Peptides Explained: BPC-157, GHK-Cu, and Smarter Recovery Transcript

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Introduction to Beyond the Scale and Peptides

We're in an era where people truly want to be the healthiest version of themselves. They want look like the youngest version themselves like people want.

To stay young they want feel young, they wanna be healthy they're looking for longevity and peptides are part of that. Welcome to Beyond the Scale, where real health gets deeper than just the numbers.

I'm Dr. Darren Zubiak. I'm Alexandra Dubiak and we are not only partners in life but also passionate partners and integrative care. Blending faith, family, functional wellness and a little life with our dogs because true healing happens beyond the scale.

Hey guys, welcome back. How are you and how is everyone today? So a big thing Ali and I want to talk about today is peptides, right? Where we are in breaking down this cutting edge health strategy in a way that actually makes sense to people.

So I want to talk about the two of the most talked about peptides right now. And that's BPC 157 and GHK-CU. Right Al? So what are peptide? Peptides are short chains of amino acids, right?

They're signals for the brain.

What Peptides Are and Why They Matter

So they tell your body what to do. They are not a hormone, they're more like a messenger. The big, big things are, I really want talk to about two peptids that I believe are leading the charge.

Allie, I'm going to talk about BPC-157. Is that okay with you? Yeah, there are two of the really big ones out there right now. Peptides is a big buzzword and there's lots of them.

These two are big one. Absolutely. So Bpc- 157, what the heck is it? So it's derived from protective compounds in the stomach, right? It's known as the body protection compound.

And how it works, there's multiple ways, but it accelerates angiogenesis, which is new blood vessel formation. So like I said, what I always tell people is more blood to more places, the healthier and faster you repair.

It enhances tissue repair and signaling. It reduces inflammation at a cellular level, and it also supports gut lining repair. But why is it so popular?

BPC-157 for Gut Health and Recovery

And Halle knows this because I've been on it. It's so poplar because it works. See, I had GI issues guys for over 25 years. Halli will tell you. I mean, i can't eat red sauce or pizza after one o'clock in the afternoon.

She'll tell ya that. Okay. but it's amazing. Oh, just from a gut standpoint, why I love BPC, right? It helps pop with leaky gut, IBS symptoms. And, you know, it has this massive anti-inflammatory effect and that's why so many people and athletes and I use athletes, but guys, even us weekend warriors.

for injury recovery, right? And faster healing post-training. You know, listen, I'm getting closer to an age that starts with a 50 very soon. And listen it's hard to recover quicker.

My workouts are like I did in my mid thirties. I mean, it takes longer for me to recovery. BPC is an amazing,

amazing thing for my joints, but I will tell you guys this from a stomach standpoint.

I don't know of anything else that has helped me more than Bpc 157. So it's a great uptide. Yep. Allie, how about GHK? So GHK, CU, this is a naturally occurring copper peptide in the body.

It can be found in like plasma, saliva, urine. And when in youth, we have very high levels of that throughout the, body, but it does rapidly decline like many other things as we age, as get older.

So that contributes to a lot of the ways and the reasons why we do age. So, you know, GHKCU has a lot to do with, we talk about it in terms of skin and hair health, I think is probably the biggest way and biggest interest when we're talking about.

It so for GH KCU, why is it so popular? It's great for your skin. If you apply it topically to the skin and the neck, the chest, you know, it has this rejuvenating factor to it.

It can help with skin tightening, increasing elasticity, decreasing inflammation. copper peptide is amazing for burns. It can be really helpful in terms of your hair as well.

They make scalp solutions to put on that can really help strengthen the hair, help the health hair to grow. Again, back to tissue repair, you know, it's regenerative, kind of like this, like a cellular reset type of a fact, you know, it kind of, I don't know.

It's like flipping the switch back on for useful cellular function.

GHK-CU for Skin, Hair, and Regeneration

Absolutely. And, and you. Maybe that's it. I love it, but I mean, You know I use it too. One of the things I really want our viewers to understand, guys, we're taking a very high level at talking about BPC and GHK see you right now, because there are items where GH KCU alley member, you could add estrogen, DMAE.

So there's a lot of people. Well, We're going to keep it high-level because again, want to tell you guys why we believe these things are trending. And I would say the safety of them, I mean, again, remember this isn't for everybody, right?

They have to be personalized. And that's why Allie and all of our other practitioners, you should always use peptides under care of a practitioner. Agreed Al?

Yeah, of course. I don't think anybody should just go online and be purchasing things without some guidance, you know? But guess what, Allie? I mean, people are buying these things online.

People are just buying things these online, Ali. Yeah. And that's a whole other subject that we can get on our soapbox and talk about. But, you know, we as practitioners can evaluate somebody and determine like, hey, if you're interested in peptides, peptide are great.

In general, they have a high safety profile too when they're given the right way and they are in a pure form from a reputable place where you're getting them from somewhere that is, what's the word that I'm trying to spit out?

Well, I would say regulated and from a great compounding pharmacy, right? Right. It's a prescription, Right? I know there's supplements out there that have GHK-CU and I am sure even BPC-157, it says that that's what it is.

Safety, Sourcing, and Medical Guidance

I mean, prescription strength things are going to be better than over-the-counter things, right? That's just how it is. And, you know, we don't mess around with anything that we give to patients as a prescription.

All of our sources where we get these things from are compounding pharmacies. They are legit compoundings pharmaces that, check all the boxes and do all of the right things.

So like Ali says, all of our compounding pharmacies are either 503A or 502B regulated facilities that are 100% made in the United States. So hey, Ali, before we leave this episode, I want to ask you something.

Why do you think peptides are trending so heavily right now? Honestly? You want to know why I think they are? I've got two theories. One of them, I feel like it is peptides have gotten a lot of attention in the media on the new, you know, people that pay attention to politics because it's out there that they're trying to get some of these peptide off of that kind of like do not use list.

So I think that's one reason. Why? Because it's been brought out in the media and talked about, hey, we're working really hard. These are really beneficial.

We want to make them available to people. But the other reason why I that peptides are out there and really popular and trending right now is just because for the simple fact, I say this all the time when you and I are doing talks, We're in an era where people truly want to be the healthiest version of themselves.

They want look like the youngest version themselves, like people want. To stay young, they want feel young. they wanna be healthy. There looking for longevity and peptides are part of that, right?

They just are. So they're a part making you look younger, feel younger. Feel better in general. Those are my two theories on why peptide are so popular right now.

Social media is everything. So one big influencer brings up peptides and the world blows up on it. No, I agree. But just like with anything with social media, you know, there's a lot of buzz.

It's great, but often without educating people on. You know? So like I said, make sure guys, if you're going to go on peptide, please use a facility like body by aim, see practitioners like Allie or myself or any of the practitioners of body biome who are educated in this and they'll have a dose and prescribe this correctly.

Why Peptides Are Trending Now

Don't just pick it because it's the cheapest option. Right. You get what you pay for. Yeah. Allie, do you want to know my idea of why I think this is trending so much right now?

I do. Please tell me. And everybody else would love to now too, I am sure. Tell me… I thinks it is because people are taking control of their health again.

People want it to be healthy. Yeah, a lot of patients are being their own advocates anymore. A lot doctors aren't listening to them. You know, if we go mainstream medicine, we're talking about, it's so unbelievable that we will prescribe these steroids.

And again, everything in due time and dosing, I get it, right? But it's amazing how we're so quick just to give a pill or something to get out of pain or regenerate.

It's check, check check. Right. I think people now more than ever are very health conscious. Because they are. We have these things called cell phones that are in front of our faces every day.

So we have this little computers. And we can look at things nonstop to give us immediate information, right? So what I believe is that people are finally trying to take, they're trying, to be their own patient advocate.

They're, trying take care of themselves again. And people want healing, just not symptom control. People want heal. they want to feel better. And I believe it's also the massive rise of, like Allie said, guys, and that's why we're in the forefront of it.

Longevity and integrative and regenerative medicine. Like Alli said we don't look like our parents or grandparents at our ages and there's reasons for that, right?

There's so many- Do I look I'm 41? I thought you were only 30, but I didn't say how old you are. But guys, listen, if you're interested in these peptides, please reach out to us.

If you's curious about them, the key is just not taking them. It's taking the right way for the reason with the guidance.

Closing Thoughts and Call to Action

And that's what we do at Body By Aim 360. That is what do a Body by Aim360. So right things. Amen. Until the next episode, guys, thank you so much for joining us on Beyond the Scale where a little faith, our fur babies at home and some functional health is always part of our topics.

Mrs. Dubyak, it's always great seeing you on the screen here. I'm going to see you like momentarily. You will. Yeah. Guys, until our next step, we'll see it later.

We'll see you next time. Thanks for spending time with us on Beyond the Scale. If today's episode helped you see your health differently, like the show, share it, and we'll