From Autoimmunity to Homeostasis: How Peptides Reset the Body Transcript

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Introduction to the Summit and Guest

Hello everyone, and welcome back to Reversing Hashimoto's and Thyroid Disorders Summit. I am your host, Doctor Anshul Gupta, world's thyroid expert and I'm really excited again for another discussion.

I think this is the most cutting edge technological thing that you are going to hear in this whole summit about what the future of thyroid health looks like.

There has not been an exciting opportunity to discuss newer treatment options for thyroid. And I think the discussion about peptides and bio regulators is very important over here, because that gives, a very different perspective of how to treat thyroid disorders.

So that is what we are going to do. Discuss today what the future of thyroid health looks like, specifically from the lens of peptides by regulators and other things.

But let me introduce my speaker first before we go to the discussion. So Michael McNeal is the director of education for Integrative Peptides, with over 14 years of experience in functional and holistic medicine, serving as an FDN, which is a functional diagnostic nutritional practitioner and a certified holistic health coach dedicated to advancing practitioner and patient understanding of peptide sciences and bio regulatory medicine.

He works closely with the leading researchers and clinicians, including Doctor Kent, hold off to develop evidence informed educational programs and clinically applicable strategies that translate complex sciences into real world protocols, empowering healthcare professionals with actionable tools that improve outcomes, optimize performance, and support long term health transformation within the integrative medicine space.

Welcome over here. Thank you so much, Doctor Gupta. I really appreciate you. You, like I mentioned earlier when we were talking, you're one of my health heroes, just like Doctor Holtorf was.

And I really appreciate all the research and time and effort you've put into helping educate us on the power of healing the thyroid and having a healthy thyroid.

So I'm super excited for this discussion today. Absolutely. Thank you so much for those kind words. And I like to always start with the discussion that, you know, anybody who has come to this functional, alternative integrative medicine field, they have a story behind it which kind of propelled them to kind of take the pain of getting educated and kind of, you know, doing these things.

Was there something that happened in your life that propelled you into functional medicine? Big time. So I used to tell all my patients, that this was my superhero origin story, because this is a true pain to purpose.

Reality for me. And so I actually had two traumatic brain injuries back to back one when I was 12, practicing the fake kick in the theater class for West Side Story.

Michael McNeal's Healing Journey

So were fake fighting. I pushed myself off the ground. I landed on a metal podium corner. I lost my internal balance. I fall straight forward. I cracked my forehead open on the linoleum floor, and I basically split it open and almost instantly went into a coma.

And, thankfully, at the time, my theater teacher knew how to treat a TBI, so she was keeping my brain and nervous system awake. And so I went to the medical system with no treatment.

I had post concussive syndrome, and they didn't really do anything for me other than stitch me up, ice your wounds, and send you home with a bill that was astronomical. And so a year later, I was in another traumatic brain injury left side of my head.

These were significant being back to back, if you know anything about TBI is they create leaky gut, which creates a leaky brain. So there's this disconnection that happened in my nervous system with trauma.

At the time, I didn't know that mold and mycotoxins and sugar and all these things could create such a horrible environment and the internal training of my body.

But I was I was probably like an average teen today. I was addicted to sugar, caffeine, all of the quick energy fixes. And I actually became a type two diabetic with Tourette syndrome by age 16, and I had such learning impairment, I didn't realize that I was dealing with mold and micro toxicity, which you know, can definitely impede thyroid function.

My metabolism was slowing down. I was like a syndrome ex type of kid, very much skinny fat. So I had thyroid metabolic issues. I had literally wrecked my metabolism because of overconsumption of sugar, and I had to figure out how to heal myself.

And so there is an amazing doctor just like you, Doctor Gupta, or like Doctor Holtorf named Doctor Vincent Gonino out here in Dallas, Texas, who's a functional medicine doctor and a doctor, Peter Jelay in Carrollton, Texas, who is a functional neurology chiropractor.

And I saw both of them for three years, three days a week. And I reversed. What was told to me would never be reversible, and I got my life back. Well, in that three year period of time, I was digesting information at such a high level that I was building out an education to help support, you know, future clients and practitioners like yourself and others, not realizing that out of the necessity of my own healing journey, that this would become my entire life's work.

And so I'm just extremely thankful to God that I was, you know, surrounded by people who understood how to empower me, to give me the hope that I could be healed.

And here I am, turning that around and educating our clients and our patients and people who are tuning in, how they can have the hope that they can be healed.

So it's been a real, real blessing. Absolutely. And thank you so much for sharing that. You know, that was definitely really a great story. And I think a lot of my clients or Hashimoto's or thyroid clients, you know, will resonate from it because they have gone through a lot of trauma.

Yours was physical trauma, but we know that whether it's physical, emotional, mental, each and every trauma kind of impacts your immune system, whether it's nervous system or other immune system.

And it, you know, starts attacking your body. And unfortunately, conventional medicine has no way to stop that attack. So then people end up with various kind of symptoms.

In your case, it was a type two diabetes cluster. It's a lot of people with Hashimoto's will feel tired, fatigue, brain fog, or even having other neurological symptoms.

So this is where I think let's now delve into this discussion about this modern treatment options. Right. Because most people with Hashimoto's anxiety disorders, you know, have been told, take this medicine or if they're hypothyroid, takes Metamucil or something else that is just kind of regulating the thyroid.

But we know that thyroid disorders are way beyond then just replacing a thyroid hormone. And this is where, you know, the peptides by regulators I think is a very great, future, you know, option that we can provide to our patients.

So first why don't you define what do you mean by peptides. What do you mean by regulators and how they can be the future of thyroid treatments for sure.

Thank you so much, Doctor Gupta. So peptides and by regulator. So the reality is that our bodies are peptide generators. Peptides are these small chains of amino acid that act as cell signals.

Actually like to use the pancreas as an example for our audience, your pancreas secretes insulin, which is a peptide. That peptide informs the cell how to utilize glucose or sugar as fuel if there is a deficiency in the glandular of the pancreas itself, meaning it doesn't secrete the peptide properly, you will start to develop a breakdown at the cellular level that will lead a breakdown into your body, aka diabetic condition, and so the glandular of the body are secreting these peptides, which have a profound effect on cellular biology.

So peptides being amino acids signalers there are about 50 amino acids in link. They actually go to the surface of the cell. They will inform the cell how to function properly.

So I like to use the term that peptides are the conductors of our bodies. We're creating thousands of them every single day. And that's why a peptide bringing in as medicine, it is so a part of our biology already that our cells are ready to receive the signal even when we take it orally or we inject it.

And so a bio regulator happens to be a very, very small version of a peptide. It's only about 2 to 4 amino acids and length. And so a bio regulator actually goes and penetrates into the cell.

It goes right to the histone where your DNA and RNA are being transcribed. And it'll turn on the cellular biology to turn on an epigenetic expression of healing.

Most of the time bio regulators are derived from glandular. So if you in the traditional Chinese medicine principle have a thyroid issue, you would take a thyroid by a regulator.

What Peptides and Bio Regulators Are

If you had a pancreas issue, you take a pancreas by a regulator because the cells of that glandular will literally get turned back on where they were failing before.

And so at integrative Peptides, we're using a combination of peptides and peptide bio regulators together in blends because there's a synergy between that cell signal and that internal transcription factor.

They work together. Absolutely. Thank you for explaining that. You know, yes, it is a lot of science. And for some people, it might be difficult to grab hold of it.

But I think it is important because people, you know, like there is no simpler way of, you know, like explaining it. So you did it in a very simple language.

So let's say a person you know, has Hashimoto's or like, you know, have hypothyroidism and, you know, they are taking this medicine called Roxanne or armor or any other natural version, you know, these bio regulators or these peptides, are they replacement of medications or they are adjunct or where do they come in place with that?

I like to say that they're all adjuncts at first because they're going to have no competing side effects. If you're on any current medication or if you're on any sort of supplementation to support before medication.

So I like that they're extremely safe. So for me, I was using them as an adjunctive therapy for clients who felt like they were struggling in their metabolism or their immune system, or they had thinning hair or brittle nails or all of the thyroid immuno types that she motos or graves or those types of autoimmune conditions.

And what I started to notice is if they were on a medication like levothyroxine, or if they were on even a compounded hormone like T3, which we love, they needed less and less as we brought in the peptide and peptide

bio regulator, because the cells, the thyroid gland, the pituitary, that whole HPA axis, they started to function the way that they were intended to, which is we're creating our own thyroid hormone.

We're getting out of the reverse of our, immune system, attacking our thyroid glandular itself. And what I notice is that it really acted as an adaptogen for the thyroid.

So the ability to titrate off of medication, which, you know, 99% of my patients were loved to do, just because we're banking on something that's natural over something that's synthetic, because over time it's going to make our biology better and better and better.

And so that's really how I was using it. Doctor Gupta was it's it's noncompetitive with medication. Use it as an adjunctive therapy. Bring it in as your stack for thyroid health.

And then as long as you're monitoring your levels, your TPO antibodies, your sage, your free T3, reverse cedar, all the things that we're looking at in a complete thyroid panel, you'll notice that it's going to kick on and start to regulate itself.

And so if you're working with a practitioner like yourself, you're going to start to down, titrate down your medication needs or even your compounded hormone needs.

And you're going to really kick the body on the way that it should function. I think a lot of people will love that. You know, everybody, as you said, you're going to get off of the medications the rest of the day.

So I think this is a great opportunity. And I think in conventional medicine that is never heard of. Right, because when agreeable people even come to see us, they said, okay, well, I've been given a death sentence that I will have to be on this medicine for the rest of my life.

I cannot do anything. And plus, more importantly, like, you know, antibodies, they're being told they never come down. Right? So I think that's where I like these bio regulators and peptides, because there is not one mechanism that they are acting on helping the thyroid situation, but multiple different mechanisms.

So please explain a little bit more about different ways or mechanisms. You know better regulating the immune system, the hub axis or like cellular signaling, all the different mechanisms through which, you know, like this one single like, you know, peptide.

And by, by regulator can affect the thyroid, patients. Yeah. So I like that. And Doctor Holthaus research that, you know, he shows that peptides and bio regulators, there's something called paleo troughs.

They're trophic in nature. And that just means it's a fancy word that says there is a lot of benefits that can occur when you use peptides and bio regulators.

And so we're used to medications having side effects. Right. But I like to say that peptides and bio regulators, they only have side benefits. There is no downward effect from them.

There's no toxic amount. There's nothing that you can utilize these for that would harm you in any way. As a matter of fact, there's a multi unfolding that benefits our cellular biology because all of them are regulatory in nature.

How They Support Thyroid Treatment

And so that's what I like to talk about is I know Doctor Gupta you're familiar with using adaptogens in your practice. Right. Adaptogens have an up and down regulation effect on your immune cell activity based on your current infection load, your exposure to toxins, your internal stressors.

And guess what? They modulate. This is my favorite word on the planet. They modulate the immune cells, which just means it's going to bring a balance so that your immune cells can function in an efficient way.

In the presence of infections, and start to take care of the things that are underlining that are causing this dysbiosis. That is the core principle of peptides and bio regulators.

They're acting as an adaptogen. So whether you're overactive underactive thyroid, whether you're sluggish metabolism, you're cold all the time. I had patients that would start on peptides and peptide by a regulator blend like from integrative peptides.

They make one called Dira Pep, which is peptides and peptide by a regulator specific for the thyroid itself to basically turn on the cellular biology that has been shut down due to inflammation, immune system dysregulation, toxin exposure.

I mean, all the things that our thyroid, which wants to regulate our cells and cellular biology to the pituitary and the whole hypothyroid access when they get shut down, it is the disconnection of cellular communication.

It is the reversal of the way that a pituitary cell functions. A thyroid cell functions. That ultimately is the breakdown in why it doesn't work. So guess what?

You bring in a peptide signal and cells start to communicate. The needs of our body is communicated into the cell again. And guess what. Your thyroid goes.

You know what I need to produce more thyroid hormone. I need to upregulate this sluggish metabolism. I need to start to balance out the immune system.

When you bring that bio regulator in, to me, it's like charging the battery of the car to get it to turn on again. When your cell is in autoimmunity, it's basically running in reverse.

It's creating inflammation where it used to create energy. Bio regulators have the ability to literally turn back on the cell out of that susp, inflammation cycle into the way it was created, this beautiful energy producing signaling, the hormonal structure of our body to come into homeostasis and not to get too nerdy with you, Doctor Gupta, if I am, I apologize.

But that's really the beauty of it. Is that we're literally turning on from the outside and from the inside. And so you're you're affecting cellular biology no matter what the present state of your bodies in, even if you're in toxin exposure, even if you have co-infections or active infections, these peptides in virus are so strong they can start to do the work even in the presence of those things.

And as your body comes into homeostasis, your body can get rid of the underlying infection that's causing the issue. So hopefully that's a deeper explanation for you.

Doctor Gupta I don't I could go way into cellular pathways and different biology, but I know hopefully our audience appreciates that overall understanding because it's really the ultimate adaptogen you can take for your thyroid.

It's thyroid peptides and by regulators now. Absolutely. I think, you know, obviously, you know, this, you know, we can go on and this discussion of for a long, long time about, you know, the biology as well as the biochemistry and things and physiology.

But I think for people, the most important thing is that understanding that it is working in the thyroid at a very different level, you know, it is not about thyroid hormone.

It is about, let's say, like, you know, the thyroid hormone is reaching where it's supposed to be reaching, you know, as well as improving the whole the cellular biology, like, you know, ultimately it is your cells of the body which needs the thyroid hormone because the thyroid hormone goes in there and makes a change.

So the peptide is improving the functioning of the cell. So the thyroid hormone can do a better job with that. Is that kind of a not just correct. Yeah. Perfect way of explaining it.

Doctor Gupta I love that it's and that's, you know, the health of our body is the health of the cell. And so when our cells become healthy, nourished with peptides and by our regulators, that's when everything starts to switch.

I would see patients with TPO antibodies high and, you know, been in autoimmune for years and years and years and and doctors they they kind of they burn out on medication.

And that's why patients get frustrated because it's like it doesn't work anymore. They're upping the milligrams all the time. They're not providing solutions.

And I would say in the first about six months on therapy and doing things that we know to be true, which is reducing seed oil consumption and getting rid of systemic inflammation.

And, you know, in meditation practices, all the lifestyle stuff, when they added in therapy, they got off of medication. Their TPO antibodies came down naturally, which like you said, our our group that they say this stuff is impossible.

And yet Doctor Holdsworth, I'm sure you me we see this happen all the time for patients, whether you're Hashimoto's or your Gres or you have thyroiditis or you have any sort of thyroid, even if you're just feel sluggish in your metabolize your immune system, give these thyroid peptide bio regulators.

And you'll notice maybe the 5 pounds you couldn't lose, you can lose it now. And so I started to see this over and over and over again. Doctor Gupta because I was seeing mostly women and children, and I would see a lot of moms after babies and a lot of the hormone balancing that would occur after that.

You can kind of smooth the right out if you stimulate the thyroid in a healthy way, peptides and by regulators. And it doesn't have to be this real dramatic medication only route.

You have alternatives. That's why we're having this conversation. So it just gets me excited. Doctor Gupta has to you're an expert like yourself. Like utilizing things like this just means that we're reaching more people with this message, and we're making a positive influence on a patient's experience, which just gets me all fired up. So.

Absolutely. So, I mean, you said one of the peptides is the title Pep, right?

Mechanisms, Safety, and Cycling Protocols

You know, which is a great peptide. Is this it works at multiple levels. Any other bio regulator, the peptides, which is very specific for thyroid that you guys have or you use it in your practice.

Yes. So I, I like to use the combination of pineal pep or pineal on a, on. I really find that there is a synergistic balance between the patient who is really high cortisol.

Their adrenals are burned out. They're in a sluggish thyroid situation. They may have sleep dysregulation, their circadian rhythms all over the place.

Pineal is, an interesting synergy to thyroid in the sense that it helps you produce more endogenous melatonin production. About a 50% increase in two weeks.

It also affects positively, most every organ system of the body because it promotes cellular biology to be anti-aging. So you can literally start to help things with like telomere lengthening.

But what I notice is as sleep improves that melatonin production increases, your cortisol goes down. So you're not as prone to adrenal burnout, which there is a full tie in to blood sugar, estrogen metabolism, thyroid health, and adrenal health.

And if you want to learn more about all of those pathways, Doctor Gupta has a video on every single one of those individually you could go and check out on YouTube.

But what I find is that if you balance and you calm that down, it's just one more component to help the thyroid maintain a healthy metabolic profile in the presence of lower cortisol levels, deeper reparative sleep at night, and really kind of just making the cellular biology work more efficiently by stimulating that pineal gland.

And I've had patients report back to me that their blood sugar improves, that there's they may have slept for the first time overnight in the past like 2 or 3 years, because there's such a profound effect on the synergy between thyroid Pep and pineal pump.

And so I like those to stay on the hormonal spectrum. I like to bring in one other one for tackling underlying immune system issues because like, you know, Doctor Gupta and I know that there's underlying co-infections that are present that basically allow the situation of that immune system kind of confusion where the thyroid is getting attacked.

And as you take care of those infections and the cells can kind of balance out, that goes away. And so I like to use things like time AG now for one very, very powerful peptide that is, very, very much immunomodulatory.

I use that with KTV in, in combination. And that gets rid of things like candidiasis or gram negative bacteria loads, or the things that are wrecking the immune system.

And if you bring immune system balance, you bring hormonal balance in direct thyroid balance. That's really like the trifecta. I feel like in the peptide and bio regulator world, that'll bring everything into homeostasis and just calm down where everything feels overactive and you haven't really got on top of it everything yet.

Maybe with just traditional supplements, this works much more efficiently, a lot more fast. And the result that the patient was looking for maybe anywhere between like three weeks to three months and they were just having these incredible outcomes.

So to recap real quick, we're going to do thyroid or the thyroid by a regulator by itself depending on what the patients need is pineal pump which is pineal activating peptides.

And by regulators you have enough for one for immuno modulation. And you have PV as an anti-microbial, anti-viral and a biofilm busting peptide to get this system clean.

All of those in combination was what I was using for patients like 90% of the time. So the first question, obviously a lot of people will have that. Is it safe to take these peptides together?

Yes. So this is one thing that I love about Doctor Holthaus research is that for most patients that would come in with a multi-system illness, extremely sensitive, he would start them on anywhere between 10 to 12 peptides and they would have incredible outcomes.

So the thing that I like about the peptide space, because I've been in the supplement industry and the testing industry and all these different ones for a very long time, is there something called the Ld50?

So it's how much you have to take of a least lethal dose. It's usually 50 times the amount of a standard dose in the supplement world. In the peptide world, you'd have to take a thousand times the dose for there to be any toxic effect.

So that just comes to show you that our body's biology can utilize multiple peptides and by regulators at one time, no toxic effects. They don't interact with each other.

They are going to the cell of where they are derived from, and they're going to signal in or turn on that genetic RNA factor. They're going to work in synergy with each other.

So no toxicity, no counter invocations with medications. And you can take as many as your body desires, and you're just going to feel better and better and better.

The next question a lot of people, you know, which I also get in my practice, is that, no, let's say I'm studying these peptides and things. So like how the medication was started and was told that I have to take it for lifelong basis.

Is it the same with peptides like, you know, they have to keep on taking them or these are like, you know, very shorter approaches where you take them for some time and after that you have to stop them or you take a break from them, then a little bit about it. Yeah.

Great question. So way different than medication. I used to say I would never tell a patient to take anything for life. I feel like that's just disingenuous to biology.

But I will say this. There is a rule of thumb that if you have created a situation in our bodies with exposure to toxins and immune system and stress and all these things, and you've gotten to the point where you've created, an issue within the body, a disease, you have got to really put in the work to kind of unravel that situation.

So give yourself adequate time. I find that most of us, especially in my generation, doctor Gupta, we want everything microwave. We want it done yesterday.

I want to take one bottle of therapy up and all my issues go away. I wish that was the case, but I would say the average patient is going to be taking a protocol of extensive peptide therapy again, bio individual, but anywhere between six months to a year.

So give yourself six months to a year, really shift that biology. And I would tell patients if you're on five different peptides, you know we're going to look at them as your markers improve and we can start to take them away or take it down to get less and less and less, which again, you don't hear this in the Western medical world, they just will keep stacking for life.

And then that's it. And that's your only hope. But here's the deal. We're turning biology back on the way that it should function. And so if you're kicking your cells back on and you are adopting a healthy lifestyle, your body can maintain that homeostasis.

So with all peptides in bio regulators they are all used cyclically. So everything in nature runs on a cycle. And so including our peptides and bio regulators, when you take them take on a cycle.

What do I mean by that? Like you can go three weeks on, one week off. We're dealing with receptors that are receiving cellular input. And so what can happen over long periods of time.

The same signal is not as powerful if it's given all the time. It can dampen over time. So short breaks in your peptide protocols a week at a time makes them much stronger and will make them last longer in your six months to a year treatment plan.

And that. That for me is what I've seen. Give the best results for most patients who start with peptides and by regulators. The next question, like, you know, comes to my mind is somebody, you know, like say, is it okay, well, is there any condition if they have any particular health condition for which they should not take a peptide like, you know, any diagnosis they have that you'll see, okay, these are the people that absolutely should not take peptide.

Or you will see that because are so natural compound literally your body's producing them. There is no contraindication to any condition. I mean I know that Doctor Holtorf been using them well over 20 years and for every condition that you could ever imagine.

Future of Thyroid Care and Resources

I mean, this man is treating chronic illness, diabetes, cancer, thyroid. I mean, all types of issues. I mean, he just goes with the breath. And his number one go to option is peptides and by regulators.

And I think it's for that fact doctor Gupta they're extremely safe in any condition. And because we're going to

improve markers and we're doing comprehensive testing, I have never in my six years of utilizing them with clients ever, ever seen them do any harm to a patient at all.

So again, extremely safe, very, very nontoxic. They're adhering to our biology. They're utilized efficiently, and we just don't have to worry about that kind of stuff.

Like like you would have to worry with some medications or you'd have to worry with maybe even some other supplements out there of overdoing it can sort of bring things down, not with peptides.

And by regulators. And that's the best part about it. We can't because I've also been using the peptides, you know, for the last 6 to 7 years and bio related bio regulators are always a little bit more newer.

So we have been using for only last couple of years. And same thing. Like, you know, they're pretty safe. You know like almost everybody tolerates them.

Well, you know they work great. You know, as you said, they have multiple benefits. You know, like we we are thinking that we are improving the thyroid.

And certainly a patient comes in. Well, my energy is better. You know, like I had this issue with like, you know, pre-diabetes. And now valency has improved suddenly.

So you would have these benefits which are, as you said, the side benefits that, you know, you're not even thinking about in these peptides working so many different, multiple ways.

And the best part is that, you know, you tolerate them because a lot of the thyroid patients are very sensitive to even supplements. As soon as you put a supplement in their mouth or in their gut, because the gut is so inflamed, they will not tolerate it.

But that's what I realize using some of these peptides that you mentioned, especially thymus in Alpha one or VPCs or other things, suddenly after using them, my patients were able to use the supplements after them were tolerated.

So so many different like benefits. I have seen over the course of my years of using these peptides in multiple ways. Yeah, I'm right there with you, Doctor Gupta.

And I realized that, you know, with BPC, when your gut inflammation goes down, you can tolerate almost everything better. And same with CP V when you knock infections, that the reason why we become so sensitive is because we're just so internally inflamed that anything that teeter totter.

So I will I'll put this as a caveat. We're shifting the terrain biology internally, but we're doing it in an efficient way. And we're utilizing time to allow our bodies to adjust.

So there's always an adjustment period no matter what you're utilizing. But I've always seen it be positive, even if it was subtly detoxing or if it was lowering an inflammation marker.

I feel like sometimes patients that are extremely sensitive, they don't know what good feels like anymore. We don't even know what our baseline is anymore.

And once you get back to that level, and I'm sure you're like this Doctor Gupta, but like, you just feel so good all the time, and your body has a resiliency to it that you can handle a little bit of gluten yesterday with some Thanksgiving turkey, you know, and I'm fine today or a little bit of dairy or something.

Maybe I wouldn't necessarily have all the time, but I'm not hypersensitive like I used to be when I was exposed to mold and my brain injuries and on the road to recovery, I'm back to resiliency.

And so that's our ultimate goal with even with hypersensitive patients, we want you back to resiliency. And I don't

see a more efficient and better way of getting there than utilizing peptides and bio regulators in some intelligent coaching in a program like yours, Doctor Gupta or Doctor Holtorf, or working with someone like me, but getting something that's intelligent with testing in the right supplementation.

I see you got some beautiful supplements you're subject to by like putting them in a synergy together in an intelligent program. You're going to land that plane in a very, very, very safe, very, very efficient way.

And so I just encourage everybody out there because I feel like a lot of people, shoot in the dark with thyroid and they don't necessarily work with the right people.

And I would love for them to work with people like us to get these protocols out and use them in an intelligent way. Absolutely. So I think the way I'm like, understanding is that, you know, the future.

Like, you know, what the thyroid world looks like is that it's not about getting the best medicine out there, but actually looking for, you know, having the thyroid hormone to work better as well as, you know, like work at the cellular level so that the cells improve.

And as well as, you know, like, you know, rebalancing the whole body so that, you know, your immunity gets better and your inflammation levels also get better.

So in that aspect, there is not much of a reason for anybody not to use a peptide because they're safe and they do work great. So do you feel that the future like, you know, holds, you know, a very, promise, you know, for these peptides in bio regulators in thyroid specific field, I, I've said it time and time again, I'll say it before, but the future of medicine is now with peptides.

And by regulators like we have the future at our access. Like doctor Holtorf was pioneering this research years and years and years before the functional medicine or integrative medicine community even started to pick up the fact that they need to start using utilizing this in their protocols.

It's like they just he pioneered that no matter what the these were the future now. And so I feel like between the peptides, bio regulators, stem cells, exosomes, all of the things that work at a cellular biology level, that literally cut on the thing that was lost in brain homeostasis, we're at the future now.

I used to tell patients if I had peptides and bio regulators in my healing journey, I would have cut my healing time in half. And so I just I feel like that's the thing now.

I wish I had them 18 years ago. I have them today. I still use them every single day, and I'm feeling the best I've ever felt at 36 than I've ever felt in my entire life.

And I attribute that solely to the fact that I am using peptides and bio regulators as part of my daily regimen. And I'm just, you know, feeling incredible.

Doctor Gupta so, yeah, absolutely. I think that's so great. And obviously, like, you know, as I said, we this is we just kind of, you know, discussing very basic things about the peptides just to kind of help people understand that is the modality to treatment.

But unfortunately with the time constraints, you know, we have to kind of, you know, end the conversation and maybe some of the time we can have more deeper conversations going forward and things.

So if people want to know more about, like, you know, the peptides, specifically the ones integrative peptides have it where they can find it, or if you have any educational resources for them, please share that.

Yeah. So if you want to go to we have a non-for-profit website that I find is really, really powerful. It's called nahis.org. So N A H I S.org, the National Academy of Hypothyroidism and Integrative Sciences, which has a lot of our studies and a lot of doctor hole talks, research all on the thyroid itself.

If you're interested in any peptide that integrative peptides has, its www.integrativepeptides.com. I'm pretty sure Doctor Gupta will have a link in the description of this that you can click on, and he'll provide a little goodie for you there.

And so come find us there if you want to reach out to me personally, because I love to nerd out and connect with people, I'm actually on Instagram. I'm at molecular.mic molecular.mic.

And if you guys have any questions or anything, feel free to DM me and I'll be there to help you out as well. Awesome. Well, thank you so much. Yes, we will have all these links into the description, so definitely check it out.

If you are a thyroid patient looking to optimize your health in general. Also, definitely I think the peptides and bio regulators should be a part of your healing journey.

So I'm so glad that you were able to share this information with all the people and make them aware of this new latest thing, which is coming to the market.

So thank you so much for again for coming over here. Awesome. Thank you so much, Doctor Gupta. I appreciate you. Absolutely. So I'm sure you want to listen to the episode again one more time because, you know, we shared a lot of information, but you need to know how these things work in your body because unless you don't know, you will not be able to appreciate how they are working.

So please listen to the episode again. Take notes, and then start implementing these things into your life. This is it for now. I will catch up with you again. Guys. Take care. Bye bye.