# Peptide Overview by Medical Doctor | Benefits, Risks & How They Work Transcript

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## Introduction to Peptides

Let's talk about peptides. Who hasn't Let's talk about peptides. Who hasn't heard about peptides? They've become heard about peptides? They've become really well known with the GLP-1 really well known with the GLP-1 medications. Those are peptides. And now medications. Those are peptides.

## Medicine 3.0 and Preventive Care

And now the internet, social media, your the internet, social media, your neighbor, everyone's taking additional neighbor, everyone's taking additional peptides. Well, what are those? How can peptides. Well, what are those? How can they help? Well, peptides help with they help? Well, peptides help with targeted specific functions within the targeted specific functions within the body. And they're part of what we call body. And they're part of what we call medicine 3.0. And medicine 3.0 0 is medicine 3.0. And medicine 3.0 0 is really focused on individualized care, really focused on individualized care, longevity, and focusing on on symptoms longevity, and focusing on on symptoms that improve your health span, not just that improve your health span, not just making you live longer, but living making you live longer, but living healthier. Medicine 1.0 is back where healthier. Medicine 1.0 is back where you're just observing things, using you're just observing things, using herbal remedies, leeches, stuff like herbal remedies, leeches, stuff like that. Medicine 2.0 is the era that we've that. Medicine 2.0 is the era that we've been in right now, which is excellent at been in right now, which is excellent at treating disease as it develops. So, if treating disease as it develops. So, if you get diabetes, we have treatments for you get diabetes, we have treatments for it. If you get cancer, we have it. If you get cancer, we have treatments for it. Of course, it's not treatments for it. Of course, it's not perfect. Medicine 3.0 is what can we do perfect. Medicine 3.0 is what can we do to prevent these things from happening.

to prevent these things from happening. How do we prevent diabetes? How do we How do we prevent diabetes? How do we prevent cancer? How do we prevent prevent cancer?

## What Peptides Are and How They Work

How do we prevent dementia? Peptides play a role in that. dementia? Peptides play a role in that. They're of course not a perfect fix. They're of course not a perfect fix.

However, that's what we're going to talk However, that's what we're going to talk about today and give you some info about about today and give you some info about what peptides can do, how they can help, what peptides can do, how they can help, and what they're focused on. Well, who and what they're focused on. Well, who benefits from peptides? Mainly people as benefits from peptides? Mainly people as we get older, you know, we slow down.

we get older, you know, we slow down. Our performance, athletic performance Our performance, athletic performance goes down. Our recovery takes longer.

goes down. Our recovery takes longer. Injuries take longer to recover from. We Injuries take longer to recover from. We want our skin to look healthy. We want want our skin to look healthy. We want to look like we did when we were 20.

to look like we did when we were 20. Well, we can work towards that. Of Well, we can work towards that. Of course, we can't get there completely, course, we can't get there completely, but peptides can play an important role but peptides can play an important role in that. What peptides are are short in that. What peptides are are short chains of amino acids. Long chains of chains of amino acids. Long chains of amino acids are proteins. Um, we have amino acids are proteins. Um, we have both in our body. These short chains, both in our body. These short

chains, however, um, are like specific messages however, um, are like specific messages that get sent to cells. Peptides are that get sent to cells. Peptides are designed to supplement what your body designed to supplement what your body naturally produces, not not replace naturally produces, not not replace them. This is different than taking them. This is different than taking hormones such as testosterone or hormones such as testosterone or estrogen. Have important roles in the estrogen. Have important roles in the body. However, peptides are very body. However, peptides are very specific. The advantage of this is that specific. The advantage of this is that you can go on peptides and go off of you can go on peptides and go off of them. You typically don't have to them. You typically don't have to monitor levels, though we do recommend monitor levels, though we do recommend checking some basic basic blood tests checking some basic basic blood tests before starting peptide therapy. But you before starting peptide therapy.

## Peptide Categories and Common Uses

But you can think of peptides as text messages can think of peptides as text messages that get sent from to specific parts of that get sent from to specific parts of your body to activate certain pathways.

your body to activate certain pathways. Now those pathways could be focused on Now those pathways could be focused on recovery, could be focused on recovery, could be focused on performance, could be f focused on skin performance, could be f focused on skin health. Think of peptides as a more health. Think of peptides as a more targeted physiologic pro approach to targeted physiologic pro approach to health optimization. Now the categories health optimization. Now the categories of peptides. Well, I mentioned GLP1s for of peptides. Well, I mentioned GLP1s for for weight loss. Very popular, for weight loss. Very popular, revolutionary. Honestly, I think it's revolutionary. Honestly, I think it's one of the most important drugs to ever one of the most important drugs to ever come out. We're finally have a cure to come out. We're finally have a cure to fix obesity which leads to cancer, heart fix obesity which leads to cancer, heart disease, stroke, you name it, where it's disease, stroke, you name it, where it's amazing how newer peptides, the ones at amazing how newer peptides, the ones at least are getting more popular in the least are getting more popular in the news, have different focuses. So the news, have different focuses. So the first one is injury recovery. Peptide first one is injury recovery. Peptide names, just so you know, are a little names, just so you know, are a little bit out of left field. The first one for bit out of left field. The first one for injury recovery that I'll talk about is injury recovery that I'll talk about is called BPC, which has a nice standing called BPC, which has a nice standing for body protective compound. So BPC157 for body protective compound. So BPC157 is the name. also TB500 which is derived is the name. also TB500 which is derived from the thymus gland a gland that we from the thymus gland a gland that we had as babies that went away. Both of had as babies that went away. Both of these peptides focus on injury recovery.

these peptides focus on injury recovery. They promote healing cells, blood vessel They promote healing cells, blood vessel formation, gut protection, ideally formation, gut protection, ideally helping your body recovery from any sort helping your body recovery from any sort of inflammation or injury that may of inflammation or injury that may occur, whether it's like a surgery, a occur, whether it's like a surgery, a broken bone, just working out heavily.

broken bone, just working out heavily. You know, when you exercise, you're You know, when you exercise, you're tearing muscle fibers, recovering those tearing muscle fibers, recovering those and getting stronger. Other peptides are and getting stronger. Other peptides are geared towards performance. These would geared towards performance. These would be things like simorin, epamellin, CJC.

be things like simorin, epamellin, CJC. These peptides help your body produce These peptides help your body produce growth hormone which allows your body to growth hormone which allows your body to recover faster. That's when you know you recover faster. That's when you know you think of a 14-year-old who breaks a think of a 14-year-old who breaks a bone, they're back running around in two bone, they're back running around in two or three weeks, they feel great.

or three weeks, they feel great. However, most people in this room break However, most people in this room break a bone, you're out for two or three a bone, you're out for two or three months. That recovery process is growth months. That recovery process is growth hormone mediated. Growth hormone allows hormone mediated. Growth hormone allows your body to recover faster. Peptides your body to recover faster. Peptides tell your brain to

produce more growth tell your brain to produce more growth hormone. They don't replace it, just add hormone. They don't replace it, just add to what you're naturally producing.

to what you're naturally producing. Added benefits of growth hormone Added benefits of growth hormone production are often improved sleep, production are often improved sleep, more energy at the gym, and just overall more energy at the gym, and just overall feeling better, more energized during feeling better, more energized during the day. Another peptide is called the day. Another peptide is called tesmarellin. That's FDA approved to tesmarellin. That's FDA approved to promote visceral fat loss and HIV promote visceral fat loss and HIV patients. used off label for healthy patients. used off label for healthy patients, but that's a very good peptide patients, but that's a very good peptide to help decrease the visceral fat in to help decrease the visceral fat in around our intestines insides that can around our intestines insides that can lead to heart disease and stroke.

lead to heart disease and stroke. Another common peptide that you'll hear Another common peptide that you'll hear about in the news, especially with about in the news, especially with celebrities, is the beauty peptides. The celebrities, is the beauty peptides. The classic one with this is called GHKCU.

classic one with this is called GHKCU. It's a copper peptide that's used in It's a copper peptide that's used in collagen production, skin, and hair collagen production, skin, and hair formation. Gives you that youthful formation. Gives you that youthful appearance.

appearance. appearance. Now, how are peptides used? because Now, how are peptides used? because they're amino acids. That's what your they're amino acids. That's what your stomach breaks down. Like when you eat stomach breaks down.

## How Peptides Are Taken and Safety Considerations

Like when you eat meat, you're eating proteins which are meat, you're eating proteins which are amino acids. So we have to bypass the amino acids. So we have to bypass the stomach for peptides to be effective.

stomach for peptides to be effective. That can be done mainly in two ways. That can be done mainly in two ways. Peptides can be done or taken as either Peptides can be done or taken as either a troy which dissolves underneath the a troy which dissolves underneath the tongue. But to be most effective, tongue. But to be most effective, peptides need to be injected. That's the peptides need to be injected. That's the the GLP ones like the once a week shot.

the GLP ones like the once a week shot. So very tiny needle. Some people have a So very tiny needle. Some people have a lot of concerns about this. We've lot of concerns about this. We've treated thousands of patients at our treated thousands of patients at our clinic with peptides and once you do it clinic with peptides and once you do it once it's really easy. It's not that big once it's really easy. It's not that big a deal but it does for most peptides a deal but it does for most peptides involve an injection or at least a troy involve an injection or at least a troy to take. Now peptides it's important to to take. Now peptides it's important to note except for the GLP1s are are not note except for the GLP1s are are not FDA approved for the conditions that I'm FDA approved for the conditions that I'm talking about. peptides are used off talking about. peptides are used off label, meaning that there's limited label, meaning that there's limited study data. And this is always going to study data. And this is always going to be the case because these medications be the case because these medications are naturally occurring and have been are naturally occurring and have been around for decades. There's no drug around for decades. There's no drug company that can patent these company that can patent these medications and make a lot of money off medications and make a lot of money off of it. That's how modern pharmaceuticals of it. That's how modern pharmaceuticals work. And it's not going to happen with work. And it's not going to happen with peptides. So, we're never going to have peptides. So, we're never going to have these giant studies that show lots of these giant studies that show lots of safety. What we do have is a lot of safety. What we do have is a lot of anecdotal use. I mean, they've been anecdotal use. I mean, they've been around for decades, finding good around for decades, finding good improvements, and and the FDA is looking improvements, and and the FDA is looking at these. Some peptides are currently on at these. Some peptides are currently on a do not compound list. The peptides are a do not compound list. The peptides are made at compounding pharmacies because made at compounding

pharmacies because they're very specific. And with recent they're very specific. And with recent regulation changes, you may have heard regulation changes, you may have heard about this in news. Some peptides will about this in news. Some peptides will likely be added back to a list that's likely be added back to a list that's allowed to be compounded. There areies allowed to be compounded. There areies that make variations of peptides, so you that make variations of peptides, so you can basically get what you want right can basically get what you want right now. What we don't recommend doing is now. What we don't recommend doing is buying off black market internet sites buying off black market internet sites because the quality can vary. People can because the quality can vary. People can get really sick from that. We do get really sick from that. We do recommend that you go see a healthcare recommend that you go see a healthcare provider, talk about what you're looking provider, talk about what you're looking for. They can go over the risks and for. They can go over the risks and benefits. They can go over the dosing, benefits.

## Who Can Benefit from Peptides

They can go over the dosing, any labs that you might want to monitor, any labs that you might want to monitor, and just check on your progress. It's and just check on your progress. It's well worth the money to spend time to do well worth the money to spend time to do peptides correctly and safely. After peptides correctly and safely. After all, this is your body, and you get what all, this is your body, and you get what you pay for.

you pay for. So, who can benefit from peptides? So, who can benefit from peptides? They're mainly geared for people who They're mainly geared for people who just want to live life better. Maybe you just want to live life better. Maybe you need more energy to get through the day need more energy to get through the day or have a better workout or train for a or have a better workout or train for a race. Maybe you have a chronic injury race. Maybe you have a chronic injury that isn't getting better. For instance, that isn't getting better. For instance, I had tennis elbow for a year from I had tennis elbow for a year from exercising too hard basically. Um I've exercising too hard basically. Um I've been to physical therapy, you know, been to physical therapy, you know, modified my exercise routine. Nothing modified my exercise routine. Nothing was getting better. I did a month of BPC was getting better. I did a month of BPC and that pain went away and it's been and that pain went away and it's been gone since. Now, of course, your mileage gone since. Now, of course, your mileage may vary. Not everyone has these sort of may vary. Not everyone has these sort of benefits, but this is what we're hearing benefits, but this is what we're hearing from our patients. In summary, peptides from our patients. In summary, peptides are geared towards health optimization.

are geared towards health optimization. So, we're basically trying to get you So, we're basically trying to get you where you want to be in a personalized, where you want to be in a personalized, individual way with medications that individual way with medications that supplement what your natural body supplement what your natural body produces. This is about helping you feel produces. This is about helping you feel strong, capable, and resilient over time strong, capable, and resilient over time and live the best life that you have and live the best life that you have