Summit Introduction and Guest Welcome

Welcome back to the Peptide and Bioregulator Summit, folks. By now you're probably wondering is it the Bioregulator and Peptides Summit or is it the peptide in bioregulator summit.

I want it to be the bio regulator and peptide summit, but apparently my brain keeps slipping it around. So depending on the interview you're going to hear it one way or the other.

What's more important here is this conversation today. I think that this is one of the most exciting and a very needed conversation that we can be having right now.

In this world of bio regulators. Peptides is what happens when we bring these tools to people who are doing some of the hardest work of their lives, and these are the people who might be rebuilding their health in their lives on the road to sobriety.

And this is not a topic I thought we would be covering in this summit. But, you know, I, I met my I ran into my next guest at a conference just a few, a couple of weeks ago, and when she started talking to me about this stuff, I'm like, wow, we need to get you on. So here we are.

My next guest is Samantha Lander, a functional diagnostic nutrition practitioner. So FNP, which means she's trained to look beyond symptoms and dig into the root cause dysfunction that sits underneath so many of the patterns that drive many things, including addictive behavior.

So you want to think disrupted HPA axis function, dysregulated stress hormones, gut brain axis breakdown, mitochondrial depletion, and an immune system that has been running on empty.

So what makes Samantha's work so compelling is how she bridges two worlds the functional medicine lens that asks the question why? Or how did the body get here?

And the emerging science of peptides and bio regulators. That gives us new tools to help it heal. So here's the thing. When someone is moving towards sobriety, they're not just dealing with cravings, they're also dealing with a nervous system that's been rewired, a gut that's been depleted, a stress response that's been hijacked, and quite frankly, mitochondria that may have taken a pretty heavy hit.

So we're going to be talking about this laughing here. We're going to be talking about how targeted by regulator and peptide protocols can help to support that recovery process addressing neuroinflammation, rebuilding resilience, restoring sleep and mood regulation, and how Samantha weaves these tools thoughtfully and safely into her practice.

This is a conversation that is, it's unexpected and very long overdue on a stage like this one, and I could not be more excited to dig into it. Please join me in welcoming Samantha Lander.

Samantha, welcome and thank you so much for being here. Thank you. I feel like I've been slowly and creepy stalking you to get into something that you're doing, and it finally happened, you know?

Samantha's Recovery Story and Background

I mean, my drug addict like that one always gets me in at the end. Like, okay, we'll have that. Yeah. So let's let's spend, you know, I mean, we don't have a ton of time here, but I want to I want people to get to know you a bit to understand your background, because there's two arms to your practice.

Right on the one side, you work with women, you help them to optimize their health, all the predictable stuff, which is fantastic. And we're not going to talk about that today.

We're going to talk about the other piece of the puzzle. And you have a very personal connection to this world. So maybe you want to help us understand, get a little insight there, and then just start talking about how you really started to bring do this work and bring these small molecules into this space.

Well, sure. So, I mean, I have a long history of drug and alcohol abuse. So it sort of started when I was seventh grade. And I when I look back at like how this all began for me, I kind of think like I was that typical sick practitioner, the girl who became a practitioner because she was always sick.

But I also am an addict and I'm also really stubborn. So I have like the combination of all those things to be like, I'm I want to use drugs. And alcohol wasn't my main thing, but I it was what was available when you were seven, you know, in seventh grade.

And so it started really early and it kind of progressed throughout high school. And then there's a period of time where I would get sober and I would stop.

But it really escalated when I was at University of Michigan, you know, getting a BA in sports management. But I, I couldn't like, focus. I couldn't get my work done, I couldn't get anything done.

And I went out to California and I got introduced to meth. And that was sort of my moment. And so that's when I found my perfect cocktail of drugs. So it was a lot of self-medicating.

I wasn't probably eating as much, so my gut issues got better. I was able to stay awake. I was able to focus. I suffered chronic, like chronic fatigue, you know, weight loss resistance.

As a very small kid, I did not know I had PMO s now changed the the new PCOS. I just called it the new PCOS. I didn't know I had it, you know, a lot of like a hypothyroid, all the things.

But so I felt good when I did them, I felt alert, I felt normal, and that continued on for a really long time. I moved out to LA, I actually became a DJ and and started selling a lot of drugs to pay for my habit.

And I'm an entrepreneur, so that's sort of how that happened. And, you know, I landed myself in prison, a Swat raid, federal time, LA county time, and got out and became a personal trainer and just got right into the health and wellness industry.

It's a bit of a leap. I know, I know well, I started working out well. I was I was a hardcore athlete. I lit that up and I was like a national rower. I was a junior champion synchronized swimmer.

So like state champion swimmer. So I had that going on in high school too. So I have that that mentality of an athlete. And so when I got out, I was just so into health and wellness again that I didn't I my felony was money laundering.

So I just decided to start my own business because I'm good at doing that. And I became a personal trainer. Then quickly I realized that, like, you know, working out and doing all the right things is not going to help me with my problems, because I kept getting sicker.

And that's when I got that's when I basically became an app to try to figure out the solutions for myself. And then my clients. And I would say, fast forward, I had 13 years sober, and that's when I relapsed in the mommy wine culture, and that's when I was in.

So I literally lived through like what alcohol does to your body. And I would say that is probably worse than any drug I've ever done. And it is just rampant.

Like you are expected to have a drink if you're a mom and all the things. And I was having panic attacks, night sweats, I was I was about to start Wellbutrin, I was on Adderall.

I was trying to do anything to like, survive. But I'm like, I didn't want to do. I'm also an addict, so it's cutting it. The disease is cunning and baffling, we call it.

And so, like, I didn't want to actually recognize that alcohol was the for real problem and why I was having all these. So it was your new drug of choice. Essentially. Yeah.

And it's it's acceptable. Right. So like I told my parents, so I had my son and I was having a really hard. I'm not very maternal, I will admit that. And I was having a really hard time breastfeeding.

And the woman in the class, it was this quickly that it happened, I would say, said, just have a glass of wine and in your milk will just flow on a random by my parents.

And they didn't say anything. I mean, I 13 years drug free, I've never touched the drugs again. And that was my that opened the gate right there. And it was okay for a while until it wasn't.

And, you know, I knew there would be a silver lining to this. I mean, there's always a silver lining to something I've been through. And I came out of it and slowly, like my world and then my being in sobriety and in the program and getting immersed back into that, all sort of like mixed together.

And next thing you know, like I'm speaking at these health conferences on alcohol and the impact, like we can biohacking, all right. We can buy anything, but just quit talking.

Just quit drinking. It's the worst thing. And so I really wanted to push that message as much as I could and help people who are sober or, you know, in recovery or just getting sober really optimize their health because you think you get sober and then you think you're fine.

I think everything's going to be great. You know, I'm going to lose weight. I'm not going to be tired anymore. My sleep will be normal, which can happen.

But a lot of times it doesn't happen. So it's sort of like I get to come in and bridge the gap. And that is sometimes with the women that I work with, because they are a lot of them are drinking wine like they just drink so much wine.

And in perimenopause, you know, you have to stop, like can, can. Yeah. Can we talk about that a little bit? Because obviously, you know, people listening to this, a lot of them are going to be sitting there.

Well I'm not an addict. I don't need this conversation and I want to dial it back. You use the term mommy wine culture earlier. So I'd like to and we've all seen the memes on social media, right.

The whether it's whether it's moms or whether it's women going through menopause and perimenopause where they're talking about, you know what, all I need is my glass of wine or my bottle of wine and things.

Everything will be fine. And there was there's a TV like some sitcom I remember. I can't even remember who was in it, but I remember a big part of it was this woman sitting with her bottle of wine, and she'd pour herself this, like, fishbowl glass of wine.

That would be the thing that would get her through the day. And I, by my nature, don't. I don't drink a lot. And it's not because I'm not. It's not because I'm denying myself.

It's because it's just not my thing. But I'd love you to touch a little bit on what is this? Whether it's mommy wine culture or we can call it menopausal wine culture, and people don't see it as a problem.

They're like, look, I'm just doing this. I mean, it's I'm surprised the nurse told you wine and not beer, because I think

beer actually does get help with milk letdown.

But can you talk a little bit about this kind of an insidious culture that we don't name it an addiction, but yet so many of these people are really dependent on this lubricant to get them, whether it's through the day or through social situations and are not willing, like you cannot pry it out of their hands.

Alcohol Culture, Sleep, and Hormonal Impact

No, I mean, there is the side is like they may have the ism whether they're addicts, but I think it's just become such a social norm. You know, you go to the trivia nights, that's what you're doing.

You're going to the the mom groups, you know, they're doing happy hours, like everything is is very alcohol driven. And when you start to say that you're, you're not going to drink, you become the social weirdo, right?

It's it's just a trend of thing. It's like it's like it's like going and saying you drink a lot in the biohacking world, then you're the weirdos sometimes, but it's just become I mean, it's just you can't win, really.

But, you know, it's funny. Sorry. I'm going to interrupt you there because even the biohacking world tries to sneak it in. Right. They've got the dry farm wines, which are comparable better than a lot of the wines that are out there.

But it's still wine. It's still alcohol. Right. So it all depends where you're going to draw your wines. Yeah. If it's mold free or not, I'm always like, it's still the same thing.

Like it's ethanol. I always use the analogy like, would you drink hand sanitizer? You know, it just literally wipes out bowel bacteria on your hands. It does all these things.

But you're okay drinking all this wine, which is pretty much hand sanitizer. So just think of the impact that has on your gut. And sometimes that's like a huge moment for people.

But I mean, I do notice that psychedelics are becoming like when I was just saw you at that conference. Oh my God, everybody had mushrooms or canna or there was like a nasal spray with tobacco and like all these things and tons of oxytocin, like, it's just like they're like anything.

But like, now it's like just more other alternative drugs. So I don't know if we're all trying to escape something, but I think that, you know, it's this idea that if you drink wine, it's going to it's going to make it easier to be a mom.

It's going to make you calmer, and you're going to be nicer. And at the end of the day, when your kiddos are crazy, that's going to be the solution for you, which is a temporary solution, maybe to relieve a little bit of anxiety, but then the, you know, the hangover or whatever happens later, like all of a sudden they're not sleeping and this is one glass of wine a week will disrupt your cortisol and will disrupt your sleep, or at least a five day span.

So, you know, getting into that whole thing and then how the catalyst of how it affects your hormones. But, you know, if you don't, the biggest thing I think is like when you drink between 1 and 3, you typically always wake up because that's when your liver is trying to detox.

And when you, you know, your body sees alcohol always as an invader. So no matter what you are, you are like, the tiger is coming, it's trying to kill me.

And that's what I'm going to try to get out. You're not going to detox. Anything else that you need to do? It's always going to come first. Alcohol always comes first, and then your cortisol spikes, your blood sugar drops.

You wake up and there you have this like catastrophe, but then you have to do it again. So then the mom say, okay, do it again. We're just going to do it again tomorrow because I feel so bad from the day before and they don't.

That's why we have to educate people that like, it's really just like you're running on a hamster wheel. So yeah. So

okay, so you know, again we want to I want to dive right into the meat of this because I want you to have time to unpack it a little bit.

So when did the peptides and bio regulators kind of come onto the scene for you. Like when did you figure out that these might be really effective tools to help with.

And you can talk about any number of these features. Right. We can talk about it's going to help with gut health. But the the mental part of it I think is really interesting, possibly more interesting even than the gut health, because this is where people might be turning to other like you just talked about it.

There might be turning to other substances, they might be turning to psilocybin or, you know, whatever, any other number of, of molecules. But they're not they're just kind of replacing one thing for another.

Where did the peptides and the bio regulators kind of come in for you? So my first use actually has nothing to do with like my addiction or my focus or anything like that, but I so I got really, really sick to the point where I couldn't get out of bed and I thought it was a scientist and I thought, you know, something was wrong with me, and I did.

I was on antibiotics or and not by choice, you know, there's a time and a place for almost two years on and off, like, almost double stacking. Oh my God.

Yeah. To try to get through the day. Like I couldn't take care of my kid and nobody knew what was wrong. And so I'm just trying to figure it all out. And I ended up going in a hyperbaric chamber, and I went in and this whole area of my mouth just blew up, and I was like, my tooth is cracked.

It's a tooth. It's infected tooth that's making me sick. And no, of course, no normal dentist at this time. Like, I knew about biological dentistry, but I didn't know, like what I know now.

Like, I knew about mercury fillings, but I did not know. You know, I didn't know what I've learned, I'll tell you that. But. So, like, we're talking about cavitation.

That can happen. Yeah. I mean, all right. So it was a it was a tooth that was just crack. Not no root canal, nothing like that. And so nobody would do a root canal on it.

I mean, nobody would pull it. I was like, I just want to get it pulled. And then in the middle of that, I ended up having a root go bad in a tooth up here.

And I got this like kind of like botch, like semi root canal thing and emergency place on a Sunday. And I went in the fast forward is like this tooth got infected.

This one I ended up getting a temporary root canal. Two months later I was sick again. So I ended up finally meeting with a biological dentist because they were trying to.

I had another, I had a bridge from a kit when I was a kid that that had broken off, and the regular dentist was going to create like a post onto a root canal too.

That was just like, I was just like, this isn't right. So I found a biological dentist in my area, and I just took like a deep dive. And so I ended up pulling out the root canal tooth.

I ended up pulling out that too. So basically I pulled out all of these teeth, and then I started pulling out all of these seeds. And I ended up we're talking upper and lower quadrant here on the left side of your face.

These are all implants. Yep. And I had one molar. I did the cavitation. Like I was not getting really better. I just always had this, like, severe sinus congestion.

And then I would get tired the second I stopped being abiotic. And so I went through I mean, this was probably two

years into all of it or so. I did a deviated septum surgery, and I got cyst removed out of my sinuses because I said that was it.

No change. I literally did the surgery on my sinuses. The next day I went and had a molar pulled. The Mueller just popped out of my jaw. I mean, I would grant it. I was a meth addict.

I was a thumb sucker. I had a wide palate. I was a nose breather. I mean, a mouth breather when I was younger. So it was just so many things stacked against me.

And when I at the end of the day, I mean, I had a partial I ended up finally starting working on this side, and this side was there was probably about five more canals that needed to come out.

I had an infected tooth and I started to get my implants.

How Peptides Entered Samantha's Practice

I was getting my crown. So then we got to tackle this side, and this is when there was just so much inflammation. I wasn't healing, I was not able to get well.

And I read about BPC 157 and TB 500, and I asked a friend of mine who was kind of well versed in peptides, like, not even in this like functional world or anything.

And he's like, yeah, you try it. Like it might help. And so I thought that meant like literally injected into my gums. So I injected it. I know someone who does that actually, I mean, I so the first time I did it, so I had just had a pole and then an implant or two poles.

So it was an implant and a pole that had been done when I started using it. And I always had all the swelling, just like constant under my eyes. Within one minute all my pain went away and all the swelling went away.

And then, I mean, and then I went and got checked and they're like, what are you doing? Like, what are you doing to heal your, your teeth to get ready for like an implant and then like the crown, they're like your each dentist thought I went to a different dentist.

I had one that would do like the major surgeries on my bio dentist, and they each thought that I went to the other dentist and had like bone graphing done and like all this extra stuff, and it was literally just the peptides.

The healing time is usually three months at least, before you can get an implant or a crown onto something. I probably brought that down to a month and a half and could have been clear.

I mean, everything changed. The inflammation in my body went down, the pain went down. And right there that just like opened up the floodgates. And that's when I was like, you know, I've got, you know, the new PCOS, you know, PMO, PMOs.

And that's when I tried, you know, Rita, for the first time and all my inflammation and every PCOS symptom went away. I did an ovary bio regulator because I thought that would help.

And, you know, I mean, my Imperium is completely normalized. Everything started to, like, function more optimally, like, I was having a lot of pain when I would ovulate within.

I did two rounds of it because I could tell, like just the first time it wasn't. At this point, I'm like deep diving into peptides and bio regulators and everything.

I mean, I'm probably binging your podcast like everything I can. I remember I heard you and then I saw you at an airport and I'm like, oh my God, that's our.

I mean, you hear someone's voice for someone so long you feel like you know them. But, I mean, that's just when I started just trying everything. And then I as a non licensed practitioner, I had to figure out a way to integrate this.

And I got a medical director, I got certified, I did all the things to be able to get medical grade or 503, you know, pharmacy peptides. And I've integrated into my practice and then I've merged it with the people who are in recovery and addiction.

So I started to notice that the things my my isms, like my very addictive personality traits, are things that I struggled with that may have made me want to use drugs or potentially relapse or, you know, that I would have felt when I first got sober because I've been through it so much.

These could be really, really incredible tools for something like that. Like, I just I just felt like calling and I was like, you know, and I started working with people and recovery, like my friends and things like that.

I'm like, I got something because all the noise, it's the noise. It's the, you know, self-medicating, ADHD, whatever it is. So yeah, so talk to us about it so that there is definitely research and a narrative right now about the use the potential benefit of GLP for managing, whether it's drinking or smoking or even beyond that, like addiction.

And that is because of the way that it impacts that the part of the brain that is associated with reward, the reward center and the brain. Do you want to talk about that a little bit?

And are we talking about microdosing like true microdosing like way under starting dose, or are we talking about regular dosing way under a micro does.

So I have people like let's say some people get units better. But like let's say the ideal micro dose is 20 units. I'm doing like five, you know, and sometimes you're doing so.

So just to clarify for the audience, what we're talking about here is we're using a fraction of what would be considered starting dose. So let's say it was semaglutide a starting dose.

It's tied. The first dose someone might use would be 0.25mg. And you're talking about using like a 10th or less or a 20th of that. Yeah. Yeah, it really depends.

Obviously like, you know, it depends on the person. But when you're not looking for it for like the weight loss and all the other, you know, all the other things, I mean, obviously you need to save lives or blood sugar if you've been an addict, even if it's 3 or 4 years later, typically your blood sugar isn't even back to like, even isn't even close to normal.

So I do like that part of the Rita, but I have noticed. So I was using a lot of tied with people in addiction and that was doing okay job for the first couple months on the on the noise I have people or with like food addiction and they would come to me and they're like, I have peace for the first time in my life.

Like I didn't even think I had food noise. Like, I don't even I can't even like you've given me a gift that I couldn't. I can't even get in sobriety. You know, you get sober, but like, you work hard and you sometimes white knuckle it to just try to not have those cravings or not, you know, but to be able to have a moment where you just don't have to think about your addiction for like 24 hours is the biggest gift that you could get, especially if you're new.

So I like the idea that, like when you're new, you're you're getting cravings. You're getting physical cravings. Like the first 30 to 60 days. It's like a you're just trying to stay sober.

You're not recovering. So like once you get sober, then you recover and you work through the trauma and the emotional part of it, but being able. So I use Retta and I use.

So I actually kind of do a dance with it. So what I'm starting to notice is if I, I was doing like blending it and, but now I'm doing like a week of shows and then a week of Rita, True Tide.

If they really like it, I will do read A True Tide and Tide, and so the CAG will get rid of the noise enough, and then the Rita will still help just a little bit with like the inflammation and all the other things going on in the body, because tide alone can really just curb that noise.

I love Rita, but like, that's why I don't even think it's going to do that. Well, personally and the general population. Because if you don't learn how to eat right, and you don't do the lifestyle and you still have the food noise, you're not going to be successful presented.

And so I like all those. They just kick it all away. You don't even think about food. And so to to think the general population who knows nothing about food is going to suddenly be okay.

Taking a true tide and knowing knowing how to manage their food intake or have high protein, I just don't think it's going to do as well as people think.

To us, we think it's beautiful. But so I do a combo of that. I have been doing some just calculated with that, and if they want to and tell us a little bit about tide because is that even available yet?

It is. It's yeah I've been able to get it. It's just it's they use it for. So I was introduced to it just by someone. They were like, hey, I use it for my, my, my clients that have food addiction.

GLP-1s, Food Noise, and Recovery Support

And so it might work really well for drug addiction. And so I personally started trying it and it really did just take a little bit of that noise off just enough.

You just I just did like a low dose. And that one's a newer one that I just introduced. So I've just been playing with that for about three months. So it might be newer on the market.

I had never even heard of it until someone had told me. And it works really well. Like you got to get it depends on what phase of the recovery you're in, but I think if you get things manageable, I think using GLP in the first 30 days is incredible.

If you help set someone up for success with like Na or AA or whatever they need to do. But then also a lot of people are, you know, not sleeping. So if you're not sleeping, you're going to, you know, you're going to eat more, you're going to have food cravings.

So using like disk. So like delta sleep inducing peptide like the neurotrophic nasal sprays are a game changer for addicts because you don't feel you don't feel it.

So if you're not feeling it, you're not going to. It is how I would say right. And backing it down from from again, your technical addict looking at the person who doesn't sleep very well, who's using wine to to sleep, not realizing that, yeah, you're your eyes are closed in your unconscious, but your sleep quality is is being sacrificed.

Oh yeah. And so what about what about for people who are just, you know, they're they may not they may or may not be an addict, depending on how you define addict.

But let's say that they do lean on alcohol for whether it's reducing, you know, taking the edge off the day and or getting to sleep again. Like, I think that this is where there's a very interesting use case scenario here for both the now, one thing I want to say here, you know, when we talk about GLP for weight loss, we're all harping about the protein and the exercise and changing the habits and the lifestyle.

I think that there's a whole other conversation that and we may or may not have it here, but that there's a whole other conversation around. If you're using your tapping into GLP, whichever one it is, to help to shut down the noise, the driver of pushing you to the wine or whatever your your substance of choice is, you still have to have made a decision that you want to be the person at the party that's not having the wine.

Yeah. So you have to have the tools like and that's where, you know, I say like when my clients like, listen, I'm not a sober coach. Like, I mean, I could be, I guess, but like, you got to be a, you got to learn to be okay saying, hey, I'm just going to have soda at the party.

Like, these are the other lifestyle again. You like, got to build a program for someone. The peptides and bio regulators are a tool in the toolbox of being, you know, recovered or sober or.

So we're curious, but you do find that like when you ask someone when they've started a GLP, they're like, I don't want to drink or eat sugar at all. Like it just went away. It just went away.

And if you could set someone up for success for a little bit, get that away and then introduce the things that are going to help with anxiety. So they may still have anxiety.

So that's where you do like ceiling, you know. And if they're not sleeping you got peanut the panel bio regulator or which one. The pineal gland or pinyin.

Sorry pineal gland. Neo gland. No pineal on the central nervous system one. Yeah yeah yeah yeah yeah or Apatow or Apatow I use that. I don't do that until they're six months in typically like six months, so I won't.

I just don't introduce that one yet. I focus on like the mitochondria. I think that's important. And then just like getting them, you know get their na do nad and things like that, glutathione IV drips because you're so depleted in all your minerals and your B vitamins and all those things.

Let's support that put you on a GLP, get some of the noise to go away. And then we slowly I do like three months. Tunks yeah that work well I don't grow.

You can't throw the kitchen sink at an addict. We'll do it all. I mean, we'll do every peptide there is. Like I was like I was like, give them all to me.

I will do it all. Yeah. No. And I mean, and that's that's a caution, right. Like you don't you're not trying. What you don't want is to with people who have that that addictive tendency which, you know, it's interesting you talk about having been an athlete in high school like that's that's an that can be in some people.

It's a channel for your addiction. Right. And it makes you really good at it. And I think that as a recovering addict, it's a question of are you able to channel that those, those those features into a superpower which you've clearly done for yourself.

And that's where you're helping your patients and what are your clients? And I think that's what's really interesting here is seeing where these small molecules can come in and play a role that otherwise you either need a drug or as you mentioned, that people have to white knuckle it like they just through sheer willpower, have to give things up, which is a really hard thing to do.

And this isn't the whole answer, but this sure can help and take the edge off. So can you talk to us a little bit about Cmax and see like because those are two small.

Those are two peptides that are also used actually in some countries that are actual drugs like their medications. Talk to us a little bit about the distinction between the two and where you might use one and the other and how they can be helpful.

So I would say the more stimulant based, the more sorry that the people who are more into stimulants. So like if someone's coming in and they've been very addicted to stimulants and they there's typically a reason why you're doing that.

And to me there's either like self-medicating, ADHD, you're tired all the time. You can't focus. I mean, a lot of my clients are very type A, they come in that way.

So there's a little bit of like you just learn who they are as you do, like an intake form. But the max is amazing for anyone who has ever struggled or thinks they're struggling where they cannot focus, they have the ADHD or they think they have it, or they're saying they have adult aid, whatever, whatever acronym they want to throw at me.

I asked them about brain fog. I asked them about, you feel like you're using more post-it notes.

Targeting Focus, Anxiety, and Sleep

And right there I'm like Cmax because it is a game changer. If you the neurotrophic Cmax. I mean, I tried it on myself, you know, and heavily diagnosed Add, ADHD and I wouldn't even say that I even have it.

I think addressing gut health something that's important to go with this. You know, obviously, you know, if you have a lot of bacteria in your gut, it can cause a lot of the brain fog.

So obviously do your your gut work. But see, Max can really help, you know, a mom who's all over the place focus in or someone who's really struggling at work who cannot focus.

So I say it's like the Adderall. It's like the the clean version of the Adderall. And then the C length is for people who are struggling with anxiety.

And it doesn't have to be like you're having panic attacks or like, you know, bipolar disorder, but it's just that little bit of, of life which most of us are dealing with that that makes us anxious.

And yeah, that's if you could take that away. You're probably less likely to think about drinking, you know, because when you want to drink, it's typically because you want to numb.

You know, it's not usually like I mean, I well, I would drink and I would want to get just completely blasted. That's what made sense to me. It wasn't like I just need to curb the anxiety.

But there's a lot of people who the relatable part of this story is like, there's a lot of people who just want to curb the edge just a little bit, and that sealant can just get you through that evening like, you know, 3 to 7 p.m.

where you're like, everything's crazy, I got home, my kids are nuts. I'm going to do a little bit of that and then calm down and make, you know, I think it's, I think really well.

And you're using them intranasal, right. You have you found that. So number one is that because you're just staying away from needles as a former addict because needles are are or are you finding the intranasal just number one?

There's no barrier to entry because you don't have to. Yeah. You don't have to use a needle, which a lot of people don't like. But do you find that getting that access, more direct access to the brain, gives you a better and more immediate result?

I, I personally do I did see Max injectable and I didn't I felt I could I could tell it worked, but I worried about like burning out like my, my receptors.

I felt like it was just really strong. And I didn't want my cortisol to get like just a little bit too high or something from that. So I felt like it was easier to manage through the nasal spray.

But I did have a call with a client last week, and she loves the injectable. She is a young girl who is she's 26, you know, PC, PS PS oh and whatever, whatever it is now.

PS yeah, he's getting it. All of you. I keep saying pmo D so it's the new version of politics covariances ovarian rename. Yeah we're it's clear that out just about.

But she is horrible horrible ability to focus on anything like whatever ADHD but like struggle for school through everything and we have her. She has been able to stop her ADHD meds you know.

And this was four months into it. Yeah. And she's using the C Max injectable. So that's wild. Yeah. And we did bio regulators. We did stuff on our brain.

We worked on our thyroid. We worked on adrenals. You know I kind of couple them in threes. And whatever I feel like is most important. Well you're you're working in layers right.

And I guess the first the first trick is really to shut down the noise. Yeah. Yeah I think so. Yeah. And to get the sleep in order. Yeah. Which also will, will calm the noise.

Yeah. Yep. Yep. That's the most important thing. So you can be in a state where it wants to heal. I think the blood sugar is better and things like that.

But but the GLP helps with that. Yeah. Yeah. So so yeah. So anyway so this is I mean this is obviously folks this is just an introduction to to Sam's work.

Do people call you Sam or is it just meant that you'll call me Sam? It doesn't. I'm a family. This is kind of the tip of the iceberg here, but I really wanted to have this conversation at the summit because I feel like there's a lot of.

I mean, we talk about peptides for repair. We talked about reptiles for healing. We talk about peptides for for weight loss or bounty composition. We talk about the bio regulators for regeneration and reducing biological age.

But we often leave out the like this piece of the puzzle. I think nobody else has spoken to it. And I, I find it so fascinating that there's a whole other aspect when people are dealing with these drivers, and there's so much more that these small molecules can do.

And I've, you know, you're the first practitioner I've come across, really, who's using them in that way. So not that I want to cut you off, but I think that this is probably like a perfect introduction for people to your work.

And I would love to. Now just just to wrap it up a little bit, maybe have tell people where they can find you, where they can learn more about your work.

And hopefully the takeaway for people is you don't have to be an addict to be working with Sam. You just have to be someone who is moving through things and looking for tools that are going to help you get to the other side of it a bit more easily.

So where can people find you? Where can they find out more about their work? All the things. Samantha, please. So I'm pretty much see fit living everything is see fit living.

So it's an E and then fit living. So it's a it's on Instagram. As long as I'm still on Instagram as long as I can be. I'm Samantha Lander on Facebook, I'm living on.

So that's pretty much that. Probably just Google it. Yeah I do. Yeah, I do a free clarity call. So if anyone just wants to pick my brain and and talk about it, I would say that like my disclaimer is like I'm not a sober coach, but like a lot of times I'll get a call and we get into talking about like what the tools are and like, maybe you should focus on this for a little bit, you know, before we need to do that.

But I'm a firm believer that, like, there's other tools I refer out for that. But like, you know, it's it's, you know, like anything, you have to build a program around what you're doing and rebuilding all the terrain and the nervous system.

Like a lot of my clients in recovery, I have go see a healer, so I'll find a really good one in their area. Or like a mine's a womb healer. And that was the game changer for my nervous system that I needed to realize that I was

able to live a life where I didn't feel like I was constantly in chaos, because a lot of addicts are constantly in chaos.

You know your license, you're not living on life's terms when you're drinking and using drugs. And so things are just not going well. Like even if it's 1 or 2 drinks or it's the same thing if you're lying or whatever you're doing in life and being able to, like, just have someone work on the nervous system, I think is a really, really important part.

But yeah, I'm seeing it living. I just went on a tangent I have. All right. Well good. Yeah, yeah, I have a freedom formula of course. So it's a ten module course that includes like functional lab testing and everything. And we'll give you a discount on that course if anyone's interested in taking that.

And then I have a peptide guide that's a free download that I'll give. Not the link to. Beautiful. So we'll put all that in the show notes. Samantha thank you so much. Oh you're welcome.

I'm honored. Thank you for well, thank you for sharing your story with us. And then some of these very powerful tools. Really appreciate it. Thank you. Yeah. Thank you.