Heal Naturally: Discover BPC-157 Benefits Transcript

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Introduction to BPC-157

Hi, everyone, it's Dr. Jen. Welcome back for another mini talk with me. So we are going to talk about BPC 157. You guys are going to learn so much about this at this peptide.

So BPC 157 is also known as body protection compound. 157. It's a peptide derived from a portion of a protein found in gastric juice. So we make it. It's found in us.

So it and it has gained a lot of attention recently for its potential therapeutic properties.

How BPC-157 Works

And this includes promoting tissue healing, reducing inflammation in our GI health our gastrointestinal health. the mechanism of action, it's believed, to exert its effects by modulating various biological pathways involved in tissue repair and regeneration.

It's been shown to promote angiogenesis, which is the formation of new blood vessels, stimulate collagen synthesis, reduce inflammation, and this helps lead to accelerating healing of injured tissues.

So what's really cool about it is you kind of can use it in different ways. So some of the different ways we can use BPC 157 we can inject it so subcutaneous in the stomach.

I like to use it for trigger points. And you know, the closer the joint where you put it or the problem, it can be helpful. It can come in a cream. So topically for for wound healing has been shown really helpful eyedrops.

for, for things like dry eyes, different corneal issues, really good, really healing. It also comes in oral capsule of course. And this is usually comes in 500 micrograms taken once a day.

And the oral is helpful with with gastrointestinal issues. It's it's a showstopper I love that one. so when we look at the potential benefits, accelerated healing of muscle skeletal injuries such as tendon, ligament and muscle injuries, protection against gastrointestinal damage, and promotion of the gut health.

So this is great for inflammatory bowel diseases.

Ways to Use BPC-157

if you have leaky gut, this is something that I tend to reach for right away. reduction of inflammation and pain. So this could be used in and other different processes if someone has just you know, I had a patient, they were just they played football in high school and they just were sore every morning when they woke up.

And now they're not anymore. so this really helps improvement of the joint health and function. So like I said it, it can be administered various ways.

And the dosing depends on how you're using it too. So this would be something where you would work with, with a provider with with dosing safety So BPC 157 has been shown to have a favorable safety profile in preclinical studies and clinical trials.

So, this is something that also they've done animal studies with. So very important therapeutic role and tissue healing reducing inflammation and overall health.

So how how does it exactly work. Let's dig in a little bit more. So for promotion of tissue healing, BBC 157 has been

shown to accelerate the healing of various types of tissues.

Potential Benefits and Uses

So this is tendons ligaments muscles and bones. So it appears to stimulate the proliferation of fibroblasts, which are cells that are responsible for synthesizing collagen and other extracellular matrix compounds essential for this tissue repair and regeneration.

And also, as we mentioned before, BPC 157 can enhance angiogenesis. The formation of new blood cells. So this is important when we talk about wound healing and tissue healing.

because that will promote more blood vessels to create more healing. The anti-inflammatory effects are by modulating the activity of inflammatory mediators and cytokines.

So it has been shown to reduce the production of pro-inflammatory cytokines. So these would be cytokines such as tumor necrosis factor alpha, TNF alpha and interleukin-6 IL6.

And then there also we're also getting the promotion of anti-inflammatory cytokines. So that would help mitigate tissue damage and promote a more favorable environment without all those inflammatory cytokines for gastro intestinal protection.

BPC 157 has been studied for its effects on the GI tract, and in these conditions associated with inflammation or like an acute injury of the GI tract.

So it appears to promote the healing of GI mucosal tissues and enhance mucin production.

Mechanisms for Healing and Inflammation

So mucin you have your gut lining and mucin is that protective layer of the gut lining. And we have like anchor media is has gotten a lot of press lately.

It's it's a bacteria in our gut. And that is a mucin. The love bacteria like loves to promote it and eat it. So, that paired with BPC 157 would be helpful.

And also this peptide is going to be reducing the oxidative stress and inflammation in the gut. So all of these different effects the mucin, the inflammatory processes.

That's going to help the health and the actual integrity of that. Got that gut lining. And this is hopefully going to help you protect you. You can take it preventatively.

Or if you have an active problem with the GI tract, such as inflammatory disease or something like a gut dysbiosis, this will help. So there's also some studies that are showing possibly neuroprotective properties of BPC 157.

And you know, this is something that we are also looking into. And that is really exciting. BPC 157 can also help with pain because it is reducing inflammation when you are using it and wherever you are using it.

So I love BPC 157 all the different ways we can use it.

Gut Health and Closing Thoughts

I think a really accessible way of using it is the oral capsules, which will help with the GI tract, and that is used a lot in my practice to get people's gut integrity and function fix, get that leaky gut together and reduce and, you know, autoimmune diseases.

That's really helpful because we know that all disease begins like that. So I also love BPC 157 for for trigger point injections and inhaling it is really a great peptide.

And like all the peptides there are so great and they have great safety profiles. So thank you so much for listening to this mini talk. Really appreciate you being at the Peptide Summit.