Peptides, Power, And Potential: Healing At The Cellular Level Transcript

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Introduction and Guest Welcome

Hey, everybody. My name is Michael McNeal. I'm the director of Education for NHS. And we want to welcome you back to the Peptide and Bioregulators Summit.

Joining me today is one of my most dear friends at the top of the list of best friends. This guy is ranking by far the highest. We've known each other in the industry for such a long time.

We've had the privilege of working together, and I've just really like helping to fuel each other's entrepreneurial passions. This is doctor Drew Kidder.

He works for Cell Core Biosciences. They are a pioneer in the supplement world. When it comes to mitochondria. Andrew is one of the most intelligent and kind men I know in the industry.

So drew, I'm so stoked to get to talk to you today. Likewise, it's an honor to to be here. It's super cool for you. And I mean, you and I normally geek out on this kind of stuff just on the phone and in all things mitochondria, all things peptides, but have not done it in this format.

Right. This is exciting. Yeah. I'm just I'm, I'm honored to to be here and for you to, to think about me and asked me to be here, so. Yes, sir. Let's go.

I love that. Well, I'm going to kick it off, and I'm going to I'm going to ask you to sort of like, treat me as a layperson, not as an intelligent, practitioner minded man myself.

But what are mitochondria? Why are they important? What does it mean to have a powerhouse of the cell? And why do our body need them? Like what? What why?

Why do our body need them? Why do we need to utilize them to create energy? Well, our brains and therefore fueling our tongues definitely need them. So, you know, we can start with that.

Okay, Michael needs a little mitochondrial support as we speak, but I really do. No, I just, you know, oftentimes when I speak, whether it's in person or webinars or podcasts like this, you know, I, I will present it in a way that, you know, almost asking a question, right?

What Mitochondria Do

Or a fill in the blank mitochondria or, and most people, regardless of their education, regardless of whether they just learned about mitochondria through, you know, a middle school or high school class or they have significant post-graduate training, you know, chiropractic, medical training, nursing, whatever.

Most people understand mitochondria are the powerhouse of the cell, right? They're these beautiful little kidney bean shaped organelles within every single cell of our body, every single organ, gland and cell, with the exception of red blood cells.

And they are necessary for the production of ATP, which is the currency of energy in our bodies. But they're necessary for so much more than just energy, right?

They're necessary for, you know, neurological function. They're necessary for our memory and thoughts. And and, you know, obviously energy. But enzymes write enzymes that are converting, you know, hormones, that type of thing.

Detoxification as we focus on with with cell power a big part of what we do. Regeneration. Right. And you're in the space of regeneration with, with peptides and what we're doing to regenerate tissues and organs and cells.

You know, there's so much buzz within the, the, you know, integrative functional medicine root cause space nowadays with, you know, biohacking and longevity and anti-aging and everyone's talking about autophagy and might haffajee and so what do we do to upregulate the mitochondria in, again, every single cell of our body.

And what I like to geek out I'm a numbers guy. You know that. You know in me you know I geek out on the fact that there are and I don't know who's counting them, but, you know, anywhere from 35 to 40 trillion cells in the human body, right?

Which that number is staggering in and of itself. But within each and every one of those cells, there are mitochondria, and they're anywhere from hundreds to 2 million mitochondria in every single one of those 35 to 40 trillion cells. Wow.

Our liver has 2000 mitochondria. Purcell. Our heart has roughly 5000. Our brain has, you know, 10,000 on average mitochondria and areas like the substantia nigra, which is necessary for things like dopamine.

Right. And production has again upwards of 2 million mitochondria or so. So do you think they're kind of important? I think our body leaves clues 100%. Yeah.

So if there are that many mitochondria, don't you think that regardless of the the health challenge that people are dealing with, that before we can fix a tissue, before we can fix an organ, before we can fix a hormone, we have to focus on you know, supporting mitochondria.

Yeah, I agree, I think my first kind of delve into the mitochondrial sphere is when I read a book called The Body Electric, and this was back on my healing journey.

There's another book called Healing Is Voltage. And there was like a direct association with the electrical potential of our bodies because we're a big electricity generator.

But at the core of every cell, there are its own electric generating its own field and the state of your health is the state of that energy potential.

In most every disease state falls on a lack of energy, where the cell starts to segregate itself. And there are just genius people like Todd Watson, J.

And you know, all the crew at Cell Core and the scientists and everything who have found a way to basically hijack the science behind that voltage and bring something into the body that every cell of the body can basically get plugged into a DC battery, but starts to get that current flow back.

And that's why when you see, like, I mean, I know from my personal experience over the last seven years of using so-called products pretty much every day is that you feel that mitochondrial enhancement almost right away, that cell charge, I used to call it innate energy boosting.

It's not caffeine and it's not B vitamins. It's something solely unique to the way that you all have used humic and phobic acids and all PCU and all these different, you know, unique ingredients in every one of our cells recognizes that energy in Up takes it to utilize it almost right away.

Cellular Energy, Voltage, and Mitochondrial Support

Yeah. And so it's it's powerful. Well, it's, you know, you speak to something that's so relevant because what are we starved for nowadays which is so evident in our society.

Right. We're starved for energy. Yeah. It's it look at what everyone you know migrates toward with, you know,

caffeinated drinks, whether it's coffees, teas and, you know, herbal teas, you know, kombucha is, you know, anything.

And you look at now the energy drink section of stores, it's ridiculous even going into a, you know, a gas station. And but that's exogenous energy. That's what we put in from the outside.

And like any other fuel source, no different than putting gas into your car. It's going to use it and burn it quickly. But what can we do to help with endogenous production of of, you know, energy of ATP?

That's what our body produces it on its own and that's mitochondria. So you know, focusing on what do we allow the body again that's self-healing organism to do.

It's all charge. It's all the transfer of electrons. Right. And that's what for every physiological process in the body, it's the gaining or losing of electrons.

And you know, you mentioned just quickly, you know, kind of foundationally with cell core, our use of humic and phobic acids. And again, I'm a numbers guy. Right.

And I geek out on the fact that one molecule of folic acid contains 14 tetra trillion electrons. Okay, that's the number 14 with 21 zeroes after it. So that is the potential of that formic acid to start or stop chemical reactions in the body.

And you know why I'm excited about this? Because, you know, I'm a huge peptide fan. I love peptides. Let's go. There are a lot of peptides that are out there in the market that are shown to increase mitochondrial function.

Yeah. But then we also know the flip side of that is true where up regulating mitochondria is necessary for the proper utilization. And, you know, efficacy and effectiveness of the peptide.

Right. So yeah, let's talk about that a little. Well, and I love the fact that, like, you geek out on the fact that there's so many, you know, millions and then thousands and different numbers of mitochondria that every cell.

But the reality of our body is they've found that we're generating thousands of peptides that are helping to regulate different body processes. And so the one that I like to use is sort of the overarching example is the pancreas is ability to secrete insulin.

And insulin is a direct correlation to how your cells use, you know, glucose for energy. And that whole conversion on a very high level. But if you delve deeper into the science of, let's say, what are the pancreatic cells needing to function correctly for you to use insulin correctly, or at the end of the day, it's mitochondrial energy, right?

So there's a whole host of mixing I can't tell you the amount of basically I call it like supercharging a peptides ability to adhere into a tissue and create that rapid healing state where I've used my Proactiv bc ATP, I do a combo with like the Wolverine peptide stack, which is B or BPC 157 TB for frag max together those for for someone who's dealing with like tissue degradation, maybe they have poor recovery in the gym.

They're taxing their CNS and their adrenals and they just need something to bring them back into homeostasis. You put those four into your body. Delayed onset muscle fatigue will be cut in half.

Like you. You will feel invincible. You'll be as big as you. And now I'm getting there a little bit, but as big as me, it's it's hilarious because you're talking to my stack, right?

You know, I'm a huge fan of the Wolverine stack. And what I do, I include BK, ATP and Milo Active to help with mitochondrial. Not only just mitochondrial production, but mitochondrial protection.

Right. Because we have to. Why do our mitochondria become damaged? Because we're exposed to toxic burden. Yeah, we're exposed to toxins in the air. We breathe, the water we drink, the food we eat.

And where do those toxins typically attack? You know, what do they create damage. It's the cell membrane. And the cell membrane. The mitochondrial membrane is where ATP is produced.

Yeah. Right. So when we start kind of peeling back the layers of the onion we go, oh this makes sense right. It's rude. You know we we can do as much as we can to mitigate toxic exposure.

But then just the toxins that we are exposed to because we go outdoors or we work in an office environment and who knows what's in the air and the carpet and all of those things that are damaging our mitochondria.

We have to protect them from oxidative stress, but then we have to produce new mitochondria, right? True, true.

Peptides and Mitochondrial Synergy

You know, like you mentioned Moto Active, you know, containing PCB viral load Quintilian quinone actually helps extract the the code from the DNA to produce new mitochondria.

So we used to think that the only ways to really stimulate production of new mitochondria with is either fasting. Because when you're fasting, your body's not getting that production of glucose to produce energy.

So it's like, ooh, oh. We better try to produce new mitochondria. Or it was really through exercise because when we exercise we deplete our mitochondrial stores.

So it needs to kick, you know, back in again. But you know we've discovered these compounds like pKa that through this PGC one alpha geek out on all of that extracts that code and produces new mitochondria.

So it's it's super, super cool. See, I love that. I love the aspect of recycling, but also creating the new and and just in like basic peptide function peptides work at the cell surface of every cell, right.

So the way that they're going to give off the signal for your cell to turn on a healing factor that cell membranes health, the healthier the membrane, the healthier the response from the peptide.

Yeah. So if you're charging that cell membrane, if you ever looked under your blood, under a live dark filled microscope, there's literally a bioluminescence that is around your cell.

The energy potential of your cells, literally shown under a dark filled microscope. And the higher the mitochondrial potential, the the higher that that resonance of that luminous light is around your cell.

And so if you put something like a peptide that's influencing the cell surface. So if you mix the high energy potential of a cell's ability to turn on its action, that's the energy it takes for it to function correctly.

And guess what? That's to get infections out of the cell. That's also to help get nutrients into the cell. It's all based on the electron transportable ability of the permeation of that energy membrane.

We used to think it was all about fat, but that's kind of old school news. It's actually more about energy than anything. Right. And that's something that I find an interesting correlation.

Let's see with something like phi image in alpha one. I don't know if you're familiar with I machine alpha one. It's something that, you know, delving into the research when you look at thymic peptide utilization and the thymus gland in general, it starts to or go away by about age 45, you lose your thymic gland in your body to produce thymic peptides.

And it's a direct component to how every one of your cells regulates immune cell activity. So there is a need that starts to happen around age 45, which this is also a direct correlation.

When age related diseases started to accumulate in the body and immune system, challenges get at an all time

high. Well, I think there's a direct correlation between senescent cells increasing organ systems starting to balloon from like an epigenetic factor, or the fact that we used to die around 45.

That was considered old age like 100 years ago. And now we'll consider, I'm sure, for you, in Nigeria, like 120 will be like the beginning of our old age.

It's a goal. Like, yeah, yeah, yeah. But if you if you take something like, like a micro active or something like BCR ATP, you take a gene alpha one, that is the restoration of a balance of immune cell activity that for patients who are dealing with acute infections or even chronic autoimmune conditions, you give the energy and the balancer at the same time, and your immune cells will get out of that susp type of creating inflammation.

They'll go back to creating energy. And that's why I like the synergy. A lot of energy synergy is going on between peptides and mitochondria. They're a match made in cellular heaven.

Well that's you know, that's the thing that I love is, you know, you can look at like peptide signaling pathways that you talk a lot about and like mitochondrial crosstalk.

And I love you know, we've talked about BPC 157 and TB 500. Right. And you know the thymus and beta four and thymus and alpha one. The cool thing is improved mitochondrial biogenesis.

New production of mitochondria enhances the repair functionality of those peptide peptides like downstream. Okay. Because if we look at like greater ATP availability, right, the greater energy from a mitochondrial standpoint is going to be for like BPC and in TB it's improved tissue healing.

Yeah. Faster regeneration right. Faster regeneration of those those tissues in those cells. But then all those factors hey you know I mentioned like damage of oxidative stress from environmental toxins and that type of thing.

With reduced Oros factors you have less peptides that are wasted if you will. Yeah, I'm combating the damage that's occurring from OS and allows them to be focused on healing.

Yeah, right. So let the mitochondria do you know the damage it getting rid of or reducing the damage and allow the peptide to do the healing right. That's why it's such an amazing synergy with including the you know, mitochondrial and and peptide strategy.

Yeah I love that. And in everything to say that like we're constantly on the verge of trying to combat anything that creates the age related inflammation.

Right. And I think part of the Rost quenching, the the inflammation stopping in its tracks is actually at the core of mitochondrial issue. And it's something that until the cell core universe existed, I didn't hear a lot of practitioners because I've been in this space for a long time like you have drew, but I didn't hear a lot of them putting emphasis on how important it is to enhance mitochondria and to enhance the energy of the cell.

And that's actually part of the anti-aging process, right. Imagine like we're influencing an epigenetic and and DNA level ability to utilize energy correctly.

And the thing that I like to think about is like like for me last night I didn't get good sleep.

Protecting and Rebuilding Mitochondria

And I've been tracking all my sleep and, yeah, I think you go, yeah, but like, I notice a direct correlation to like, how how I recover in the gym, how my brain functions.

I battle calls all day. You may like fumble words and stuff like that. And I just ran out of my mind. Oh, active and bc ATP. So I've got to do a rehab with you.

But, But I notice even in times like that where my energy level dips, you can still pull on those innate helpers and get that cognitive boost back. And that's how vital it is.

Even when you feel like you're in a low energy state. And that's when you're dealing with patients in chronic illness positions. One of their number one complaints is that they don't have enough energy, and a lot of times they don't even have enough energy to want to go through the healing journey.

And so the thing that I like about cell core and the thing I like about peptides is the synergy is that they come in only to influence the cell's ability to heal itself, to be supercharged, to really give you enough potential so that you feel your shift, like you feel the state of your body shift fairly quickly.

Right? Right. You know, I want to touch on something that you said early on because, you know, a lot of doctors now it's becoming more mainstream at least in our world.

And sometimes we go through our world with blinders on, thinking that everyone is talking mitochondria because we are. But I lectured last fall at an event in Chicago and I, you know, I knew it was primarily a medical doctor, attendee, you know, audience.

And I said, hey, how about a show of hands? How many of you are MDS? And the majority, I would say 90% of the audience raises their hand. And I said, okay, I'm taking away your MD credentials, your medical doctor credentials.

And I got this look like, no, you're not. And and I said, no, I'm going to still allow you to be MDS. But now you're you're mitochondrial doctors. And they all were like, whoa, yeah.

Like that, you know. And so I really feel like in so many ways that the doctor of the future is a mitochondrial doctor, just like we're looking at. And thank you for pointing out because there's so much mis information on peptides. Yeah.

And we know there's a certain category of peptides that has gotten more publicity, over the past few years. Yep. You know, it starts with the G ends in a P and has a one in it training.

And yet you pointed out a great point that insulin is a peptide. Yep. We've been utilizing peptides for decades. Yeah. And it's unfortunate that, you know, certain powers that be want to attack it because now it's competition for the pharmaceutical, you know, options.

But I truly feel like if people are not addressing the combination of mitochondria in utilization of peptides, they're missing the mark. Right. And yeah, I agree, you know, for an audience in some cases that's more patients like if you're not working with a practitioner who's talking to you about mitochondria in peptides, maybe find a new one.

Yeah, I agree because you I, I always say this, if I had in my healing journey 18 years ago in the condition that I was in mold exposure type two diabetic Tourette syndrome, I was an absolute wreck to traumatic brain injuries.

You know my story. True. But I would have probably, you know, cut my healing time in half if I had to tap in. I mean, I was on the very, very beginning of the supplement journey, which was like magnesium citrate, and I was taking some adrenal supplements and just everything that you realize that you do is such way upstream that we've delved into what is like the most powerful thing that actually influences the cell and where you want to heal is at the cellular, cellular level, because that's the influence of the potential for your whole body to come in homeostasis.

So I'm glad we have the ability to do things like this, because we just offer the access to more people. And, you know, education creates expectation.

So it's like if you've never I usually tell people the amuse bouche peptide is BPC 157. Right. It's the starter peptide. And I would say probably like one of my favorite supplements that so of course ever created is toe active.

Yeah yeah I absolutely love it. Like I literally feel a complete shift in my body when I'm staying consistent with my

toe active. And I've just felt such a like a mean regeneration for me.

I've been killing in the gym, I've been lowering my body fat percentage. I've been like more in a heightened mental state, having to basically be the peptide preacher out there and like, you know, do a lot of mental gymnastics with questions and you know, how it is, too.

Clinical Applications and Recovery Story

It's like new concepts require a lot of like mitochondrial potential just to put it out there. But I love that in the cell core universe, there is the energy that we're giving the body is going to lead to the freedom in things like detoxification.

It's going to support peptides, support all of those pathways. Same with the mitochondrial support cell course core. And if you guys have never checked out their parasite cleanse or their detoxes when it comes to binders and getting rid of what's causing all these reactions in the body, you've got to go delve further into Drew's world.

Reach out to drew. Cell core has the cornerstone on things that there's not a patient that comes in that I won't recommend their parasite cleanse, their lymphatic cleanse, their line protocols.

You guys really have it laid out really, really easily and really well. And so thanks, drew. I'm going to kind of tee it up to you. Where do people find you, your information.

How do they get Ahold of cell core products. Like where do they go to find you? Yeah, you can cell core is easy. You know cell Broadcom is just Kelsey already.com.

Great information. We are a firm believer in just like this. Why Michael I invest the time in education. We're an education brand right. The more educated patients can be the better results they're going to to get.

And that's a trickle down, right? The more educated a practitioner is, the more educated their patients are, better clinical outcomes. They get, you know, as well, as far as, you know, getting in contact with me, I'm not a big social social media guy.

You know, Michael knows my social media tends to be just like little motivational snippets I don't truly have deep into like, this clinical stuff. I leave that for, you know, personal, but I don't know, I what am I on social media?

Michael? Doctor drew, killer dog, doctor true kid or something like that. It's pretty simple, you know, my mind are like 32nd little snippets from the front seat of my truck at 6:00 in the morning to see. Hi, but I like that.

It's good for my mitochondria. It's good for my mental health. Right. Exactly, exactly. So, but yeah, I mean, just kind of in wrapping up, you know, you you hit the nail on the head.

Your love of, like, my active. And what a pivotal change I love. Still, the BCP, with the utilization of the full Vic's in the mix for driving that protection of the mitochondria.

But I love the the peak in the middle active to be producing new because it has to be that balance. Again it's the protection and the, you know, production of new mitochondria that finds that that balance.

So yeah. And I went on a healing journey and drew knows this story. Just I'll close with this because I think it'll be real tantalizing to your mind. But I wound up contracting a C diff infection that made me go sepsis, and I almost died from it.

And I had a lot of cardiovascular issues after this incident. And part of rebuilding the rebuild process is I literally just went in for full body everything.

And I'm telling you, I'm in a according to all the tests, I'm in 100% healthy state, like no blood calcium, no

cholesterol issues, no arterial anything wrong with any ventricle, any vessel, nothing.

And guess what it shows me. It shows that I tapped in to the regenerative power of the cell itself. I use things that helped encourage new growth, new blood vessel growth.

Peptides are really good at that. Mitochondrial supports like my new active BC ATP. That's really like adding the fuel to the fire of regeneration in my body.

And lo and behold, today, according to the tests I just ran, I'm healthier today than I've ever been in my life, and I just love the fact that I have that as like a marker.

Because you drew have seen my health go well. Yeah, all over the place. And so it's just nice to come to a balanced state. Just utilizing tools like this.

So if you're encouraged by listening to our voice through this, just know that you can regenerate. You can come out of low energy states, you can come in to healing states and radical healing.

I feel like hearing it is important. There are people who, like you, drew, spoke healing into me, by encouraging me and and helping build healthy practices as a man and as, you know, a brother.

You you built me back up.

Where to Find CellCore and Closing Remarks

And so, I feel like these platforms are important for people to grab that type of information, whether you're a practitioner or you're our client listening to this or someone maybe, who's never delve into supplements, let this be, like, the motivation for you.

Yeah. They don't you don't have to listen to Drew's Instagram. We'll do it right now. Like you get out there, go to sellcore.com, get a couple bottles of my to be ATP, pick a BPC up in just to shift your state today.

Like it's really that easy. That's how it starts. And it starts at the cell. I mean, we're not to be redundant. Everything that we talk about, whether it's a peptide or, you know, mitochondrial support, it is focusing on healing at the cellular level.

So that is that's our focus. Let's go well doctor Kidder. I appreciate your time today. Likewise. Thank you everyone for joining us. I'll have all of Doctor Kidder's information in the show notes, and I'll have all the special and goodies that he'll provide us from the Cell Core universe.

And you guys have an amazing day.