Introduction to peptide longevity

We can then dig into some longevity stuff, which epitalon, we can start talking about getting your circadian rhythm back. and check. And what Epitalon does is over time, your telomeres will become short.

What is that? So a telomere is actually, as we age, your telomeres get shorter. That is actually what causes aging, like at the cellular level. Okay. And what Epitalon does is slows that shortening of your telomeres.

Oh, fascinating. So literally, so when they talk about looking at your true age, you know, and they have all these wearables and apps and all this stuff that'll show you what your actual age is.

This is something that will greatly improve. where we are rewriting the rules of aging. Join me and expert guests as we explore topics like hormone optimization, boosting energy, losing stubborn weight and achieving mental clarity.

Because aging better isn't just about adding years to your life, it's about adding life to your years. Let's dive in. Welcome to Proactive Healthcare with Leif Onewell.

And my guest here is Kyle Holland. Delighted to have you here. And Kyle is a former college athlete who has become a health expert and is renowned in the peptide space.

Starting peptides with tirzepatide

So thank you so much for being here, Kyle. What I wanted to ask you about today was there is a thousand peptides out there. Every time I turn on my Instagram, I'm seeing this stack, that stack and so on.

And for someone who knows nothing about them, like me, it's a bit overwhelming. So if I was new to this health journey and new to wanting to start peptides, where do I start?

What do I do? What should my first step be? And what peptides should I come out and should be starting with? Well, you've started out by doing the right thing, which is asking that question.

And that's the first thing that I would tell anybody is because what I see all the time is people don't ask the questions, the question that you just asked, and they just say, give everything to me right now.

I'm going to do it all. And that, you know, I always say the kitchen sink approach is not the correct way to approach any type of health care. In fact, it's not the right way to do anything.

Maybe. I've got a disease, give me every medication. Yeah, exactly. Maybe for men cleaning up the dining room, the kitchen sink approach works, but not in the healthcare world.

Fair enough. But you would always want to start by getting at the root cause of the main problem. Those are going to be inflammation, which is essentially the root cause of every disease.

and then insulin resistance. And so everybody to some degree is going to have a level of insulin resistance as we age and inflammation. Unless you're living on like a fishing boat in the middle of the ocean and catching your own food.

You're going to have those things. Well, assuming with age it's going to be inevitable anyway. It's inevitable. It's certainly with the way, you know, if you live in America and the way we eat and live and even breathe, just all of it, you're going to have systemic inflammation and you're going to become insulin resistant over time.

It's, it's in our biology. So we can start by taking peptides and sending signals into our body to overhaul that and to work on beginning to correct that.

And what would that be like? Well, how would you start? Right. So I always like to start people on if they're open to it, a GLP like terseptide, which is perfect, right?

We're going to get some of the initial easy fat off of us, okay? Fat is going to hold and be the reason for a lot of inflammation, especially visceral fat, which is a dangerous fat that surrounds our vital organs.

That's internal fat, like fat you can't pinch. Exactly right. Brown fat here. Exactly right. You do not want that. It's dangerous. There's absolutely nothing good about it.

So we start by getting on something that is going to help us eliminate that while increasing our insulin sensitivity. And by doing those two things alone, you've added years onto your life and given yourself a much better quality of life while we're getting there.

So you would start someone out with a A GLP-GIP combination. Which would be trisapatite. Exactly. Trisapatite would be where I would go first and I would be cognizant of the dose.

I would start very, very low. Okay. And then I would tie a trade very slowly because I hear a lot of people start things. They get really, really sick, you know, gastrointestinal issues.

Is that correct? That's exactly right. And you can really, you truly can't avoid that. You can start with one milligram. So it was thought for a long time that two and a half milligrams was the beginning dose.

I tell everybody to start at either half of one milligram or one milligram, depending on people's tolerance for, you know, maybe some, a little bit of lethargy or stomach upset.

You can have a little bit of nausea, but when you start at such a low dose, you generally don't see that. Then when you tie trade up intelligently, you can avoid all that.

Most of the people I work with don't have a single side to speak of, only more and more energy. Yeah. As one, I know I'm getting one of your guinea pigs here and I, I didn't nothing.

I didn't notice a single side effect. I just finished the titration up. Nothing happened. That's perfect. And so I think that nothing bad happened. Yeah, exactly.

There you go. There's a, there is another side effect. That's interesting that I've never heard anyone talk about. And that is. The, because of you are controlling your, your dopamine chase by, by taking this G. I. P receptor cuts the dopamine loop.

So you're not always subconsciously. That's why they talk about food noise and being able to quit certain types of addictions. Yep. But I've heard it referred to for people who have big personalities who get a dopamine.

I think that's probably both of us. 100%. Yes. And this was something that I, that definitely happened to me. And somebody that I was working with described it this way, and it really clicked that it made sense, is that when you're someone who chases a dopamine hit by pleasing others, by getting someone else to laugh, maybe that's your thing, maybe going to have beers with everybody, and you like being the center of attention, and so you are trying to get that dopamine hit by getting a big reaction.

Well, when you first start that, you don't get the same dopamine hit. So some people can feel like they've lost their fastball. I'm just in social settings.

BPC-157 for injury and gut healing

Yeah. If you start too high and that doesn't make them very, wow, it's fascinating. It is very fascinating. Right. But it's something that I actually dealt with and it was kind of like, why am I not, it's not like you're sad, but you're just not your, your normal like, but that's, that's what I have noticed.

And this is anecdotal, right. But, but from working with hundreds of people on this stuff, but so again, you can avoid that. by starting low in tight trading slowly.

Perfect. Now, what about, I hear all the time these stacks, I see them online again, what does that mean? So there's, you can always combine multiple peptides.

And then there are some things like you can use, you'll see glow is a very popular one, which is three different peptides in one vial. For example, glow is BPC 157, TB 500 and GHK.

All right. So that's some explanation. Cause I never heard of any of this. So give me, can you give them to me one at a time? Absolutely. So BPC 157 stands for body protection compound.

All right. And what that does, it's fantastic. It's fantastic on its own, to be honest. If you have an injury. say it really shines for say you have tennis elbow or a knee or a shoulder which we see very common in the fitness industry right lifting weights all that stuff.

You can site inject the EPC 157 directly into the energy to the injury and through a process called angiogenesis it's going to form new blood vessels around that energy.

Now The only way to heal an injury is to get blood to it. That's why we have swelling around an injury, right? Yeah, so this is going to make that process happen much more rapidly.

So angiogenesis is something that we do naturally on our own, and it happens when we exercise, when we go walking, really anything healthy that we do actively in our life.

You're going to have that process, but BPC The peptides, the code of the peptides, you put it in and it's coded to start forming new blood vessels right where you put it in, right around the inflammation.

So you actually physically form new blood vessels. Exactly. I didn't know that was even possible to do. So you're not going to end up with a big swollen forearm.

Exactly. So what people notice is inflammation goes away much, much faster. Why is that? Because you're getting a lot more blood. into the injury. So for example, the swelling doesn't need to occur.

Exactly. So you'll see it does, it just happens much more rapidly, right? So you're not getting all the, so you do want blood into it, but it's just happening rapidly.

So the swelling leaves rapidly because it's healing. Oh, I see. Hence the pain goes down. Exactly. So when you think about injuries, certain injuries like an Achilles tear, because it doesn't have great circulation because all the way down here by your foot.

takes a long time to heal. And that's why it's such a bad injury because it's not getting enough blood. So if you have an injury like that, surgery, whatever you need, you can use BPC to get more blood into the area.

Fascinating. Yeah, exactly. So it's a spot. So this is a spot fix product. In other words, you take it for a chronic condition or acute condition. So you can be, it can also be used for systemic reasons and it has more reasons than just that.

It's great for your gut. You can take it orally as well, which is not as good for injuries, but it's fantastic for gut inflammation, gut health. people with IBS or, or, or some disease like that.

Yep. So I think keep going. So that's the first one to BP. Yeah. BP one, five, BPC one, five, seven. And then after that, I need to get one of those charts with all this stuff written.

So I remember ABC one, two, three. Okay. PPC one, five, seven, and then TB 500 TB 500. Yeah. You're absolutely right. Just feel like you're like looking at the chalkboard from good will hunting when the guys exactly what it looks like.

TB 500 is going to help repair ligament damage. And if you take TB 500, you can just in the stomach anywhere subcutaneously. You don't site inject it, but it's going to help you.

It doesn't even have to necessarily be. badly injured ligament, but Lord knows anyone over the age of 30 or has, has ligament pain. Definitely. And so this just helps if you were an athlete or workout or it's inevitable.

Exactly. So this is going to help regenerate some of those ligaments in a much more rapid fashion. And when you compare that was with the BPC and you, you joined them.

And you've got something that's very, very helpful. And they've been, both have been studied for years and you know, there's really no negatives. You'll hear people talk about cancer.

You cannot create cancer with any of these peptides, but similar to a growth hormone. It can accelerate an existing tumor because why? Because it's going to form those blood vessels around there.

It thinks it's nurturing an injury, but it's actually nurturing a cancer cell. That makes sense. So what, is there anything you can do about that? Get your blood work, get your blood work, get, go to good, make sure you're getting scanned for cancers.

I always tell people, this is a perfect reason for you to go to your doctor and make sure you don't have any cancer. It's on your brain. You're thinking about it.

That's something that scares you.

TB-500, GHK-Cu, and peptide stacks

Go check, go find out. Yeah. And then if you take it, like if you had the cancer, he was going to have to be taken care of sooner or later, no matter what.

Right. Yep. So let's just say you've got an injury or you're interested in these peptides and you want to take a, a cycle of BPC one five seven, do it and then go get checked out.

Right. That's exactly what I do. Look at Excel medical now that you have that cancer screening. on its way right now. That was the first thing I did, which got that, got the all clear.

Now I'm going to go fix my tennis. Yeah. I would, I always tell people because I do get this question a lot and I explained it and you can see kind of people shying away and I'm like, look, you're going to sleep better.

Like don't not do BPC 157 because you're worried you have cancer. Go get checked out for cancer because you're worried you have cancer and then do BPC 157. Like if that's something that you were already concerned about, this shouldn't have anything to do with BPC 157. Yeah.

Ever. Makes sense. Now what was the third? GHKCU, which is just copper. GHKCU. Correct. That sounds like a submachine gun. Yeah, it does. Like a nine millimeter GK.

Yeah, I think it was like old James Bond 007. That actually wasn't. And this, this one, like collagen in a bottle, man, it's fantastic for anti-aging, wrinkles, skin, hair, all the collagen supplements you've been seeing for years that have been, you know, you'll hear, especially girls talk about it all the time, collagen, collagen, collagen.

Well, this actually does it. This actually does what you've been seeing those advertisements talk about for so long. And it's fantastic. And so it's, it's very simple.

Actually, it's a very simple peptide. The peptide is actually G and H and K and copper. That's the entire, that's the entire peptide. So, and how does that work that it's instructing your body to, well, produce those, utilize those?

Yeah, it get more blood into your skin and all that. So it's actually something you hear people talk about, ozempic face, right? CHKCU is something that is fantastic for keeping your face, giving that plush.

A zempig face, so that's just caused by a sudden reduction in weight to your skin sex. Is that right? Correct. It is a lack of nutrients. People don't get that if they eat the right way while they're taking.

And it's certainly not something that you see nearly as much on terzepatide as we've talked about with it. When you become insulin sensitive, your nutrients are going to be utilized.

The ozempic phase thing truly only happens when you are lacking nutrients. Yeah, it's pretty starving in other words. That's literally what it is. Like if you didn't take ozempic and you were starving, you would have the same effect.

That makes sense to me. So I also hear a lot of something called, is it a Wolverine? Is that the other thing? What does that mean? That's the first two.

So BPC 157 and TB 500. But it's different in that because GLO, which has the GHKCU in it, is so copper, GHKCU heavy that you'll be taking the BPC and TB 500 in a microgram dose, which is fine.

And it's great for systemic, just benefits, health, gut health, all of that. But if you are one of someone who may be a high level athlete or someone who likes to play pickleball five times a week or whatever, then the Wolverine Blend is a much better choice for you because you're going to be getting the ligament and the anti-inflammatory peptides at a higher dose than you would in the Glow.

So I would, you know, Glow is more for people who are worried about their, their wrinkles, and anti-aging and beauty, whereas Wolverine might be more beneficial to someone who likes to play pickup basketball on the weekends.

So they don't mind if they're furry like a w- Exactly. So in the transition of someone new to this, then I would start with the insulin sensitivity. inflammation, et cetera, with the turzapotide, then onto fixing anything that's broken or hanging off with the…

Yeah, you got it. In fact, if it's generally people I work with, what I start them on, and you hit the nail on the head, I start them on turzapotide and Wolverine if they're a man usually.

And if they are a woman, I usually start them on turzapotide and glow. So is this anything, I think you gave me turzapotide and glow. So what does that mean?

No, no, no. I glow is great. And I do, but I do actually do. It just, it just depends on what, what your active lifestyle is. All of it. Both are great combinations.

I should say that I give the Wolverine to people who I know are either still actively, maybe they're a professional sports player or whatever, or people who are really, really heavy lifters, deadlifting power lifters, stuff like that makes total sense.

So then what will be the next in this transit in this? So the next, after we've done that and we feel confident that we've gotten the visceral fat out, the inflammation out, the instant sensitivity is up, we're feeling good, energy's up, brain fog is gone.

Now we get to start working on the mitochondria. Okay. Which is our, it's our body's power plant. It's how our body utilizes energy. It's how we turn our nutrients into energy.

Okay. And over time. mitochondria get damaged. And that's not necessarily a bad thing. They do get recycled once they die off.

Mitochondrial repair and supercharging

But there are so many peptides that are mitochondrial superchargers, like testosterone for your mitochondria, but you need to have a healthy mitochondria to be able to utilize those.

So first, I like to utilize something called SS31, which repairs damaged or leaky mitochondria cells. gets them back to where they were when you were younger before you drank six beers every weekend or whatever the case may be.

So you get your energy, and what that does is get your body using its energy efficiently. So kind of like you were talking about, when I talked to you last, that you have a cleaner energy throughout the day.

So that means your mitochondria are likely healthy and we're off to a great start. But some people skip this step and go right into the mitochondria supercharging.

And what that can do, is if you have a damaged mitochondria, it can't withstand that. It can't withstand the, the supercharging of it with, with, with peptides like a Massey or we'll get into it.

So it's, this is a step, this, this second phase, a lot of people skip and then they don't get nearly the benefit that they would if they had gone through this second phase.

Fascinating. So, so now, now we've done, so we've fixed the insulin resistance. injuries, supercharging the mitochondria, which again is the effect of this of the entire thing.

How would you give me one sentence that explained that? What would it be? I still didn't quite understand. You're right. We fixed the insulin sensitivity and inflammation.

Then we go on to repairing the mitochondria before we supercharge it. Got it. Got it. So we're making the mitochondria whole again. And then we can move on to supercharging it.

And then how, what's that? So like a MOS-C or like a SLUPP332. Okay. How are you going to explain those in a second? It's basically going to think, yeah, just seriously think about it like a steroid for your mitochondria.

It's going to give them the ability to take these nutrients and turn them into even more energy. So you're gonna feel more energized. You're gonna burn more fat.

You're gonna be, you know, around the clock. Your body, it's gonna feel like you're just, boom, like you're ready to rock, right? Like when you were, you know, like when you were 13 or like a dog who has a zoo, something like that, right?

That's how you're gonna feel. If you've healed them, now you're supercharged, you're in the gym, you're like, holy crap, man, I am getting after it right now.

Like I have had this kind of energy, you know, since I was a teenager, since I was in high school, right? And so you really, you start to feel like that and it's truly life changing.

It's exciting. You know, you want to walk around and tell everybody about it almost. What type of timeframes are we talking? Like how long are each one of these steps?

Yeah. So it's different for everybody. That's again, why it's super important to have a good guidance. Or somebody who truly you trust, who knows what he's talking about, depends on how much damage you have.

If someone comes to me and they are a hundred pounds overweight, we're looking at a pretty long time before we even get to even thinking about that. Got it.

If someone comes to me and they've got 10 pounds to lose and they've been at pre-fit for their entire life, then we can get to this point in two, three, four months, almost every time.

Got it. Got it. That makes sense. And then to go on to the next phase, we've done all this stuff, supercharged mitochondria, you're feeling great, looking great, all of that.

We can then dig into some longevity stuff. which epitalon we can start talking about getting your circadian rhythm back in check and what epitalon does is over time your telomeres will become shorter and shorter and shorter and epitalon stops that.

What does that mean? So a telomere is actually As we age, your telomeres get shorter. That is actually what causes aging, like at the cellular level. Okay.

And what epitalon does is slows that shortening of your telomeres. Fascinating. So literally, so when they talk about looking at your true age, you know, and they have all these wearables and apps and all this stuff that'll show you what your actual age is.

This is something that will greatly improve that. So keep going then, so now we've done the age, is there another phase? So no, so those are the four phases that I like to think about.

Can you run me through, how would you describe those four again? So the first one is we're going to fix inflammation and insulin resistance. Yep. And then we're going to go into repairing the mitochondria.

Yeah. Then we're going to go into supercharging your mitochondria. So you are now utilizing the, we've got your insulin, right? So insulin sending the food into your body, but now we've got the cells that are carrying them.

Now those are becoming stronger and stronger and stronger, right? And so then after that, now we're just, now this is all icing on the cake stuff, right?

We're talking about longevity because who doesn't want to live for… Absolutely. If you're feeling great, you feel a lot of energy and you… Yeah, you feel good.

You look good. You, you, you got your full life. What do you want to do next? You want to live forever. So let's work on that. And then after that, there are so many cool things that you can do.

And it's all just personal preference, right? Because now we're everything from here. We fixed the root cause of all the problems. So everything else is just for, for fun.

I'm assuming you still need to eat, right? You still need to work out. You still need to do the basic functions. So building blocks, you got to have those without those you That's a great question.

And I should have mentioned this before, without the proper diet, workout, sleep protocols, none of this stuff matters. That's what I was seeing. You still have to have the building blocks.

Yeah. So from phase one to phase two, that has to be in check. Phase two to phase three, that has to be in check, right? I won't even entertain if I'm working with a client moving on to the next phase if any of that is lacking.

Epitalon and longevity support

So you've got to have the foundation of the diet, the exercise, the sleep. I would assume the hormones and then this will be in effect. So how would you, how would you, how does someone go about that as a process?

If I'm out of shape, I'm out of, you know, if I, I'm starting on, I'm starting on trisepatitis, I'm going to start losing weight, but I've, I guess I've got to move, right?

Quite literally, you get started one step at a time. And that's how I tell people to start walking. Like I just tell them to track their steps. Let's get 3,000 steps this week.

Next week, let's do 4,000 steps. Next week, let's do 5,000 steps, right? Get on the incline treadmill. You know, start at 3% incline. Next week, let's go to 4% incline.

Just start. Just start. And then you can't overload people all at once with everything. Okay, now they're walking. they're not eating as much. Now, let's talk about what to eat, right?

Let's talk about lean protein and rice and getting rid of the sugar and things that are going to cause inflammation because we're going to get you insulin sensitive, shifting from insulin resistant.

Yeah, so now if we eat the right things, the change is going to be so rapid and so dramatic and so life-changing that they're going to be It's a snowball, right?

It's a snowball. I've found that just about anything worthwhile in life is a snowball. It begets more. So once you start losing weight, it's much easier to motivate yourself.

Once you have energy, you can work out and then energy working out produces energy. Round and round and round it goes. Exactly right. And these tools, which that's what they are.

They're tools. They're not cheat codes. They're not going to do it for you, but they make the progress so much more rapid that instead of feeling like you've worked for a month or two months with no results, now you're going to see the results fairly rapidly.

That makes sense.

Lifestyle foundations and gradual progress

And so instead of having to do this for six months to see some progress, now you do it for six weeks and you're like, holy cow, man, this is crazy. And then that's when they, you can see it happening.

They have this thirst for knowledge and learning more. And that's when you always have to slow them down. We talked about the kitchen sink, right? We can't do it yet.

So you have to slow them down in the phases. So it's a process and you have to be cognizant of it. But when these tools are used correctly with, A proper lifestyle.

Yep. It is incredible. So I have one last sequence to ask you about. So you've described the four phases. That sounds awesome. I'm assuming these are injections.

So am I going to start looking like a pin cushion? Like how many times like, like how many injections are you doing? No, no, no, no, no. That's it for today's episode of Proactive Healthcare with Excel Medical.

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is entirely optional.

I'll see you in the next episode.