Peptides Aren't Supplements — Here's What They Actually Are Transcript

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Introduction to Peptides

If you're in your 40s, 50s, or 60s, and If you're in your 40s, 50s, or 60s, and you've been hearing about peptides, and you've been hearing about peptides, and your doctor either dismissed you or had your doctor either dismissed you or had absolutely no idea what you're talking absolutely no idea what you're talking about, this video is for you. Peptides about, this video is for you. Peptides are one of the most talked about tools are one of the most talked about tools in longevity medicine right now. The in longevity medicine right now. The problem is that most of what's out there problem is that most of what's out there is either marketing spin or wellness is either marketing spin or wellness influencer hype. There is almost no influencer hype. There is almost no physician-led, clinically grounded physician-led, clinically grounded content on this topic. I'm going to content on this topic.

Dr. Reed's Longevity Medicine Framework

I'm going to change that right now. In this series, change that right now. In this series, we're going to go from the very we're going to go from the very beginning, what peptides actually are, beginning, what peptides actually are, all the way through how I use them in my all the way through how I use them in my practice, and what the research actually practice, and what the research actually says.

says. says. I'm Dr. Myra Reed. I'm a physician I'm Dr. Myra Reed. I'm a physician specializing in early detection and specializing in early detection and longevity medicine. My practice is built longevity medicine. My practice is built around four pillars: your hormones, your around four pillars: your hormones, your gut health, your lifestyle, your gut health, your lifestyle, your environment. Everything I do, every environment.

A Patient Case That Changed Everything

Everything I do, every protocol I build, runs through that protocol I build, runs through that framework, and peptides sit inside of framework, and peptides sit inside of all four. If you're new here, I talk all four. If you're new here, I talk about that kind of medicine most doctors about that kind of medicine most doctors don't have time to explain. Hit don't have time to explain. Hit subscribe, so you don't miss the rest of subscribe, so you don't miss the rest of this series. And if you've been watching this series. And if you've been watching for a while, welcome back.

for a while, welcome back. This series is something I've wanted to This series is something I've wanted to do and make for a long time. Let's start do and make for a long time. Let's start at the very beginning, because if we're at the very beginning, because if we're going to talk about peptides, we need to going to talk about peptides, we need to know what they actually are. I want to know what they actually are. I want to tell you about a patient. She's 54, and tell you about a patient. She's 54, and she came in feeling what she described she came in feeling what she described as completely fine and completely not as completely fine and completely not okay. Her labs were normal, her okay. Her labs were normal, her cholesterol was fine, her thyroid was cholesterol was fine, her thyroid was fine. Her doctor told her she was fine. Her doctor told her she was healthy.

healthy. healthy. But she was exhausted. But she was exhausted. She was gaining weight no matter what She was gaining weight no matter what she did, her joints ached, her sleep was she did, her joints ached, her sleep was broken, and her mental clarity she said broken, and her mental clarity she said always relied on was gone. She had always relied on was gone. She had been dismissed not once but multiple times.

dismissed not once but multiple times. She was told, "Oh, it's just stress. She was told, "Oh, it's just stress. It's just age." Told to come back in a It's just age." Told to come back in a year.

year. year. But she actually had was a signaling But she actually had was a signaling system that was breaking down and nobody system that was breaking down and nobody had looked at it. I'm going to come back had looked at it. I'm going to come back to her in a few minutes because what we to her in a few minutes because what we

found and what changed is exactly why found and what changed is exactly why I'm making this series. So what is a I'm making this series.

What Peptides Are and How They Work

So what is a peptide? Here's what I want you to peptide? Here's what I want you to understand. Your body is already making understand. Your body is already making peptides right now every day.

peptides right now every day. A peptide is a short chain of amino A peptide is a short chain of amino acids. Think of amino acids as little acids. Think of amino acids as little individual LEGO bricks that are individual LEGO bricks that are naturally produced in our body. A naturally produced in our body. A peptide is anywhere from two to 50 of peptide is anywhere from two to 50 of those little bricks of amino acids those little bricks of amino acids linked together in a specific sequence.

linked together in a specific sequence. Peptides are smaller, more targeted, and Peptides are smaller, more targeted, and they move through the body differently they move through the body differently than proteins. They bind to receptors than proteins. They bind to receptors more precisely.

more precisely. Here's the key thing I need you to hear. Here's the key thing I need you to hear. Peptides are not supplements, they are Peptides are not supplements, they are not hormones, they are signaling not hormones, they are signaling molecules. What does that mean? It means molecules. What does that mean? It means that their job is to carry instructions.

that their job is to carry instructions. They don't replace something that's They don't replace something that's missing, they tell your body what to do missing, they tell your body what to do like repair tissue, release more growth like repair tissue, release more growth hormones, regulate this inflammatory hormones, regulate this inflammatory response, protect this nerve pathway.

response, protect this nerve pathway. Your body already does all of these Your body already does all of these things and peptides support and optimize things and peptides support and optimize the system that's already there. Here's the system that's already there. Here's why this matters as you get older. In why this matters as you get older. In your 20s and 30s, your body peptide your 20s and 30s, your body peptide signaling is largely working the way it signaling is largely working the way it should. But after 40 and especially should. But after 40 and especially after 50, that signaling starts to after 50, that signaling starts to decline. Your growth hormone axis slows, decline. Your growth hormone axis slows, your gut repair mechanisms become less your gut repair mechanisms become less efficient, your cellular communication efficient, your cellular communication becomes noisier, slower, less precise.

becomes noisier, slower, less precise. And the conventional medicine model And the conventional medicine model doesn't test for any of this. This is doesn't test for any of this.

Why Peptide Signaling Declines With Age

This is the gap that I work in. So, stay with me the gap that I work in. So, stay with me because the patient I told you about because the patient I told you about earlier, what we found is the reason I earlier, what we found is the reason I made this series a priority.

made this series a priority. There are hundreds of peptides being There are hundreds of peptides being studied right now, but in my clinical studied right now, but in my clinical practice, the ones I use most fall into practice, the ones I use most fall into four categories. Number one, healing and four categories. Number one, healing and recovery, the BPC 157 TB 500.

recovery, the BPC 157 TB 500. These support tissue repair and gut These support tissue repair and gut lining integrity and the inflammatory lining integrity and the inflammatory response. They fall under the gut and response. They fall under the gut and lifestyle pillars of my framework.

lifestyle pillars of my framework. Number two, metabolic support. The GLP-1 Number two, metabolic support.

Four Main Peptide Categories in Practice

The GLP-1 peptides, semaglutide, tirzepatide, that peptides, semaglutide, tirzepatide, that so many people hear about, and their so many people hear about, and their relationship to body composition. These relationship to body composition. These sit in the hormone and environmental sit in the hormone and environmental pillars.

pillars. pillars. Number three, Number three, cognitive protection. cognitive protection. Semax, selank, and bretazenit informed Semax, selank, and bretazenit informed protocols I use for brain health.

protocols I use for brain health. This Number four, hormonal and This Number four, hormonal and anti-aging support. The CJC-1295, anti-aging support. The CJC-1295, ipamorelin, the growth hormone ipamorelin, the growth hormone secretagogues.

secretagogues. secretagogues. These are for men and women experiencing These are for men and women experiencing hormonal decline of midlife who are not hormonal decline of midlife who are not ready to go straight to synthetic ready to go straight to synthetic hormonal replacement.

hormonal replacement. Every peptide I use is always placed Every peptide I use is always placed inside of a larger clinical picture. inside of a larger clinical picture.

It's not a shortcut. It is a one tool in It's not a shortcut. It is a one tool in a protocol that starts with the a protocol that starts with the foundational work and moves through root foundational work and moves through root cause identification and is always cause identification and is always monitored. That's what makes it monitored. That's what makes it medicine, not wellness, medicine, not wellness, medicine. Now, back to my patient. When medicine. Now, back to my patient.

How a Comprehensive Protocol Helped a Patient

When she came in, I ran a very comprehensive she came in, I ran a very comprehensive panel, the kind that goes well beyond panel, the kind that goes well beyond what her previous doctors had done.

what her previous doctors had done. We found that her gut permeability We found that her gut permeability markers were elevated. Her inflam- markers were elevated. Her inflam- inflammatory load was high.

inflammatory load was high. And all her hormone levels, some And all her hormone levels, some technically normal on standard ranges, technically normal on standard ranges, were not optimal.

were not optimal. There's a big difference between normal There's a big difference between normal and optimal, and most people in their and optimal, and most people in their 50s are living in the gap between those 50s are living in the gap between those two things.

two things. We built her protocol with BPC 157 to We built her protocol with BPC 157 to address her gut and inflammatory issues, address her gut and inflammatory issues, CJC 1295 and ipamorelin to support her CJC 1295 and ipamorelin to support her growth hormone axis, combined with growth hormone axis, combined with nutrition, sleep, targeted lifestyle nutrition, sleep, targeted lifestyle changes across all four of my pillars.

changes across all four of my pillars. At 90 days, she told me she felt like At 90 days, she told me she felt like herself again. Not a younger version, herself again.

What This Series Will Cover

Not a younger version, but herself again with less inflammation but herself again with less inflammation and even

more energy. This is what this and even more energy. This is what this work is all about. Over the next 5 work is all about. Over the next 5 weeks, we're going to really dive in weeks, we're going to really dive in deep. Week two is about BPC 157 and TB deep. Week two is about BPC 157 and TB 500, the healing peptides.

500, the healing peptides. In week three, GLP-1, semaglutide, In week three, GLP-1, semaglutide, tirzepatide, and the body composition tirzepatide, and the body composition conversation that nobody is having conversation that nobody is having alongside with weight loss results. Week alongside with weight loss results. Week four, cognitive peptides and what I test four, cognitive peptides and what I test for early in early brain protection for early in early brain protection using my Bredesen protocol certification using my Bredesen protocol certification knowledge. This week is for you if knowledge. This week is for you if you've had brain fog that sleep just you've had brain fog that sleep just doesn't fix. And week five, growth doesn't fix. And week five, growth hormone peptides, specifically for men hormone peptides, specifically for men in their 50s who feel like someone in their 50s who feel like someone turned the volume down on everything.

turned the volume down on everything. And week six, who is actually a And week six, who is actually a candidate? The checklist, the testing, candidate? The checklist, the testing, the red flags, the complete clinical the red flags, the complete clinical picture before you do anything.

picture before you do anything. I want to pause here for a second I want to pause here for a second because I hear some version of this because I hear some version of this story every single week in my practice.

story every single week in my practice. Someone who's been dismissed. Someone Someone who's been dismissed. Someone who's told that their labs are normal.

who's told that their labs are normal. Someone who knew something was wrong and Someone who knew something was wrong and couldn't get anyone to take it couldn't get anyone to take it seriously. This is why I make these seriously. This is why I make these videos. So, I want to ask you something videos. So, I want to ask you something and I generally want you to answer this and I generally want you to answer this below. What is the one symptom you below. What is the one symptom you brought to a doctor and have been told brought to a doctor and have been told that there is nothing?

that there is nothing?

Questions, Free Resource, and Closing

Is it fatigue? Is it fatigue? Brain fog? Brain fog? Weight you can't lose? Weight you can't lose? Tell me. Drop it in the comments. I read Tell me. Drop it in the comments. I read every single one of them.

every single one of them. And your answers directly shape what I And your answers directly shape what I cover in this next series in the next cover in this next series in the next few weeks.

few weeks. If you are not subscribed yet, do that If you are not subscribed yet, do that right now. Hit the bell, too. This right now. Hit the bell, too. This series is weekly and I don't want you to series is weekly and I don't want you to miss the next one. The button is right miss the next one. The button is right there. It takes 2 seconds and it means there. It takes 2 seconds and it means you'll be notified the moment the next you'll be notified the moment the next video goes live.

video goes live. One more thing. I've put together a free One more thing. I've put together a free resource for you. It's the foundational resource for you. It's the foundational questionnaire that I start with when I questionnaire that I start with when I see patients and see the areas that see patients and see the areas that people are struggling with. You may be people are struggling with. You may be surprised what you find about the surprised what you find about the symptoms that you thought you just symptoms that you thought you just learned to live with, but don't have to learned to live with, but don't have to anymore.

anymore. anymore. We can do the right workup and the right We can do the right workup and the right treatment.

It's completely free. The treatment. It's completely free. The link is in the description below, so link is in the description below, so grab it.

grab it. Thank you for being here. Everything I Thank you for being here. Everything I do, do, do, every protocol, every video, every every protocol, every video, every conversation runs through the same conversation runs through the same belief.

belief. belief. Smarter, stronger, longer. Smarter, stronger, longer. Don't let your first symptom be your Don't let your first symptom be your last.