes. Yes, yeah. Oh, well, Alzheimer. Yeah, that Alzheimer's and Parkinson's. So that's how good it is for the brain. You guys, they were studying it for Alzheimer and this is the magic of it.

the longer you take it the later it makes you because it is also a metabolic uncoupler which essentially means that over time it increases resting metabolism and increases uh resting energy expenditure so what does that mean for you guys listening at home right now it means as you're standing here doing a podcast or listening to a broadcast you are burning calories at an accelerated rate and as Stephanie says it dulls your appetite uh it brings extreme creativity that's another thing you know all those things of you You just feel better.

Cravings are down, appetite is down. I use it a lot to help people get off drugs and alcohol. And eating disorders, it works for that. It's an SSRI kind of thing.

Its an ADHD replacement. it has many purposes for me outside of just weight loss, right? So I'm cautioned with people with thyroid issues unregulated and high blood pressure.

So you might have to, but it's as a weight-loss, supplement and it's a pill that makes it really nice. So I absolutely love that I'm on a 250 microgram dose that is very comfortable and completely does not disrupt my sleep.

And of course I am very judicious with my drug use. I always go on and off. This is also, sorry, medication, pep talk, whatever you want to call it. Stop calling them drugs.

The thing is is that, and again, this is showing- I know, I don't know. Does not have what is called receptor attenuation. So you do not any kind of physiological addiction to this.

You can absolutely cold turkey this medication. If you run out of money, something happens, you can't get access to the product. I literally have cold-turkeyed it twice and I have no effect.

My wife has cold turkeyd it once and she's had no affect. And as you said, You could start it back up. I've cold turkey that you're not going to have a withdrawal.

You might have to say you might of a slight increase in your appetite and you need to be aware of that because it's been suppressing your Appetite. So don't be surprised like why am I so hungry because you did a change.

But no, it's not addictive. I tend to still cycle people. Jay, I often do like a three or four month on, take two or three weeks off. And I like to cycle depending on how much weight or whatever we're dealing with.

But there's lots of research and articles about it. J has written some extraordinary articles on testosterone and He convinced me to try it, so I love it.

So that's a big one. All peptides should be rotated and cycled, and we get deeper in that in a little while. But the one thing, though, about testofensine is that if you do want to see the real metabolic uncoupling, all the research shows it starts happening about four months in.

If you're really fat, you've got a lot of, well, if your obese, have a lotta weight to lose, I would try to go six months on it and then I'd come off for probably four weeks to six weeks, just to allow it I lost seven pounds in the first month on it though.

And I don't have a ton to lose, you know what I'm saying? I think it just sped up my metabolism. Well, the biggest thing, no, I'll tell you the big thing.

It definitely did that. I didn't drink any alcohol. And I, cause I didn't need it. And you know, women, the stress, a little bit of one glass of wine, two glass wine.

You just do it a few more nights a week than you can. and then it was like, Oh my God, I don't even, you, know what I mean? Like I know this is not helping, but I really want my mouth back.

And I just made it be so easy. I'm like, oh my God, this is so. So it's a thing when all these 45 to 55 year old women are out with me, Oh my god, I know.

And you just stopped drinking. You need some Tesla fanson. They're like what's that? I've literally had women at dinner started ordering it. Like I got three bottles.

Did you use my code? Cause you better use. Get your 10%. I want my money. But yeah, no, I literally do at dinner because it helps. Like, oh my God, it just takes the edge off.

I'm like, hey, you're going to have to use some willpower and control, ladies. So that was a big, big part of what it did. But it was not white knuckling hard.

It was, Oh my god, because that dopamine and serotonin uptake activity that was, I didn't even know I was missing, right? I am a low methylator. I do have some low seratonin that I push against a lot and, you know, there's only so much salami a person could take all the time.

And it really, this is way stronger than the salmi, and I'll tell you that right now. So, but They're like, what's your favorite nootropic peptide? And I'm like tessafensine.

And they're, like what is that? That's not a nootype peptid. Again, I don't want to ram it all. But again, it's everything you say. Right, everything that it does stands to be a neotropic.

I know, but it is. It is, yeah. For people who follow me or know me, you know I compare all nohotropics to modafinil and like an effectiveness of say 50 to 100 milligrams of modaphinil.

Then how does everything else correlate to it? I would definitely say now the tessefensin is the closest, if not equal, to modafinil for me. I haven't used modaffinill in four years.

Now, you know, I wrote my first five books using 50 milligrams of modafinil like daily to, to get really deep into the research and stuff like that. But I don't think I would ever have to use modapinol again with this offense.

That's how strong it is. Yeah. Okay. All right. Now somebody just typed in, but I just want gains. So let's talk about with the other compounds because they lead to gains as well as fat loss.

That again is limitlesslightneutropics.com forward slash Remka stacks. All of them are set up. You guys can get a subscribe and save program or you can buy them all together and you get And that's why we put these up.

And obviously they also have information below. They have the dosages below, so you know the doses. But

5-amino-1mq is a, it's technically not a peptide, but everybody considers it a research molecule peptides.

It's basically a small molecule that reduces what is called NMNT, which is nicotinamide methyl transferase. All you guys need to know what that is, is it is an enzyme that actually regulates energy balance.

So when you take 5 amino, it's going to increase the metabolism actually specifically within your fat cells. So where all your fact cells are, you're burning them at an accelerator rate over your muscle cells right, which is obviously you don't want to ever burn muscle, you want get rid of fat.

So it's a pretty amazing oral small molecule slash research peptide that shrinks fat cells and essentially enhances cellular metabolism to get ready to fat now as you know if you eat well with it too you can also build muscle again everything comes down to your training and your sleep and all that stuff but The dosage for it is depending on your body weight, and that's 50 to 150 milligrams daily.

Going back again to test the fencing, because I don't know if we hammered it, but the lowest dose is 250, which is what you take. I take 250 now, too, because I figure I get the same effect at 250 that I do at 500, but you can take 500. But again, with 5-amino, it's 50 to 150 milligrams.

For somebody like me, I'm a pretty big guy. I've got 210, 211, 62. You know, i'm going to take probably 150 mg. Now, here's the thing about 5 amino, and I know you know this.

It leads to antibody buildup formation very quickly. So you cannot use it for longer than let's say four to six weeks without it significantly downshifting as far as the effects that you get.

I like to use five amino when I'm attempting to be super, super strong or super super lean. You can do it both. And again, it's going to come down to your training.

It's gonna come to how clean your diet is to see the effects.

Immune support peptides

But as you know, It works very well and it is also very noticeable. You definitely also feel increased energy. So if you're like an athlete, you do triathlons or maybe some form of fitness or whatever your sport specificity is, 5-amino will give you better performance because it increases.

Yeah, you'll notice it working out or training or whatever you're doing you very quickly a few days and then You might be a little warmer you guys. So I've had some older like I do a hundred milligrams I'm five eleven hundred forty five pound woman, right?

So Yeah, I'm a big bitch. So, you know, i'm at iI'm trying to get 10 pounds leaner to be honest. I like to Be real real lean but um So i've had a hundred I did I felt it on 50 though I Did feel 50 milligrams so a lot of women can get away with 50 Milligrams and so A bottle will last them two months one bottle lasts me a month, you know, so just money-wise you can kind of decide.

It makes I feel a little bit warmer, sweat a bit more when I work out. I like that because I run a litte bit cold because of my thyroid. Some of the older ladies are like, well, it kind a felt a litle bit of a flash, a hot flash but I'm okay with it.

Because I've had some, Jay, couple of older lady's have radical pain reduction of things on five amino, that I was like, really? Like, like neurologic, the ulcers and wounds that were, and it's gone.

And I'm like they're like this is the only thing I did. I am like okay, awesome. And I know what it's doing in the mitochondria. So then I think, well, you're making so much more ATP.

I go, I don't know the mechanism, but I'm happy. And there's like no side effects with side of amino really. It's so amazing. and you don't have the same effects, you just kill it.

And you take the amount of time off that you were on it, and then you can start it back up again. Again, all the clinical literature shows that that's what it does.

The way it works in the cells is eventually you get to a saturation point and the cell are telling you, like, no, we want to go back to homeostasis. You don t need it anymore, bro.

Yeah, so what he just said, you know, either sometimes we recommend two, three weeks on, one, two weeks off, or you like four? I do a month on and I take one week off and a months on.

Him and like broke it to the world back in 2018 and we were like going back over stuff that, what are our thoughts now five years later? And he said the same thing.

He was like, dude, I like it for three to four week cycles. you know I like it for sports specificity because he still plays basketball I mean he's in his 20s and stuff like that but it's like what I what i really want to be competitive and I want a jump and i want To have really good recovery I use it For three to four weeks but so now let's switch over to there's three other ones in the fat loss stack I want to start with MOTC first because MotC is definitely an amazing mitochondrial up regulator.

So if you're really fat and you have a lot of weight to lose, that's the peptide that you should 100% get in addition to testosterone and 5-amino. Because the MotsC, now by the way, you'll have to inject it, but again, it's not a big deal.

We just told you guys that it doesn't hurt. But the Moxie is going to make you feel like you're a lean, athletic, energetic person. So what it does, and I had a very intelligent scientist explain this to me, is it makes someone who is fat, obese, metabolically dysregulated, have the energy of someone whose super lean.

And so when you inject it over time, regularly, in addition to all the other things that we said, which is obviously, you know, cleaning up your lifestyle, training, doing cardio.

And I know it's harder for heavier people because they don't have the energy. Moxine is going to give you the 100% and it also going again, increase through mitochondrial uncoupling fat loss.

So look, if you're a heavy person, And you start off with tessafrancine, 5-amino, and MOTC, you're going to have dramatic weight loss in four to six weeks.

Again, assuming you do everything else right that we talk about. There's no doubt about it. If you want to throw in the other two peptides that are in here, which a lot of times, as you know, stuff, they combine them anyway.

And Limitless does in a fat loss stack, Which is Ipamarylin and CJC1295. Everybody knows about growth hormone. I don't have to tell you guys about a growth If you combine ipamarylin and CJC1295 and you buy it from Limitless in the stack that they give you, it is in a vial, that's as close to mimicking a growth hormone release or secretion than any other peptide.

There's another peptides that is not even in here because you can't buy as you know, as a research chemical company, is tussamorylin. which is now a clinically FDA approved drug for HIV, Lipodystrophy in men.

Lipodistrophy is visceral body fat around the midsection. That's an awesome peptide to rip through that. But since you can't technically get it, at least right now from Linolus, those are the next best options.

IPPA and CJC, if you buy it together, would also be just another shot that you would take at night before you go to bed to increase sleep. to improve your skin quality and again just increase growth hormone release which over time is also going to increase fat loss.

But I don't think that a really heavy person needs anything more than Tesso, Motzi and 5-amino-1-MQ. Again that's my kind of theory. If you're more into performance then yes you would probably want all of these and that is why we put them together in one stock.

Yeah love it, love. It obviously you know I know you can't nobody can get tessa morelin anymore I always kind of what I was thinking that more like a guy hormone listen I would say more of a guide outside because all the women I want to put on anyway I'm like wow and I get great results but it is a guys it's definitely designed for men it for belly fat.

It's literally designed to rip through belly fat and those other drugs, you know, MOTC-5-amino and Tessa together, as a woman, are going to give a much better effect.

You know to throw in my wife, when we first met back in 2012, a lot of these, by the way, peptides are not available, but ipamarylin was, and that was the peptide that I gave my Physique transformation in six months of using ip and rel.

Now granted my wife has very amazing genetics I'm not gonna lie. She obviously works hard in the gym But her family was like so blown away after she was using they freaked out and they accused her of Using steroids and then I was some drug dealer and you know all this other bullshit Because I mean it was back in 2012 and no one even knew what peptides were You know what I mean?

But she used ipameralin for six months, and it radically changed her. So again, if your lifestyle is dialed in, it will help you. And I also think that, again if I'm using one individual peptide and I am a woman.

And I want to use it forever. That's the peptide that I would use. Because again, it's one shot at night before bed. And that's all you have to do. You don't have remember to anything else.

Healing and recovery stack

So you can get somebody to reconstitute for you and just literally just put the needle in and you inject it before you go to bed, and it a very good sleep inducer.

Again, a lot of women get a really good result from a low dose of epithelial. All right, which one do you want me to go through now? OK, perfect. Cool.

Talk about the longevity one, since it's short and sweet, it has a good price, people don't have to do it very often, and why some people want to these.

I mean, again, I've known about them forever, but it was like there's two types of peptides where they were like hard to get. A lot of the peptide suppliers didn't how them.

As you know, TaylorMade was supplying them to the clinical community before they went down. But it is very difficult to those from a compound pharmacy now.

They are also extremely expensive. Linolus has two peptides specifically in the stack. One is called epithelon and the other one is call thymolin. Epithelin works by increasing the functionality of telomerase, which is the enzyme that is responsible for the lengthening and shortening of your telomeres as you age, right?

Like I think everybody knows that, you know, as we get older, the shorter our telometers become, this faster we cellularly age. So this peptide, literally, no exaggeration by injecting it, strengthens the functionality of telomerase so that your enzymes or the end caps on your telomeres don't shorten at the rate that normal people do in aging.

So in theory, and it's not just theory now, it is clearly in practice, the more that you use epithelon, I'll get the thymol in a second, combined together and you only have to do one cycle a year, if you're over the age of 55 it recommended that You will literally shorten, I'm sorry, enhance your biological age as you age.

Now I think most of you guys know what your biologic age is, not your chronological age, it's the cellular age of your health or the age I want you guys to hear that.

One cycle a year, okay? It's a one short little thing and that's how powerful it is because it's causing like this permanent reversal of things, you know what I mean?

Yeah, that the thing that is different about peptides. They're strong signal molecules that some are very short periods of time, some you can stay on a long time.

You know, like they are different how you use them. Okay, so that a pitalon. epithelon together actually enhances the synergy of them both used if you use them in isolation.

So yes, you can use each in isolated and get good effect, but together they work even better. What thymalin does is it increases and restores the function of your thimus gland.

Now, most of you guys who know a little bit about your body know that the thima gland is what regulates immunity. As you get older, The thymus gland shrinks.

Immunity by and large is reduced. Also living in the age now of the bio-weapon and every other thing that the fucking demons are sending after us, you want to have strong immunity.

These are the two peptides. If you use them, will dramatically improve your immunity if you're flying a lot. You know, you travel the world for your business or your job or whatever it is.

These are the two peptides that you absolutely 100% want to use. There's another one that's in the immunity stock, which we'll get to in a second. Thymus and Alpha 1 or TA1, that another that one you would throw in there.

But for longevity, these are two products, epithelon and thymolin, as you said. Once a year, if you're under the age of 55, and if your over 55 it's probably better if do two.

So every six months you could do it. And like you say, seven to ten days. Yeah, I haven't done it. I've been wanting to do a pit alone for a long time.

And so like, this is a great price. It's like 260 bucks for that cycle, you guys, to get those two together. Because it was hard to it was very hard so now I'm like I just turned 50 and I saw the stack and like oh I am so buying that with my next, that's mama's next little stack because let's turn it back a little bit and that is a nice treat for myself one time.

They do have an expectation that they see something or they feel something you know within seven to ten days with both of those you're not gonna feel or see anything.

Now some people will say that their feel better energy cellular energy which is definitely possibly true but it might also be placebo but again if you do your biological age test and you do it like once a year and if you're doing that once, if not twice a, year you are definitely going to notice a reduction or improvement in your cellular health or reduction in biological age for sure, 100%. And I think you know this, for you guys who don't know what that is, you can go to TrueDiagnostic.com, TRU, and then the other one is what is it, glycan age.

So there's two of them out there now that you could do, go get your biological, they're like 300 bucks, 350 bucks and it tells you that cellular or the age of your cells.

It's actually a pretty cool test. I mean, it's definitely worth doing one time. Okay, so let's jump into immunity. So immunity is also huge, right? We're living in the Age of Bioweapons.

You already mentioned LL37. The three strongest immune boosting peptides are, and people will debate this, but they're thymus and alpha one, which by the way, you know this it is FDA approved.

They might call it TA1, you guys. I know people who have reverse Toshimoto's with that. Just that one alone, I was like, wow. You know what I mean? TA, TA-1.

Thymus and alpha-one. The most powerful de novo peptide in that it's antibacterial, antifungal, and antimicrobial. So if you're sick, if got limes, got poisoned, heavy metal toxicity, Uh, mold, as you said before, like you need to have LL 37 in your house at all fucking times.

Like literally you should not go home without it. Yeah. But let me say this though, Jay, if you have one of these acute, we don't usually pull the gun on that one first.

It's that strong. So usually you're going to work with a clinician who can help stack this for you. That's usually not the first thing we do. I'm one of those.

I mean, you know, and most of my friends are those, right? So I'll just say it, probably your insurance won't pay for it. Most likely, your insurer using physician won' know anything about this.

Just gonna let you, people always ask, how do I find? Insurance means they're a shitty doctor. Correct. People who've been taking cash for 20 something years like myself and are still in the business and they have six and seven and six month waiting lists, probably because we know what we're doing.

Right. Because I don't get my patients because an insurance company forces them to come to me. That's not how it works. Yeah, exactly. No, I agree. And I took one of my courses in peptide therapy.

One course was $4,000. Like, it's not free to learn how to do this, you guys, just so you know. But anyway, You can talk about VIP next, but these are your stronger stacks.

I just don't want somebody who's acutely laying around ill and not doing anything starting with this because your die off could be very uncomfortable, okay?

Under the guidance of a physician that knows what the fuck they're doing, a hundred percent. You do not buy VIP. If you're super healthy, it's a little bit different and the dosing is different.

But if you, again, are immunity compromised from a toxicity event, A, first make sure you're working with Stephanie or a physician of her caliber, and then B, investigate LL37 and VIP.

And I want to just say, again, VIP is now used in comorbid elderly people who have late COVID or near-death COVID. They've been diagnosed with like fatal or end-stage COVID, or whatever.

because it massively reduces high blood pressure and it increases oxygenation to the lungs. Again, it's an unbelievable peptide in what it does. And by the way, I had this conversation with you because I dealt this with my mom.

My mom is morbidly obese and the fact that she's alive, is a miracle. She's been through COVID a couple of times. You know, she'd been to through the whole Atlanta.

The last time she was like at the Emory deal, they gave them the fucking, what is the drug that they give all the end stage COVID patients so they hope Well, remdesivir has this unsettling or disturbing side effect of usually killing the patient.

Yeah, but that's our go-to. Yeah. That's my go to. My mom was in the hospital. Under whatever. I mean, I thought she was gone, dude. It's just unbelievable.

But Fauci's a genius. He's the genius out there. Trump was promoting. Oh, my God. Okay, now I'm out. All right, can we have like three or four minutes and there's one other one.

Yeah, so I want to go to healing. OK. So that was immunity. We're going to, yeah, go into the Wolverine stack. This is not BS. That's perfect. Perfect.

There's my yard guy right now. If you guys hear the floor, I'm so sorry. Five o'clock at night. These are the most profound. There is nothing that will heal a soft tissue injury better in the whole world than TB 500 and BPC 157. BTC 156 stands for body protective compound.

Now I want people to understand this. But it's a practice favorite of mine. I swear almost everybody goes on it. Got four year olds on, it I got, you know, every autistic child's going on and the ulcerative colitis, Crohn's, diverticulitis any gut issue.

We're on this period, right? But yeah, because if you see one, okay, I'm sorry for all those things you just said. It's not good. If you carry your elbow and your shoulder or your ankle or It'll give you something.

Yes. It's not effective Jay, but I'll tell you it works. Listen, because if you are low in gastric production, you aren't getting it systemically and you can get some benefit.

You absolutely can. There is benefit, would it be better to inject? Absolutely. But I can't get my 78 year old mother to ingest. And so you know what I'm saying?

It is the brand, right? I am sorry honey. Say it. A lot of crappy brands are out there for up to 90 minutes inside the microbiome and that's why you want it to disseminate across the cell walls with that formulation so yes you can take oral and you will get an effect no doubt but like again I don't want to throw shade on seeds No, there's not enough.

That one doesn't work. I mean, anybody who uses it, everybody who used it. They said, oh, I tried it and it didn't worked. And I'm like, which one are you using?

I was like yeah, because that's. Not real. It is what it is. But that is exactly right. This is, what is is I don't know what to tell you. Doesn't works.

Yeah. You have a really bad ankle injury and you're not afraid to inject a 32 gauge needle that will feel like nothing. A mosquito bite hurts more. If you inject it locally, You will get rapid healing, like literally rapid.

Yeah. Exactly. And really good orthopedic guys, there's a lot of my friends who are like, they're doing PRP or exosomes and ozone. They'll take it into like really in there and you got to go to them to do it and they'll get the BPC.

So they do these little stack compounds like we'll stack the PPC with, you know, stem cells or whatever. And it can be unbelievable. It's funny like no more rotator cuff surgeries needed and stuff like that older patient who has a reconstruction.

Do I do a $60,000 surgery that costs that person out of pocket four or five grand if they have really good benefits, or do I load them up with $500 or $600 with a BPC of TB 500 for six months, right?

Because as you know, they can regenerate the cells, but that's another story for another day. TB500 is Thymus and Beta 500, and that is a massive anti-inflammatory or inflammation suppressor and an angiogenic So when you take TB 500 and BPC 157 together, you will have massive restoration of the cells.

And then I'll just throw in, and then you can take questions here for a couple of minutes. GHKCU, which is copper peptide, what you know about, that you sold previously.

Exactly. There's nothing better than copper peptide. I put it on my face this morning. For eliminating fine lines and wrinkles. If you have rosea, obviously for hair.

Hair. So GHKCU is what we call the same well peptide. It's systemic healing too. So many different things but most people do use it for skin health and regrowth of hair but again it's also you know again and you're not allowed the FDA doesn't like me saying this but if you have a three percent grade of a GH KCU and if have sprain or an ankle

injury or get an elbow injury, or even a wrist injury you can put it on transdermally and it will help to re-heal because again, it is very powerful angiogenically which means it brings red blood cell and lymph back to the area, which speeds the rate of healing.

Done. Questions? Awesome. Oh, man. Let's see. What is it called that I put on my face? Well, it's a… I'll put a link down there. It's all in my store, honey.

But there's lots of peptides are very big in skincare, you guys. It's a matter of making sure you have a company that's really high quality. People can say all the time something's in something and it's the wrong.

They can put something in, but it is not enough of it. If not a therapeutic dose, it not the right quality, so you really have to be careful with that, like I said.

There's a lot of shenanigans that go on in any supplement or it could be an herb. They're lying, right? They could, well, it's from that plant. It's the totally inactive.

it is a seed versus the leaf or, you know, so there's lot shenanigans going on. So people are kind of chatting away down here. I'm gonna have, when I repost it, there's a comment in there that has the link.

That link takes you to a landing page where this is all explained actually for you. It'll have each stack put there. You scroll down. There's basic explanation.

there is dosing, all of these things. And I've been doing other videos. it is fast because he's got to jump off and do another call with my good friend, Danny Vega.

So if you want to hear more, Go ahead and follow dannyvega.ms, I believe he is. Keto King, another gorgeous, you're gonna watch two stacked and jacked real men talk about a little bit of something.

They're going to go ahead, kind of, You guys are stacked in jacks, man. I love it. It's just, y'know, the kind examples, again, when these women, it's supposed to be International Women's Day, whatever.

But, and they say all this crap about, I'm like, what are you talking about? Who are your guys talking to? Because if you see the circle of men that are around me, I mean, look at them.

I just roll with ballers, man. What are talking? They are stacked and jacked, and I am always safe, I'm always protected, always contained and respected.

Real men never disrespect a real woman. They're never threatened, but I've never been threatened by them. God bless all of you amazing men like you, Jay and Danny.

Those of who want to hear more, go over there. I will post this and have the link that goes and explains really nicely. Jay did a gorgeous job explaining things.

So, because again, these are research molecules, you are taking things on yourself. I am not your doctor, I cannot be dosing. If you want customized educational care with me, then you contact my office at drroka.com and I'm more than happy to help you, okay?

But I can't be doing that in the DMs. It's not fair to you or to me. And I have a license that I need to protect as well. Okay. All right, Jay, thank you.