The Peptide Revolution: What Big Pharma Doesn’t Want You to Know! Jay Campbell & Dr. Davis | Ep. 95 Transcript

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Opening on hormones, testosterone, and peptides

Guys will come to me and they're like, I got 550, man. I'm good. My doctor gave me a thing and I was like what's your free testosterone? I don't know.

And you're, like What? Your doctor didn't measure your Free testosterone. Free Testosterone is the only number that matters. That would never ever have thought 10 years ago that I am putting anybody on testosterone because it's going to increase your risk of blood clotting and having a heart attack, right?

Well, in fact, we absolutely know the truth is absolutely the opposite. The role of hormones when it comes to fat loss. This week we sit down with health optimization expert and bestselling author Jay Campbell to discuss the cutting edge science of peptides.

And our co-host is Dr. Christopher Davis, an interventional cardiologist and chief medical officer at Liquivita. Ipomoralin was like the first peptide that people had research on.

When you started using it, like if you were using therapeutic testosterone or whatever else, you'd notice a great synergy and you notice like fat loss and better emotional feeling and well-being and deeper sleep and all that stuff.

We're talking about health, we're taking about heart health. we are talking brain health and we talking everything. And that all starts with hormone balance.

75 to 100 years ago, four to five times higher free testosterone levels walking around than what kids have today. If your hormones are unbalanced and don't have testosterone, then your insulin sensitivity is gone.

How we use the insulin to take glucose into our cells, it's not efficient. It doesn't work. All these young people, do you think this has some kind of correlation with such huge numbers in the population of people questioning what their gender is?

Dude, I'm glad you brought this up. Welcome to another episode of a Healthy Point of View podcast. I'm your host, Sam Tahata. And as usual, we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset.

Today, this podcast is gonna be co-host by Dr. Christopher Davis, my business partner, Chief Medical Officer of Likovita, who's an interventional cardiologist with a hyper-focus in functional medicine.

Our guest that Dr. Davis and I will be talking to today, this guy here is a peptide and hormone guru. Most of you guys have probably seen him. He is very active, he speaks on stage, He's all over the place.

he has a mouthpiece, there's no censorship here. We're gonna talk about what peptides are really doing and some of the new peptids that are out there.

Today we have Jay Campbell, hey! There you go. Amazing man, amazing. Pleasure to have you here on a Healthy Point of View podcast, brother. Thank you, Sam, and thank you Doc.

I appreciate it. It's an honor to be here, very privileged, humbled. You guys have an incredible set, so we're gonna make some magic here today. Absolutely, man.

So for the viewers and listeners who don't know who Jay is, I want people to get to know the five-year-old Jay. Who

was the 5-Year-Old Jay that led to coming over here where you're now this peptide expert, this hormone expert?

So the five-year-old Jay is the oldest of nine children, raised in a very strict Irish Catholic family.

Jay Campbellu2019s background and hormone journey

Six boys, three girls, was always an athlete, always the eldest born. So my dad was coming up in the newspaper business and he had to feed nine kids. It was a constant grind for him to get moved up into his corporate world and be promoted.

In that process, We moved, I tell people this all the time. I was in five high schools in four states in 5 years, right? So it's like I, was like a different new kid every all, the, time that started when I.

Was in 6th grade, so I always kind of the new, kid, but I wasn't athlete pretty good student. My played basketball, baseball and soccer in college in high school and then in, college I played, basketball.

And then, you know, when I graduated, I graduate from college with an international relations degree, a focus on political science and a minor in molecular biology, right?

So that was kind of like the geeky stuff that allowed me to get into things that I got into later in life. But in truth, at 29 I was playing in adult men's basketball league and I get kicked in the testicles.

And I checked out, you know, like getting kicked by getting hit in the nuts would make you do. But then by six to eight weeks later, I started feeling absolutely run down and was destroyed.

And this is when I was twenty nine years old. So this has gone back to nineteen ninety nine. A long time ago. I went to my PPO doctor at the time I. Was living in Southern California and I worked for the Los Angeles Times and he and as I always say for this story, there's no coincidence, it's only synchronicities in this world.

He happened to recommend me to a very At the time, I didn't know, but it was a world renowned endocrinologist in Pasadena, California, by the name of Dr.

Raymond Scruggs. And so he took my lab work and he said, hey, man, like you have the total testosterone level of the geriatric. I can put you on therapeutic testosterone and have you write his reign in eight to 10 weeks.

But before we say yes, or you say, yes. Go home and talk to your. at the time she was my fiance, my wife-to-be, we didn't have kids, to make sure she's okay with it.

So I did, of course, and she did. She said, yeah, let's do it, you're a smart guy, We could do this. And so he put me on therapeutic testosterone. Now this is, again, going back to 1999. There weren't a lot of people that understood anything about this, but he on it and eight weeks later, I felt amazing.

and he wanted to take me off because he's like you know you're only 30 years old and i was like no dude i'm not coming off this like this is life this transformation like i felt like a different person and so then from that point forward again like I'm 30 and a half now or getting close to it i became just just massive student of hormones and in the process of learning about hormones i also started using like peptides and You know, all kinds of stuff.

So this is like from 2002 all the way on to where I first wrote my first book, which was in 2014. I wrote it. It wasn't published until 2015 on therapeutic testosterone, and which is called the definitive TRT manual.

And then subsequently I started writing other books on fasting. The next, my biggest book and the one that I'm like most renowned for, the testosterone optimization therapy Bible, Which came out in 2018 and then I wrote a book on peptides which came out in 2023 and that was honestly like perfect timing for me and in the world and everything that I did because it came Out literally on February 1st of 2023 right in The midst of everybody that Was being harmed by the Vax and so you had all These people that were looking for alternative forms of healing Not

knowing what to do and So my book was like Those doctors seeds book in my book and seeds both came out like three months before mine but his is much more written for clinicians reminds more lay and so my but kinda just what's your center mass and just kind of blew up and spiraled and like you're saying you know people started asking me to talk about it and you just I just started making the rounds and here we are today so you've just been very blessed in life that I was able to find something that i really had a lot of.

Um passion and just true inspiration to like learn about it and in learning about It, you know, i'm a very service to others being I wanted to teach others, right?

So as you, know as a physician a cardiologist There's not a lot of docs that truly understand like hormone optimization It's a real niche nuance kind of do it on your own type thing until you have an experiential body of work.

So I was blessed to actually work with a lot of those docs like in the early days of say from 2008 to 2015 2016 who were learning about it themselves, right?

So it's like I feel super blessed that I've worked with some of the best docs in The world on this kind of stuff And so I really learned from them as they cut their teeth working with various patients.

That's awesome, man Yeah, and you know you mentioned You started like peptides and some other type of treatments in like 2002. And I've been in the industry for about two decades, which is after 2002, right?

And when I first got in that industry, no one was talking about peptide. This is underground. It was underground and nobody, the only people that use peptidies, I'm telling you, it was in 2004. I started using Impramaryllum and the company that I worked with was called Southern Research Company.

and truthfully, they were literally a guy. And I'm sure there's people in your audience that are going to know who Southern Research Company was, but they were literally working out of the back of a compound pharmacy in Texas selling this stuff, right?

And it was again, underground research chemicals. But, um, ipameralin was like the first peptide that people had research on. Like it, was this peptid, it a GHRH, which is a growth hormone releasing peptides that did not, uh, increase cortisol or prolactin when you used it.

So it's kind of like one of these peptids where it like magic in that you didn't disturb your body's natural production of, of growth hormones. So like when you started using it, like if you were using therapeutic testosterone or whatever else, you'd notice a great synergy and you notice like fat loss and better emotional feeling and well-being and deeper sleep and all that stuff.

So I just remember back then and using. And yeah, it's a joke now because you think about it like I was using that in 2004 and it is now 2025. Well, this is the facts right now.

Still only 3% of people in the world know what a peptide is. Like that's where we're at, right? So where it's like a totally giant blue ocean market for peptides now, but it just us, you know, being in the biohacking space, we think it is much more prevalent because the people around us are using that.

But the average person in, in world doesn't know what a peptide is. Absolutely. You know. So I want all three of us to kind of geek out a little bit on the importance of the role of hormones when it comes to fat loss.

Because fat lost is just a huge market, right? Everyone's looking for energy and fat losses. You go to the gas station, you see stuff for the energy.

Early peptide use and the rise of biohacking

So hormones, the roll, and that loss, what can you tell me about that? Yeah, so I'm glad you brought that up

because when I speak, whether it's a podcast or it a doctor's conference or a biohacking conference, or whatever, you know, I always tell people, because they're always asking me about like, what peptide can I use for this?

Or what kind of uses? I would say, well, let's first focus on your hormones, right? Like do you have a hormone deficiency? Because as you know most people today in our contaminated society from the food the water the air everything we breathe is contaminated especially in large cities.

Most people are working with a hormone deficiency but don't know that right because they don t really know how to get treatment they have to be lucky enough to find somebody like us who can say hey you need to go see this doctor get your labs done.

But the average person doesn't know that. So if you start using therapeutic peptides without knowing whether or not you have hormone deficiency and you are inflamed, you do have too much body fat, and probably are suffering from hormone deficiencies, then you're not going to get the same results as somebody who is hormonally optimized or is hormoneally balanced.

That's always a big thing and I think I see that probably at 90% of people who start peptides and obviously the real point of entry I Think for most people now is like GOP's right like they're looking for weight loss like you said or fat loss You know inflammation suppression and i think too many people start without really finding out whether or not the root cause is a hormonal deficiency and then they get poor results or they Get mediocre results, or They get we go the face we're going to be neck we'll go be chin muscle loss thyroid damage Metabolism damage.

I mean all these things that happen that are negative that people say that GOP's are bad You know and cause this but it's really just a product of their environment and not understanding what they were doing when they got it started Yeah, I couldn't agree more with the fact that people are thinking I mean the weight loss craze and this is kind of the easy entry point to that and I think the thing that kind People forget about it.

It's when we talk about our overall health, certainly losing weight helps your health. But at the end of the day, that hormonal balance when, we're talking about health we were talking heart health was talking, about brain health and we talked about everything, right?

And so, and that all starts with hormone balance. And, so certainly we can give a GLP-1 and lose some weight and honestly, you probably are gonna end up, put it this way, I would suggest to you that you may end less healthy than you were before simply because you didn't do the right thing first.

You didn' balance those hormones before we actually started with just the whole weight loss. 95% of people. 95% of people that start GOPs end up worse off.

And again, there's blame everywhere, right? I mean, we can't sit here and disparage the medical community because they're trying to make money and survive and pay their mortgages and their kids' college tuition.

It's just like we all are, so it's like most of these guys, again not people like you, but most these that are just average garden variety, emergency doctors or whatever, podiatrists, whatever.

They go to a weekend class to learn how to prescribe a GOP, And so they got people that they're coming to them and then now they are doing insurance through, you know, with Govi or Manjaro or ZipBound or whatever.

And, so, they were trying to make a buck. At the end of the day, there are not telling their patients because they don't know themselves the commandments, right?

And really, that you just kind of said, the commandments are Are you hormonally optimized? Are your eating enough protein? You know, are you doing resistance training?

Or are doing cardiovascular training. Are doing all these things to actually allow the GLP-1 to be effective? If you're not, you end up exactly what you just said, which is a death spiral.

You start. You stop eating because it works, right? I don't need it anymore. The weight falls off of me. So like, wow, this is great, but I haven't changed my lifestyle.

It happens. I'm not eating clean. Not living insulin controlled.

Hormones, fat loss, and GLP-1 caution

Am I eating enough protein? Definitely not lifting weights and training. You're titrating the dose up, you're paying more money, You are not getting the effects.

You've blown your receptor sensitivity because you've taken the dosage too high, and you have escalated it so high. And now you are like, oh my God, I have muscle loss, thyroid damage, all these bad things.

So now, like you said, literally regained the weight. You have, again, metabolic damage. Your metabolism is haywire. You're thyroid is all over the place.

And so now you're like, why did I do this? I started off worse than I did. As you know, this is very avoidable. Because in our world, for people that are doing this precisely, which is like microdosing and doing all the other things that we talked about, there's some of the greatest drug interventions in the history of world.

But the average person doesn't know that because they don't understand how to do these. Again, like I always say this, in my realm, in the bank greenfield you know gary brocco dave aspirin biohacker well like we teach people to start low go slow but in medical realm because this is how they make money it's start high go higher.

So it like titrate them at the highest dose or not the high dose but the average starting dose and then just push them escalated escalator because. The doctor gets paid, the medical pharma rep gets payed.

You know what I'm saying? So it's like this, it a ruthless race to the bottom because everybody wants to make money but they're not really looking at the best interest of the patient.

with some of the stuff you're talking about, I mean, you look at some these patients and they look bad. They look like a stage four cancer patient who's going through all their chemotherapy, they just look horrible.

No muscle, no nothing. So going back to the hormone side, what are some hormones that we should consider, that people should considered to look for weight loss?

Yeah. So I mean, obviously when you're starting out, whether you are 25 and as you know, it's getting worse in younger people because the environment is so contaminated.

Right. Like I see, I'm sure you do too. But I, mean I am seeing guys who are twenty five to thirty who have severe testosterone deficiency, right? Blue light, you, know video games sitting, sitting around cell phones in the front cellphones right here.

Yeah, mine's right. Here right now. Blasting myself, but I've got super protective. But no, but I mean seriously, yes all of that contributes to a decimated hypogonadal axis So the first step is without a doubt whether you're a male or female is getting your labs done and we have to want to we want To look at testosterone free testosterone sense of estradiol progesterone We want to look at pregnant alone.

We wanna look in a bunch of these downstream hormonal precursors to kind of understand like what we're working with. And as you know, it's getting worse and worse.

I mean, younger and younger people are getting their labs done and coming back with levels that are so low. You're like, how is that even possible? I think we are talking about a situation in our society now where seventy five to a hundred years ago the world war two generation had no lye sam and you know this four to five times higher free testosterone levels walking around the wood kids have today so is it a nightmare scenario and it's only getting

worse because again we don't have enough people.

in the medical community who understand this because as you know they're not taught about this in medical school it's there's no money there is no profit center so the people that know this have learned like you by being in functional medicine or wellness or whatever like they learn on their own through working with patients but it is just not talking you don't have endocrinologist and urologist are not done and i think the word other things that you kind of hitting on with the testosterone and free testosterone there a lot of clinics out there that are just kind of these, I hate to say this, because you're missing the forest for the trees, just looking at a total testosterone level in the world we live in today with this protein called sex hormone binding because of all of the toxins that we have in our environment, SHBG is up, the Xenoestrogen is so horrible.

We so the free testosterone is in the toilet and and if they're just looking at total testosterone you again you're missing the Don't even know that's he's a hundred percent.

I mean, I literally have this conversation all the time guys will come to me and they like I got 550, man, I'm good. My doctor gave me a thing and I was like, well, what's your free testosterone?

And they're like I don't know. And you're, like what? Like your doctor didn't measure your Free testosterone. Again, for the listening audience, so they understand like Free Testosterone is the only number that matters, right?

Because that's the actual bioavailable testosterone in the body. The total is bound. So it's not really accessible or usable by the body, right? So, I mean, it matters a little bit.

You want to understand your total to free testosterone ratio, also along with your sensitive estradiol if you're a male. But like, you are totally right.

Way too many docs look at total, don't look it free and tell a guy, hey, are you good? And that guy might be dying. I've seen guys literally, bro, with 800 to 900 total testosterone levels and five free testosterone.

So that's a severe deficiency, but their doc has no idea because he never even measured that he had a free testosterone. Do you think these issues with hormones with all these young people?

Yeah. You think this has some kind of correlation with such huge numbers in the population of people questioning what their gender is? Dude, I'm glad you brought this up because I talk about this all the time.

I mean, without offending anybody. Literally trans uh, how do we want to call it? Let's just call sexual identification issues is literally a lack of free testosterone and utero So what is happening and I can tell you exactly why this I have a total I've a giant presentation on this Uh, what's happening is in the last 30 years Birth control in the water supply, like you said, Xenoestrogens, phytoestrogenes, thylates, BPA, plastics, all these modernized chemical things are in our water supplies.

They are our environment, they're in air that we breathe, in household chemicals, unavoidable and everywhere.

Testing hormones and the free testosterone problem

And so what has happened is it has lessened the bodies, the male and female both, XY, XX chromosomes, ability to be Or to be to to call the embryo to have enough circulating free testosterone And so kids are coming out again both men and women totally confused like they do not understand or they Do not relate to a male or a female they're in between because it literally they don't have free Testosterone in utero, but this is also causing some kind of psychological problem But the reason why i'm bringing this up is you know recently we had the shooting and read that kid and watch those videos I mean that Kid was so confused.

It's insane And there's been a few others in that, right, many, that obviously there is a psychological issue that's happened here to trigger these people to do the things that they're doing.

And again, and I say this, I wrote about this in my book, there are hundreds and hundreds of studies of this. Testosterone is what allows, this is not just a man thing if you're a woman listening to this podcast, it's men and women, testosterone is just what gives the brain It's power, it's again, the defining sex hormone, but it also improves short-term and long- term memory.

As you know, It also improved dopamine signaling. It does so many things for a human brain and for human call it state of being and personality or personality complex that when you don't have any, this is the kind of shit that happens.

Literally. I mean, we are witnessing the destruction of physical anatomy from the modernization and chemicals. Some people will say, is it, you know, Is it kind of indirect or is a direct?

And I would say it's more of a combination of both. Clearly we know there's people out there that don't want people on testosterone, but at the same time, it just the effect of modernisation in society.

All these chemicals, all this bad food. I mean, you know this too, blue light. You're sitting there in front of a screen all day. Your not moving, your not going outside getting sun.

People living in major cities who don't get in the air. They don' put their feet on the grass or they don ground with earth. All that stuff is bad over time.

Those are the barefoot shoes, right? Yeah, man. I love these. Yeah. It's all I wear now. So we talked about the role of hormone. What about thyroid? Massive, massive.

So whenever again I lecture, I always talk about the most important thing to understand when you truly optimize your hormones is you got to look at it as like a threefold symphony, right?

So it's like we always have a holy triune, we have the endocrine system, Endocrine is testosterone, estradiol, obviously progesterone in women and other hormones, downstream hormones.

And then we have the thyroid, which is the master temperature gland in the body, right? If you don't optimize the thyroid and you optimize endocrin system, it's literally like leaving one leg on a three-legged stool off, same thing with the pancreas, as you know, As we get older, Inflammation which is from insulin, you know a lack of insulin control or blood sugar regulation is what causes the diseases of aging I mean eventually people get diabetes they get type 3 diabetes, which obviously brain stuff But it's all all three of those things have to be I would say Controlled and optimized as we get older or you're going to end up with one of the disease of ageing So, I kind of like telling people to obviously live insulin controlled From a dietary standpoint, you can take supplements.

I've got stuff over here, bioabsorb, metformin, dihydroberber, and things that will help suppress blood sugar and control blood glucose. And then, of course, thyroid, so as you get older, there's desiccated thyroid.

There's supplements, ancestral supplements sell stuff that can help with thyroid production. But it's crazy because I see a lot of people start on hormones and not have their thyroid addressed.

If you don't address the thyroid and optimize a person's hormones, the thyroid will become sluggish. And so you always have to look at it as kind of like a symphony orchestra.

So like I always say, you can't optimize testosterone without optimizing thyroid. You can optimize thyroid without also optimizing the testosterone and your pancreas, which is good in your insulin production.

Thank you, thank you for that. Dr. Davis, you work with a lot of different, very sick patients, patients that have metabolic disease. So when we're talking with Jay about testosterone and peptides, I wanna touch up a little bit on some of the things that you've seen when it comes to metabolic health, right?

Related to testosterone and peptides. And then also, you know, talk about body composition when comes

testosterone, and peptides, because we're always so concerned about the weight loss component.

But when we talk body compositions, we are talking about bones, muscle, all of that other parts that don't necessarily relate directly to just weight-loss.

So I want you to chime in on that. Yeah, so, you know, obviously, from a health and wellness perspective, I'm biased because I am a cardiologist, but cardiometabolic health is key in everything.

And when we talk about metabolic health, and sometimes we use that term, what is metabolic? And essentially, the way I explain it is really how effective my mitochondria are working.

These energy powerhouses that we talk about a lot, how well they're working and how the mitochondrion are taking the carbohydrates, fats that are consuming and turning it into energy, this ATP, right?

One of the things with respect to hormones, we know that hormones… I mean, if your hormones are unbalanced and you don't have testosterone, then your insulin sensitivity is gone, right?

So how we use the insulin to take glucose into our cells, into muscle cells and use it, it's not efficient. It doesn't work, so all of a sudden, their blood glucose levels are extremely high, and then we develop what Jay was just talking about.

We have these advanced glycosylation end products, where we're developing all this inflammation because of blood sugars being high. And so, and not only that, one of the things I think when we talk about metabolics and what I see a lot of is when hormones are imbalanced, people develop this visceral fat.

We talk that all the time, right? The visceral fat is the fat around our organs, around the heart, our intestines, that's metabolically active. I mean, it's actually causing more inflammation in our body.

And so the hormones, and particularly testosterone, is very important in keeping that visceral fat at bay. Metabolically, the hormone balance is impaired.

As a cardiologist 10 years ago, I remember distinctly telling people how testosterone was bad for you.

Hormones, gender confusion, and environmental toxins

And no man, I would never ever have thought 10 years ago that I'm putting anybody on testosterone because it's going to increase your risk of blood clotting and having a heart attack, right?

Well, in fact, we absolutely know the truth is absolutely the opposite, and so the situation that we're in, kind of in medicine in general, You know, I had to, when I kind of stepped out of the system and decided I was going to have a health and wellness practice, had I to catch myself.

I knew hormones were not bad for you at that point, right? But I know everybody was gonna be talking about me doing hormone replacement therapy and peptide therapy.

Like I'm selling steroids on the corner. But at the end of the day, it truly is. I know I'm helping the patients, right? And so I am so happy to see now though that studies are coming out showing the benefits of testosterone and Jay hit on something else that we really have to We're going to hit this again and again, and the toxin part of this and why it affects our hormones and how it effects the hormones, how to affects us.

And anybody listening to this podcast, they know we talk about this. I talk it constantly. That's like my platform these days. It evolved into that, right?

I didn't choose it. Okay. It chronic illness is 100% caused by environmental toxins that we're exposed to everything from metals, pesticides, herbicides, plastics, mycotoxins, all of that stuff is what keeps us sick and what makes us

old.

And so I can't say it enough times. When it comes to destroying our hormones, the same things are doing that. Dude, well, you said so much. There's so on pack.

I mean, I want to get back to what he was saying about visceral fat. Always tell people this. And I learned this from Mr. Wizard back in the day, right?

Visceral Fat is more inflammatory than kerosene. Absolutely. So you think about us as human beings and this amazing human body that God source, you know, whatever you believe in is the greatest omnipotent power in the universe gave us these amazing bodies.

But yet what surrounds them when we don't live according to the way we should, which is obviously to live clean and stuff like that, Which is a problem of modernization today.

There's something putting around our organs that literally puts them lights them on fire, right? Like that's literally what happened. I talk about this all the time.

Like if you're an obese person and you have tons of metabolic resistance, insulin sensitivity issues, like you were saying, you've tons visceral fat around your organs.

You have what is called a cytokine storm 24 seven going on in your body. So obese people feel horrible. All the time there's no off time for them where they feel good.

So they're coming from a default state of suffering So it's like first off have compassion for people like that, right? Like all of us being healthy and being in this space that we're in Like that's my mission is like to help people when I see people who truly are desiring the help because as you know You can't proselytize you can only help when they want to but There's a lot of those people are suffering and my mom suffered from obesity, you know, God rest her soul.

She died two years ago from COVID, but she was really just, more to the obese and the hospital gave her the code, right? At the end that she died of COVID.

But I mean, the reality was that was not in good health, But so many people that are obese, getting back to what you were saying are, suffering. in insane ways because they really are literally living in a default state of suffering.

So it's like, as you were saying, like if we can teach them how to optimize their hormones, and that's the first big needle mover, right? Because they have to have the energy to exercise.

They have have that energy. You start eating better. That they had the to want to lose the weight and do that. And again, when you're suffering and you don't have any other state other than just like feeling terrible, it really, really hard to get motivated to do all these things.

But But yeah, I mean, a hundred percent like what he was talking to about like just 10, 15 years ago. I know when I was writing the first book, right, which I, was doing the research from like 2010 to 2013, everything that I.

Was learning then is now inverted. It's inverted, so it's like, you think of all these guys that are endocrinologists or professional trained neurologists.

So, mean I think Dr. Abraham Morgenthaler, he's the father of like teaching people that, especially doctors that like everything they used to think about prostate cancer was the inversion.

We now know that a testosterone deficiency as you get older is actually a higher proclivity to get prostate cancer. So it's like everything is an inversion from what we originally knew.

As you said, we have to constantly stay learning. We have keep ourselves abreast of the knowledge that's coming into the market because everything we thought we knew is not really the truth.

Like you say, it is the opposite. It's crazy. What is visceral fat? I mean, it's basically just the slimy caught soft, like subcutaneous. I, mean if you saw it like, you know, and you've seen it right in chemistry experiments, It's like this blob of squishy cells that sits above our organs or sits about our biological systems.

and it just becomes blubber, you know what I mean? Eventually over time as it accumulates and gets bigger and bigger. So the difference between like visceral and subcutaneous is viscerals harder, right?

Where sub-cutanious is a little bit squishier. You know, the peptide, obviously, testosterone is designed to tear through viseral fat in the center mass, like they obviously the medical, uh, that pharma approved drug is called a grifta.

And they give that to men that have HIV or AIDS because they have that disease called lipodystrophy. And it tears through visceral fat. So when you inject it right into the belly, it rips through this real body fat, but it's crazy because the bigger and more obese you are, more insulin resistant you, are the more visceral fat you're going to have around your internal organs.

And I think he said it best, the most important part about it is the increase in the inflammatory cytokines, right? TNF alpha, L1, all these inflammatory cytochines.

We've all heard about cytocines storm with COVID. Well, you're living in a persistent cytosine storm when you have lots of visceral.

Thyroid, insulin control, and metabolic health

So if you, I mean, when people, we're looking at evaluating patients and there's a lot of times, and I'll say this too, We have to also realize that you can have lots of visceral fat and be skinny fat.

Okay. And so it's not necessarily everybody that's morbidly obese. There are lots people who have high visceral fat levels that don't look overweight.

So that is very important when we're looking at, you know, technology that measure me using either the DEXA scans that we use or some of the bioimpedance devices.

I mean, I guess a gold standard is an MRI, but nobody's really doing that every day, right? But, it's just important to know that you need to be assessing whether you have visceral fat, just like you can be insulin resistant and not necessarily be overweight.

So it just kind of understanding that simple tests like the DEXA scan or looking at the bioimpeach devices to give us an idea of visual fat. That's a good surrogate marker.

That's awesome to say that because I have so many people that are joining my private membership group or, you know, reach out to me and they're like, hey, man, I'm skinny, and I am like well, what is your body composition?

Well, does that matter? It's like dude, it matters, right? You lift weights, do you train? Do you have build muscle? Because he's 100% right. I mean, You can be super thin and have a 40% body fat percentage, Right.

You could have BMI where you're one foot in the grave. So it really does come down and you know, I wanted to add one other thing to what you said because you nailed it.

Like I always say this like statistically, provably the way to live the longest is to be the leadest. Yeah. Because if you don't have any inflammation on your body, how are you going to get one of the diseases of aging?

So the leader you are the longer you will live that is absolutely statistically proved that doesn't mean that you're going to live along because you and I we were talking we can walk out get hit by a bus.

You know I mean a helicopter could crash while we're in an uber and hit our car you know something there's obviously things that happen there are outside of our control.

But if you absolutely desire to live as long as you possibly can and as strong as possibly you can, get lean. And I want to preface that by saying that's not getting to be a bodybuilder, right?

Like you don't have to jacked and muscular. I mean, it's just when you're lean, you are muscular! It's no one way or the other. You know, a lot of women hear that and they're like, oh, I don' want be buff and have blocky muscles.

It is like no, dude, if don''t have fat on your body, your automatically going to muscular because you just going be bone and muscle. I can't have anything else.

Not that way. You can be just like skinny fat, you know what I mean? Without muscle. So again, the weiner you are based on body composition, The longer you're going to live, so you got to look good with, with your shirt off.

I think most people you live longer with you. Sure. When you look at yourself, no, if you just know that this doesn't look right. That's a problem. So for me, I always tell people I just want to look good with my shirt.

That is absolutely true though. I mean, that is a reasonable goal to have for any person on this planet, whether you're a male or female, if you are a woman, do look in a bikini.

If you a man, can you take your shirt off at the beach or at a pool or a sporting event and not feel ashamed? And again, to get back to obesity, You know, this is like, and I've written about this in a couple of my books, but like it, you know when you're obese, that you have without, I'm not casting shade or aspersions or negative or judgment or condemning or anything, But you'll have a form of mental illness because you are not really looking at what you Are.

You see what I am saying? Because if you were, You wouldn't allow yourself to look like that. Because again you already nailed it. Your suffering. Who wants to live in a state of default suffering?

We don't, but we create illusions, or call them delusions of grandeur, whatever you want, where it's like we lose track of what's important, and we just start getting in these vicious cycles.

And again, a lot of people that are looking like that, are addicted to food, addicted drugs, addiction to alcohol, addicted to whatever. It's something that allows them to take their mind off of the reality that they really are feeling like shit all the time.

That made me circle back around really quickly, circle all way back because I'm going to tie it to When you allow yourself to look like that again, the casting machine.

So what, what one of the things that we've already talked about, and this is what I see in my patients, it's the, I don't really care very much, right?

And what is that likely? What is it that's hormone when the hormones are low? I can, can tell story after story when guys will come in and see me and it will just be talking.

They can't make eye contact. Right? They're looking at the ground when they're talking to me. And once you get those hormones balanced, it's the new person, right?

You've got that. You got I call it. I told my patients, I called my guy patients. That said the um fact, you can't put it into words. It's to um, let's go get it right.

If you don't have hormones, there's no let go. Get it, Right. you go and get nothing. Right? And so what you're going to do is use what exactly we're talking about right now.

Oh, well, here's what it is. And we'll keep eating these ho ho's and keep getting fatter. We care. So part of that, that's why I want to bring that full circle, because that caring and go get it and let me do something for myself and better myself.

If you don't have hormones, you can make a difference. That's one million thousand percent. I mean, I can't say it any better. We can leave now. You can end this podcast.

It's true. And that is the way I used to say back in the early days when I was preaching to people that weren't listening about how important hormones was.

Like, again, so I don' want sound like I'm Dostradamus, but I saw this environment coming. Because I was deep in the weeds, deep into the research, I saw what was happening in society, saw the plastics, the birth control and the water supply.

I read the studies from the EPA that the E. P. A. was suppressing. Dr. Anthony Jay, who's probably been on the show, if not I'll connect you, you should bring him on, he's a genius.

He used to be the Mayo Clinic researcher, all over social media now, but he is a good friend of mine. But he literally came on my podcast in 2018 and he talked to me about the study that showed that female fish, excuse me, male fish that were being put in aqueducts, fresh waters, you know, streams, rivers, everything in the United States.

Body composition, visceral fat, and longevity

Lakes were becoming, in 12 months, female from the chemicals. That study was obviously suppressed. It was because of him putting it out there and pushing it all around the world that people found out about it.

But I mean, hello, look around. Look at our dudes today. Look at young men in society today if half of them if you were looking at him from behind and they had long hair you wouldn't even know that they were American because seriously they've got estrogenic fat deposition That you know, they're soft.

Yeah, there they have like, you no again. They hold body fat regionally like women do And this is, again, this all due to a lack of free testosterone or circulating free-testosterone in utero.

And so you're coming out and you have this testosterone deficiency. I mean, it's sad because the world is stacked against these people now. Right. It's up to us and people like us, and pioneers like to really talk about this so that people can start getting looked at younger.

Because as you know, there are drugs, peptides, things that you can give a young man or young person that can help them with this, it's just we have to expose them, that we actually have allow them to understand that there is help and they don't have suffer in silence.

So I want to put emphasis on what you guys have been talking about, about testing for the hormones and everything else, because for listeners and viewers, you have guys to have understand, if you're a male and you look at yourself in the mirror, You should not have tits.

And I know people are gonna get offended when you say that, and those are probably the individuals that have to take control of their health. I mean, you look at certain stats that are out there.

70% of the males in the age group that can get enlisted into the military are not fit to be in the military. Can't do one push up or one pull up. It's crazy.

So when I start thinking about, I'm very patriotic, right? Of course. And I love the United States because we have so

much power, we so have much military power.

We have a huge defense operation. But when you start looking at all of these men, 70%, that can't even be enlisted into the Military, that cant even get drafted, That makes us weak as a nation.

That's something that has to be addressed. People have to take that serious. I mean, that's where we are, man. It's a really bad situation. Video games.

Porn, lack of exercise, Lack of going into, you know, I mean, You guys know this like when we were young, what do we do when you're young? We didn't have video games.

We were outside, kick the can, field hockey, Kickball, baseball, stick ball, basketball, whatever it was. Exactly. we had to do that, but the kids of today, they don't Have to be active.

And so you've got all these kids with all of these hormones, because we all had them, man. We all went through puberty. But nowhere to release them. And this is what happens.

They sit around. So let's talk about, you're the peptide guru. Let's about the type of best peptides for fat loss and recovery. So yeah, man, so you've nailed it with mitochondria.

So like, like even with all these supplements over here, the future of fat loss and changing people's metabolic, you know, call it insulin sensitivity or insulin resistance and all this stuff is really optimizing the mitochondrion.

And as you know, if you're fat, you are metabolically dysregulated. If you have massive insulin resistance, your mitochondria are shot. You know when a person that I work with or buys our products or whatever, they tell us that they use a mitochondrial peptide and we can get into all of them if we want.

But like, and they say it doesn't work. It's like well you instantly know because your Mitochondria damaged. You know, you were probably 250, 300 pounds or whatever obese.

Maybe you lost 50, 75, 800 pounds. Your mitochondria are damaged now, right? Because you are so heavy at one time. So there's always like a cascade that we have to deal with.

But I would say like, again, and by the way, if we did this podcast six months from now I'll give you a different ones, because the market is exploding and we are in a biomedical revolution right now.

But the two primary GLP peptides are stage two, which would be like trisapatide. A lot of your audience will know them as Monjaro or Zepmound. And then, of course, the research peptide, we sell, is GLp3, called retitrutide which is a lily drug which will be probably approved at some time, I want to say probably end of first quarter, early second quarter next year.

But in the research community, we've been using it for years, right? Like it came out in 2023 and that's a stage three GLP. So it increases glucogen, it obviously suppresses appetite, and then it improves insulin sensitivity, nutrient partitioning, all these things.

It's an amazing drug. If you can get that a GLp3, again, as I talked about it, do a microdose, you know, like every other day, two or three shots a week.

Combined with a mitochondrial optimizing peptide or growth hormone agonist peptides, which I'll just throw some out there, you know, tessameral and epimeralin, CJC, uh, Which again, You guys know all those.

And then of course, my favorite mitochondria peptid is one of two, Uh, is either MOTC or SS31. Right. What we're going with this is like, it's getting so crazy.

Like my company is actually creating a metabolic blend of NAD, MOTC, five-amino injectable, right? Like, so I

mean, and you know, final amino, I didn't even talk about that, but five amino is an amazing oral one.

But I meant you should see it injectible. So. That's kind of where I would say is like most efficient, most effective. I mean, again, start with getting your hormones optimized, but once your Hormones are optimized or maybe you're working to get your hormone to optimize, then you got to Get on a growth hormone agonist peptide for men.

My favorite is Tessa for women is probably IPA. A lot of people use it in CJC together, you know, for a bigger growth, hormone bolus, But mitochondria, as he said, is is MOTC is SS 31 is five amino is NAD plus those.

You're kind Of like real giant needle movers. Dr. Dave is anything else to add to that? I mean, those are definitely I want to ask the question about.

from a physician's perspective and access to peptides. We can't not talk about that subject. No, we have to, and I love talking about this. And I think that, unfortunately, when we know peptide are so incredibly powerful, yet as a Physician, I have My head.

Right. Exactly. You know what they can do, but for a lot of the products and the way how, how they are sold, you can't go, I can prescribe, uh, literally nothing.

So, so, other than pharma stuff. Talk to me a little bit about. Where where those peptides and your company's peptide are with respect to how their soul is there something in I mean, how as a physician, maybe you give me some insight.

Yeah, physician. How can I recommend products that I know can be helpful, but yet not step over boundaries that shouldn't be stepped So it's an awesome question and no one in my history of podcasting has ever asked me such an Awesome question bro.

So mad props to you to say that because I love to talk about this because Obviously, I work with like one of the best attorneys in the entire world who lives right down here He's in Delray, you know, shout out to Jeff Cohen.

Oh, yeah, and he works with pharma Yeah, of course. He works With you guys he worked with all of us, right? so he's amazing and these great friend of mine and again shout-out to jeff we love him, but He will tell you as a practicing physician that all you can do legally is to talk to your patients about what you just talked about, what we're talking about on this podcast, and then literally say, because all of these peptides have been listed as type two by the FDA, I can't legally offer you or write a prescription for you, but I could tell you that they are available in the marketplace.

And then at that point, you're off the hook. You're not liable because you are just giving them information. You can't now say to them hey jay campbell i mean i'm mean.

I mean this is where it gets gray according to what jeff says if you are like a j. Campbell's a buddy of mine reach out to him because he can talk to you because they have research peptides and they can tell you the ones to buy.

Peptides for fat loss, recovery, and muscle gain

At the end of the day legally research is for research purposes but how you define what research it is is like. gray, right? Because like anybody can research on themselves, so that's kind of how it gets by.

The FDA does not have purview over the research chemical distributing world. So that s kind a gray area in and of itself. Research chemicals, which are peptides, small molecules, stuff over there, are not illegal.

It s just that the FDA doesn t have any purvue and you as a doctor who is governed by the laws of the F. D. A. and the A. M. All these different alphabet bureaucracies are not allowed to recommend these because they're not FDA approved.

So it's an interesting like dichotomy of kind of like, what can you do? I mean, basically you can talk about them, you could educate your patients. You just can't actually say, I recommend you go over there to buy them.

It's up to them to make that decision. But again, your not guilty of doing anything wrong if you're talking to then and educating them now. You can write a script for FDA approved peptides, right?

They're super outrageously expensive. You're paying a massive markup. Hello, big pharma. Right? Like, and that's what bothers me so much is like you have these GLP peptide that people are getting through their scripts.

Most of them now are just getting what Gobi, which is semaglutide, Because that's just appetite suppression and you have these amazing twos and threes and now fours.

Four is coming. Do you realize? Bioglutide is two weeks away. I have a bottle coming to my house right now. It's called biogglutides. Its got IGF-13 as the fourth stage.

So it's a muscle preserver. so it is like a myostatin inhibitor. Wow. Imagine being shredded and then also building muscle while you're taking it. So it's like the ultimate chief coach.

And that's what I'm saying. Yeah. I mean, I guarantee you, you guys are going to be calling me in a week when you see me on Instagram being like, Hey, Matt.

It's an oral capsule. It's an oral capsule and you should see the phase two clinical trials on it. It has no side effects. I'm not joking. You always see in the oral models nausea or you'll see some people became nauseous or they had vomiting or diarrhea.

Dude, there's nothing. They've got eight studies that are already in stage two and these people are literally losing. And by the way, the fat loss or the weight loss is 34%. So the highest so far has been red and red is like 22 to 23%. So this is literally a quarter stronger.

You take that capsule every day. And it's an oral capsule. Yeah, I mean, so the dosaging is experimental right now, of course, but the higher dose they've seen is 150 milligrams.

But guys like us would literally take one or two capsules tops. And you get micro dose and you'll lean out and get muscular and stuff. And look, there's very smart people out there.

You know, shout out to Sal from mind pump. Like, you know he's a big doctor seeds in him or friends. So, he stays on the medical side. He doesn't really use research, but every now and then he'll call me up and be like, hey, what should I do about this one?

And so he started using red trutide and he sent me a video the other day. It is like dude, look at my arm. This is the greatest drug I've ever seen in my life.

I feel like Bruce Willis in Die Hard. You know what I mean? But it's like, yeah, I told you that 18 months ago, bro. But the truth is, is that we are in a total revolution.

And I would say within the next 12 months, there will be a drug beyond, they'll be five stage. Right. There'll be something that will literally like increase mitochondrial firepower.

Right? So it's like, it just, It's just going to get crazier and crazer. So we'll, we will eventually get to a point where anybody who truly desires to, like you say, perfect, take their shirt off at the beach, will be able to do it and maintain an amazing physique rather easily.

Again, if you put in the work. And again, putting in the work for us is going to be a lot different in two years than putting into work, because putting the in work then will probably be just lifting a couple days a week and taking two of these capsules a day and you're going look like a Greek god.

That's where we're going, you know? Jay, what are some of your non-negotiables when it comes to human health? Like people taking control of their health, like what is the few things that people have to really understand that are non negotiable?

So this is crazy, but it's not health. I mean, I shouldn't say it not help, it is not physical. It's the reality of like until you look in the mirror and do the inner work to feel yourself worthy of having a great physique, You're never going to make the change.

right like how many of us do we know in the physical world great trainers great personal you know exercise physiologist people that are strength gurus if you do not teach your patient or your client or whoever that you're working with that they have to get to a place of feeling worthy of making the change they're going to automatically fail No one ever, I wrote this in my last book that I read, 30 Days to Shreds, basically that until you can look in the mirror and feel yourself worthy of having it on better physique or improving your physique, you will always go back to your default state.

So it's like, the reality of is like… Sure, you can do a 70 day hard or you could listen to Jay or Sam and do all these optimizing peptides and get your hormones balanced and all that, but you're never going to maintain it until you realize it's a lifestyle.

Number one, and that number two, your worthy of looking the way you ultimately desire. Right? So that's like number one. And I would say part of the inner work of that is literally meditation, introspection, sitting in nature.

Like every single morning of my life, I'm spending at least 20 to 30 minutes in. my feet in the grass, like even this morning at my hotel, by the way, thank you guys, that's an awesome hotel.

I really, really like it. It's right on the water. it was amazing to come out tonight and literally walk down there and just sit right the dock and put my walk feet on water and have the sun come right out my face, right?

But that is a non-negotiable for me. So I do that every single morning. And during that time, I'm grateful, you know, praying, kind of in contemplation or introspection.

You know some people might call it meditation, but that that just a not negotiable. How do I connect to the creator, you know? And that, to me, is like a very, very important thing.

So outside of that inner work stuff, that introspection, I have a bunch of biohacking stuff in my house, right? So it's like, uh, have red light, a bed that I use.

And then I recently got, um, the Bimini, and I don't know if you guys have seen it, but it is amazing. I think I was telling you about it when I at Asprey because they were there.

But the bimmini nanogen, Have you seen that yet? It's basically a tub. that is perfusing ozone and oxygen into your skin. It's absolutely amazing. I spend 45, I'm not joking, i'm literally spending 45 to 90 minutes a day in that tub now.

So that's part of my thing. And again, it's proof that as you guys know from Hyperbaric, oxygen and ozone is profusing through the skin is insane for anti-aging purposes.

Yeah. and it also strengthens the immune system. There's no way. I mean, I again, if you spend time in it and as you guys know, because you've seen it, hyperbarics are amazing.

And I don't want to talk shade, but they blow up. You put one of those in your house and it depressurizes and you're going to blow your So it's like they're risky, you know, and the guys that, or the big guys, I'm sure you have one of them on your podcast, the Jason Saunders, Scott, sure guys.

You know the, big, guys in, what is it? I just lost it. What are they called? The hyperbaric. The brain just melted.

Those guys told me don't put one in your house.

They're like, they are too risky. You know, he's like, look at something else. So it's, like you know I wanted to get one of those in my house like about nine or 10 months ago.

I was going to put one, you now I'm going get from China because you can buy one for like 40k and get it imported from china. The rest of the states are 100. But you get a really high end one and they're like don't do it.

Don't it so I just walking through A4M, in Vegas in December. And I come upon the guys that own this thing and their talking about it, I am like well this is This is divine synchronicity right here like I'll get one of these and so my wife and I remodeled our bathroom in February of this year and when we remodel it we put one the tubs in.

What is it called again? It's called Bamini. So if you find it's on baminihydrotherapy.com but I'm telling you that is the number one in my opinion biohacking technology that's come out this because you can get all bells and whistles which becomes a cold plunge or a jacuzzi so it goes up to 104. Or it goes down to 40 and just perfuse oxygen and ozone, and it's like all the bells and whistles.

That's already 35 grand. So you don't have to worry about, with what you do with Jacuzzi, you have the worry of inhaling ozone? No, because it automatically goes off.

Right. You only get a certain amount of time. It's if you turn it on and you put it it, it is like a 10 minute cycle. They have spas in Vegas now. Spas where you go and go for that.

Almost like when people would go to a restore or something. They sell the actual bottle water as well. Yeah. I'm pretty sure they sell water too. This company sells it too, right?

And they have the tubs and they're selling the tub. It's very interesting. You guys, it's awesome though. When I do it in the morning and then I go lift, I am at least 10% stronger.

Like, I feel it. I mean, it's a noticeable biohack. And you know, their number one guy is Kyrie Irving, and he swears. Again, he's still ballin' out at 34 years old.

As you now, when you're small and you fast and athletic like that, your body doesn't hold for very long. He's playing at a high level at thirty-four. A lot of the little guys don't play that long, most of them are done by thirty five or thirty six.

Access, legality, and the future of peptide medicine

But he swires that he does it in ninety minutes a day. Dr. Davis, for people to hear it from you, what does your daily routine look like? We heard Jay talk about putting his feet on the ground, grounding and connecting with the creator.

What does you daily look routine like. So, wake up, first thing I do is I PEMF Matt daily. There you go, nice. Pemf Matt first. And then because I'm a practicing physician, my routines change.

I mean, I used to be really into high intensity stuff and I did CrossFit, but once I herniated my disc, you know, there's no cross. You hit 50 and all of a sudden then you think you're still Hercules.

And no matter how good a shape and what you doing. But anyways, now I walk five days a week, walk six miles in the morning while I review my patients charts.

Because I've understood and this is something that most people not think this important point people don't understand that the best way to burn fat is Something called zone to train no doubt about which means that just getting your heart rate mean Everybody kind of has a different zone two training We do vo2 max testing to give us some ideas of where those zones or you can calculate it as well.

But anyway, For me, that's a heart rate of about 104, 105, right? So walking at four miles an hour at a grade of five percent keeps my heartrate right there.

And I'll walk six miles every single day. That's awesome. So then after I do that, I come back and I'd do 30 minutes of sauna every day Every single day of my life in a home, I do sauna 30 minutes and then I'm off to work and work all day and in the evening I am in my fitness facility and do a little weight training for three days a week.

Same as me. I've actually got a device called the ARX and VASPER so I got… I know what AR-X is. The ARx is the pressurized. Yeah, so it's eccentric and eccentric phases so that makes it easier.

20 minute workout, 20-25 minute workouts and you've really killed yourself for the week on that specific body part. So that's kind of my normal, normal work.

I agree. You know, I didn't tell the exercise, but I do cardio every day. My wife's 53 and you nailed it. Zone two, steady state, low impact, right? I want to get this out there right now because he nailed.

It you cannot be in your 50s doing ballistic movements. Yeah, you will literally blow out a groin and Achilles, a hip. Something down here. You know the inductors down.

Here. I mean you and I both know Mike We were probably great athletes at one time and we could fast and jump and all that stuff I used to dunk on people I'm not gonna lie and if I attempted to sprint if i attempted this all right rent I would literally dislocate my leg you cannot do it in 50s you can do It right, but you know you're gonna tear something So you have to be conscientious of what you can get by with.

I mean, look, I can go to the gym and I lift and squat and overhead press and do stuff with younger people, but why? I'm not competing with anybody but myself.

So, Jay, as the peptide guru man, So I try all kinds of different peptides. I've been doing this for two decades. And I tried one for the first time recently, you know, to put on some lean mass, and it was the LGD4033.

Yeah, yeah, of course. My body didn't react well to it. and I was only doing, I think it's five milligrams, half the typical dose for male. and I was getting these dizzy spells, random dizzy spell.

And I couldn't nail it down, doing every single kind of blood work, you know, Dr. Davis is looking at it. We went through the process of eliminations.

I go, what's new that you've done? And that really was the only thing that was new. Got off of it and then all of a sudden. Were you injecting every day?

No, I doing the capsules. Gotcha. So, is that something that that peptide potentially does? I always tell people that, as you know, we're biochemically unique and very individual, and some things just do not work with our biochemical individuality.

I mean, our biological system functioning, were all hardwired different. Some things don't work. Like, I know people who will literally inject CJC and pass out.

You know what I mean? I know people that will inject Tessa or IPA and get hives, you know And can't take it like they get the effects of fat loss and deeper sleep, but they can have all over their body, right?

So they're having some sort of histological response or attack and again, I always tell people everything's different But I will tell you this and this is a shameless plug We will have my company bio longevity labs is gonna have a recombinant follistatin within three weeks and will be the first company in the world and clotho and We're going to be the first company in the world to have both of them and to sell them at a price that is completely affordable to everyone.

I won't tell you what that price is, but anybody can afford it. And we're gonna like turn the market upside down because we'll working with a guy who's in mainland China and Thailand who is worth a lot of money and he's worked for all the pharma companies and made himself a grip.

He's 76 years old now and literally just sent me an email three months ago and goes, I want to change the word. And so like I'm positive that you can take recombinant, follow statin and gain muscle in a very short amount of time.

And I'll tell you guys this right now. You guys are the first guys that even know about this that I've even talked to about. This because this is like top secret for us, but it's a once every two week shot.

So just 31 gauge aqueous solution injected every two weeks and it will literally if you're doing everything right and we know what that is because we've defined that on this podcast you will Literally gain up to one to 1.4 pounds of skeletal mass per week for like eight weeks So you can easily any person can put 10 to 12 pounds real muscle on them I'm talking like newbies and even guys like us who've been in the game for decades So this is a game changing product.

As you know, like all the guys at Medi and all, the guy's like, you, know Dr. Adil Khan, all these guys are all in this fountain of youth chasing this stuff.

They're all pursuing clothe though. There all pursing recombinant volestatin. This guy, our guy is the first guy that has built this out, has tested it in mice, his tested himself.

He's probably tested in like 40 people and he wants to just bring it to market at a price that anybody can get. Put me on the waiting list. Oh, you guys are for sure going to be getting it.

I guarantee you. Bioglutide and that. As soon as this podcast is over. Dude, on Tuesday. You guys will be texting me like, hey, bro, how do I get some of that biogglutite?

And I'm like don't worry. It's coming. But I mean, I am not joking. The guy that is sending it to me, he literally sent it, sent me a text last night.

He's on West Coast and I was asleep in my hotel. And he's like it's in the mail. Eagle is in So yeah, it's coming. But I mean, again, like the technologies and obviously I don't want people to think on this podcast that only my company will have this.

Because as you know, this is happening so fast. China, if you make something, China duplicates it in two weeks. You know what I'm mean? And they do it for half the price, right?

So it' like, the good thing about my guy and our people is that we know that he's been doing the studies and he is like a genius. I'm not exaggerating this, thousands of patents in the biomedical field of creating drugs.

He has inject, he created injectable ivermectin. Injectable, ibermctin, so he has the patent on that. So this dude is like a genius, He's probably one of the best in whole world and he's like, you know what, I've made all the money I can get.

Most of my family is dead. You know, I live in Thailand. He lives in Taiwan and China. Super connected. 75 years old. I just met him two weeks ago. We just flew into the States and met all of us, all the partners.

And he's like, it's time for me to give back to the world. Right. So he is like doing this. Yeah, he s an amazing guy. Like, you know I want to do this so that people can afford it.

Because he told us. Look, Lilly will sell Recombinant Volastatin within three years and they will charge six to seven thousand dollars a month. And I don't wanna tell you guys right now, but I will just tell that it is affordable.

That the man on the street, the fireman, and the cops, they'll be able to get it. So this is gonna be a game changer.

Jay, have you heard about sterile injectable CBD?

Of course. What are your thoughts about that? I haven't used it, so I don't really have personal affiliation or use. Anything injectable is always going to be as high as the impact from a delivery system standpoint.

So you're always gonna feel an injectible faster crossing the blood brain barrier, getting into portal circulation better than from like a pharmacokinetics or from an aerodynamic standpoint, I have it used in myself.

Biohacking routines, recovery tools, and daily habits

Not a big CBD person, not because I think it works, but just because i've seen it like Explode into the marketplace like in 17 18 and 19 in the medical field and that it just kind of like petered out you know everybody was everywhere was even on counters in Mexico stores when you're walking you.

So it's like I don't I dont know like how much. how much true viability it has with all the other stuff coming. You know what I mean? Does that, does that mean that it doesn't have like amazing effects from a standpoint of like helping with pain and inflammation, suppression, and helping people with deeper sleep?

It probably is awesome, but I would just like look at it from the standpoint like what else is coming and I don't know if it can truly compete with some of the stuff.

Cause there's some amazing stuff right now, like world changing stuff, you know? So right now we have a big movement that's happening, the Maha movement.

I call it the Ha Ha Movement. Oh boy. Here we go. So I want to hear your opinion on it, and everybody's opinion is different. Yeah, of course. What do you think about the Make America Healthy Again?

I mean, I'm all for it. I wear a shirt. Almost brought that shirt, you know, people see me in the shirt it's like, the guy, our friends Anthony and Teresa, a bunch of videos for me with me and that sure.

Cause when we filmed shield back in December in Vegas, I think the jury's out, right? Like RFK is a friend of owners of my company. RF K is an amazing man.

I have nothing bad to say about him. He's doing a great work and stuff like that. But is, is our political system hijacked? You know what I'm saying? Is it really going to happen as we all envisioned it, because again, he got elected, meaning RFK on the campaign of like making peptides accessible, you know, getting rid of the big pharma, the V or, just the terrible controls and the overt, call it Orwellian monitoring and all that stuff.

But is it really happening? I don't know. I think the jury is out, but I definitely know that he's a good dude. Uh, I support it. And I've been to a bunch of their meetings, obviously I was at their campaign dinner for the Dave Asprey, on Tuesday night before the event.

Were you guys at that? No, I came a few days. Okay. Yeah, so they had a big deal there. I was there I know a lot of the people in the movement and again, they're very well intentioned the means, you know, these people I mean I feel that they really are going to do something but is it is It more for show.

Is it a is is a I? Mean the bottom line is always comes down to this, right? It Big money. No shit talks. Exactly. Will they squash them? Will it be enough?

The intention is there. But everything comes at a price. And I agree with you. Is it going to be? Enough right? Well, they will they make peptide here's this is what you have to ask will They make as RFK said in all of his tweets will.

They. Make peptides accessible will? They allow him and all the functional medicine doctors to prescribe peptids to literally change the game because that's the way I look at that right like peptidies can completely disrupt the pharma bottom line and And it's not like Pharma doesn't know they work, right?

I mean, they just can't patent them. So if they can make 10 to 20 to 30 X on them, They're like, oh, their type two and you can prescribe them you know, there's again, what does type 2 mean?

It's risky and perhaps could cause harm. I I mean everybody knows that BPC and TB 500 are amazing, right? We all know that those 27 peptides that they classify as type 2 are Amazing.

So it's obviously a money grabber. It's a inability for a farmer to make money but I meaning truthfully if RFK does what he platformed and campaigned on which was to Make peptide accessible then it will change the space.

it Will change The world. I Mean if you could go out and prescribe a peptid or any doctor could prescribe the pepti for any, you know routine Issue we would have a world change.

I mean again. They always say this they literally fundamentally address and treat the root cause of illness and disease Big Pharma doesn't want that As Chris Rock said, the money is not in the cure.

The money's in medicine. Why do they want healthy people? They don't want health people. They want fat, sick, inflamed people who buy their drugs and eventually are on 20 pills at the age of 65, and five years from then, because you know how it works.

It's all actuary tables. By the time they get to 60, 70, 71, they run out of money because they're on now experimental drugs that will only pay for a certain amount of time, That's how it works.

And the same thing goes along with the whole food system, right? Why on God's green earth do we have some of the food? Well, why is glyphosate still allowed to be played on our crops?

It's not in Mexico, by the way. None of that stuff is allowed in there. Yeah. So I mean, it's supposed to say, will it be enough? Right? Because if we, I think it is not rocket science that the stuff that we're eating, the step that was spread is killing us.

The stuff that's in our waters, it's not rocket science, but why is it that it still happens? And that that part of what drives the illness and the cost of health care in the United States.

And then the other part that drives is the fact that we can't use the things that work, i.e. COVID comes along and thymus and alphanth goes away. It just goes, oh, VIP goes.

How can you just go it just goes away dude the way he just said I went to Fleming's last night You guys all know Flemming's right here in Fort Lauderdale amazing steakhouse.

You can't even go. This is sad You cannot go to a steak house like that anymore Let's just call it a chain steak. House anymore because the chemicals on the steak you can eat the food When I go to those places, now I literally tell them, please, I want you to understand.

I know you have quality meat. It's grass fed. If it's wagyu, whatever, don't put any of the shit that you put on it to cook it, to make people taste it.

Because again, the average person is so inflamed, they can't taste unless it is laden with crap. And so literally last night I did that and my steak was amazing and the people that I ate with didn't.

And they were like, they weren't like I, I looked at him and I go, Hey, word of wise word, of advice. And I cut a little piece and gave it to him. There's a ribeye, right?

Medium rare. The guy that was with him, his wife was me and my wife. Of course, my. Wife knows to taste this taste, taste yours. He was like. Wait a minute.

I'm like you got to tell them. This is the way it works now when you go to a restaurant in America, especially a nice

chain restaurant, like you got to tell them, I don't want any of the shit that you're putting on top of this food.

I want you just literally to grill it or to however you prepare it with nothing on it. Maybe put a little table salt or something, but I And the difference was so noticeable.

And I learned this two years ago. Like I realized, and just a quick aside, when my wife and I moved out of San Diego in 2022, we lived in Mexico for eight or 10 months in Playa del Carmen, Mexico.

and obviously at that point we realized that the food was starting to get contaminated in the States. But like eating in mexico, everything is farm to table.

There's no preservatives, there's not chemicals. It's just farm to table, you eat it, it tastes so much better. And it's like that mostly in Europe too.

You go anywhere outside the United States, and you don't have these chemical ladens. But once I came back in 2023, I realized if I'm gonna go to a chain restaurant and get a nice steak, You gotta tell them.

you gotta to tell em. Yeah. Its that simple. Everything is laced with chemicals and preservative. Do you think when you're talking about the peptides and those getting, you know, legalized and whatnot, do you take the individual states can legalize the pep tides the same way they did with the marijuana and recently with stem cells here in Florida?

So it's a great question. The answer is yes. And how we're going to be doing recombinant polostatin and Clotho and not get in trouble by the alphabets is we are going do it through a state that offers right to try.

Audience questions, personal reflections, and closing advice

So if it's right to try and you have a doc, which might be you, any doc prescribing it, what you're legally allowed to do through a telemedicine platform, there is nothing they can do because the consumer has the right.

To try. So there's nothing illegal about the Right to Try. It's like now it. I don't want to say gaming the system, but it is gaming. The system because we're in a broken system.

How can we give people accessibility without figuring out the loopholes in the broken. System? Yeah. But that's it, I mean, you're right. So we're gonna have a little fun here real quick.

These cards, one of my favorite podcasters, Stephen Barlett, with the diary of a CEO. He's got one the top podcasts out there. Of course. And so he came out with these conversation cards.

Awesome. I want you to open it up, randomly grab one, and then Dr. Davis, grab on. Beautiful. You read it and answer the question. Do my best. Shuffle them out here.

Here's mine. All right. He's setting us up for this one. Do I read it now or wait? Yeah, you can go ahead and read. OK. So who is the one person in your life that deserves the greatest thanks?

And if you were to give them the thanks today, what would you say? So for sure, this is my wife, Monica. I call her the rainbow unicorn. And she is. My great spiritual mentor and teacher.

and I would say to her that I am very, very very thankful for the amazing job that she has done to be a surrogate mother to my biological daughters. And then to also just be the great wisdom teacher and sage that's she's been to me as a spiritual mentor.

Amazing. That's good. All right. What is an inadequacy you admit to that you could work on starting tomorrow? That's awesome. Good luck. No, that's pretty simple, too, man.

And I guess we're both talking about our wives. You know, we I mean, when you are. When you when your somebody who's just a driven person and you go, you, go you.

Go you create you build your bill, your build, right? And I think sometimes I tend to forget to thank and appreciate the people you get so caught up in the world you're in, right?

That your world of making and changing the word like we want to change the work like you want. Change the World with the products that you have in educating people.

I want a change. The world with educating, people and telling them the problems we have a medical system today, Right? And so sometimes you get so caught up in the go get maybe our hormones are so good.

We just got to go. Get it right. So we got. To go, get it. And and so what I'll say, my inadequacy, I got a remember who allows me and who's there for me all the time.

It's so making sure that I appreciate my lovely wife. I hope you see this podcast. But I have you watch it, although I don't know she watches these, but I'm going to have her make one reel and we'll take it appreciating my wife and making sure also I get my other thing is I have two lovely daughters 15 and 12 and Making sure that I'm giving back to them so that they know that.

I love them as well and not getting, you know, You're so caught up in building for the family, right? That sometimes that's not all this important. So giving them you as Well, so I'll say that that definitely I gets so called up my world of changing the world that, I need to make sure I am giving it back them, So I there to be their world.

That's awesome, man. And by the way, I have a 17 and 15 year old daughter, so we're very similar, super cool. That was good. Amen. Now that so as we wrap up here, Jay, if there's one of the listeners out there, we have.

A lot of practitioners that listen into the podcast, but a lot. Of consumers as well, too. If somebody resonates with today's message, what is that one thing that you can leave them off with?

Wow. There's a lot of amazing stuff on this podcast. So that's not easy for me to come up with. Um, I would just say that, um, never give up hope, because let's face it, man, even in our audiences, there's, a lotta people out there that are inflamed.

You know what I mean? And they feel like absolute dog shit, like you said, and they don't have the got to go get it. They don' have that energy. Um, there is hope.

I. Mean, we have never been in a better time where there was just this amazing opportunity to learn and to find a solution. You. Know what? I? Mean? Again, you go back 60 years.

If we had these problems 60. Years ago, that most people will be pieced out. What are you going to do? But now because of broadband internet and because the technology, I mean, even the poorest person in the inner cities and the United States has access to broadband technology.

So anybody with desire, intent, and action can get what they desire. Ultimately, again, without income or really opportunity because of broadband. So I would just say, don't give up hope.

There are people out there that can help you. Again, if you have low testosterone, If you too much body fat, too inflammation, you're sick, your unhealthy, there's a better way.

And I personally enjoy helping people. I mean, I am absolutely a service to others being And when I get on podcasts like this, I feel humbled and privileged and blessed because it's like the opportunity to share this kind of information.

And as you know, it is the hundred monkey principle. If we can just help one person and then he helps one and so

on and forth. That's what we're doing.

I know for a fact, because I do a lot of podcasts, that this podcast today between me and Doc was amazing. Again, you were an amazing interviewer and I knew we were going to help people from this.

So Jay, if people want to find you, where do they find? Uh, so the easiest way to. Like information for free and stuff is to go to my website. It's jaycampbell.com.

We have, I just had a meeting actually this morning with my SEO guy. And then, of course, I have an actual URL that people can get all my books that I've written.

So I written eight books, five are international bestsellers. It's jcampbell.com forward slash free dash info. They can all the books downloadable for free for a PDF.

And, then of, course like you, pretty much busy on Instagram and X and my handle is jcampbell333. Amazing. Dr. Davis, if you want, give us a little quick recap and close it out for us.

Yeah, I mean, this is an amazing podcast too. I think we learned a lot about the importance of hormone balance for many, many different reasons. For both men and women, hormones have been so taboo for so long, but they really are the base of your health and wellness.

Talk to your physician, and if you don't find the answer from your physicians, search out one of the doctors, functional medicine doctors. Search out, I mean, you can find me, find, me one.

I would say come to him after this. Find me at Reveal Vitality. You can found me through Liquivita. But at the end of day, at least I see so much in the last five years of my career, the amount of people and the gratitude that the patients have because you've changed their life.

I can't put into words how it has made me feel as a physician because this is why I went into medicine. So, you know, just to answer Sam's question, I mean, this has been an amazing podcast.

I think that there's so much more on my website at the very beginning. It says science is 25 years ahead of the medicine that we practice, right? Science is twenty five years Ahead of The Medicine that We Practice.

So if you want to be healthy, there are so many other things. Seek out a physician that is out there searching out for you, right? These peptides that are out, I can tell you for a fact that 90% of your primary care physicians are not going to know nothing about peptide, and they're going give you the wrong information about the hormones.

Right. So anyways, we're in a place like Jay said that we have that. We have the tools to educate ourselves. And I would encourage you, nobody, I mean, you educate yourself, find the people that can help educate you because there's so much more to life.

Right? So anyway, so I ended up with that man. This was an amazing time. You guys, hope everybody's listening. Just take heed to kind of everything we've talked about today, because I think it can change your life And once it changes your life and you get that, go get it.

You're going to change a lot of other lives. I can't end it because I just want to say this. Seriously, I know a lots of doctors. This guy's fucking amazing.

Like, please listen to this man. Obviously, you and I are going become very close friends now after this because there's going be a whole lot interaction exchange.

But yeah, everything he says is so great. And he's obviously such a humble guy because he is openly admitting that everything you learned in the beginning of his practice, you know, in cardiometabolic health and all the things he's done, he said to like relearn, right?

Because we've learned so much. And I think that's the most important thing is everything he says is like, be a student, Be open to learning because it never ends.

You know? I'd think it was Mark Twain that said the more you learn, the less, That's so true. Yeah. Guys, it was a pleasure to have you guys here on the podcast.

I mean, this was very helpful information. A lot of people are going to benefit from it. So thank you. Thank you, my brother. Amazing. You guys heard it, you got to take control of your health, right?

You can't just depend on bigger bodies that are trying to control what we do. We got a look outside of the box. Make sure you take this podcast, share it with all of our friends and family.