Still Hurting After an Injury? These 2 Peptides May Help Transcript

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Introduction to Healing Peptides

Do you feel like your body needs to Do you feel like your body needs to bounce back from workouts, injuries, bounce back from workouts, injuries, inflammation, stress, inflammation, stress, and now it just doesn't? Your joint pain and now it just doesn't? Your joint pain just lingers. Your gut problems persist.

just lingers. Your gut problems persist. Recovery takes forever, and you feel Recovery takes forever, and you feel inflamed all the time. Well, today I'm inflamed all the time. Well, today I'm going to talk about some peptides, going to talk about some peptides, specifically the BPC 157 and the TB 500, specifically the BPC 157 and the TB 500, two of the most talked about healing two of the most talked about healing peptides, but also two of the most peptides, but also two of the most misunderstood.

misunderstood.

Dr. Reaven's Functional Medicine Approach

misunderstood. I'm Dr. Marci Reaven, an internal and I'm Dr. Marci Reaven, an internal and functional medicine physician with over functional medicine physician with over 35 years of experience. I practice early 35 years of experience. I practice early detection longevity medicine. I help detection longevity medicine. I help people find what others miss before the people find what others miss before the symptoms become diseases. Everything I symptoms become diseases. Everything I do runs through my four pillars: do runs through my four pillars: hormones, gut, lifestyle, environment.

hormones, gut, lifestyle, environment.

Why Foundational Health Comes First

I help people live that smarter, I help people live that smarter, stronger, longer. This is week two. stronger, longer. This is week two. Today we're going to be talking about Today we're going to be talking about the healing and recovery peptides. I the healing and recovery peptides. I want us kind of start with like the big want us kind of start with like the big problem we have today in conventional problem we have today in conventional medicine, which gives they don't ask, medicine, which gives they don't ask, "Why isn't my healing happening? What's "Why isn't my healing happening? What's the root cause that's causing all of the root cause that's causing all of this these issues?" I like to get to why this these issues?" I like to get to why these things are happening into these these things are happening into these root causes, and then add things. Once root causes, and then add things. Once we start doing the foundational work on we start doing the foundational work on things, then we can add peptides as a things, then we can add peptides as a layer, as another tool. But I don't want layer, as another tool. But I don't want peptides just to be the total answer, peptides just to be the total answer, because we really need to do the because we really need to do the groundwork first. One of the most groundwork first.

Sarah's Case: Gut-Driven Inflammation

One of the most dangerous phrases is saying, "It's just dangerous phrases is saying, "It's just aging." Slowing healing is not always aging." Slowing healing is not always age. Sometimes healing signals have age. Sometimes healing signals have changed. I want to tell you about a changed. I want to tell you about a patient's story. We'll call her Sarah.

patient's story. We'll call her Sarah. She's a middle-aged woman, very active, She's a middle-aged woman, very active, but she's trying to keep functioning and but she's trying to keep functioning and she had multiple types of arthritis.

she had multiple types of arthritis. She'd been going to the rheumatologist, She'd been going to the rheumatologist, they diagnosed her with three different they diagnosed her with three different autoimmune diseases, plus the autoimmune diseases, plus the degenerative changes. She was coming in degenerative changes. She was coming in for severe neck pains. Come to find out for severe neck pains. Come to find out she had chronic gut issues as well. And she had chronic gut issues as well. And she had been to all these different she had been to all these different specialists. She was given pain specialists. She was given pain medications. She was told just give more medications. She was told just give more medicines, that quick in and out pill medicines, that quick in and out pill for an ill approach, more pain meds, for an ill approach, more pain meds, more symptom control, but she felt more symptom control, but she felt worse. No one asked her, could it be her worse. No one asked her, could it be her gut causing the inflammation?

gut causing the inflammation? She came to me, I started thinking She came to me, I started thinking differently. First thing I like to do is differently. First thing I like to do is go, "Okay, you're having all this go, "Okay, you're having all this inflammation. Let's start and look at inflammation. Let's start and look at your gut, cuz the gut is the window to your gut, cuz the gut is the window to the rest of the body. And if your gut's the rest of the body. And if your gut's inflamed, then your body's inflamed." inflamed, then your body's inflamed.

How BPC-157 and TB-500 Work

" But I wanted to people to understand But I wanted to people to understand that yes, peptides are great, but I that yes, peptides are great, but I don't want to use them as the thing that don't want to use them as the thing that people think it's going to be the one people think it's going to be the one solution to everything. It does solution to everything. It does dramatically help people, but you have dramatically help people, but you have to get to this foundation first. So to get to this foundation first. So again, going back to her, I started again, going back to her, I started thinking differently, starting with the thinking differently, starting with the gut, looking at the inflammation, that gut, looking at the inflammation, that leaky gut. How's her immune system? So leaky gut. How's her immune system? So we started first thing is eliminating we started first thing is eliminating things. I changed her diet. We started things. I changed her diet. We started looking at foods that probably were looking at foods that probably were triggering her. That's when I started triggering her. That's when I started her on the oral BPC 157. I like these her on the oral BPC 157. I like these different types of oral BPC 157, but the different types of oral BPC 157, but the one that really works in the lower part one that really works in the lower part of the gut for inflammation also can of the gut for inflammation also can have something in it that has KPV and have something in it that has KPV and PEA for pain and inflammation. After we PEA for pain and inflammation. After we made these gut and diet changes and made these gut and diet changes and added the PEA with the BPC. Then I added the PEA with the BPC. Then I started adding the injectable BPC. The started adding the injectable BPC. The results were dramatic. She texted me 3 results were dramatic. She texted me 3 days later saying, "Oh my gosh, days later saying, "Oh my gosh, life-changing." All those years she'd life-changing." All those years she'd been going to all these different been going to all these different specialists, each one giving her specialists, each one giving her something different. And then once we something different. And then once we started this groundwork and then adding started this groundwork and then adding and layering things, and on top of that, and layering things, and on top of that, we're going to work on getting her off we're going to work on getting her off of these dangerous biologics. So, not of these dangerous biologics. So, not only is she feeling better, but we're only is she feeling better, but we're going to get her quality of health going to get her quality of health better. We're going to optimize her better. We're going to optimize her health. This is what the goal. This is health. This is what the goal. This is what I love to do with patients. Now, what I love to do with patients. Now, let me explain what these peptides are let me explain what these peptides are specifically on this lecture is the specifically on this lecture is the BPC 157. That means body protection BPC 157. That means body protection compound. It's originally connected from compound. It's originally connected from gastric proteins in the in the stomach gastric proteins in the in the stomach that naturally produce these healing that naturally produce these healing peptides, but they start diminishing peptides, but they start diminishing with age.

with age. People will discuss them for, like I People will discuss them for, like I mentioned, the gut support, the gut mentioned, the gut support, the gut healing, decreasing inflammation, tendon healing, decreasing inflammation, tendon repair, and that recovery. So, what repair, and that recovery. So, what about TB 500 related to thymosin beta 4?

about TB 500 related to thymosin beta 4? Often discussed for larger injuries, Often discussed for larger injuries, recovery, mobility, recovery, mobility, healing support. A simple explanation is healing support. A simple explanation is that the BPC is for more targeted tissue that the BPC is for more targeted tissue repair, and the TB 500 is more systemic.

repair, and the TB 500 is more systemic.

Knee Pain, Injury Recovery, and Surgery Prevention

It helps They work together It helps They work together synergistically, but separately. synergistically, but separately. I also would like to discuss about I also would like to discuss about another patient that came that comes to another patient that came that comes to see me, and this is a really common see me, and this is a really common problem that I see. Specifically, let's problem that I see. Specifically, let's just talk about knee problems, that knee just talk about knee problems, that knee inflammation. These patients will come inflammation. These patients will come in and say, "I'm having knee in and say, "I'm having knee inflammation. I've gone to the inflammation. I've gone to the orthopedic surgeon. They're saying I'm orthopedic surgeon. They're saying I'm going to have to have surgery in the going to have to have surgery in the near future." But what I want to say is near future." But what I want to say is that that that a lot of times we can delay or even a lot of times we can delay or even prevent surgery by starting these BPC prevent surgery by starting these BPC 157 peptides. They're not the end-all 157 peptides. They're not the end-all answer, but they are a tool. And if you answer, but they are a tool. And if you still work on that foundational work of still work on that foundational work of sleep, nutrition, sleep, nutrition, getting good protein, your gut health getting good protein, your gut health that we talked about, the inflammation that we talked about, the inflammation work, movement, then I'm going to say work, movement, then I'm going to say that is so needed before you add these that is so needed before you add these peptides. Tell me, have you had an peptides. Tell me, have you had an injury or a pain or some inflammation injury or a pain or some inflammation that just never completely heals? Drop that just never completely heals? Drop it below. I read every comment. Next it below. I read every comment.

Closing Thoughts and Next Topic Preview

Next week I am going to be getting into the week I am going to be getting into the GLP-1s, which has to do with weight GLP-1s, which has to do with weight loss, muscle loss, and the conversation loss, muscle loss, and the conversation that nobody is having. Everything I do, that nobody is having. Everything I do, every patient, every protocol, every every patient, every protocol, every video, runs through one belief. Smarter, video, runs through one belief. Smarter, stronger, longer.

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