Introduction and Regan Archibaldu2019s Background

Hey, everyone, welcome back to the Peptide Summit. It's Dr. Jen. Today we are talking to Regan Archibald, Lac, FMP. He is one of the leading Peptide Specialists in the nation and serves as a Regenerative Therapy and Peptide Consultant at the award winning clinic he founded in 2004.

East West Health. Regan is the founder of Go Wellness, is the creator of the Peptide Mastery Course. He is a member of the International Peptide Society.

He is the author of eight books, including Never Stop Healing and Your Health Transformation. As a Peptide Expert, licensed acupuncturist, and Functional medicine Practitioner.

Regan brings immense innovation and cutting edge options for those looking to recover from pain, balance hormones, or increase performance, or just optimize their health.

His clinic, East West Health, is the first medically managed peptide program that includes the use of acupuncture and herbs, regenerative medicine and functional medicine.

Regan believes that health isn't a destination and that disease doesn't take vacations. That's why he has created one of the most innovative wellness curriculums in America, called the “Health Accelerator Course.” With over 1000 active members participating in weekly “HACs” (Health Accelerator Challenges) and thousands more tuning into his podcast, Never Stop Healing.

Regan is truly not to miss out on your health adventures. If not teaching, writing, or working with patients in office or virtually. You'll find him in the mountains with his wife Jessica, and his kids Zoe, Dominic, and Jonah.

He loves to ski and snowboard, mountain bike, take ice baths. Biohacking is passionate about bringing art back into the practice of medicine. Welcome. So nice to meet you.

Nice to meet you, Jen, and thanks for the generous introduction. Yes. Yeah. So what do your kids do? Do they ski or snowboard? I didn't ask you that. Right.

My boys ski and my daughter, she never like skiing. And so at the age of 13, she was like, I don't want to go. And we're like, well, this is what we do as a family.

And then I realized, like it was causing more trauma. So, but yeah, my boys are really, really good skiers. They keep me really young. Yeah. That's awesome.

And you know, we're talking about peptides and longevity. You got to keep young. If you have all those kids. That's that's what I tell my kids. Like what they're like.

Why are you cold plunge. You know, I'm like, I want to stay young and active and be able to coach your teams and all that stuff. Yeah, my my boys are convinced I'm going to live longer than them.

I'm like, no, you're not, but, no, I'm not. But, we're going to all live. really? I have a goal to live to be 222, and, so I'm like, you're just going to have to outlive me.

That's it. Wow. That's that's a great goal. I, I've talked to my kids about this recently, and I'm like, I just I want to, you know, just have that longevity, not just longevity, but be mentally there and not a burden to them, you know, and be able to help with their children and do all the thing.

So and that's kind of this is the Peptide Summit. This is why we're talking about this stuff.

GLP-1 Peptides for Weight Loss

It's it's important. And we have to be proactive. Right. Yeah. Well have you heard of the term compress morbidity. No but I like that. Yeah. So in, in Chinese medicine there is this, this term and it's, it's the thought has always been if somebody lives a long, healthy life, they, they didn't, separate life span and health span.

We have to do that in Western society, because the last ten years of someone's life are the worst ten years. And they should be the best ten years. And so in eastern philosophy, they call it compressed morbidity.

They said, if somebody is in tune with the Dao or in tune with nature, the live a long life and they'll die really fast. Like my, my great grandfather, is a prime example of that.

When he was 93. he was, doing the same thing that he'd done almost every day for the previous ten years. You know, he's working in his woodshop. He mowed is lawn the day before he went to sleep at night, and he died in his sleep. Right.

And that's, you know, that's how I want to go. I want to go. It doesn't matter if I make it to 222 or to 90, as long as, those are really well-lived years.

And and this is where I get super inspired with peptides, because there's so many cool genetic pathways that we can turn on now that have very low side effects, very low risk and outsized returns when it comes to health expression.

And so, that's that's why I dove into him. I'm like, well, if I, if I've got ambitious longevity goals and you and I have a lot to live for, I said, I want to I want to make sure I'm not going to do something that's going to mess me up in the future.

So I want to look into the, the distance. And, and peptides have been just like, bull's eye as far as longevity treatments go. Yes, absolutely. Well, what are some peptides commonly used for weight loss and and how do they work?

How do they promote this weight loss and what are their side effects? I know this is a really popular topic right now. This this is a hot one. And, I actually am just about ready to publish an article on this because, there's so much backlash on like, Ozempic and Maduro and what Govi and I, I've said all along, I said the GLP-1's are miracle molecules.

I mean, if you look at the, at what the glucagon like, peptides do is they delay gastric emptying so you stay fuller longer. They shut down some of that dopamine response that we get when we eat food, which means people drink alcohol less.

They're they're not overeating. They don't have that that food is a crutch anymore. And a lot of people are saying, oh, that's cheating. And all the influencers and a lot of the biohackers are like, well, no one's ozempic deficient.

And I'm like, well, in our society, a lot of people are GLP-1 depleted, their glucagon doesn't work, their insulin doesn't work, and having some intervention, I think it's one of the most amazing things that Novo Nordisk has done.

I mean, bringing out the GLP-1's, they invested a lot of money. There's some great research that went behind it. But here's the big here's the thing that they've done wrong.

And you I'm sure you've you've talked about this too on the Summit. But when you overprescribed those drugs, I mean, they're getting people up to the two milligrams dose, so fast.

And that's where the side effects come in, where you have the nausea and they're getting diarrhea. I mean, people are feeling, pancreatitis incidences are high and this is all people are focused on or the side effects.

But it's another, problem with conventional medicine where you take a really good molecule and you over prescribe it, but you're looking at a singular thing.

It's like we just want to get them to lose weight no matter what, and we're going to fix their diabetes and fix their weight. But, what we've learned is if you use some of the growth hormone releasing peptides.

So, you know, I'm a big fan of trans appetite. It seems to be a little gentler than semaglutide. But, what what we found in, in, in our clinic at East West is we found that by using a small dose and then stacking it with, like, tests, morale and morale and or CJC 1295 or Sarco to open, people actually maintain their muscle mass and we don't we only keep them on the GLP-1 agonist for about 90 days, and then we pull them off and we just find that people.

And then we have a fitness team, we have health advisors. So they're getting all their nutritional training and they change their behavior and then they can keep the behavior.

But what used to take us, you know, three years now, we can accomplish it in about six months. because of some of these powerful peptides. So, so, I think they're, they're phenomenal and they're, they're literally changing the way that Wall Street investors are looking at fast food companies.

Because I don't know if you've read this, Jen, but, but, in Wall Street, big investors, they when they looked at some of the research, so, Morgan Stanley, interviewed people that were taking those in book and they found that they ate out at fast food restaurants, 77% less when they were on the medication, 77% less times through the drive thru.

Isn't that crazy? and so what they did is they took like $25 billion and moved it out of investments and fast food companies and moved it into other sectors in the economy.

And so, I look at that and I'm like, that's huge. DaVita, you know, the dialysis center, they're they're recording like profit losses quarter after quarter because of these job you want.

I guess people aren't going into kidney failure like they were. That is so exciting. And it does it like takes away that food noise. people are able to focus on more nutrient dense food, especially if they're prescribed it by someone like us, where we're telling them, focus on protein, make sure you're keeping your muscle muscles up, your muscle strength.

The one thing that I always say, I don't think they're terrible either. I think they just need to be done correctly because I can look at someone and I'm like, you know, on social media or whatever.

And I'm like, oh yeah, they're they're on a GLP-1. But you can see that they lost muscle mass, so they weren't on it for the right reasons or the right weight.

Right. So you have to be careful about that. And like any peptide it should be cycled. So I'm I'm similar to you where three to maybe 4 or 5 months is the max that my patients are on it.

And then they, they gently come off and they do well. Yeah, that's that's awesome. Because when you read the studies and, and this is where, you know, I have to, you know, make sure that I'm not throwing anyone under the bus.

But when doctors are prescribing it, the studies, most of them went 68 weeks. And so it was well over a year that people were on these and they're on pretty darn high doses.

But to have changes in cardiovascular function or reduction in, you know, cardiovascular disease, kidney health improves. There's even some neuroprotective benefits of the GOP ones.

that's phenomenal. And not to mention, I mean, how many of you look in the mirror and you love the way that you you look? I mean, there's there's some real benefits from the confidence that comes when you have, an ideal body mass.

And so, so, yeah, I think, as with anything, the, the, the, the dose makes the poison and this, this peptide, there's a reason why it's so controversial, but I think we, I think, yeah, I think if you have the right structure around it, it can be a miraculous.

Yeah, absolutely. Now, peptides a lot of people use these bodybuilders or people that are, you know, they they care about how they look and they're sought after, you know, for the, their potential to enhance their muscle growth.

Can you explain the mechanisms by which certain peptides promote that muscle growth?

Muscle Growth and Growth Hormone Peptides

Yeah, absolutely. I think, if you look at the most, abundant organ in our body, it's muscle mass, right? I mean, you're, as a as a female, you're approximate 35% of your total body mass is muscle.

as in men, most of us are about 40%. and that's, far outweighs any other organ system in your body as far as just sheer volume. but muscle mass, if you can maintain it.

one of the big risks that we have after the age of 65 is falling and breaking the head of our femur. And you and I are both snowboarders, and I think there would be nothing more devastating than having an injury that basically took us out of took us off the mountain.

and, and so, this is where muscle mass becomes really critical because as we age, our, our bodies, the universe just wants to recycle us. And so our bodies start developing what's called sarcopenia and circle is when your blood vessels get brittle, you lose the proper nutrient exchange, and then your muscles start being replaced by fat.

And if you if you don't know what sarcopenia is, if you've seen that like that underarm, you know where the, the arm jiggles. one of our, our nutritionists here, Andy, she calls it flubbed Webster's.

She's from Australia. And so. So if you've got the flubbed orbiter syndrome, then some of these, peptides, are going to be really helpful. But one of the reasons why we get sarcopenia, because we lose growth hormone.

And, and Jen, you probably I'm not sure if you measure growth hormone like IGF one. Is that kind of the way you're looking at it in your practice? Primarily. Yes.

and and so you probably seen, when you start using like IGF one, you know, the LR three version, or CJC 1295 for Maryland. what's the biggest difference you notice, what's the feedback you get from your clients?

Well, it's it's going down as, as they age. So we're really trying to combat that and get your body to release them naturally through the peptides, the most growth hormone it can.

And then they're going to develop that muscle mass. And I love the night dosing really helps with sleep. But but same thing. Yeah I do the five days on two days off for for my patients.

Some of them will some of them will do more dosing after workouts to get that extra that extra boost. But most of them like it at night. Yeah. And that's that's what we found too.

I just, you know, the the clients that, that we talk to, they say, I feel like I'm 30 again. I feel more proprioceptive, like, you know, they feel lighter on their feet.

To your point, they sleep better. And there's a lot of research that shows that, these growth hormone releasing peptides, if you do them before bed, in a fasted state, you want to wait 90 minutes after you eat because insulin can turn off growth hormone.

but you get this nice influx, you know, maybe seven times greater of an influx, especially if you had it for Marilyn

with, like, CJC. and the beautiful thing about it is it's just reminding your body how to make growth hormones.

So these peptides are metabolized very quickly, most of them within 5 to 7 minutes. And so you're not running the risk of continually pushing that growth hormone pathway that you would if you're on exogenous human growth hormone.

And and so the beautiful thing about it is, you can get, better recovery time. I've seen muscle mass. You know, you talk about the mechanism of action.

Well, there's over 100 different peptides that relate to growth hormone in the body. And so far we've got, you know, there's MK67, seven, a b tomorrow.

And which is phenomenal. They're CJC there's it Maryland, there's Tessa Maryland, there's Maryland, Maryland and Tessa Maryland are actually FDA approved to, treat growth hormone deficiency, specifically Maryland.

so it's a safer way if you have, growth hormone deficiency or if you're kids, you know, maybe you're noticing they're just they're they're not hitting kind of the metrics on their, their growth and development.

but Tessa, Maryland was actually studied in 2012. And it's fascinating because peptides are plyo Tropic. And Tessa Maryland is a perfect example of the paleo trophy that exists because not only did they find that these, HIV patients.

So the immunosuppressive drugs caused a lot of visceral fat gain. So, so these HIV patients were walking around with, with large bellies and fibrotic livers.

And so they they tested Tessa morrell and they found that Tessa Maryland, not only was it regenerative for the liver, in some cases, livers that were 90% fibrotic, they found a reversal with use the use of Tessa Maryland.

they also found that these these patients, they lost the visceral belly fat. So if you have that visceral belly fat, you're looking to get more trimmed up.

Maybe get the little six pack, sticking out, you know, a little bit, Tessa, Maryland is a phenomenal peptide for that. But one of the other studies they did is they took men with cognitive decline, so mild cognitive impairment, men over 60.

And what they found is that their spatial awareness improved their verbal recall, improve their vocabulary, improved just by improving their their growth hormone levels.

And IGF one is the workhorse for growth hormone. And that's why, you know I asked you Jen. Like that's that's the way we test it. and and the nice thing about that is IGF one also unlocks the it's the, it allows the, the T and F expression to occur in the, in the brain and body.

And f is what creates more neuroplasticity in the brain. So more creativity, better learning. and just a phenomenal I mean these these growth hormone releasing peptides are probably some of the most powerful for muscle building.

But I think a more as the recovery because that's really what they're doing. And they kind of reverse the clock. So they take us back to the stage in which we're teenagers.

So you remember how good you slept in your teenager eating, hit the pillow and wake up and you just be like, ready to go? I'll spri. I grew up on a cattle ranch, so I woke up really early in the morning and, and, all summer and especially in the summer is winter, and I have to wake up and feed the cattle, as well, but, but, yeah, I always woke up, felt super alert and I was always weirded out when my friends were sleepy.

I think I was growing up on a farm, you just like I was outside and they weren't so there. There's some some fringe benefits to it, but, but that's growth hormone that makes us feel super vibrant, young.

It helps our muscle mass hold together with that growth hormone. Our bodies would just collapse. And you mentioned this, but by the age of 40 or 50, depending on your epigenome, were 50% depleted and growth hormone and then it drops to 10%.

So you're losing about a percent every year. and obviously there's other factors that contribute to that. But, but all of us are walking around deficient and it's one of the safest ways that we've seen where you can actually start activating growth hormone and, and, doing it in a way where you're not going to keep the, mTOR pathway turned on for too long and develop cancer.

Yeah, that's a great point. Talking about the mTOR pathway and, you know, it's a it's a balance. And that's why you do want to check labs. That's why you do want to give breaks with these.

Also. Yeah. Yeah. Because the beautiful thing and I'm, you know, we can talk a little bit about mTOR in a Ampk. I've got a mentor of mine, Dan Sullivan, and he's got a goal to be 156.

And, and it's really fun because he's, he turns 80 in just a couple of months from from today, he and I share, like, almost the same birthday and, and, and he's somebody that I've worked with for about ten years, and we've seen his his biological age and chronological age when we started together.

It's about the same. And he's worked with other doctors as well. But but what we've seen now is he's now 11 years younger biologically than he is chronologically.

And so no matter what age someone's at, there's ways of reversing it. But this is where that mTOR Ampk pathway becomes really critical because Ampk, if you think about it, it's it's like an energetic it's an energy reserve.

So ATP is like our major energy system. And, if you have backups like Ampk, then your body can actually start utilizing muscle mass better. So one of the peptides that, and actually, I think this will be the new genre of peptides, which are exercise memetics because they work on the Ampk pathway.

And so, exercise mimics like might see, SS 31 SS 30 once like big right now, we use a lot of methylene blue as, as an electron, transport donor. and then you've also got like human and, and I'm hoping that makes it more to the mainstream.

another peptide that I tried is called, the, the slop. 332 or SL you, 332. Phenomenal. Because, in that one in particular, it's it's unknown now, but I think it be big in the future.

They gave it to mice and they found that without doing anything else, the mice could run 70% farther. And so, I'm always looking at these studies and I'm going upstream and trying it for about a year before I ever recommend it to anybody else. But, but yeah, I think the exercise of memetics, working on and, and the majority of them work on that Ampk pathway, they're activating the mitochondria and the, you know, and these mitochondrial derived peptides, the majority of them do.

At the end of the day, they they are turning off mTOR and activating Ampk.

Longevity, Senescence, and the Hallmarks of Aging

So when we use some of the, growth hormone, Socratic dogs, we'll also stack it with like, some of these mitochondrial drive peptides, five amino one, cuz another one that, I love, it's, it's it's technically a small molecule, not a peptide, but holy cow.

The, the research on it, for Ampk and, and, you know, basically inhibiting the NMN pathway so it stops the collection of adipose tissue and fat. it's a it's a game changer.

And even in the studies, they found that, there was an increase in the soleus contraction, by like 17%. And the soleus is a great muscle in your lower leg that helps you jump and pivot.

And so it's cool and it lowers cholesterol. Test number 11. They found it lowered cholesterol I mean I know that's you know a lot of people are on statins that, you know, maybe there's if you just open up the right pathway, we don't need so many stents because being on Statens hasn't proven itself out yet to lower the incidences of heart disease. So.

So I just went on a big ol tangent there Jen. But love it. I love the tangents. I'm over here just like being like, yeah, oh I love it. Yes, I, I really enjoy five amino acid.

I'm Q patients really like it. It's nice because it's it's just oral. You just take it. It's a pill and it's it's really good segue. I sometimes I use it after GLP one, you know, just to kind of keep energy up.

Sometimes I use it with it. But in a little bit of that, that lipolysis fat burning. So just so many, so many things that like you said, that could get people off medication, kind of like statins, is that once you just get your body back in that homeostasis, that's kind of what I think of peptides at is that because these are just chains of amino acids getting into your body, giving your body instructions on what to do and getting your body back into that, the rhythm that it needs to be and operating better.

Yeah. Well and it's fun because with, any of the peptides for people who are on a longevity pursuit, you can stack in some of the central sticks. And so like Apple.

Jen, of course, often like it's so fun to, optimize the pathways. And then what we found it, you know, we've been using peptides for about a decade now, and, we've created a whole process where we take patients through and we reset the HPA axis and there's a whole host of bio regulators that we I mean, we we've just you and I have been talking for a few like a little while, but we haven't even scratched the surface of all the cool peptides out there.

and then you reset the HPA axis, you've got like a battalion, which is a telomerase enzyme. And so there's some some telomere regeneration that we're, we're big fans of, because the more you can pull those DNA strands tight, the better that cell is going to replicate.

and then it gets people sleeping better. That's where, you know, you had an epic talent, deep sleep inducing peptide JJ copper, which is just a tri peptide that, you know, it turns on genes for youthfulness and vitality.

It allows for collagen, synthesis, which is really nice for the skin, brake for hair growth. I mean, there's, there's just a whole wide world out there with peptides.

the big disadvantage of peptides. I don't know what your thoughts are on this, but the disadvantages are you do have to inject yourself, right? Yeah. That and the cost.

I mean, other than that, some people are still stuck on insurance and insurance using insurance for health. It's it's insurance. It's like car insurance.

It's not going to cover your oil change or your gasoline. We have to stop thinking of health insurance for covering our health. So it's a hard concept, especially where I'm at in Ohio sometimes.

And when I tend to get patients, they tend to be like at the end of their rope, right? They're like, I'm desperate, I need help, I'm ready for anything.

And I wish that we could kind of not think that way, that we could think, you know, like you and I do like, what am I going to do to live until, you know, my goal is probably closer to 100 and, you know, be rolling on the ground with my grandkids.

And so playing, you know, pickleball or whatever's popular then. Right. But but digging into longevity a little bit, you mentioned analytics. Could you explain why that's important for longevity, why we kind of need to make sure we know what's being you know, what's analytics are and how to to take out those damage cells.

Yeah. So so analytics are technically a classification of molecules that, get rid of what are called the zombie cells. So the Hayflick limit, Leonard Hayflick was a brilliant researcher.

And what he discovered is that every cell lineage had about 40 to 50 life cycles. And then that cell would expire. And then that expiration, that expired cell would become a zombie seller.

You know, it go through what's called senescence. And this is one of the 12 hallmarks of aging, which, you know, if you haven't looked that up, it's fascinating to see, because all diseases essentially, the origin, you can all trace it back to aging, you know, diabetes, aging, pancreatic cells, age insulin receptors.

So, but but with the, catalytic, what we found is that there are certain molecules that can actually flush these age cells out. Because what happens when you have a zombie cell is it sends signals.

When a cell dies, it sends all these, these extracellular vesicles out to the rest of the the crew around it and says, hey, I'm dying. And this environment is no longer safe.

And then other cells look over and say, oh, we better expire as well. And so if you can clean those out as quickly as possible, what they found in the research primarily in mice model.

And I know, you know, we're not mice. And that translates roughly 50% of the time. But I think it's fascinating to look at is they took an arthritic knee of of a mouse and they injected some analytics in there.

And then they, they're imaged it and they found that the arthritis was gone once they had those, those analytics in there. And so, taking those on days that that by fast are really critical.

So I'll do caloric restriction a couple days out of the week. And that's where I'm really loading up on the analytics. and then time restricted eating this is really important.

you know, I'll take one in the morning just on it, you know, and usually I'm, doing some intermittent fasting. and it's, it's really critical to have these, these analytics because they just move things along.

the other thing that happens, you know, if you look at the 12 hallmarks of aging is, you want to make sure that you're looking at nutrient sensing because as we age, we lose our bodies, lose the ability to take in nutrients.

So it's that much more critical the older you get on your longevity journey, you want to get more nutrients in and so we look at peptides that that lose their expression as we age.

And that's where like BPC 157 is really important. because it's made by the gastric secretions in your stomach and by supplementing with some BPC 157, you can actually heal up the leaky gut.

You can have better, absorption of nutrients. And then another one of the hallmarks of aging is loss of proteome stasis. So it also helps you break down proteins and fold proteins correctly so that you can start building muscle mass.

So I think there's, you know, just this phenomenal thing, what I did, Jen and, I should have sent this to you would enjoy it, but I put the 12 hallmarks of aging.

And then I have all the peptides and all the protocols. So peptides, exosomes, how to activate, you know, stem cell rejuvenation, plasma exchange, all those things that cover each of the hallmarks of aging.

And it's pretty cool to see that in, you know, just with, a little bit of knowledge of peptides, you can actually address each one of the 12 hallmarks.

Yeah. That's awesome. And you can tell too. You can tell when people, you know, you look at people, right, you go to high school with or something. And some people age well and some people don't.

Sometimes it's genetics, sometimes it's epigenetics. And you're turning on or turning off genes. So we can we can really do a lot to age well. So with with peptides for longevity, you discussed a few of your favorites.

Can you go into detail on those? Yeah.

Peptides for Sleep, Immunity, and Recovery

So probably epic talent is just, you know, it's one of my favorite peptides, timesand alpha one, which is really hard to get now. but can't hold to, good friend, mentor of mine.

He he made time a Gen Alpha one, which is a fragment of it. And and the research looks pretty solid, so that's that's a suitable replacement. but those are some favorites because what happens as we age is, are immune system in blue.

So our thymus gland just gets smaller and smaller. And then our white blood cells lose their ability to sense when there is a threat, a real infection.

And so sometimes it's too late by the time that infection colonizes. And, and so that the talent, is great because it does activate some of the white blood cells.

If you combine that with thymus enough for one with thymus enough for one does is it trains the lymphocytes and the natural killer cells in your body.

And so then your body can more selectively target the things that are dangerous. So with autoimmunity it did receive orphan drug status I believe it was like 2013.

it's approved and I think it's like 50 countries. Do you know the exact amount, the number of countries it's approved for autoimmunity? And I I'm not sure.

I know during the pandemic in China, they used it on their their patients with the virus a lot in the hospitals. There are studies on that. And yeah, it's but it's it's you can't it's like 20 grand right.

A month or something in the US it's really expensive. Yeah. It's it's crazy. but it's a powerful peptide and it's, it's one that I mean, it's just, I mean, it's, it's approved for use of, post chemotherapy when your immune system gets beat up.

Actually, it makes chemotherapy more selectively target cancerous cells. So actually it improves chemotherapy while keeping your immune system, your white blood cells healthy.

it was shown in several of the studies to be safer than placebo. So the control group is actually having more side effects than the group receiving the thymus and alpha one, which is you know, it's phenomenal.

You see that time and time again with peptides. People just feel better on. And if they're if they're used properly, then I think unfortunately, I'll just touch on this a little bit.

I'm sure you've already mentioned it, but four out of five peptides are purchased on the black market where people are going online and they're purchasing it, on their own, and they're being citizen scientists, which I'm a big fan of.

But but with peptides, you can you can be either injecting the wrong peptide and it's, that's, that's very expensive in the long run to use the wrong thing even if it doesn't harm you.

but the other thing that they're doing is, is you don't know the quality. So using, compounded pharmacy working with licensed providers is so critical.

and, and I think, I think it's probably said enough on that, but but if you're getting it from a reputable source, APA

talent is is the other one where, Doctor Robinson out of Russia, he created these beautiful by regulators.

What he discovered is that every organ system in the body secretes these small, little, peptides. And by regulators are typically five amino acid chains or fewer.

And, some of the peptides, peptides, you know, there's some like Super Leiston which I believe is 53 amino acids. So some are larger. because there's so many peptides for the brain.

That's actually how I got into them. But but epic talent, you know, I've had I remember a, a client of ours and she was working with, one of our nurse practitioners, Tasha, and she said, and she, I, she brought me into the room.

She was in the clinic, and, she said, I want to tell you about Apple talent. And because she heard one of my podcasts on it, and that's what caused her to reach out.

And so, she said that, she hadn't slept well in over two decades. She had a loss of a child, which, you know, super devastating. And so it just put her body in this, like, chronic HPA axis dysfunction.

And so, what Apple talent does is it lengthens it, but it works on the pineal gland. So it reset circadian rhythms. And what she noticed is she said right when she did her first injection, and we're doing pretty large doses for, you know, the first five days, then just really resetting that HPA axis.

She said, after the first dose, she hadn't, you know, she had the best sleep that she'd had in 20 years. And then it persisted. So we actually took her through and we get about four cycles of up of talent.

And then we were doing, IVs of cerebral Burleson at the same time. And she said that she started dreaming again. she started going in a deeper sleep. She was on a bunch of SSRI and she was able to get off of those, she's lost like 30 pounds and she's one of our biggest advocates. But, but it all started with epic talent and so a lot of people who come to us there, you know, I work primarily with entrepreneurs, people who they they're, you know, they they built really great businesses, but they've done it at the expense of their health.

And so now they're like, man, I'm 60 and I'm looking back and I probably should have started taking care of my health 20 years ago. And so, you know, it's not too late.

They you can make big changes. But with most of those people, it's like getting the body to sleep again, to turn off that sympathetic nervous system response is like step one.

And I've never seen a better treatment than appetite talent for that. there's actually a study that I found was fascinating. They took some, primate monkeys and, they were all, elderly, and they had sleep dysregulation.

And so they said, well, what if we gave these, these monkeys at the Talon and, would it regulate their sleep cycle? And sure enough, they found that, it regulated the sleep cycle for these monkeys.

If you look at some of Doctor Robinson's work, if you add in at Battalion with some of the bio regulators he found in a study of over 35,000 people, that he watched for over 35 years, he found that those those people who used APA talent twice a year, not only did they have, better protection against cancer.

So, like when Chernobyl hit, his patients who are using APA talent didn't end up, expressing cancer. Same with the soldiers who were exposed to the nuclear reactors and the submarines that seemed to be, protective for them.

but he found that these individuals also lived to be, seven years longer than the other people who he followed, who weren't using the by regulators or APA challenge.

yeah, it's really cool because the pineal gland, like, it's really susceptible to being calcified and and environmental toxins. So definitely getting that reset and sleep is one of the things that if you're not sleeping, your body is not recovering, you are not getting that digestive rest.

And a lot of people struggle with sleep and, more and more. I mean, how often do people come to you? And they they're like, oh, yeah, I'm getting sleep.

I'm taking Benadryl or I'm drinking some alcohol before and yes, you are asleep, but you're not getting that restorative sleep. And that's why I love, like, you know, tracking my sleep.

And if you track things and have data, you know, someone's wearing a wearable device and they can see how alcohol affects their deep sleep or their REM sleep.

So these things are really important for healing and longevity. If you are not sleeping well you are not going to live really long disease free, right?

I mean, we have people living long, but they have chronic disease. And that's one thing that we want to try to to end, you know, chronic disease. So for example, so I had Hashimoto's, I had an autoimmune disease.

And now it's in remission. And my goal is to, you know, the autoimmune disease is exploding right now. Exploding. So I really, you know, want to educate people on how to to turn that around because it's almost like inevitable nowadays.

I mean, with the autoimmunity, with everything that is going on in our air and our soil truth, it's, that wild. So let's jump into exercise a little bit.

So exercise, exercise and that you we're talking about that a little bit. Can you explain how they work at that cellular level. And do you think isn't this one of the areas that we think probably drug companies are going to start exploring more.

This this will be the future. Yeah. Because now that with the GOP ones, you know, Eli Lilly, Novo Nordisk like these massive companies, they're just, it's hand over fist profits.

It's it's, a bit disgusting when you see the numbers. but now they're like, well, we've gotten people's metabolic systems somewhat fixed as long as they stay on this, and don't work with anyone who's going to get them off of it.

But, now they're like, let's exercise for them. And who doesn't want a little, boost when it comes to exercise? Because I think if you look at all the research, you know, you got blue zones and everyone thinks it's like the vegetarian diet, and then you got the carnivore community or the paleo, and it's like, whatever it is, I mean, I don't, I don't know, I mean, I have my own thoughts on nutrition, but, at the end of the day, it's it's like you can't out eat a sedentary lifestyle.

I don't care how clean your diet is. Like if you're sitting on the couch, you're not going to you're not going to be healthy. You're not going to live alone.

If you do live a long life, you're going to want to die. I mean. I absolutely I love that it's funny. So my 11 year old son, he started he he used to have like you could see his abs more and over the past year has gotten just like, you know, I'm like, well, you're eating more sugar, so that's why you have a little tummy.

And he's like, well, do I just work out?

Exercise Mimetic Peptides and Performance Stacks

Like, how do I get a six pack back? And I'm like, abs are made in the kitchen. I'm like, yeah, it's it's what you're eating. You can't eat that. Like, you know, we don't give them a lot of sugar, but you know how kids are like he there was bike riding with his friend and he got extra candy.

And I'm like, no, you said you were getting ice cream. So it's it's a battle, you know, with children. But even adults, I mean, unfortunately, some of these foods are made to be so addictive.

I love that you said the study about how every everyone on these GLP ones, how they're not into fast food anymore, that's really exciting. but but anyway, how crazy would it be if, yes, there was a pill or an injection that that exercised for you and manipulated that Ampk pathway?

and I think, you know, I think with peptides, that's the place where we're going to discover it. I mean, we sequence maybe 10% of the peptides that exist in the human body.

So many more, to be uncovered. But, if you look at a peptide like model C, so, so I share with you my favorite stack, when it because when it's mountain biking season, I have this, this, climb in Utah and it's called Puke Hill.

And so every year I tie my stuff and I'm competing against myself, but I let my friends know I'm cheating. I'm like, look, here's the peptides. I lay it all out. I'm like, full disclosure.

And actually they end up wanting the peptides. They do this exactly what I'm doing afterwards. But, so I use five amino. What? I'm q better proprioception, which means you're going to be you're just going to be more agile on the bike your feet are going at.

You're going to have a little better heel press, on your pedals and and then area 290, it's a, it's a erythropoietin pathway. It's, it, it opens up that pathway so you have better oxygenation.

it's one that Lance Armstrong got busted for back in the day. and then, might ask and might ask is pretty fascinating because what it does is it works on the satellite cells in the muscle and it activates heat shock proteins.

So similar to you jumping in a sauna. what what the Finnish study taught us is that if you get in a sauna every day, you're not going to have heart disease.

And because of those heat shock proteins, same thing. When you exercise, your body heats up and then we sweat. And that's heat shock proteins. And that's part of the benefits of exercising.

And so might ask is is that gene that gets turned on that allows us to activate heat shock proteins and then turns on Ampk. And it also allows our bodies to, rebuild and grow muscle more.

but when you stack them together, it's kind of like, you know, I wrote an article on this where, you use one peptide and it's like listening to, like an acoustic guitar and you're like, that sounds good.

But then you bring in the drums and then you bring in the singer and then you've got the violin or whatever musical instrument, and by the end you've got this whole symphony.

And that's what I found. with using that's why I stack, you know, like five amino, array to 90 might see what I'm really looking to, you know, do endurance, training, which, in the summer, it's a, it's a big passion of mine to be able to, you know, go ride on the weekends for 20, 30 miles and then be home that afternoon and be, expressive and fun with my wife and show for my kids and not have that, kind of hangover that you can get when you, push yourself.

And so phenomenal peptides and they all open up different pathways. But. and you're rotating these in like a month or two before, like all summer. Yeah.

So, and then I'll always do some kind of growth hormone releasing peptide at the same time. And then I'm rotating them. So they're going to be, you know, I'll be on maybe 30 days on that particular stack, and then I'll cycle off and go on some others and then go back on them.

and then, you know, the usually the recovery stacks like BPC one five, seven times and beta for or ABP seven and those seem to work really well. but the, the other thing that everybody can do on this is I created a tool called fitness 50 to age 100.

And, it's 11 benchmarks where you can actually see how your grip strength is. And that's a predictor of longevity. You can see, and you go fit fitter and fittest, and you can go to our website and you can download that.

But it's a very easy tool that, gives you kind of assessment for where you're at from a physical fitness perspective and a longevity perspective. So we have balance in there.

We have endurance, we have power, strength. All those things are easy to test. Well that's a really great tool. So you set up all of your friends or they want to be on these stacks too.

After they. they all are. Yeah. It's yeah, yeah. It's it's so fun. Yeah. Especially recovery like you said. BPC 157. It's it's great. that one, you know, is unliked by the FDA, but it's, it's a great one, you know, chronic injuries and getting improved with that.

Now, you know, you mentioned Lance Armstrong a little bit. What are your thoughts? You know, a lot of these peptides are banned by the FDA or by the sports, you know, like the NFL and everything.

So they're giving their athletes injections of like corticosteroids, which is actually breaking down the muscle in the tendons instead of things like peptides.

It's it's really interesting. you know, what are your thoughts on that? Do you work with any athletes? Yeah.

Working with Regan and Free Resources

And so we work with NFL, NBA athletes and we just cycle them off, you know, like during the season off season, they get so fit, so strong. We take care of their concussions.

We here we work on all their joints and it's amazing. So yeah be careful if you are a competitive athlete. Some of these peptides unfortunately just aren't.

you know, you're you're they're they're testing you for it. So they actually do have a test for BBC 157. And because you're making it, you make it though in your body.

Yeah. But if. Your cells. If you're expressing, higher amounts than, than normal levels, then, they'll start sniffing around. That's correct. Yeah. But like you said, just cycle on and off of it.

And then they're still getting their longevity for their their joints in their brain. Yeah. Concussion and peptides is is really big. Yeah. Yeah. Using Cerebro and Cmax those have been just game changers for people.

Yeah that's awesome. Well I feel like I could talk to you all day long, so we'll have to do this again sometime. Yes, please. Can you can you tell everyone how to work with you a little bit more about the programs?

And you said you had some free tools online available. Yeah. So we'll provide the, fitness 50 to age 100. I also my, my newer book is The Peptide Blueprint and it talks all about our Accelerate Wellness program, where we take, clients, we run blood labs.

And that's the first step to work with me. And so one of the things we're offering for the Peptide Summit is a complimentary blood review and blood labs.

And so, all you need to do is go to acueastwest.com or email chelsea@acueastwest.com and let her know that you are on Dr. Jen's Peptide Summit and she'll get you a blood requisite and send over all those free resources.

That's amazing and so generous. Thank you so much for all you're doing for for health and longevity. You got it. Thanks for putting this on, Jen.