Peptides Without This Are Just a Shot in the Dark Transcript

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The Truth About Peptide Candidacy

Over the last 7 weeks, I've broken down Over the last 7 weeks, I've broken down peptides for you. What they are, how peptides for you. What they are, how healing peptides like BPC 157 and TB 500 healing peptides like BPC 157 and TB 500 can support your tissue repair, what can support your tissue repair, what GLP-1s are actually doing to your GLP-1s are actually doing to your muscle, why your mitochondria might be muscle, why your mitochondria might be the reason you're exhausted, how growth the reason you're exhausted, how growth hormone peptides like CJC-1295 hormone peptides like CJC-1295 and Ipamorelin work to support your and Ipamorelin work to support your body's own recovery, and last week, how body's own recovery, and last week, how all of these peptides are actually all of these peptides are actually combined and stacked in clinical combined and stacked in clinical practice. And the number one question practice. And the number one question I've gotten in the comments every single I've gotten in the comments every single week is this, am I a candidate? Today, week is this, am I a candidate? Today, I'm going to answer that. Not a generic I'm going to answer that. Not a generic yes or no, but with the framework I yes or no, but with the framework I actually use in my practice to determine actually use in my practice to determine who benefits from peptide therapy and who benefits from peptide therapy and who doesn't. And more importantly, who who doesn't. And more importantly, who should never start peptides without should never start peptides without addressing something else first. I'm Dr.

addressing something else first. I'm Dr. Myra Reed, a functional and internal Myra Reed, a functional and internal medicine specialist with over 35 years medicine specialist with over 35 years of experience. I practice early of experience. I practice early detection longevity medicine. I help detection longevity medicine. I help people find what others miss before people find what others miss before symptoms become disease. Everything I do symptoms become disease. Everything I do runs through my four pillars, hormones, runs through my four pillars, hormones, gut, gut, gut, lifestyle, environment.

lifestyle, environment. I'm helping you to live smarter, I'm helping you to live smarter, stronger, longer. Here's the thing, most stronger, longer. Here's the thing, most people ask the wrong question about people ask the wrong question about peptides. They ask, should I take BPC peptides. They ask, should I take BPC 157? Or will Ipamorelin help me lose 157? Or will Ipamorelin help me lose weight? Or what's the best peptide for weight? Or what's the best peptide for energy? And I understand why. You energy? And I understand why. You watched a video, you recognize your watched a video, you recognize your symptoms, you want a solution, but the symptoms, you want a solution, but the right question isn't which peptide I right question isn't which peptide I should take. The right question is, what should take. The right question is, what is my body actually telling me and what is my body actually telling me and what does it need? Because a peptide without does it need? Because a peptide without context is just a shot in the dark, and context is just a shot in the dark, and I don't practice medicine that way.

I don't practice medicine that way.

The Four Pillars of Health

In my practice, I never just start with In my practice, I never just start with a peptide. I start with the full a peptide. I start with the full picture, and that full picture runs picture, and that full picture runs through four pillars.

through four pillars. Hormones, Hormones, Hormones, gut, gut, gut, lifestyle, and environment. Until I lifestyle, and environment. Until I understand what's really happening understand what's really happening across all four of those, I can't tell across all four of those, I can't tell you whether a peptide is right is the you whether a peptide is right is the right tool, or whether something else right tool, or whether something else needs to be addressed first. So, let me needs to be addressed first. So, let me walk you through what I actually look at walk you through what I actually look at before I ever consider a peptide for a before I ever consider a peptide for a patient. Pillar one, hormones. Such patient. Pillar one, hormones. Such testosterone, estrogen, progesterone, testosterone, estrogen, progesterone, DHEA, thyroid, cortisol, DHEA, thyroid, cortisol, insulin. I don't look just at the total insulin. I don't

look just at the total levels, I look at the free levels, the levels, I look at the free levels, the ratios, how they're working together, ratios, how they're working together, because a testosterone number without because a testosterone number without context is just a number. I need to see context is just a number. I need to see the full hormonal picture along with the full hormonal picture along with what's going on with the patient. Pillar what's going on with the patient. Pillar two is the gut health. This is something two is the gut health. This is something most people prescribers, they really most people prescribers, they really never look at. But, if your gut is never look at. But, if your gut is inflamed, if you have leaky gut, if your inflamed, if you have leaky gut, if your microbiome is all disrupted, your body's microbiome is all disrupted, your body's in a state of chronic immune activation.

in a state of chronic immune activation. And adding a growth promoting peptide to And adding a growth promoting peptide to an inflamed system is like putting an inflamed system is like putting premium gas in a car with a cracked premium gas in a car with a cracked engine block. In other words, the fuel engine block. In other words, the fuel isn't the problem. And pillar three, isn't the problem. And pillar three, lifestyle. I evaluate sleep, your lifestyle. I evaluate sleep, your protein intake, what's your diet protein intake, what's your diet choices, are you doing resistance choices, are you doing resistance training, what's your stress management training, what's your stress management look like, how are you moving? I cannot look like, how are you moving? I cannot tell you how many patients come to me tell you how many patients come to me wanting peptides when the real issue is wanting peptides when the real issue is they're sleeping only 5 hours a night, they're sleeping only 5 hours a night, eating maybe 40 g of protein a day, and eating maybe 40 g of protein a day, and haven't lifted a any weights in years.

haven't lifted a any weights in years. Peptides won't override these gaps. Peptides won't override these gaps. They're designed to enhance a system They're designed to enhance a system that's already functioning, not replace that's already functioning, not replace the basics. Number four pillar is the basics. Number four pillar is environment.

environment. environment. Toxin exposure, water damaged building Toxin exposure, water damaged building mold, heavy metals, endocrine mold, heavy metals, endocrine disruptors. If your body's dealing with disruptors. If your body's dealing with a toxic burden, that needs to be a toxic burden, that needs to be addressed first. Otherwise, you're addressed first. Otherwise, you're trying to build an unstable foundation trying to build an unstable foundation that's actually being undermined. Only that's actually being undermined. Only when I understand all four of these that when I understand all four of these that I can really make an informed I can really make an informed recommendation about whether a peptide recommendation about whether a peptide is the right step for you.

is the right step for you. And sometimes it is. But sometimes the And sometimes it is. But sometimes the answer is we need to fix your sleep answer is we need to fix your sleep first, or your gut first, or your first, or your gut first, or your hormones first. Find where this hormones first. Find where this inflammation started. Get to the root inflammation started. Get to the root cause first. That's the better answer cause first.

Identifying the Ideal Candidate

That's the better answer than just putting peptides on top than just putting peptides on top without knowing what's going on without knowing what's going on underneath. So, who after all of that underneath. So, who after all of that evaluation ends up being a good evaluation ends up being a good candidate for peptide support?

candidate for peptide support? Generally is someone who's done the Generally is someone who's done the foundational work or is actively doing foundational work or is actively doing it and has hit a wall. The person with it and has hit a wall. The person with the chronic pain or injury that just the chronic pain or injury that just isn't healing. They've done the physical isn't healing. They've done the physical therapy. They've addressed the therapy. They've addressed the inflammation. The tissue is just not inflammation. The tissue is just not repairing. That's where the healing repairing. That's where the healing peptides like BPC-157 and TB-500 might peptides like BPC-157 and TB-500 might be appropriate. We talked about that in be appropriate. We talked about that in week two with Sarah's story. The person week two with Sarah's story. The person on the GLP-1 who's losing muscle along on the GLP-1 who's losing muscle along with fat. They're eating adequate with fat. They're eating adequate protein. They're training and they're protein. They're training and they're still losing lean mass. What about the still

losing lean mass. What about the growth hormone secretagogues like growth hormone secretagogues like CJC-1295 CJC-1295 CJC-1295 and Ipamorelin? They may help support and Ipamorelin? They may help support body composition during that process.

body composition during that process. That was in week three when we talked That was in week three when we talked about Diana's story. The person with the about Diana's story. The person with the unexplained fatigue despite optimized unexplained fatigue despite optimized labs. Sleep is addressed, hormones are labs. Sleep is addressed, hormones are managed, thyroid is fine, they're still managed, thyroid is fine, they're still exhausted. Mitochondrial peptides like exhausted. Mitochondrial peptides like MOTS-c and SS-31 are being discussed for MOTS-c and SS-31 are being discussed for exactly that situation in week four. The exactly that situation in week four. The person experiencing cognitive decline person experiencing cognitive decline that conventional workups haven't that conventional workups haven't explained or brain fog or memory issues explained or brain fog or memory issues or focus problems. Neuropeptides like or focus problems. Neuropeptides like C-max and Selank are being studied for C-max and Selank are being studied for cognitive support and anxiety.

cognitive support and anxiety. I discuss this alongside with my I discuss this alongside with my Bredesen certification in week five. The Bredesen certification in week five. The person whose recovery has plateaued, person whose recovery has plateaued, body composition is shifting despite body composition is shifting despite everything that they're doing is right.

everything that they're doing is right. Sleep isn't restorative even when it's Sleep isn't restorative even when it's optimized. Growth hormone support optimized. Growth hormone support through CJC-1295 and Ipamorelin stacks through CJC-1295 and Ipamorelin stacks administered at bedtime to align with administered at bedtime to align with natural circadian growth hormone release natural circadian growth hormone release may be appropriate. Notice the pattern?

may be appropriate. Notice the pattern?

Who Should Avoid Peptide Therapy

Every single one of these candidates has Every single one of these candidates has already addressed the foundations, the already addressed the foundations, the peptide isn't the first step, it's the peptide isn't the first step, it's the next step. And just as important, who is next step. And just as important, who is not a candidate? Well, anyone with not a candidate? Well, anyone with active cancer or a history of certain active cancer or a history of certain types of cancers because growth hormone types of cancers because growth hormone peptides stimulate that growth hormone peptides stimulate that growth hormone pathway and they are generally pathway and they are generally contraindicated in patients with active contraindicated in patients with active malignancies or pre-existing tumors.

malignancies or pre-existing tumors. You must screen for cancer risk before You must screen for cancer risk before starting any growth hormone support.

starting any growth hormone support. This is non-negotiable. Anyone with This is non-negotiable. Anyone with uncontrolled diabetes, growth hormone uncontrolled diabetes, growth hormone can affect the insulin sensitivity. If can affect the insulin sensitivity. If blood sugar isn't well managed, these blood sugar isn't well managed, these peptides can actually complicate the peptides can actually complicate the picture. Anyone who hasn't addressed the picture. Anyone who hasn't addressed the foundations, and I say this with care, foundations, and I say this with care, not judgement, if you're just sleeping 4 not judgement, if you're just sleeping 4 hours a night, eating poorly, not moving hours a night, eating poorly, not moving your body, not dealing with chronic your body, not dealing with chronic stress, or drinking too much, a peptide stress, or drinking too much, a peptide is not your answer right now. Your is not your answer right now. Your answer is this foundational work, and answer is this foundational work, and once that's in place, then you can once that's in place, then you can revisit this.

revisit this. Anyone self-prescribing from the Anyone self-prescribing from the internet, I need to say this clearly. internet, I need to say this clearly.

Peptides purchased online without Peptides purchased online without medical supervision are not regulated, medical supervision are not regulated, not tested, and not safe. You don't even not tested, and not safe. You don't even know what's in them. You don't know what know what's in them. You don't know what the dosing really should be, and you the dosing really should be, and you don't have that monitoring. I have seen don't have that monitoring. I have seen this in patients come to me with this in patients come to me with complications from self-prescribed complications from self-prescribed peptides, and it's preventable. Cuz that peptides, and it's preventable. Cuz that stuff is scary. Don't let your first stuff is scary. Don't let your first symptom be your last, and don't let the symptom be your last, and don't let the wrong provider or no provider at all be wrong provider or no provider at all be your at your starting point. So, what your at your starting point. So, what does this process actually look like in does this process actually look like in my practice? It starts with a my practice? It starts with a comprehensive evaluation, not a comprehensive evaluation, not a 15-minute appointment where someone 15-minute appointment where someone looks at one lab value and writes a looks at one lab value and writes a prescription. A real evaluation. I look prescription. A real evaluation. I look at hormones, not just the total levels, at hormones, not just the total levels, but the free levels and the ratios, and but the free levels and the ratios, and how they all interact. I look at gut how they all interact. I look at gut health, inflammation markers, metabolic health, inflammation markers, metabolic function, nutrient status. I look at function, nutrient status. I look at body composition through my InBody. I body composition through my InBody. I look at lifestyle, sleep, protein look at lifestyle, sleep, protein intake, diet, hydration, training, intake, diet, hydration, training, stress. I look at environmental stress. I look at environmental exposures. And then, only then, do I exposures. And then, only then, do I determine whether a peptide is the right determine whether a peptide is the right tool for that specific person at that tool for that specific person at that specific time, for that specific goal.

specific time, for that specific goal. Sometimes the answer is yes, and we Sometimes the answer is yes, and we build the protocol together. Sometimes build the protocol together. Sometimes the answer is, well, let's fix these the answer is, well, let's fix these three things first, and then let's three things first, and then let's readdress things in 90 days. Both of readdress things in 90 days. Both of those are good answers. Both of those those are good answers. Both of those are me doing my job, and that's exactly are me doing my job, and that's exactly what early detection longevity medicine what early detection longevity medicine looks like. It's not reactive. It's not looks like. It's not reactive. It's not a one-size-fits-all.

a one-size-fits-all.

Peptides Are Just One Tool

It's looking at the full picture in an It's looking at the full picture in an informed, personalized decisions. I want informed, personalized decisions. I want to take a step back for a moment because to take a step back for a moment because this series was never really about this series was never really about peptides. Peptides are tools. Peptides peptides. Peptides are tools. Peptides are powerful tools, promising tools, but are powerful tools, promising tools, but they're tools. What this series was they're tools. What this series was really about is a different way of really about is a different way of thinking about your health. It's the thinking about your health. It's the belief that your body has incredible belief that your body has incredible systems for healing, for energy, for systems for healing, for energy, for cognition, for recovery. And that when cognition, for recovery. And that when those systems really struggle, the those systems really struggle, the answer isn't always another medication answer isn't always another medication or another appointment where someone or another appointment where someone tells you your labs are normal or gives tells you your labs are normal or gives you another pill for an ill. Sometimes you another pill for an ill. Sometimes the answer is actually looking deeper, the answer is actually looking deeper, looking earlier, looking at everything looking earlier, looking at everything together instead of one piece at a time.

together instead of one piece at a time. That's what I do. That's what early That's what I do. That's what early detection longevity medicine means. And detection longevity medicine means. And whether you ever use a single peptide or whether you ever use a single peptide or not, my hope is that this series gave not, my hope is that this series gave you a new lens for understanding what you a new lens for understanding what your body might be telling you. If you your body might be telling you. If you watched this entire series, all 7 weeks, watched this entire series, all 7 weeks, thank you. That means so much to me, and thank you. That means so much to me, and I don't take that time for granted. If I don't take that time for granted. If you're just finding this video, the full you're just

finding this video, the full series is linked in the description series is linked in the description right here on the screen. Start with right here on the screen. Start with week one and work through the series.

week one and work through the series. Each week builds on the last. If you Each week builds on the last. If you want to find out where you stand, want to find out where you stand, whether peptides might be right for you, whether peptides might be right for you, what your body might be telling you, what your body might be telling you, where the gaps are, take my free where the gaps are, take my free assessment. It's linked in the assessment. It's linked in the description. It takes a few minutes, and description. It takes a few minutes, and it will give you a starting point. And it will give you a starting point. And if you want to work with someone who if you want to work with someone who actually looks at the full picture, actually looks at the full picture, hormones, gut, lifestyle, environment, hormones, gut, lifestyle, environment, not just one number, not just one not just one number, not just one symptom. There's a link in the symptom. There's a link in the description for that, too. Everything I description for that, too. Everything I do, every protocol, every patient, every do, every protocol, every patient, every video runs through my one belief. I'm video runs through my one belief. I'm Dr. Myra Reed, helping you to live Dr. Myra Reed, helping you to live smarter, stronger, longer.

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