The Science-Backed Protocol That Helped Miguel & Carlos Bertonatti Defy Aging | | Ep. 73 Transcript

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Podcast Intro and Guest Introductions

You do not need protein. You need to make it, you need manufacture it. And eating protein is not the most effective way of making protein, just like eating your hair is going to not make you grow more hair.

The health of your erectile functions is directly correlated to your cardiovascular function. Joining us today are Miguel Bertonati, a leading biohacker and clinic director at the Medical Health Institute known for personalized hormone therapy.

And Carlos Bertonati, co-founder and head manager dedicated to innovative functional medicine. Stay tuned for an insightful discussion. 93% of Americans are suffering from some kind of metabolic dysfunction.

What kind amino acids are you doing? We're talking essential. Essential amino acid. Not BCAAs. Did you know about the French study? 2,500 people when the sea hit over 50 years of age.

They were doing a study on cancer patients. None of them got sick. And they were all taking methadone. let's go to another system of the bot immune system i would say like we get this a lot like oh yeah like tore my bicep like 15 years ago i want to use vpc and diamonds and beta 4 a little too late dude you know no cognitive health brain health what peptides do we got well i have to caveat with one thing Welcome to another episode of a Healthy Point of View podcast.

I'm your host, Sam Tahata. And like always, we're bringing experts in health, wellness, beauty, all of that great stuff to take care of our health. Today we have some of the locals here from Miami that are really changing the trajectory of biohacking.

That's why we are going to call this bio hacking. This episode is going be called So You Want to Be a Biohacker. And we got, everybody has heard about biohacking, but there's a difference between regular bio hacking and advanced bio-hackin.

Today we have the founders of Medical Health Institute here in Miami. They treat patients from all over the globe. And these are some of the top patients that are going through some these treatments.

We have Miguel and Carlos Bertana. He practiced that for about an hour guys, but he finally got it so it's about two hours Gentlemen pleasure to have you here.

Thank you so much. So, you know we were talking about like what can we talk about on this podcast because obviously you guys have so Much experience when it comes to functional medicine biohacking and advanced bio hacking which I think people are gonna get exciting to hear some of the advanced stuff that you Guys are doing that's very precision But, you know, today's going to be about peptides, right?

And how these different peptide do all this different type of signaling and the different systems in the body. But first, I want to talk about you guys and how you got into this whole biohacking space.

So I'll let you guess just somebody start. All right. I mean, it's pretty simple. When I was 22, I don't even know what those 18 years ago. So no, was 18, but at 22 I diagnosed myself with ED, um, where I just knew I had an issue.

It started at 18. But I'd 18 and sort of having issues. Um, But at 20, it was like, okay, definitely have an. By the way, he looked like an athlete. And he was an athlete.

Yeah. And I was in great shape. So, you know, one thing led to the other. I started doing every diet you can imagine.

Biohacking Origins and Personal Health Journeys

Meditation. Yeah, all of it. And nothing seemed to work. Then I started using sciatica and Viagra, you know, and I know when somebody has a need, they carry in that little pocket.

You don't go out without that. The blue or the yellow? Yeah. And, um, until I hit 30 that I started working at a hormone clinic, Cardo somehow, it's a blended, uh, story where he came in and he come out.

But the point is I got into desorption therapy. I sort of reading about the literature, everything pointed to the benefits on sex drive and erectile function, nitric oxide synthase.

So finally I go on therapy and I was back on. What was the root cause of the erectile? I mean, that's a young age, man. HAT and erectil dysfunction. That's like you're supposed to be as your prime.

Yeah. Well, it all started from, you know, uh, our doctor used to prescribe those 60 milligrams of Adderall, which is an amphetamine. It would be equivalent to 19. I started younger.

And then that didn't work. You know, I was drinking at 1718, half a bottle of whiskey to go to bed. Iwas waking up smoking a cigarette with an Adderall and a Red Bull.

Then when I wake up, it was killing myself. And I Was running on my sympathetic nervous system constantly. I was in fight or flight. So that caused adrenal fatigue.

You Know, I drained my adrenals. Um, we have a genetic factor where sex hormone binding globulin is high, which basically binds your testosterone. Although I had quote unquote healthy levels, my free T which is the one that's actually available for your brain and tissues and reproductive system was tied up.

So. I experienced you deep, man. And obviously these amphetamines, they make you even worse. I think that's a topic though that we should touch up on, because in today's world, all of these young kids, college kids and even kids in high school are taking these Amphetamine and they're taking them like they are candy.

You're talking about not just 10, 20, 30 milligrams. When I worked at the fire department, I had patients in their early 20s that were literally taking 60 milligrams a day easily.

Yeah, that's a lot. It's. A lot, man. Listen, I was on 60 mg of Adderall at 17 and I spoke. I mean, it's like giving an A ball to a kid. Right. And I'm supposed to smoke in a pack of cigarettes a bay filled with anxiety.

All right. This is what they said that would keep me focused. That was bouncing off the walls. But, you know, going to what Miguel said, I mean, it's also like, they also give you a perspective of keeping what they call a non-differential diagnosis on motif, right?

Because for Miguel, that was sexually related. For me, myelosystem has never been sexually-related. It was never about libido or erections. it was all about mental fog.

Right. So that's where you keep a non-differential diagnosis because it could be so many different things when it comes to low T for him, he found the fix.

Right? So he got on therapy and it was, I mean, change everything. I was back online and then there was other benefits. You know, the performance I had always been working out.

I mean, there was my life before it and there's my wife after it, you know, and I'm 39 turning 40 and like three months and, uh, I just would never get off.

Do you feel like you're in a way better shape now than what you were in the 20s? I I've been a better ship than I was any time in my like, the fun part of what we get to do is that the older we got, biohacking is in its essence is when, when science meets self mastery.

So we're understanding how to use all these tools because it's not just a couple hormones and some supplements. There's just so much more that we can start unfolding.

But there's a lot to it. And when you really start living the lifestyle, I find myself getting better every year. I feel better. Every year, of course, I can feel the aches and pains of my body's not 19 years old anymore because I mean, we do extreme stuff.

So the recovery can be a little longer sometimes, but in, in stability wise, like consistency, Like am I operating 90 to a hundred percent on my best?

Uh, getting consistent. Yeah. You know, because especially when you're running a business, you know when, if you said five hours, when your like, man, it's not a good day for me.

So you can tell those ups and downs. You're never going to be a hundred percent. But if I can't tell you what, what if can give you consistency where you going be 90 to a 100% consistent.

No matter if your 40, 50, all the way to your eighties, right? We have patients almost in their eightie still rocking and rolling. We actually broke record, we have an 89 year old.

But you know what, going back to what he said, because nobody's going to be 100% of the time, but even those times where you have five hours of sleep, you're going be there, like when you need to show up.

But to answer also your question more concisely, I'm 45. And we just came back this February, we did 21 days, nine different mountains in Colorado. Uh, sometimes we're having 12 hours a day, you know, recovering from the climbing at 15,000 feet of elevation, coming from sea level, 15 thousand feet elevation.

And then climbing 3000 feet with, 30 pounds of gear. I mean, just putting on the gear, putting the little oxygen. No, I live on nitrogen. It's a nitric oxide product, eating those amino acids, you know, molecular hydrates.

So this is where it comes to like, the cocktail things that, what to do, when to them. But the cool thing is, half the time we were fasted, we're doing these really extreme things, jumping out of helicopters for 21 days at these elevations.

And it was like we knew what do so that we can perform at a super high level and then recover the next day to it again. Amazing. But back to back, to be more concise about the answer.

Cause look, I'm not on Instagram. I hate, you know, we live in that world today, but you don't have to do it. But it's like, was on a ski lift. That was skiing by myself that day.

He had some work that he had to. And I remember I was like. Damn. 45 and every year that I come back. My stats get better. I get stronger. My connection to the sport gets better because you know, like I said, we run a business and we're in this world.

But I think that the time that we are the most alive or the the times that were most ourselves is when we were in that moment of flow, right? Where nothing else matters.

In this moment, I mean, you're going 65 miles an hour down a mountain. So you can't be thinking about the past or the future. You gotta be thinkin' about this.

G force is like two G forces. Any mistake, you're bringing a light, man. Or you are surfing 15-foot waves, and six feet of depth on a coral reef, like you have to pay attention.

Like, You have be all there. And so to be able to do that at my age, or our age consistently, which is what we, that's what work hard for, to doing at our ages and get better, and be more connected to it and derive more pleasure out of it.

That's amazing. I think that's a testament to what biohacking really truly is. Nah, I love that. You know, just the other day, man, i'm brushing my teeth, looking at myself in the mirror without a shirt.

And I started thinking because I'm 38. Yeah. And, you know, I think of myself early on when I was in the fire department in my early 20s, 22, 23 years old.

I wasn't the Fireman's calendar and I would shred it. Right. But I am not too far off of where I. Was before. All right. You should remember the old timers, guys that were actually around my age now, right?

That are 30, the late 30s early 40s. Some going into the 50s they would always tell me this is all you look the way you. Look like this during your 20's just went into your 30's.

And now I'm like, no, I was pushing 40. I look good, you know? So that just shows you it's really not being lazy, dedicating yourself to your health, making sure that you're doing the things that we need to maintain your help.

And it doesn't matter what age you are. You said you guys have a patient that's like 89. And I'll tell you, I have a patient. I'm really excited to see you as well as that one was scary.

That was around the age around 89. And with him, man, we got that guy's libido back and he straight up told us this is, dude, that I got to get off the testosterone and I said, well, why is this?

No, not even that. He was like, listen, I don't really know how to use a computer, but I'm going on the computer to look at porn or something. So he was messing with them.

Psychologically, you know, we didn't even think about what that can do to a person that age. But it just shows you that you can give them the mojo for sure.

You know just one point with that, like I want to sound like. I'm careful here what to say, because some people are going to watch this and say you're a D.

No, but look, like, look did I, you know, I go back and I look at some of my high school buddies and they've aged. I've seen it bad. You know like that.

And I know guys that went to high schools that have already had heart attacks and died. All white hair, you know, and they look like they're 50, right?

And they got a gun and I mean, Hey man, do you want to go? I don't do that anymore, man. It's just like so limiting, so it's kind of, I think most of them are worse for a very long time.

So partying, drinking, staying up late, messing up their circadian rhythms. You know, it catches up to you, right? The way you age in your twenties is very different than your forties to fifties.

And in you seventies, It changes completely. So you have to understand that aging is not chronological. It's a biological process, Right? If you've got a 20 year old that stayed working out, never drank, went to sleep early, didn't live a stressful lifestyle, lived in a farm, ate naturally, You know, fast forward to take 30 years when he's 50 versus somebody who stayed in Miami party, smoking, drinking, eating, whatever I see on stressed out all the EMF that we don't consider the invisible frequencies that are still affecting our mitochondria and electron transport chain, which ultimately is how we process everything.

You see them at 50, they look like they're 70, right? So when you see somebody in their age bracket that look older or younger, guess what? They are older.

Or younger. Because the chronological wages is a number we created to control society. But you are as oldest as your as you as your oldest are you're as youngest as the oldest organ so what does that mean for example i can have the liver of a 20 year old but if i shot a gun all my life i might have that year of the 70 year right or vice versa if I drank alcohol my liver is of 50 year olds And then if I'm technically 30, my body is 50 because now that Oregon has to compensate for everything else because it's an economy of balance.

Everything is trying to find balance, right? If your organs would compete for each other, you would die. So it is constantly trying compensate. It's about how to adapt to not only as we age, But our environmental toxins, we haven't even spoken about endocrine disrupting chemicals, E-amide, obesogens.

We're living in a soup of chemicals. So one of the biggest things today in this world, like about liquid Vita, there's ways of detoxing the body. And one the best ways is through intravenous therapy.

So we constantly have to be doing at least quarterly per year, a detox program. We got to get these chemicals out of the body because it doesn't, unless you live, as my brother says, short of another planet that doesn' have any toxins, you're being exposed, especially if you living in a city.

And most people don't think about filtering their water, their shower. They don' think of their toothpaste having fluoride, which has been short. You know, ordering, you know the cologne, the parabens, that water bottle you're drinking out of were bombarded by chemicals.

And it's becoming aware of these things so we can reduce the burden and let our bodies do what they're supposed to do. Yeah. To the viewer for sure, because, I mean, what he just fired off sounds exhausting.

When we started to look at this, it is exhausting, You know, maybe, you know 100 years ago, we didn't have to deal with this. But I think that the balance of healing is not only giving the body what it needs, but also removing from the the things that are there that aren't supposed to be there.

Our cells are not, they weren't engineered to metabolize and digest plastic. And we're eating about a quart of carts worth of plastic a week. That's good.

So one of the, like a lot of people know us for hormones and peptides and all that stuff and lifestyle. and that's cool. but one the foundational, I always tell people on their Instagram, look man, The faster that you understand this, but more importantly, the faster you accept it.

The more successful you become, and the FASTER you get there. Number one, you're being exposed to endocrine disrupting chemicals every day that are destroying your endocrine balance.

Every single day, no matter where you live. I don't care where your live, your being close to it, so you need to account for it because if you don, then you lose.

And the thing is you can't just get rid of it! You can't get rid of it. We live in it, so you have to learn how to mitigate. You have just to pay attention.

And to answer detox pathways. Yeah, all that. Avoid plastics. But in the last one, because on the flip side of that, it's not just you're being exposed, is we've also lost 80% of the micronutrients in soils all over the planet.

So food is no longer enough how it used to be. A lot of people are like, oh, I want to fix my problems with nutrition. you've got to live on a different planet, right?

So we don't enough. The quicker that you understand this relationship, the quicker that you can get to the quote unquote biohacking in today's world. And what is the point about hacking?

I mean, we want to live long, but we also want perform for a long time so that can extract the most juice out of life. Like if I wasn't able to do what I do, what love and surf and ski and, you know, do would we do.

I'd be miserable, man. If it was just about work or, just, it just that's not what juice is.

Lifestyle, Aging, and Detox Foundations

The question is, how can we keep you running? at any given point in your life of course there's going to be changes right but that you can still give your grandkids and run for their money and be active in a mobile that.

You don't have to end up in an old's home with somebody wiping your butt because you cannot walk and death becomes something that's expensive painful and just it's a painful process.

Oh yeah long expensive rather than cheap quick And just, you don't feel anything, right? What I mean by that, people start with a cholesterol drug, then the blood pressure, the proton pump inhibitor, and then NSSRI.

Then all of a sudden, 60% of Americans are taking two prescriptions of medications or more. And I think 60 percent of the Americans have taken one prescription.

40% Americans take two prescription or one. The average American between 40 and 60 take four or five drugs. So being fat, out of shape, sexually impotent, with anxiety, anxious and depressed is pretty much the norm.

So we're messed up, right? And how do you basically get somebody completely drug-free where we are relying on bio-identical substances like intravenous vitamins are bio identical.

If we use hormones, they're bioidentic. Not steroids, testosterone can be categorized as steroids because it has steroid-like effects, but it's still a bioidentical hormone.

And that's what our body produces, food is code for our bodies. So we just gather up the major molecules that are missing in the soils and that we lose as we age.

So when we go skiing for hours, we're not eating food. We're taking powders and pills and just fueling the system with what it needs. Precision medicine so I can perform at the level that do and we are utilizing our fat.

And then we'll break our fast three hours after skiing. Right. But we don't wake up and, oh, I need to eat before this thing because we understand the key elements of the body needs to perform at that level.

Let me ask you something, man, because you were talking about lifestyle, a lot of lifestyle things before. And alcohol, right? We live in here in South Florida.

People are always drinking and partying. We're talking about looking at some of the people that we went to high school with and stuff, and they're out partied and drinking, smoking.

How bad is alcohol for your health? They're toxic. He can think of it right now, but it's simple. It's a toxin. Yeah. Well, so this is how I describe alcohol.

Because look, I'm not here to tell you not to drink, right? But I am here, to you the mechanics of drinking. Like, because here's how, like to say it.

Okay. People should know. First of all, if you're trying to get in shape, drinking alcohol, whether it is liquor, beer, or wine, it like eating a Snickers bar.

I mean, he turns into sugar. Period. So, yeah, just from that perspective, you want to have a six back and you're drinking. Good luck with that. Right.

So number one, number two, let's look at the mechanics for a second. I mean, I think that everybody in this room and everybody watching, like they probably had their first alcoholic beverage when they were in their single digits, eight, nine, 10 years old.

We're watching our parents. What is this stuff? But I, mean I. In this one would agree the first time that you tasted any of these three, whether it was wine, liquor or beer, You grimaced your face to a hundred percent.

You're like, what? Right. Why are we drinking? Why, why are they doing this? And so it's funny because then we become adults and they say, well, it was an acquired taste.

Well, how do we acquire something that tastes like crap? Right? What's very simple. Your brain starts to associate how you feel with the taste now. The question then becomes, what is this euphoric feeling that we get when we drink?

Well it is very, simple when you invite poison, the body has one mechanism to actually respond to that. And that is what? Release adrenaline, so you can deal with this poison.

So this is, you know, your body gets filled with adrenaline. This is why what happens when we drink, we get our fights, We approach the woman that we wouldn't otherwise approach.

We say things, and we'd get disinhibited. Right? So all it is is a rush of adrenaline So that's why when you wake up in the morning, you're like, oh, your adrenal glands are shot.

So it's like the question becomes, is there a better vehicle for me to guess this euphoric feeling or adrenaline response that does not involve alcohol?

Is there? Yeah. What is it? Tons. Well, first of all, I would say that we start drinking because of social acceptance. Right. Oh, my father does it. I want to be loved.

My father. It happens a lot. Or your best friend or the cool guy in school is drinking. So you get influence into it? So we just I used to drink a lots every week.

And it was like, all right, drink. All right. That was the thing we did as we would show up to a party with an 18. First, it started with kegs. Then we grow up.

it would just show off with a beer or a whiskey bottle. But as I got older, you know uh i stopped drinking well thanks to him i stop drinking completely and tell me who you're with and i'll tell you who we are i just literally lost the the taste for especially because the more we got in shape the More i became addicted to how i felt right that when i did drink when I did put the poison in my body It took me two or three days of recovery.

Like I can still feel it. Remember me and my brother trained six days a week, not because I need to, it's because. I love to do it, so rush that I get it to my alcohol.

It's there, but yeah, connecting to. My masculinity is, is just making me feel alive. That brings the worry out of me, right? So when I drink, I'm three.

Days in recovery, some like, okay, two hours of fun for three hours to recover. Three days to recovery? That is not a good return on investment here. That's just dumb.

And you know what? He's he has a great point with the return investment. that's another thing that I would say. It's like, hey, listen, look, we spend a lot of money and a a ton of time and energy in doing what we do.

Right. Like it's the fact. All right. We love how we feel. So it like OK, I'm your financial advisor. You tell me, Hey, just bought a house and the beach and going to rent it out.

A great investment like that. Awesome. Man, you're going save on taxes, passive income. Great job. Yeah. On the weekends, I've been going down there. I mean, just debauchery.

Just pissing on the countertops, defecating on floor. First of all, that's disgusting. Number two, you're doing

something purposely or consciously that is reducing the return on investment that you making.

So when you are coming to us to get healthy, Rift or wanna live long or whatever you wanna do. You wanna lift up your grandkids. It's like, hey, man, you are just, look, I'm not here to tell you not to drink, but I am just telling you, choose it wisely because you're doing something purposely that is diminishing the return on investment that you making here with me.

And so, i'm here tell that that's gonna, your taking two steps back, right? So, why do that? And, so as my brother was saying, as you start to feel amazing, You start now to link like I gonna do and it's going to send me back two days.

Why would I do? I just have some soda in line. No, in other words, for me also was, you know, as a kid, I grew up, again, let's just say self-esteem, low self esteem, right?

And as I got older, if somebody is cared for and loved and grows with a strong self Esteem. I realized at this point in my life, I don't need alcohol to have fun.

I have a fun without it. Like I dont need anything, I do not need a change of state to make me have to fun I hear the music, man, on the dance floor. Im a dancer, i love dancing.

Imma break it down, and whenever you give me a chance. Fireworks will come out of my feet man. It's just fireworks launch. But the point is, once you get to really taste what health truly feels like, vitality, you just don't want to deviate from.

For example, I'm more addicted now. Like if I were to be single, if i weren't to get married, i would think, damn bro, it would be so hard for me to find a woman because by 10 o'clock i'm already planning to go to bed.

I'm planning to get up at six in the morning so I can get the first light, look right into the sun so i get photobiomodulation because our photo light bowel living cells modulation is a regulatory effect on our cells that light has in our system.

It resets a suprachiasmatic nucleus which is the master clock that regulates every gene clock, that circulates, every hormone like a pick like, a cock pick or a plane.

it resists everything and it activates your body so you're ready to take on the day. And by the end of the And to me, I had insomnia for a very long time.

Like I suffered really bad of insomnia. And now that I've stabilized my sleep and I feel as good as I fell, i don't want anything to intervene with that, right?

Now, don' get me wrong. You'll see me once in a while. I'll have an old fashion. Why not? I just enjoy the taste. I've acquired the tastes with the years.

Once in a blue moon. Regular smoke, old fashioned. Smoke, smoke. You know what, I'll say this to whoever's watching because I want to piggyback over what he said because this saying changed my life.

It's not my saying. Actually learned it from Tony Robbins. Nothing tastes as good as being healthy feels. Yeah, nothing. I agree. When you've actually tasted it, when you actually felt it.

You're so energetic, so powerful. It's just your mind is sharp. That's why I was going. And if you're running a business, man, and you want family, you have ambitions the way that we do.

Uh, I don't need anything to get in the wave that I need my mind clear, sharp and consistent. The next day you just not there. You're actually depressed because the adrenaline when it stops when I plummets now You have to rebuild it up and that's why you feel like crap the next day So for someone who wants to get like that little edge of

like drinking you said there's other things that they smoke a joint I mean cannabis is a way to do it, you know, like if you because we all need a little bit of an escape, right?

You know, some people, it depends, man, like you got, you know the, I think that the biggest, the greatest biohack of all time is know thyself. That's the great bio hack.

Okay. Right. So like know myself, what is it that really juices you? For some, people you might get a kick from. prayer or meditation or, you know, going out for a walk or a jog or whatever or having an engaging conversation.

I mean, there's so many different ways to do it. For me, it's almost become like now I love before I was and it was funny because I'm, in my 40s, I would still get peer pressure.

I would still go to places and be like, you're not drinking? And they would look at you like you were from outer space. And why? I didn't want to get into the conversation, right?

So I'd fake it. I'll have a drink with the napkin and the lime and I will shake it like if it was vodka on the rocks. It was just water and lime. And now it's almost like I get a juice out of telling everybody like, you know, I don't drink it.

This is why. And then it brings me into this conversation. Right. So you have to know and you to find what does it for you, but just know that this acquired taste, this acquire taste BS is just cultural programming.

Nobody enjoys tequila. It's bull crap. How do you rewind and unwire yourself and find things that really juice you and propel you forward and get juice from that?

I always tell everybody, man, if I'm out at the pool, I'd rather have the pina colada without alcohol versus the one with alcohol. Tastes a heck of a lot better.

But I'll close out with this, so we can move over from the toxins. Because I did party, I didn't take substances in my past, but I still… I would party and I will take pills, like just… I would nourish my body from a very long time ago.

I'd say to anybody out there, if you're not willing to give up your alcohol, then I definitely recommend you get an IV the next day to flush your body out.

Right? A cocktail to get you back to basically get flush out those toxins and re-stabilize and get homeostasis within your system. So it doesn't linger the effect in your body and continuously cause damage.

And that's where I would do an IV. Like if for any reason I got drunk like that, I'd definitely get an IB. The final point, like dude, we have what? 30-40,000 labs?

Under a career now? And you know, 10 years of business? Like, you can tell the drinkers now. Their labs are just wacky as heck. It's like a Christmas tree.

It is just terrible. And then, you know, like the mindset is, oh, yeah, I'll deal with it later and kick it on the road. Listen, it's going to be really expensive.

Like my brother said, when you get sick, its expensive, painful, slow and you put your whole family under stress. Is it really that worth it? Yeah. So all right, man, let's go into peptide 101. Right.

I think the way we're going start this one is let just go from head to toe. Let's start off with cognitive health, right? Brain health. What peptides do we get?

Well, I have to caveat with one thing. Yes, in our medical practice, typically we have a tier system, like a sort of patented tiered system. We would put peptide in tier three with the exception somebody so obese and has, you know, he's basically at the verge of dying.

Yeah, we would start with a GOP right off the bat if it indicates that we can or they have an injury. There's the exceptions, right? But for the majority, of the cases, we would never use peptides right off the gate.

Because it's the same thing as when you plan to build a home, you gather up all the resources so you can build the home. You don't be no construction worker with just shovel and sand expecting to be able to house.

Your not going to get a house, your going get something built on sand. So your cells, this is where you have to understand the key components that your cell's need in order to process.

So per cell, we have per second over a billion different chemical reactions. Most people don't know that. And we over roughly 40 trillion cells and about 100,000 trillion mitochondria.

You make that math. It's very difficult. So the point is, I'll just give you one example, magnesium. Magnesium treats mTOR, PKA, insulin and growth hormone signaling pathways and sirtuins.

Those are basically the most important regulatory pathways of regenerating the body. Just magnesium by itself. 42% of enzymatic functions rely on magnesium In fact, if you had at a setter level a deficiency in magnesium and copper, your red blood cells go from 120 days down to 20 days, which is an 86% loss in life expectancy.

So that's just one molecule that we're talking about, right? So before we get somebody into peptides, we first have to clean up the Christmas tree that find on their blood work, their diet, the drinking, and the lifestyle.

clean up the environment, then get them on these key molecules like magnesium, theanine, GABA, amino butyric acid, essential amino acids, nitric oxides, omegas, personalized multivitamin at a GNC, or I don't want to say GNT, any vitamin shop off the shelf vitamin.

McDonald's vitamin, exactly. A personalized vitamin and it's certified in regards to quality, purity and efficacy, right? So you're building the foundation.

Right. You first have to- 100%. Build that foundation so because you have to understand something. Let's define a peptide. What is a Peptide? So a peptide is signaling agent telling the cell what to do.

It's giving it an instruction. So naturally we have over 7,000 peptides reactions. Insulin was the first peptide we had to regulate insulin, right? Melanotan-2, which is what I've been injecting, I'll show you a picture later, you can put it on the screen if you want.

I'm white as Casper, but I have been injected melanothan 2 for over 8 years, twice a week. So I produce more melanin in my skin. It's called melagenesis.

So it stimulates the melanocytes, stimulating hormone receptors to produce melanins, so it's a natural sunblock, right? So we have for the brain, we for erectile function, for recovery, everything you can possibly imagine.

And peptides are also, think of them as small proteins. A protein would be considered 100 amino acids plus. a polypeptide is 50 to 99 amino acids, right?

And then a peptide, is anywhere from 2 to 50 amino acid. It has its exceptions that we're not going to get into scientifically, but it's basically in that realm of amino-acids.

So think of it as a small protein that is telling the body what to do. If I'm sick, I drink, I'm pre-diabetic, metabolic syndrome. I am basically a mess.

Hey, give me the CJC e-ball to burn fat. Flushed it down the toilet. Might as well don't take anything because you're not going to get any result and if you do it's going be minimal and that's where you hear people, oh, and I tried peptides, it didn't work.

So kind of like for like Lehmann's term, what he was saying, it's a signaling molecule, right? So it gives an instruction. So the way that I like to say it is like, hey, It's like a GC showing up to the construction site.

He doesn't do the work. he just says, Hey guys, I need you to build me a Ritz Carlton quality bathroom. And the workers are like yeah, all right, cool.

Where are the materials? That's a thing, you know. The economy's been kind of tough. Supply chain issues have been a real problem.

Peptides 101 and Building the Nutrient Foundation

Let's try to do it with what we have. Here's the pile of rocks, some paper, and some glue. Okay, boss. You're not going to get where it's called in quality, right?

And so if your body is deficient in the molecules that he said that you're missing, this is why peptides, like if you do ethically, has to be an advanced thing.

Because if don't till the soil and plant the nutrients, that the body is going to need, the cells are gonna need it in order to act upon the GC instructions, then the pet that is gonna do nothing.

So you're basically saying if the cell are not nourished properly, right? What you are doing is you basically gonna be signaling garbage. Well, you're gonna be singling and the cells are gonna.

Be like, oh, okay So you want me to make muscle great idea? What do you? Want me? To build it with so this is this Is good that you guys bring this up because a lot of people end up and even in traditional medicine.

They always disregard Nutrients, right vitamins minerals amino acids and they always Disregard it but when you start looking at emergency medicine and you see what they give people who are having a dysrhythmia Or dehydrated.

It's all these different nutrients, right? You're giving patients magnesium chloride, potassium, calcium, gluconite, all of that stuff. These are FDA approved actual medications that are just nutrients that your body needs to function.

I think actually it was, there's an actual, it micronutrients that your body needs to needs for it to function on a daily basis right so this is good that you guys bring this up as building the foundation making sure that the body is fully nourished and optimized before you start doing some of these advanced so let's say we already got all these nutrients we got them but we built the Foundation now let's get into the so but just so people can understand the reason why i wanted to lay that out is because peptides are incredible but they've been given a bad name because there's a lot of money-driven players that are just hey you want it sure come bring your sources out there too and people get allured by the sexiness of the peptide you know because they see these pictures and it's like hey it''s kind of like everybody wants to live in a five million dollar mansion but then i want to put the order people forget that that five million dollar mansion is only standing in good if it has good plumbing and good foundation and that's the unsexy stuff yeah so my point is and we're not going to get into it we can get in to maybe some other podcasts there's also these research-based peptides that are being sold online that have no documentation for serility and the toxicity and safety behind them and they can defragmentalize into particles that can damage your DNA and become cancerous and actually be hepatotoxic, meaning they're toxic for your liver.

So there's a lot of peptides out there, websites that as long as they have the disclaimer, this is for research purposes only, and it's not intended for human or animal use, they can sell them online.

And people are trusting these things and injecting them into their body without having any proper documentation of it, right? And when we're talking about peptides, you need a peptide to be 98% or more purity.

For human use. Not for petri dishes, for human uses. Exactly. If it's under 95%, that's where the problems start, right? And these research peptids can be 75 to 95. So if you're ever gonna go get a peptide, number one, go with

the clinic that's looking at your lifestyle, meaning your diet, how you are sleeping, if your exercising, that they're giving you proper nutrients prior to the peptides.

And then once you got a healthy lifestyle that is when you bring them in, right? And if are hormone deficient, specifically on testosterone, we need to fix…

to your hormone level, specifically starting with testosterone. Once we got your testosterone dialed in and key components that we just spoke about, now the peptides can flourish.

So that's the only disclaimer I wanted to give. And maybe you don't necessarily need testosterone, but like you said, we need the system to be running properly.

I love when people call us, hey, I want some peptide, and I'm like, you're not ready for peptids. yeah i'm sorry so that's how you know like anybody that you walk in and they haven't even seen your life you want peptides oh yeah sure we'll give you peptide like it's a like a human candy store run right run so you wanna start with nootropics yes let's start brain brain health brain heath well i like starting there in fact one of our protocols is actually starting with brainhealth because if i want to give a growth hormone secretagogue which is just a peptid that is simply more growth hormones and growth hormone factors out of your hypothalamus to your pituitary and liver, we first have to clean out the HPA axis, which is a hypothalymus pitutary axis.

Which is basically your two master commander centers that are instructing everything in your body. So if you smoke, if did drugs, if you partied a lot and you didn't sleep enough, you're accumulating a lots of neurotoxicity and debris that stays in the brain, that's why people have mental fog and they just lose their memory and their learning ability and reaction time slows down because they have poo in their brain.

So we first have to flush, especially since we're a hormone clinic, there's a lotta clinics still using an astrozole which is an estrogen blocker which it's toxic for the brains.

We've got it completely rid of it because there's ways to completely get rid off it. So people who've taken a lot of anastrozole will have a lots of brain fog, so we need to clean that up first.

And also for the 70 year old patient that just their brains don't work as well. We need clean up the commanding centers to then hit the physical aspect of the body, right?

So, I mean, you have from CMAX, which is more for cognition, it's basically what I like to call your natural Adderall. It gives you mental focus, It helps with learning, helps you with neuroplasticity.

There was a study that actually produces exuberant synaptogenesis. That's a fun term, right? Exuberance synoptogenes, so it excites your neurons and it grows them.

So before a meeting or if you're gonna write a research paper, you got a media you just you take a nice nasal hit. Neutropics are best taken intranasally because they bypass the blood-brain barrier.

Rather because you have CMAX, C-Lang. You have a couple of them that are injectable but they're better taken intra nasally. Because they pass a blood brain barrier and they take immediate effect.

And you also want to sniff them like and snort them almost you don't want to just you want it really hit the back of the nasal cavity so it actually actually get it in there right so for type a personality you have something like c max c length so you c mac but wait can i just mention something so its not necessarily like like C max and C length it's not necessary for um like yeah if you want to study you got a meeting and you you gotta be on point or you wanna learn something amazing for that stuff but also for physical performance like i remember that remember the first time that he introduced me to make cmax and i was doing it and what i knew when it had hit i Was on a skateboard and I was just like practicing on the skateboard And I literally felt connected like it was me and the board were one And it was this like sink that I felt.

And this is like that exuberant synaptogenesis. Like I literally felt like my dendrites had grown. Yeah. So what's happening in your brain when that's happened?

With the CMAX? Yeah So, what it's doing, I mean it exciting the neurons and it making new neuron connections. Right? So it like, do we have memorized scans on CMEX like we do on psychedelics?

No they do have, yeah they have scans. So, if you look at a neuron, you have the axon, the dendrites, right? So some will work on creating more synapsis firing, some more dandritic connections.

So the Dendrite, which are the branches, will grow. Some repair the Axons, Which is the main terminal where memory crosses through. And that leads to better dopamine, serotonin, GABA, neuro-pinephrine production.

These are feels like good neurotransmitters that turn into hormones in the body, right? So, norepinephrine is the neurotansmitter that creates awareness, arousal, and then it converts into adrenaline in body which is actually the hormone consequence response of it.

So again, there's… It's impossible to touch a mile right now, but I'll give you like kind of like the ABC. So CMAX is when you want focus, you wanna attention.

You're gonna do a sport, You take it right before sport. It almost like you're absorbing the experience and it's sticking to your brain much more than without it, right?

One caveat that I will give anytime you are using nootropics, Plus, minus, don't take them more than eight weeks because it can have receptor attenuation.

The more you take it, it just starts to lose its effect because you keep pressing the button and you start building tolerance. So you want to get off of them or you know how to cycle them.

You can jump back and forth between different ones. How often do you cycle? You can cycle forever, as long as you know how they work. If you never want to come off of them, you have to cycle them in a way where you're doing different ones, so it hits the receptors.

But the idea is also, take a little bit of time off and then just gain some of that residual and have your brain do it on its own as well. So yeah, C-max, c-lank is a more anxiolytic calming effect.

It's very similar though. Right? To CMX? Well, no. Yes. The only difference is C-Lanc is it considers an anxiolytic. So instead of taking benzodiazepines to try to relax you and that sedate you, this doesn't sedat you.

But it does calm the central nervous system down because it helps with the GABA, gamma aminobutyric acid, which is the most inhibitory neurotransmitter.

In many ways, it calms you down and it gives you focus. For somebody like me that I'm type A hyper, that calmes you Then you have things like dihexa, which is one of my favorite.

It literally cleans out. So you've got your nervous system that connects to your brain, Which is called the glymphatic system. When you don't get proper sleep, your brains cells are supposed to shrink about 40 to 50% when you sleep.

so the lymphatic fluid can permeate the brain and get rid of the neurotoxicity or debris that we accumulate. Just like you poo, our cells poo. So you need to get rid of that set of debris if now you have that mental fog.

Which is wild, right? It's like your brain shrinks, cerebral spinal fluid comes in, cleans out like Windex on a window. Exactly. Literally like that. It wax on, wax off, it cleanses out the brain.

So that hexa literally regenerates your brains, causes neuroplasticity, spikes brain-derived neurotrophic factors,

which is the main protein that you need for neuroplasticity that makes your brain more pliable and moldable, so you can create new neuron connections, right?

So it's basically like you're, like, from a micro perspective. Which, by the way, that's what I feel like psychedelics do as well, and that a different conversation.

But it expands your mental real estate. Wow. Absolutely. Kind of like, you know, like Hawaii expands to the volcano eruption as it gets bigger and bigger, right?

So like your mental capacity is just kind of, that real estate just grows a little bit. Then you have VIP, which is, it regulates your circadian rhythm, especially for jet lag.

You can use it. I'm not going to get into it, but there's more like that. There's FGL, then there is P21, a synthetic form of cerebralizing. And then my favorite is cerebralize, when it actually comes from, its arrived from brains pigs.

no yeah pig's brain like kind of like a thyroid medication is derived from pig thyroid right so they have this like armor thyroid and p-thyroid right same thing here but for strokes schemia um uh what's it called most neurological yeah dementia all of them brain trauma you can literally and you could use some ivy but it's literally stem cells for the brain.

It's not even a peptide, it's a chain of many different peptides tied together that's really a protein. And it just think about stem cell for brain, they will reshape and remodel your brain so we like to do that once a year.

Like just so you get nourished the brains and give it that… You never want to lose the plasticity, but then again, when you're taking these things, if you want amplify the effect, its like taking protein and not working out and expecting your muscles to grow.

Its the same thing. Right? So if you're doing this, learning a new language, an instrument, dancing, any of this type of stuff that is unnatural, it's gonna actually…

Brushing your teeth with your left hand. Exactly. Right-handed. Do something that's different that makes you work, that make your brain work so these medications can…

It's fitness for the brain. You're taking supplements for your brains, so you gotta do brain exercises that will fortify your body. That's pretty interesting.

I like that. That's there's a lot that you can do there. There's even technologies out there that can exercise. Yeah Yeah, so mixing up with the medicine remember like our bar like for example.

I have my you know my wife's grandmother is almost 90 I mean she physically looks 90 right, but her brain shrippers attack. Oh my god sometimes I speak to her on the phone.

Like this boy Sounds 30 years old, you know, my grandmother was like that. It's a really important like like, like you think about like the you the the Incidents especially in women with Alzheimer's and dementia and you it's it it a tragic tragic disease So to to be able to have the technology now in this age to able have things that kind of feed the brain and brain cells and You know expand our mental real estate.

I think it is invaluable.

Brain Health and Nootropic Peptides

But this is where things like nicotinamide mononucleotide, NAD, zinc, magnesium, nitric oxide, all these things are affecting the brain, right? They're key molecules, testosterone.

And we're not getting into the longevity aspect, we are just talking basics, Right? We do a lot of different things, like

phosphatidlyserine or phosphatocholine, which feed into these major, there's about 60 neurotransmitters, five regulate the rest.

So if you feed like glutamate, GABA, serotonin, dopamine, and you treat those in phosphatidyl acetylcholine, if your nourish those, you're nourishing all of them, right?

So you give your body these key components. You do brain exercises. you can literally do a brain exercise by going to the gym. If you do your regular dumbbells, one foot in the air.

Work on the balance, Right? And that's why we'll take like scheduled, because if not, like dude, we will work each other to I mean, ambition is a thing, right?

You gotta be careful at the same time. So you have to schedule time for yourself where you're just like, you know what, I'm just gonna… do what I love.

And so for example, for us skiing and surfing and doing sports, I mean, that keeps our brain keeps it going. Yeah, in the moment, because I think about you're going 65 miles an hour, skiing, and you have to make split second decisions, you know, right in Yeah, you gotta be ready to go and you got to know where you're going like it's all this thing and so for up for me That's a humongous mental exercise.

Sorry, so we hit the brain Let's go to another system of the body. Let us do it immune system I would say like thymus and Alpha-1 is one of our favorite peptides.

When C came around, this was a peptide that was being used at the hospitals in New York City and they reported that none of the staff got infected by using this peptid.

Been around for 30 years. Funny thing enough, when they started pushing people for the V, we saw this systematic sort of taking off the shelves with this peptide.

First it became certain pharmacies couldn't make it or you couldn t sell it under certain guidelines or sort You couldn't say that it was protecting you and all this stuff.

But dude, we saw people that were nearly hospitalized or in the hospital and bounced back in one day. This is an immune modulator, right? So the amazing thing is that if you have autoimmune disease, meaning that you a high-running immune system, it down-regulates your immune systems, but if have a compromised immune, like when your T cells are down, which is part of what C attacks, It boosts up your metabolism.

There is not even a way to even overdose on this peptide. You can take massive amounts of this stuff and we've seen incredible results in terms of immunological response.

Yeah, it's one of the most, if not the more studied peptide with the amount of evidence used in 70 countries with over 70 real solid studies and thousands of patients.

For a lot of different viral. Yeah. I mean the outcomes are unbelievable. So at home, I always have one or two vials. In case I'm getting sick, the cocktail is immediately.

Because you can tell when you're really healthy, you smell, taste and feel when I'm going down. Immediately, I'll mix a bowel. Yeah, yeah, but dude, when you're in tune the way we are, believe me, you can smell it.

I can, smell and taste when I, my immune system is down and not to mention that I could feel my performance slow because we don't just perform physically.

Like we're running a operation with over 3000 active patients. 29 people are the organization. We're growing about a hundred new patients that were like, we've grown.

This thing is moving, right? So we finished training and it's go all day. And so I can feel when I'm going down. And as soon as I feel I am going, I mix the vial.

I inject right away. Not going to talk about doses here, but I do the dose that they were using in hospitals, especially emergency doctors, and I'll do a 25,000 mg intravenous vitamin C infusion.

Literally, that within less than 36 hours, you're coming back to normal. Me? Like, we don't ever get sick, because immediately when the cells or the immune system starts to get suppressed, you're immediately countering it, right?

Zinc, quercetin, NAC, I'm taking things of that nature in higher dose. Vitamin D, of course, is I am always in that 70 to 90 range, but when I get in sick I'll go up to 50,000 units a day, like just to kind of meet theimmune response where I compromise.

So the point is, and this is a key major factor that I want to take home, the thymus is the first gland that goes. At 15 years of age, it starts to plummet.

By the time you're in your 60s, you have less than 90% function of that. Yeah. So what happens is if the Thymid gland, your inflamed, You're diabetic, Your on four prescription drugs, which is The average American, and you are in you 60's, no wonder why so many people drop dead.

because their immune system was already compromised. In fact, it was called Lymphocytopenia, which is a reduction in, hey, your lymphocytes are exhausted.

We have normal lymphocyte, and your limphocyte are your first line of defense when you get sick. And if you got no lymphocytes, you've got to know T cell production, natural killer cells, then you're out of gas.

You got know bullets in the chamber to fight off whatever Yeah, it's a difference between going through a category five hurricane with like plywood and no hurricane impact windows versus a house that's prepared for a hurricane.

So that something that we would cycle once a year to get the thymus gland reactivated to, hey, don't forget to produce these compounds, right? You want to wake up these glands that have, especially as we age.

But especially if you're going out with something, you want a respond immediately. Like if there's fire, I want the firefighter to go there immediately, You don't wait a day to start taking something.

You start immediately taking some. This is what I'm talking about becoming in tune with biohacking itself. When you're at a level, you know when you are going down something, so this is how we never get sick.

I don' care what virus hits in the future, I am not worried about it because we survived thousands of years and we are so dialed in that I will take my chances with what we're doing.

For God's sake, when the sea hit, we were surfing the next day. We were never afraid of it. Dude, I was massively exposed over five times. I never got any symptomatology, never acquired the virus, and every time I got tested I had no antibodies for it.

In fact, at this point, because I understand the science of well, if we had another event like that, the first thing I would do, first of all I'd start doing these protocols to amp up my immune system, then I'll go get myself exposed to it, because I would build the antibodies for it.

I wouldn't build up my immune system to be immune to it if you don't want to run from it, you want run towards it but if your gonna run toward it you better be prepared, right?

You better prepared. That foundation better built. Yeah, I don´t recommend anybody to do this unless you understand the science and how your body works and like all my inflammatory markers are at baseline, I'm excreting out of my bone marrow enough stem cells to recruit and repair my body like I am fully dialed in.

I know, and I'll start in your mind as well, my mind is very confident that I can overcome it, right? But the point, the final point is time is enough for one.

If you have a respiratory issue, LL-37, it helps to expand the lungs and the avioles to help you breathe if you're asthmatic or whatever. And then the supplements, as I said, NAC, Sync, Quartz.

And I'll make a parenthesis. I don't want to open a can of worms because I know him. A little Methylene Blue will go a long way as well. Oh, Methyl blue, yeah.

Well, okay, all right. Because we're going there. We're doing there, and I knew Methyline Blue. Intravenous Methiline Blue, so. But did you know about the French study?

2,500 people when the sea hit. Over 50 years of age. Cancer study. They were doing a study on cancer patients. When the Sea hit, none of them got got sick, none of them, and they were all taking Methadone Blue.

So, all right, because we're talking about the immune system, right? We're talk about peptides supplements for the system. Now let's go ahead and switch gears, which just is related to the new system peptide supplements, for mitochondrial health.

It's connected, right? It is connected to the immune system. I mean, it's one of the hallmarks of aging. And then you brought up methylene blue, which obviously hits the mitochondria.

Well, I think it fits perfect into this one because lately you're familiar with, oh, you designed them not too long ago, Ryan Smith. He's a genius with peptides.

You know, last time we saw him at the Biohack Expo that we were speaking, we always kick it. And I'm like, yo, what's up, bro? We were talking, and he's like dude, I am like if you have to pick one peptide, this is geek talk where we are talking.

If you had to take one peptide. Which one you pick? He is like SS31. All the way. I was like all the, why? And then he started explaining it and then we got into it, so basically SS 31. The main benefit of that peptide is that it repairs the cardiolipin.

So your cells have a cellular membrane, right, that is made out of fat. The cardiolypin is what protects the mitochondria. Think of the cardiolippin as your shirt.

Every time you wear your shirts, it loses its elasticity and if it has a logo it starts to degrade. What this peptide does, it keeps the shirt brand new.

So it doesn't matter how many, remember that you have to reproduce just like amino acids. You have produce them, you intake them every day and you produce mitochondria.

When you're repairing the cardiolipin you'll have less electron leakage. Electrons are basically the currency we need that turns into ATP. So as we get older, for every ATP unit that we produce, which is our gasoline, we produced oxidative free radicals.

That's our exhaust. So the older we got, that cardiolipin becomes damaged, so we've produced more exhaust, less efficiency, and less energy output. And therefore, skin ages, organs age, We age in general.

We're as old as our mitochondria. These things have been around before we were around. If I can repair that cardiac lipid constantly and keep it brand new, my shirt never ages basically keeps your nikes fresh all the time yeah like those shoes you imagine they always kept like that so you keep your mitochondria basically the integrity of a 19 year old and then methylene blue since it acts as a electron Donor or supports in the electron transport chain it literally cleans out the mitochondrial While the SS 31 repairs it so you have more energy output less exhaust more efficiency almost like running hybrid and when you add the Methylene blue you're constantly

cleaning out The mitochondria and your you, have really healthy mitochondrion so i would tell you hands down for energy SS-31 is by far my favorite And then, I mean, what you would add there, less for a protective mechanism, more for performance, and more metabolic health like MOTC.

Oh, yeah. Well, if you can… It starts getting really expensive when you start talking about this, right? MotC, they call it exercise in a bottle, that's what basically it is, because it induces your body to burn massive amount of fat, and it activates, it jacks up the mitochondria, revs it up so you can produce energy like if you're working out but without working.

Yeah and your endurance will like it's skyrocket for at least like a good 30. So if have like, a run or something that you gotta do. Like you have a like high endurance run that, you inject, I mean you'll inject the whole bottle of this stuff and bam for 30 to 40 minutes your go time.

Basically that would be the Pre-workout you would take talk about pre- workouts. They're all garbage. Basically. This is the real pre workout you take this right before working out Oh, are you working now?

Because it has such a half a short half like what warm up and then I'll go to the bathroom and jacked and you're freaking on I hear you.

Immune Support and Mitochondrial Health

Alright, so so we got mitochondria and obviously certain supplements probably like yeah Yeah I mean, those are baseline, right? You have Urethane A now, which feeds some mitochondria.

Again, we're not talking about supplements right now. But everything you're speaking about, peptides, they all go in combination with specific key elements like supplements that are feeding the information from that peptide.

Cool. So we talked about the immune system, right? Mitochondria and brain. If we're talking about immune systems, let's go into repair, regenerative peptides.

What kind of regenerate peptide do we have? We'll say that the ones that are really famous out there, that's what they call the Wolverine stack that most people know about.

I kind hate it when people say it like that. You know, you got things like BPC, thymus and beta 4, which is now, TB 500, right? Which is just a synthetic form compound.

They changed the name because they needed to change the molecule because the FDA got all funny about these compounds. And then you have things, like, GHK, so Bpc from a very, layman's terminology it just it's responsible for reducing massive amounts of inflammation right so if you have a you, have an injury and you.

have, a lot of information vpc not only does it act on the gut and it also like. stimulates growth hormone channels but it reduces massive inflammation.

right, so that you can get that down and he was like speeds up the healing process and the repair mechanism. And then combined with TB4, which is another part of the thymus, so it stimulates another thimus gland.

It still has some of those effects, just not as strong as the immune part. So basically if I have a cut, my cells need to… prioritize the cut. Like, okay, I need to send more workers there to the Cut because this is compromised, right?

I have to glue it back together. Remember, instructions. So TB4 says, A, we need recruit more agents faster, better to that area. That's why the BPC and TB 4 combination works so well when you have a fresh injury, right?

Because BPC will attack the inflammation, you know, speed up the healing process, but the TB4 will send the recruit cells to the area to start the work in progress.

That's a bad combination. So I like to say BTC is the ice pack from the inside out. Yeah. Any injury you want the inflammatory process at first, But then you wanna reduce the Inflammatory response so you can start recovering.

It also is very well documented to… Let's say that properly. If you're gonna have surgery, We always tell you, get the surgery, and then start the BPC three days later, 48 to 72 hours later.

Because you want the inflammation initially. That's the body's natural response to an injury. It needs to create inflammation to protect you. So you wanted that inflammatory response.

Kind of like, when you work out, you won the information. You don't want to take BTC and go work-out, right? Or you don' want go ice bucket, then go workout.

Ice bucket. you want the inflammatory response so you know we you wait for the inflammation for two days and then boom you attack inflammation right so i'm sorry that's fine that was a good point though uh so bpc activates is documented to activate growth hormone receptors within the ligaments and tendons so especially if you had a ligament or tendon uh damage oh and it also enhances your muscle satellite cells which is what attracts stem cells to actually recruit and repair that area So you reduce the inflammatory response, you enhance these growth hormone receptors so they're more the affinity to growth, hormone and stem cells is much greater.

So repair, especially if it's a ligament tendon or muscle tear, it is faster. The thymus in beta four causes cellular migration. More cells migrate to that area to repair.

That's why there's anecdotal evidence. It would take millions of dollars and billions to get evidence of this, but we know because of the we're part of a forum a real doctor forum where we see people in the trenches thousands I have hundreds of thousands of patients of anecdotal evidence that it shows that if you inject at the injury site you have more receptors that are closer so the medication binds the affinity is much greater and binds to those receptors within that injured site much faster right So you can take oral BPC.

It's one of the only ones you could take orally because it's made by the gastric juices. You can pick it oraly and inject it around the injured site. Then the GHK copper peptide is an anti-fibrotic agent.

So when you injure yourself, anti fibrotic means that they'll basically go back to its natural state. If not, you have what a scar is, which is a fibotic.

it is fiber that didn't properly bind together. the way it's supposed to. So it helps for collagen synthesis, hyaluronic acid, all the matrix that make the components of skin, but it also helps so those agents, those fibers can realign themselves healthy.

And then in addition to that, if you wanted to, you can add something like IGF-1, or a growth hormone security guard, which we can get in later, because remember with the BPC how it enhances those growth receptors?

So now you jack up your IGF-1, your growth hormones, that growth homo is going to go and repair that area much better. And the last thing is that the thymus and beta-4, the first gene to get activated when we're injured is thimus beta 4. It's actually a gene.

So when you inject this stuff, you're activating more of that gene pathway to regulate that injury. Yeah, and a couple of caveats for people watching because, you know, we get this a lot like, Oh, yeah, I tore my bicep like 15 years ago.

I want to use VPC and diamonds and beta four. A little too late. It's like, dude, you know, no, like sometimes surgery is what you need, right? So sometimes, but I want to be very careful because, these things are being like promoted out there like the Wolverine pack, and like heal like a Wolverin.

Yeah, sure. Like all this stuff works. But again, if you have the baseline first, You're doing all the proper things. You layer them. Right. you layer it.

And also it depends on the timing, Right? Like if have an injury that's very old, thymus and beta-force probably not going to do anything. Now, could you get a lot of mobility back by reducing inflammation with BPC?

Yeah, but I just want to be careful that people understand that there's some injuries that are way past the extent of what BTC and TB4 and these Wolverine stacks can actually do.

So you've got to very careful and that's why we're very ethical and like, look, let me know what the injury is. If you have a fresh one but you need surgery, I almost don't want you to use the BPC and stuff because then your body's going to start healing fast, but wrong.

Right? Right. So sometimes, you know, there is a place, time and place for traditional medicine. But look, we've had, and again, look everyone is super different.

And this is the cool thing that, my brother and I doing this together, were almost genetically identical. Okay, where we've done massive genetic tests and you know, people are like, dude, you're like a step away from being, uh, You know twins, but obviously we look different.

We have different personalities, all of that stuff. There's minor differences, right? And so he'll take BBC. I'll think BBC and we'll respond totally different, Right under the same dose.

Right? So that's one thing to consider. And then also, like, you just have to be aware, again, on the timing and the layering of what you're doing. And making sure that the injury is something that is going to effective in this treatment, because if not, then you are just being lied to.

So, okay, so regenerative peptides. And a lot of issues that people have with regeneratives, when they need the regenerate therapies, a lotta the times it comes from being obese, right?

So that takes us to the peptide to lose weight. What do we have? The GLPs, baby. Let me just, can I just kind of caveat this? And by the way, sorry, let me, because I have back issues, we've herniated backs.

I've taken gallons of BPC. Does it help my hernia back? No. But you know what? We had a guy, the guy that we ski with, he was a patient, now he's a friend, and he came to us in a walker.

He came up to Miguel in the walkers, Miguel put him on a protocol, recovery. And BPC has been life-transformative to him, where he told he would never walk, but now, jumping out of helicopters with us.

Same thing with older guys with arthritic conditions. I mean, when they run out BCC, they get emotional, right? So, it varies from person to person, so I just wanted to caveat that.

Now, in terms of the weight loss, let me just say this. Look, there's a ton of doctors out there, very famous doctors, who are demonizing this medication.

And the basis of it is, you do this medicine, 60% of weight-loss is going to be muscle loss. Muscle mass. Which is true, right? Another caveat there. Now, if you're using this as a magic bullet, as silver bullet and you are using it as standalone medication, please be aware this will have catastrophic effects.

Right now if you know how to use these properties because we've put people look we don't we Don't condone bodybuilding but there's guys that have wanted to do it and we helped them and We have used these GOP s to make people win fitness contests So this whole concept that you're gonna lose muscle.

It's just because you don"t know to us them Yeah, I mean I'll call him out Peter at his is talking some bull bull I challenge him any day Like look at me, I've been on terseptide.

I been in GOP's for over two years. Do I look like I'm losing any muscles? And I am consistent at where I at. That is completely baloney. The point that you hit on that's very important is you have to do it right.

You have to do it. Yes. You take the right supplements. Of course. 100%. You should get a body composition analysis to get the baseline of how much lean mass you have.

A hundred percent, dude. But also, like, the other piece of it is, let me just say this. These are the, and I'll steal a quote from our doctor, Dr. Rudy, these are like the most transformative medication of our time.

Revolutionizing. They're revolutionary medications. Why? Why? Because, for example, when we discovered penicillin, what was killing us? Infections. Right?

Today, What's killing? 93% of Americans are suffering from some kind of metabolic dysfunction. So these are medications that will help people that are suffer from these food addictions and these problems get it straight.

Now, the other thing that people need to really understand is how this medication actually works, like the mechanism of action. I always tell people this is not magic fairy dust that you're gonna sprinkle on yourself and all of a sudden you gonna have a transfiguration.

Like you need to understand how this works because if you don't then you can switch one addiction for another addiction. Right? And then your just gonna be addicted to this medication.

So I'm not gonna switch the addictions. I gonna teach you how it works. And I'm going to use this medication as a momentum tool to repair and get rid of the underlying problem that caused you to get on this medications in the first place.

Does that make sense? So that's a portion that I wanted to say, but I mean, they're amazing, you know, GLP. So now we have, I think we've had, remember, these medications came out on the market like the 1st sort of iterations of it started coming out in Xanatide.

2010 and then 2015 is when, you know, semaglutide came out, right? Let's, sorry, let's use GOP, alright? So the first iteration was GOPs, which GOPS just kind of, basically, in a layman's term, shuts down your appetites, your gastric empty, and so you're less hungry, so now you are in taking less calories.

But this is also problematic. This is why you see all these effects of why people are demonizing, because you're taking somebody who's already nutrient deficient.

You're already telling someone that has all kinds of metabolic problems, is nutrient-deficient, and now they're not eating at all. I mean, what do you think is going to happen?

You are going be totally depleted. So if you are gonna go on a GOP medication, you have to make sure, just like any peptide, You have to layer the foundation.

So, all right, we're going to reverse, right? We're, going back to the beginning. This is good. Yeah. this is where the Foundation goes into play. Foundation.

Minerals. Because if you're goin' online and buying these GOP ones and only taking the GOPs ones, and now you not even eating at all, Now you don't even have any of those nutrients that your body needs to even function.

Correct. And one big one, I'm sorry, go ahead. No, no, okay. One big that I'll just say off the bat, like, because here's the other concept, right? Then you have the biohackers, which I also, you know, buffoonery.

Like they'll say, You need to make sure that when you're on these GOPs, that you need one gram of protein per pound of body weight. I weigh 185 pounds, man.

185 grams of protein is already super hard to get in. But how are you gonna get that in when your appetite is completely shot and eating 20 grams a protein makes you nauseous?

How are we gonna do that? Well, then you go to what actually makes protein, which is amino acids. So, big disclaimer out there, if you're on these GOP medications and you are not using amino acid, that's the first sign that you don't know what you doing.

And your doctor doesn't what he's doing, So amino acids are super, super important when you're on these GLPs because it gives your body the building blocks to make the protein.

Like, for example, you ever seen people that fast along, they lose their hair?

Regenerative Peptides for Injury Recovery

Why? Because your buddy doesn't have collagen proteins to MAKE hair. Right? So amino acids is what you give to your body. What kind of amino acid are you doing?

We're talking essential amino. Not BCAAs. No, not BCAHs, that's a different discussion. You guys do the GAK lifting? Yeah, but we use that. I call it T plus.

That's an injectable that is more for performance. So that why they are called essential amino acids. Without them you will die. And these are not things that your bodies can make, you have to give them from the outside in.

And so if you're able to give it the eight essential ones and the proper content form, quality and format, your body is able make all of these proteins that you need.

And the great thing about them is you are taking them. This is how we are able do these things, fasted. I take my amino acids and guess what? My body has all the proteins it needs for that specific time period so that I don't deplete myself.

And we're talking about protein for everything, right? We ask people, what do you think you need protein? The first thing that comes to mind is what? Muscle.

Muscles. So you needed for your digestive enzymes are protein-based, Right? Myosin and actin in your muscles are proteins-base. Elastin, and collagen, which make the elasticity of skin are a protein based.

The keratin and melanopsin cells, Which is where regulates your skin rhythm are, protein base. BDNF synapses in your brain which improve memory, learning, and cognition is protein-based.

Hemoglobin A1C, I mean sorry, hemogloin in general, which is what gives oxygen to the red blood cell, is your antibodies protein based. The list goes on and then you have growth hormone, insulin, melatonin, thyroid, all protein based.

So we need essential amino acids to build and regenerate every physiological and biological system of our systems in order to make hormones, tissues, everything, right?

And you know, the typical thing that we get into that I think it's a this is the I Think this right here is The biggest miss education and the biggest mess in the entire health and fitness industry is protein.

Right? Oh, you need to eat a lot of protein. Well, let me ask you a question. Do you eat to a lotta your hair when you go to the barber shop to grow your head?

Do need eat your nails to grown nails? You don't. Right, so what do you think, what makes you thing that eating a chicken leg is gonna make you muscle?

It just doesn't work that way. You know, like this is the whole science behind it. All protein is genetically foreign to the body. Until it's broken down into individual components, which are amino acids, separates into the non-essential and the make muscle.

In the BCAs, we use a concept called irreducible complexity. If I give you a gun without a trigger, can you shoot your target? Or a boat without propeller, could you go fishing?

or a piano without keys, you play me a song? If all the components of that puzzle are not put together simultaneously, that system will not work. So branching amino acids, leucine, isoleucin, and valine without the other five that are essential, it will network.

Histamine is the ninth quote unquote, essential amino acid is debatable, whatever, we use it as well. But we follow Dr. David Minkoff, 43-time Ironman competitor, eight- time World Champ qualifier, 77 years of age, still kicking ass.

And he wrote the book, The Search for the Perfect Protein. We follow the eight essential- amino acids, but we still put the ninth one just in case. The point is that you need these essential amino acids, especially with GOP-1 to not break down muscle.

I would actually, in addition to that, add that these are incredible band-aids that we're using, but they're not treating the root cause. The root is poor education on what food is.

Food is code. And we have socialize food into an entertaining experience and pleasure base rather than a fundamental necessity for our health and indispensable to our well-being because food is genetic information.

It's code for a body. So when you can look at food from that perspective, your whole philosophy around living a healthy vibrant life would shift. That's number one.

Number two is having a routine of exercise. If we were meant to move, we would either picking up things, getting hot, cold. We either have to chase it, make it or go build it.

Meaning we were always moving. People 95% of the time are sitting in front of a computer indoors without light, eating hyper palatable foods that are astronomically high in calories, nutrient depleted and designed to cause orgasms, activating the same reward centers just as much as cocaine did.

That's not to mention the rest of the lifestyle, Netflix or social media. We're not moving. So we become a society that's overfed, hypermedicated, overstimulated, yet malnourished and dopamine depleted in a spiritually bankrupt society.

Let's start there. So once you got that in place and you've got these nutrients that we're talking about, you can use these GOP long-term the way we do in micro doses.

When we mean micro dose, we just mean smaller amounts and longer periods. So for example, the half-life of seven days, instead of injecting every seven, days you're inject in every 10 to 14 days.

You're not inject it as often. you remind yourself that you have to do some of the work. But the biggest thing I would say that I, that GOP1s are GOp peptide hormone mimetics that are stimulating the body to produce GO p, which is a hormone that you release out of your intestine, the third part of the intestine to basically shut down hunger or make you feel satiated with small amounts of food.

It's what regulates hunger. right? And these are microbes that feed that hormone to be produced. So when we take the peptide, we're actually masking a symptom.

Mm. We need to take something called acrimensia municifila. I can't say the other part of it, just acromensias, which is a form of bacteria that feeds the GOP1.

Therefore, you don't need as much GOPs. Yeah. And you naturally help your body produce GOPS because it's already inside of you. Remember, every peptid It's already inside of us.

So what's missing that we're not feeding our body to naturally produce it. We do believe in them. I do use them, it

turns out the food noise are fantastic.

Actually, that's a great point. If I can interject. So remember, GOP, just like Cialis, was never an ED medication. It was a pulmonary medication, right?

Then they started noticing that the guys, they didn't want to return. Well, it started with Viagra, Right? Yeah, the medication right. So actually interesting case when the C happened, They woke up an elderly woman.

They gave her a massive dose of C. Alice and a No, it was Viagra. Okay. So my point is these medications when they sell beneficial, let's not use the brand name.

They started making them for neurological effects, but it is a lot sexier to sell it for weight loss, right? So the thing that we love the most about the medication It's not necessarily the weight loss, which is just a natural outcome, it's what happens in the brain.

It is sort of like dopamine uncoupling to food associations that we have in this country and people. And the biggest thing that I get from patients is, wow!

I've learned that I don't need nearly as much food as I thought I once did. That's the key thing. And then we go back to what Miguel was saying, where we back this sort of like ancestral living, which, you know, remember, like breakfast, lunch, and dinner would have been an offense.

It would've been a preposterous idea to suggest to our ancestors who needed to walk for miles, who need to hunt stuff. They didn't, they weren't eating breakfast planning for dinner.

right they were thinking like we might not eat for a couple days right so you know that's the cool thing about these GOPs that are sort of like if it's used by the right practitioner and educated in the way we can bring people back to this homeostasis where they can now regulate and not have this because like you said it turns off the food noise you're no longer considering food but one last thing that i want to kind of wrap up and now it gets rid of addictions people who have alcohol drastically release your For longevity effects to reduce or inflammation at the organ sites for your brain.

I mean, it's a phenomenal peptide We have cardiologists calling me like please put my patients on on GOP But one thing where's my camera one think that I wanted to say about this protein stuff You do not need protein You need to make it, you need manufacture it.

Hundreds of thousands of proteins per day, every single day. And eating protein is not the most effective way of making protein. Just like eating your hair is going to not make you grow more hair.

I just wanted to kind of say that. Okay, so we got the weight lost. And then it would just close out with a weight loss. Now, hopefully, because we have an IRB, we're officially a research-based medical practice.

And under research purposes, under the FDA guidance, We get to use peptides that are not available to the public, like rutratutide. read a true type, I like to say retracted type.

That's the one that works out for me recently. It's a triple agonist. First it was GOP, then it became GOGIP, and now it's GOGGIP. And that rutratutide has incredible effects because it binds to the GIP receptor eight times, the affinity is eight time stronger.

So it has eight-times-deponent effect on lipolysis, which is the uncoupling of triglycerides, freeing them into your bloodstream for you to mobilize them and burn them.

And then the glucagon, when it goes up, it tells the body we're low on fuel, burn fat. So it's basically the greatest fat burner ever created by man. It's incredible.

So that's the next thing that is, I believe, stage two or three phases of studies. But when that comes out, it is going to blow the roof out of the house.

And it's cool right because a lot of people that have been on these GOPs and GIPs they sort of plateau and then you know the cool thing that's like kind of like you work on the evolution of the patient right like You want to move them in steps so there's people like they'll use the GOP and they will beat the food addiction They'll beat the noise in their head and now they could do it without it.

Like now it's like, yeah, I don't have a hunger problem, but I still have this little bit of fat that has been hard for me to do. So now you step it up to red a trutide, which is 50% less powerful on the GLP portion, Which is the hunger suppression.

But like Miguel said, eight times more powerful and basically the fat burning effect. Wow. That's how you start graduating on these things, right? Amazing.

So, all right, so we lost the weight. Now we're ready to perform, right? That's a good way of where you lined it up. So what I want to talk about, and there's obviously a lot of different peptides out there, but I wanna hear the top two peptide for performance.

You mean like muscle like physical performance. Yeah, if i'm an athlete I would say like like pound for pound without like if you it depends like If you I know which one if cost is not a if if money is Not a factor then you know, the greatest one that is out there.

I mean it would Say tesla morales. That's the one I did. But I'll tell you but pound four pound in terms of building muscle density IGF-1LR3 has shown to be, you know, we were trained by Dr.

Mark Gordon, shout out to him. He's like the growth hormone guru. And he likes it for muscle growth, he like it even better than growth hormones. Because it's very specific for muscle density.

I know a lot of doctors that like Tessamol and better than growth hormone. Look, it depends. For example, depends on the somatotype. If you're an ectomorph, really skinny, and you have a really difficult time hacking a muscle, doing IGF1 or 3, with something like MK677, which is not technically a peptide, but let's just put it in that category.

You'll build muscle, right? If you're looking to get some muscle and burn fat, you can take like Tessamaranum, but with Epamarinum because here's what we need to distinguish.

We have growth hormone-releasing hormones, which are at the hypothalamus pituitary commanding centers, and then we have the growth-hormone- releasing peptides which work slightly at pitutary but more at liver level, So test them running is a GHRH.

Weight Loss, GLP-1s, and Amino Acid Support

So think of growth hormone reducing hormones as the agents that fill the tank with gasoline and the GHRP's are the ones that burn the gas out of the engine, right?

So when you combine synergistically a GHRH with a ghrp the Synergistic effect is much better than just watching a piano by itself rather than a Piano with the guitarist right is you're gonna have a much Better symphony.

Yeah, so it's about what symphony are you trying to play here? So and it is also about learning the half-life of each of these drugs, right? so I'll talk the most available that people are using Just so you like people understand, so one produce like testimony with GHRH, basically in layman's term, it produces growth hormone out of the secretes it secreted out the brain and then the regular pathways that goes to the liver and deliver has to push it out.

But if your liver is not effective, right, I might not push that out at the time that you need it. So doing the combination, one produces is out on the brane and comes here and the other one makes sure that it gets out right

into the blood.

Oh, and to caveat it, for example, if you're insulin on your blood work is above six. I'm not giving you the growth hormone because the homology, which is the structure of the of, the molecule of IGF-1 versus insulin, 50% of it is identical.

So they're competing for the same receptor insulin is stored fat. grow, right? I mean, store fat and just catabolic. And then IGF-1, insulin-like growth factor one, is growth and anabolic fat burning.

Right? So if your insulin is, I don't know, per se, 10 or above. Over six. It's like trying to swim upstream. Like you're taking a peptide that's trying Trump the insulin response, which is only making it harder for you to actually build the muscle and burn the fat.

So we want to make sure that your insulin is in check. That's the only caveat So anyways, the point is you take test of morelin with it It's a most powerful GH RH with the most power for GH RP, which would be epa Morelin Yeah, right and if I can make a connection here is like we're talking about a brain function This is why when we started with brain functions I actually like to start with a bring function to clear because if you have someone who's done a lot of drugs and a Lot of abuse up here you can stimulate growth here, but it's like The signaling effect is sharper and you're getting exactly the clear signal what you are looking for, right?

So, and this again, as you said, you build it up, now we're talking performance, if we are talking about performance we have everything else in check, so now you have a really solid foundation so these things We pulse about three to six times per day growth hormone.

Our pituitary, just like our bodies, when we don't work them out, these glands become sluggish. So they dont pulsate as strong, meaning you don´t get as much of a pulse of growth hormones, and you won't get enough of it.

And the most amount of hormone is released between 8 p.m. and 4 a. m. in the morning. So yes, taking a nightly dose is great for restoration of the body in general to reset it and restore androgens, everything.

But taking in the morning is really good for fat burning and building muscle as well. The other thing that I would say is understanding the half-life of a medication.

So for example, CJC's half life is 30 minutes. Epamoralin is about two hours. Every medication has five half-lives. So 50%, 75%, 87%, 93%, and 96%. What that means…

You start losing that much. That means if I take 100 micrograms, and if it's half life is 30 minutes, in another 30-minutes, it went from 100-microgram to 50- micro-gram.

Then the next halflife is 75, then it is 87, Then it 93, until 96, is basically flushed out of your body. Right. When you understand these halflifes, you can pulse these things many times a day.

Two, three times. I've always, I never found a better analogy, maybe a good analogy will come to your head, but I always thought about when you flush the toilet.

What happens when flush a toilet? You have to wait about a minute for it to fill up. Well, today it's 20 seconds. But you have wait for to it fill back up before you could flush it again.

Same thing you're doing with GHRH and GHRP. You're flushing out of the glands these growth factors into your body so they can take their biological effect, right?

So if you understand the half-life, you can do them two to three times a day. I'll give you an example. Three to five, I use a growth hormone, which is a high dose of growth hormones.

Technically speaking, you would have to do epamarylin three to four times a day at anywhere from 150 to 200

micrograms, or semorelin, a GHRH as well, 100 mikes three or four time a days, and CJC as Right?

So if you know how to pull some, you flush it out, let the body reproduce it, then you're getting these constant pulses and waves of growth hormone into your blood.

And if your working out your repairing a lot faster and your building muscle and burning fat much better. And I would say if you're going to do it like that, like this is next level.

Can you imagine injecting five times a day? You know, it's kind of obsessive, right? So this would be like, hey, I have a competition or I'm training for an Ironman.

Or I want to go jump off a helicopter. I need to recover and perform. Yeah, that's applicable now. regular life, you would do it once a day, and I would say from a longevity perspective, because people want to, in terms of the night stuff or the day stuff, day is good to burn fat and obviously perform when you need it, but as we age, so there's an amplitude, he talked about when we produce growth hormone, the body naturally produces its biggest spike of growth hormones between eight o'clock at night and three o´clock in the morning, right?

But as age that amplitude the size of that spike begins to diminish over time. So as we age is always a good idea you want to work with the body give the Body what it needs when it eats it right so because you Want to run because most people like oh, why would I need to do it at night?

You know I already produced it and I'm gonna do in the morning Yeah, great, but at nine is when you get all those factors like recovery right sleep all these things the anti-aging Restored all the entire aging effects, so you wanna you know as you age the amplitude goes down So that's why as your age you do at a night to get that amplitude back and Because it was going to restore the body.

And if you take it in the morning, we take, it like again, since some of these have very short half-life, Tessa Moran is about 10 to 12 hours. So I'm not worried about that one.

But even with that, one you start your first set or two sets, you have a little ice pack medical bag and then you go to the bathroom and you inject and.

You get that rush going through you and your freaking lifting. next level stuff. And we're doing it on a fasted state with essential amino acids. Sometimes, depending if I'm under 12 hours, I'll do it without the essential amino acids because you got to think when we hunted, do you think we were hunting when had a full stomach?

No. We were hunted when were really hungry. Guess why you get that mental sharpness when you don't eat? Tough. That brain-derived nootrophic factor comes from our ancestral living of hunting.

Think of a lion when it's hunting, it is quiet, its sole laser-sharp focus. It's the same thing you're working on in the gym. and you get the most amount of BDNF spike.

And the only way to reproduce your mitochondria has improved today is through exercise. So if you're in a fasted state, you take this growth hormone thing, and take AOD, take mod C, SS31, then you can take all these supplements and go and pump weights.

you're going to have all types of stimulus happen in your body. You're waking up all these systems, which is what we want. We're not just waking of the body, I'm trying to wake up my neurocircuit system, my biochemical system.

My nervous system I am trying wake of body." You literally get a rush. Talking about waking the up body right? We talked about performance, weight loss, we're here.

I look like a sculpture. Now we want to wake up the rest of the body. Sexual health. How are we waking us up? Well, that one is fun. Yeah, I mean, look, you know, like, of course we start with layers, right?

And when we're talking about sexual health, let's just talk about, what Miguel went through, which at a young age, he had ED, This is kind of like the birth of the company where it's like, dude, if you had ED at 18, can you imagine how many other people are suffering in silence with this?

They're not talking about 40 million Americans. All right, this is crazy stuff. So I think that the basis for erections is nitric oxide. I like that's just the base of it.

That's what turns on the switch. A lot of people will reach out for the Cialis and the and I'm sorry, the, you know, Sedolin fill or the to dollar fill.

But these are just downstream effects of what nitric oxide really accomplishes, right? So we let Nathan Bryan, I'll steal this from him, big shout out to him.

He explains it this way, he says, look, nitrate oxide turns on the switch, Cialis and things like, Tadalafel, what they do is they just dim the light brighter for longer.

But if you don't have nitric oxide, that dimmer won't work. You won' t get any vasodilation unless you have the nitroxide. We need nitriic oxide to have that dilation.

So PD5 inhibitors like Cialis, Verdanafil, Sedanafilm, they all can help that vaso dilatation, but without nitrik oxide you won t have vasos dilations.

And I would start a layer deeper that we started by Dr. Elliot Justin, who we interviewed. He has a device called the Firmtec, which is a devices that you put in your penis.

It's EMF-free. That was one of my questions. Is my penis being electrified here? So when you turn it on, it turns off. So it's like an aura ring for your penises.

Yeah, It is an aurora ring. And it actually shows because the health of your erectile functions is directly correlated to your cardiovascular function.

So if you don't have good, and also linked to your REM sleep, sorry, to you deep sleep. So you can actually, when you're getting full on erections when your sleeping, you are in full deep-sleep.

That means your body is completely paralyzed. There is a direct correlation between erectile function and erection throughout the night and deepsleep.

so we like to get a baseline like this is again going to the root cause right and say oh i'm having d okay here's some cialids oh that doesn't work here some pt-44 okay it doesn' work inject your dick with trimakes oh it does work geta pump let's start with the basics let' actually put a ring on it and check out what is the response.

So the score goes one to ten. It gives you the duration, the intensity, how many minutes you should have, and it gives an overall score. I want the seal on that damn box.

It sealed, it sealed. And the small one ain't gonna work. Well listen, if you can't fit this thing dude, I wanna see him. I need to see it. But like, no, so what he was saying is cool, because in her practice, like you know, you get a lot of guys that will come with ED, but remember, ED and sexual function and libido and all this stuff, a lotta of it is psychological, right?

you and I promise every guy in this room like you have one missed opportunity like where friend downstairs doesn't like show up to the party that can send you on a psychological whirlwind that is so hard to beat right and i've had to do well no listen I speak from hands-on experience that happened to me once I fixed the physical it was still the psychological effect Is it going to work?

Oh my God. Don't let me down. I'm not in the moment, right? Before I even get into bed, I think, is my dick going

get hard? Is my penis going work. So yeah, this is like a really useful thing, because like I said, if it's psychological, it is really hard to break.

People will start, they'll get a hormonal balance. They'll start using the Tadalafel. It will do great. And then they will go through the honeymoon stage.

Then all of a sudden they're like, hey, It's not working as well. and I need more. Tadelafels are like Skittles. No, no, hold on a second now. This is not a candy store.

Let's figure it out for real, forreal. So we use this ring and look, if the ring shows which measures three to five time night time erections at a specific duration, at specific firmness score, and you get that consistently every night or three, four times a week, you don't have a mechanical issue.

You have psychological issue, which is also a breath of fresh air for the person that says, Oh, it's not mechanical. So I can't trust it. It's my mind.

Now you have a pathway to heal that without more medication. But just as an overview or general advice, if you a sexual dysfunction issue or a libido issue, because libidos also in the mind, but being hormonally balanced is really important when it comes to sexual health.

You can use all the supplements and peptides and all things in the world, but if you're hormonally imbalanced or impaired and you have sexual dysfunction, that's probably the first place to look.

Again, Miguel, this is the direct experience. He tried to uncover every stone. I mean, he practiced everything under the sun, and it wasn't until he fixed his hormones that his sexual function came back.

So that is what I would say. But there is a great peptide. So, I mean, there's many. There's oxytocin that really is a love cuddle hormone. I've actually taken really high doses intranasally right before sex.

It has a very short half-life. Phenomenal. Does it work? Yeah, it does. But you have to do it like right, before. We'll hook you up eventually. You try, you just have your wife sniffing, and you sniff it, woo!

But I'm talking like 500 to 800 I use they usually do like 60 to 120 I am taking really high doses like you feel like your falling in love right again.

Oh really? I need that. It's really good. So that PT-141, which is bromelatide, I can't even say the name always, but just PT 141 which was actually FDA approved for women, female dysfunction because it works within the central nervous system.

So PD-5 inhibitors, nitric oxide all work within vascular system for vasodilation. This works through the center nervous to create so much arousal that women have their penises are clitoris.

So they get an erection to their cliteris and we get erections. But it makes you hypersensitive in the sense of makes it really horny. Yeah, really. It stimulates libido in a great amount.

So that, combined with a little bit of nitric oxide. Nitric Oxide, if you're above 40, you should be on it, period. And before you've lost more than 40-50% of your production, depending on your lifestyle.

Interesting thing about nitrich oxide, so they used it on special forces. What was it? 40 thousand feet? Yeah, something like that. Some ridiculous height.

From sea level, they took them on a helicopter at 40 000 feet. Because when you go that fast, right, You get kind of like drunk. And that 42, I think it was like 25 or something.

What's it called? Is it high fatigue? I forget what it's called. So they were testing them to like take them up really

high and drop them and engage their performance.

Because when you go through these elevations, it takes you time to acclimate, right?

Performance Peptides and Growth Hormone Support

So you get acclimation fatigue is what is called so nitric oxide this is what we use it in the mountain like three four times a day because they took them from high elevation i mean from sea level to high elevations using the nitroxide and then performance did not falter so anyways pt 141 oxytocin and definitely i would add if you're having ed issues as a man shockwave therapy You can literally buy it.

It's called the Phoenix. If Elon Musk can make a device for your penis, it would have been this one. And it's a home device that has the same intensity and therapeutic effect as any like the Storrs medical machine.

And you apply it at home, and what it's doing, the acoustical sound waves, is causing the plaque to break down. So if you're 40 years old, think about not having an oil change to your Ferrari in 40,000 miles.

You break up that micro plaque, it induces endothelial growth factors, fibroblastic growth factor, platelet-derived growth, factors all these real factors to regenerate the penis, create androgenesis, which is formation of new blood vessels.

Now all those pipes and cylinders are properly working, so blood can engorge the tissues much easier. and you add something like PT-4041, a low dose Cialis with nitric oxide will fix you if you have an issue is the point.

It's funny because it increases sensitivity but for me like when I did it it actually I never had premature ejaculation but this really made me last long.

So you can always make sure that One of the things with these type of technologies like the Phoenix that you're talking about, the low-frequency shockwave therapy, is that it's not only for erectile dysfunction, it can be for performance.

But then again, speaking from experience, because that's how the whole brainchild operation of this developed, if you have to pre-plant sex, it takes the whole magic out of it.

The goal is to be able to spontaneously respond, so you're ready to go. That's what makes it interesting. that's, what gives you the confidence, the masculinity of what, makes you identified as you, right?

When you're pre-planning it, I'm not going to get into it but basically two previous relations passed to my wife, beautiful, wonderful women, basically lost them because first impression easy right but when your relationship had to time it they're ready to go oh no baby i'm mad but it's really no no i can't because i gotta take the pill and it just gets annoying after a while and then you start kind of sabotaging the relationship because you don't want to talk about it so if you're having an ed issue this is something you really want speak to your partner about if she's your girlfriend and she dumps you then that wasn't your girl And it feels your wife and she supports you and loves you she's gonna understand but I once you're able to vocalize it You take that monkey off your back and it just gives you a lot more confidence that wow I have support now right when you hide it.

It's like compressed energy inside of you But when your actually comfortable enough and confident to hey, I'll have this issue I know that I can fix I could tell you with the utmost confidence That it is completely fixable No matter if you do if we do, if do what we tell, you we will fix it Yeah, you can fix it, right?

But once you fix, it that's where life becomes juicy in many ways. And not that sex is everything, but to be able to spontaneously get an erection, I think is very important.

So PT 141, Viagra, all these, so Benafil, Todata, for all of these things. If you're using them to pre-plant sex, you are still missing the point. We have to fix the root cause.

You should be able to get a spontaneous erection. And if you aren't, then you have got to look at it because that's directly tied to your cardiovascular system.

Right? And we have the tools for it. That's it! Amazing! Guys, as we wrap up here, there is something else that you guys offer. that is very forward-thinking.

And I want you guys to touch up a bit on what this is to let people know about this other modality that you have. I'll let Carlos do that for a second and I will chime in, but we're not going to get into this because we don't have time.

But we never got into the longevity aspect. This, what we are about to speak is the holy grail of longevity, right? In every way, hold on, in every sense.

you know we're talking about this could be a treatment anywhere from 38,000 if you're if, you have disease it could cost up to a hundred thousand dollars right and believe me we are under the margin when it comes to that.

We're the most affordable out of the few practices that are doing this that, are providing this at a fairly reasonable price for what it is right now but if.

You can't longevity peptides which is what we want to focus eventually we were talking, about taking you, know individual peptide PPC this So, a beginner will take one peptide, an intermediate will two peptides, and an advanced person will five, ten plus peptids, right?

So when we're talking about longevity, you have things like FOXO-4, epithelon, thymus and alpha-1 combined with an LL-37, SS-31, You can literally take ten different peptidies at once, And the synergistic effect is going to feed into that longevity Aspect that you're looking for.

Yeah. Now the holy girls were Carter's about to speak about and I'll just wrap up like makes it more affordable Yeah, number one number two I will wrap of the the show and the whole talk that we did about peptides for people First of all, let's just kind of recap that right number 1 You need to be hormonal balanced.

Number two, and even prior to being hormonally balanced, you need nutrient balance. The foundation. If you don't get the foundation right, we always like to say, peptides are like mango seeds.

Right? If I give you a mango and you plant it in downtown Miami, or give a you mango seed and plant in Amazon, which one is going to grow a better fruit?

Which one is you're going to want to eat? Of course the one in the Amazon because of the conditions, the soil. So our job as ethical practitioners is I need to be able to create the amazon inside of your body, inside your biochemistry so that when I plant the seeds of peptides, I'm going give you a return on investment, which is my job.

I am not going let you just fall off of a cliff and spend money down the drain. Just to kind of recap, Yes, you need to plan the foundation. You need do the work.

We need get you the Foundation down first. Second thing is, You can do peptides depending on the condition, but you can cyclically use them, like Miguel said, kind of like a muscle, to wake up those parts in the body that are declining with age.

So you don't necessarily have to have a condition to do Peptides. For example, we cycle BPC, two to three times a year, not necessarily because I have an injury, just because of this regenerating effect that it has.

And that goes across most peptides, and Miguel didn't get into a lot of the longevity peptide, but there's a ton of longevity peptides that are really, really great.

Now, the coup de grace, or the holy grail that we have right now in terms of technology, is really cool and really exciting because it answers a couple of questions that have been asking ourselves for many, many years, The

thing about the space, right, like we are in the longevity space.

Well, how do you even define the Longevity? How do even really measure that? Especially when you have to contrast it against a later state in life, a future event in our life or future circumstance in your life that we have no really control over or certainty over, so how calibrate that and how do you really define longevity and so then the question that becomes well let me ask you you're 38 right so imagine we speed up the tape to your 58 okay and I say to you hey Sam what would you give me if I could tell you that I can give you a protocol that will literally give the health of vitality and the cellular resiliency that you had when you were 38 what Most people would say everything or a lot, right?

And the cool thing about it is that we now literally have that technology available to us now. So this is a partnership that we formed with this amazing company called Neo7, Dr.

John Catanzaro, who's the founder of the company. Just so you understand sort of, the brain of this man. He was a Boeing, a jet engineer for Boeing. Uh, he was designing, you know, jet fighting engines for, for jet, um, Fighter jets.

Yeah, fighter jets, provider jets and he was the engineer, he would do the interfaces for the engines and then he became an integrative oncologist. 25 years.

He developed this technology where he only treated the affluent because he treated people that were already told by traditional medicine, hey, prepare for end of life.

So this guy was not only reversing stage four cancers with this technology, but this is the part that really blew my mind. He was making non-verbal autistic children speak in two to four months.

Wow. Which you can imagine not the change of life for the child, the chance of the life of parents. Of course. And so just like anything, do I need to have ED to use Cialis for longevity or for me to benefit from Cialsis?

The answer is obviously no. Do I need to be obese to benefit from GOPs? The answer is no. Do i need be depressed and suicidal to benefit from psychedelic therapy or ketamine therapy?

So he took that, and by the way, he had retired. Because he couldn't take the emotional, like imagine seeing people decimated by disease and children and all this stuff.

And he just, he retired and his wife was amazing. Or on a cruise. It was like, listen, you're on the cruise getting fat, when you have the cure for cancer, You need to get your ass back to work.

So he comes back to work and he develops this program for longevity. Right. And so now basically, and I'll let me go kind of chime in because we go back and forth with, you know, we kind see it differently is, he basically they map out 22,000 genes.

So basically we take a snapshot of your exome, which is sort of like the functional part of you genome, what regulates your neurological system, your digestive system.

So he basically focuses right now on the 8 hallmarks of aging, 8 out of the 16 hallmark of ageing. And so he targets that and we map out 22,000 genes and he makes a specific peptide Not a BPC that you and I can take, but the SAM peptide that only you can takes, based on these genetic factors that we have, to recode your cells for resiliency.

So what do I mean by that? So when you take a testosterone, or you a supplement, that's a protein influencing the protein, right?

Sexual Health, Nitric Oxide, and ED Solutions

So this guy goes like four layers deeper where he's now recoding DNA, which then transcribes RNA, then regulates

expression, and then influences the proteins.

So I can take all of the damage that you've accrued until right now, 38, from toxicity and your lifestyle and obviously environmental factors and I could recode your cells to clean all that up and code new for resiliency.

So we're now going at the DNA structure level and using, leveraging your body's natural pathways to not only calibrate for longevity and performance, but also to cure disease.

This is where we're at. And this is the technology that's available to us right now. So remember when we were talking about, how am I in my 40s and I'm performing at this level?

And I started going back and it's like, it is all of this. It's not only the nutrition and planting the seeds and the peptides, but it also, we did this program.

When we looked at our before and afters, just myself, I went up 127% on Clothose. My production of Clotose was one of the most important proteins in the body.

Right. And so now I'm able to get myself and keep them in this state and make them resilient into the future. So when you're talking about remaining this healthy, this, you know, performance driven and this capable of doing what I do.

Now I can code to literally slow down that pace. It's incredible. Yeah, but that was, I think, a little complicated for the viewer. Again, this is a constant development of how to speak this in a tongue that's easier to understand, right?

We have 3.2 billion nucleotide letters, ATGC. Those are the four letters that make up our entire genome. And they're just coded differently, right? For you, they are coded specifically different.

So literally, when there's a gene break or a faulty gene, it's like spelling bake versus lake. It's going to say something very different, Right? So the point of what they do is that the exome is the protein coding aspect of our genetics.

So there's parts of genes that are, of a genome that is not coding for anything. This is, this is coding part. That's, so whatever it's coding is sending a function that it is code for, right?

Right. The exposome is the amount of damage we incur through oxidative stress, environmental toxins, viruses, infections, sleep deprivation, stressful situations.

It's the sum total of the effect of life that down regulates our genes, so some become underexpressed, overexpress, because they're trying to compensate for others.

Remember, your body's always trying… That's not even mentioning the dysfunctional genes we inherit pre-genetically from our family that are already dysfunction.

So the body is already in a disadvantage, but with life it becomes even worse. I like to always correct it as we get one set of tires. and what happens every year you go and you get these tires aligned because if not you start eating them out of balance and then once your tire is gone you got to change it the problem here we only get one set of tires so how can you keep these tyres fully calibrated so you can go as long as you Can whether that's 80 or 100 year 80 years of age I don't care to live to 108 years Of age if I'm going to be in a cane sick and falling apart If I'm gonna get to 180, feeling like this, fine.

Take me when you want. The point is how long can you go on? The only way you're gonna do that is that you gotta keep those tires fully calibrated. So what this technology does, it helps to re-correct that imbalance of those tire so they're fully aligned into the future.

And what it goes through, its called the Omics. Ryan Smith speaks about this. It talks about your genomics, which is your genes, the brain, blueprint.

then that codes for transcriptions, which that's where the messaging transcription factor, where instruction gets written, but with time, that instruction can become faulty, the bake or lake type of analogy I gave you.

That transcriptomic leads to proteomics, Which is the production of proteins, then metabolomics which is a production metabolites, and epigenomics. Which has the environmental effect on our body and that keeps going on and on.

So we can literally identify now which genes are being overexpressed or underexpress, just like the tires, recalibrate them. So oxidative stress is at bay.

Mitochondrial function is that it's optimal. Oncogenic potential, which is your vulnerability to getting any disease, it is low. Autophagy, one of the hallmarks of aging, is how our body cleans up cellular debris and recycles waste.

for that to be optimal, right? And then the most important that he emphasizes a lot is called immunophenotyping, which is how our immune systems response and compatibility and adaptability to stressors, how we're responding and bouncing back to them.

If we can get the immunofenotype, the immune system resilience of our system to become compatible to our environment so we are bulletproof, now you can really slow the aging process and code into perpetuity for…

Yeah, I'm sorry, granted that you're doing the right things. You're not going to be doing this and then smoking cigarettes and eating donuts because then you are going code for the wrong thing.

But like he was saying, it's like you taking genes that are off turning them on, you take genes on that should be off, turning him off and potentiate the ones that lagging so now you calibrate those tires.

And then the goal of that, just so I can finish my point, it's basically done here. The goal is because remember how you said, I take BBC, possibly I don't get a response.

He gets a result. What's going on there? So we have emergency drugs mapped out. Pharmacogenomics is how your genetic makeup is going to react to a drug that it can either kill you or or save your life.

Right. Some drugs that might be good for you might. Be bad for me. Through genetics, pharmacology, we have certain genes already mapped out for emergency drugs, but we don't have them for optimization drugs like hormones or peptides.

So here is basically, not only are, once you correct the signaling aspect of the system, you get rid of all these faulty genes and you got a clear signal.

Now when you take BPC, growth, hormones, secretogactin, or any other peptide- Works that much better. it's going to be augmented because the cellular efficiency and a molecular level is clear.

So that peptide is going take direct effect on what it needs to do, not including traditional drugs. You would respond better to anything because you the system is clean.

Does that make sense? Yeah, the communication is very clear and then garbling. And then we're not going to get into it, but now he just rolled out a new product which for vaccines or post vaccine injury damage.

So the vaccine codes for the spike protein, which can replicate into perpetuity and doesn't have an off switch, Which can code for proliferation of cancer.

It can grow into proliferator of these blood clots that we've never seen. It can grow into producing compounds that

are toxic and that's why people are having mood disorders, depression, insomnia, etc.

Longevity Technology and Personalized Medicine

We can actually map out the damage done, kind of like if you dropped up a bomb, we can see the exact effect and the signaling effect it's had down through your genes.

and recode it to erase it out of your genetic code. So you can go back to living your life. Even more precise, like he could actually locate the lot number of the vaccine that you took, know exactly what was in there and then put a kill switch.

to the spike protein proliferation, and then repair the damage. Wow. That's precision medicine, guys. This is precision. To its finest. And that's it.

So guys, to wrap up here, I'm going to ask you guys to describe this biohacker with one word. Only one work. All right? Which one? There's going be seven.

One word, this will be quick. Dave Asprey, go. Sellout? Dave Asprey. Outdated. But, you know. No, no, one more. OK, fine. Damn. Gary Brekka. Authentic.

He took my authentic. I'll give him that. Joe Dispenza. Deep. Pioneer. Peter Artia. pisses me off. Num Nuts. Last one, Brian Johnson. Oh my God. Freak.

Weirdo. All right. That's a wrap. As we close up here, if there's anyone listening or, you know, listening, or watching the podcast and really, really resonates with today's message, what is one thing that you guys can leave them with?

For me, I would say, you know, going back to the ultimate biohack, know thyself. And, if you really want to be the best version of yourself, that's actually available to us now.

And you just need, look, Michael Jordan, dependent on a coach, LeBron James, depending on the coach. Even if whether you're someone at the bottom or even someone, you know, that's like really efficient and just looking for the next edge.

I mean, get a coach, you know, gets someone who is the real deal and who lives and eats and breeds this lifestyle. The proof is in the pudding. You know that's part of like a lot of these biohackers that you mentioned, like when you go to these Biohacking conferences and longevity conferences, 98% of the people that are there, I don't want to look like.

Yeah. I just don't. Look, I say this cautiously because I don' want to sound arrogant, but it's like we really live this out every single day and we will never make a recommendation on something that we haven't personally vetted for a long time and then our friends and family and our patient base.

You know, so you need to find someone, it's kind of like you don't go to the gym and hire a physical trainer that is fatter than you. Like look for someone who's living the life and like has the results and has a track record of results that you want and make sure that they're ethical and that their not just selling you stuff.

That's what I would say. What was the question again? What you can leave if someone resonates with today's message. I would say that if you're sitting in victimhood, which we a lot of us do, you have no excuse today with me.

Because today I just think of our parents back in the days, they had to go to a library, find a book that's outdated. They had really hard to learn stuff back in the days.

Today you have this device that works better than the NASA computer in 80s and now you AI which you can train it

to literally give you information based on literature that's validated with peer-reviewed studies and you can literally show up to a doctor's office, record that, and go back home and basically get more information than your doctor ever gave you.

We're just tools. we've already done the homework. Now, we still use AI to help us remind and put things together, but today with AI, you could literally do anything you want.

I don't care how sick you are, I dont care this functional you're, If you take and you get out of the victimhood mindset and if you start doing the research and get hungry, just a little hunger, and start looking and digging and researching and finding people who embody this art of medicine the way we do, you will solve any problem.

I believe that. Look, I'll close out with this. Our medical system has a traditional pill-for-a-nail approach and we have over 30,000 classified diseases.

And there's a profound philosophical understanding that all of you need to understand. Everything starts because of a dysfunctional cell. if you fix the components of the cell or you learn how to nourish that cell, you will eradicate disease.

You will radicate any condition and if drinking is a way for you to connect or have an outlet, I'm here to tell you that you're going in the wrong direction.

And you can find a better place. There's you know what and also look for someone else. I'll finish with this. That's great. Find someone that's had spent the money.

Like When I mean we put our money where our math is, we spend the money. Not only do we take money and reinvest it back into our company in terms of servicing our patients, like technology that make your process easier, faster, better, more cost effective, but we spent $200,000 in research testing products on the market so that you don't have to.

Because that's another thing. You could go, oh, which magnesium should I buy? Thousand brands. Which one is trustworthy? Which ones clean? We're only giving you what we take.

Yeah, we're doing that because we are living it. I'm doing it and I am feeding my mom, my dad, you know my kids, family, cousins, everybody. My wife's entire family.

my nephews. Like I feed them this stuff. So I need to make sure that it works for me. And so find someone who is congruent. Guys, where can people find you?

MedicalHealthInstitute.com or MHILife. com. Our Instagram is Medical Health Institute. I don't even know what else. And if you're calling, if watching this, If you made it all this way, congratulations.

I applaud you. I might give you a bunch of gifts, but just make sure that you tell us that came from Healthy POV and we'll hook you up. Yeah, no, you'll get a 10% discount if you mention Healthy P. O. V.

to any of our wellness coaches, which these are professional wellness coach that have been fully vetted and curated. You will get a 10% discount on behalf of Sam.

Yes, and I won't take good care. We'll make sure that we'll put you on a VIP list Amazing it was a pleasure to have you guys on the program. Thank you Guys as you heard How Carlos said, every great athlete has a coach.

So you gotta make sure you have your coach who's guiding you through this process. It's extremely important for you to take care of your health. Your health is one of those currencies that you just won't trade for anything.

You're not gonna trade it on the stock market, you've gotta take of it. Because without your help, your not going to do any of the stuff that your doing today.

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And guys do that all fun and stuff, follow, tap, click, and subscribe and we'll see you for the next one.