Why Most People Get No Results From Peptides Transcript

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Exosomes Explained for Knee Pain and More

If you are using peptides but not If you are using peptides but not seeing results, I need to seeing results, I need to tell you something. Maybe it's not the tell you something. Maybe it's not the peptide itself. Maybe the problem is in the foundation peptide itself. Maybe the problem is in the foundation. But here's the thing: most people. But here's the thing: most people think of peptides as a panacea. They think it's think of peptides as a panacea. They think it's magic. That they can do anything. But magic. That they can do anything. But that's not always the only answer. They that's not always the only answer. They work as an amplifier. And if they work as an amplifier. And if they add to the chaos, you'll just get an even add to the chaos, you'll just get an even bigger disaster. Hello everyone, I'm Dr.

bigger disaster. Hello everyone, I'm Dr. Greg Jones, a naturopath and medical Greg Jones, a naturopath and medical director of the Innovative Wellness director of the Innovative Wellness Center in Phoenix, Arizona. My practice Center in Phoenix, Arizona. My practice is based on longevity medicine, is based on longevity medicine, including peptide therapy, including peptide therapy, hormone replacement therapy, hormone replacement therapy, hormone optimization, and regenerative medicine. I hormone optimization, and regenerative medicine. I want to explain to you what exactly needs to be want to explain to you what exactly needs to be in place, from point one to five, in place, from point one to five, before a peptide like BPC-157, CJC- before a peptide like BPC-157, CJC-1295, or any other popular product 1295, or any other popular product, will start working as intended. Because I've, will start working as intended.

What Exosomes Are and How They Work

Because I've seen it happen over and over again seen it happen over and over again in my clinic. So let me give in my clinic. So let me give you a real-life example.

you a real-life example. I once had a patient, a man in his I once had a patient, a man in his forties, who heard about wonderful forties, who heard about wonderful growth hormone-stimulating peptides like CJC- growth hormone-stimulating peptides like CJC- 1295 and Ipamorelin because he wanted better 1295 and Ipamorelin because he wanted better muscle condition, better muscle growth, and muscle condition, better muscle growth, and better sleep. These are perfectly reasonable goals.

better sleep. These are perfectly reasonable goals. But before we give someone a bottle of But before we give someone a bottle of peptides, we first run tests, and peptides, we first run tests, and I always do that. He had I always do that. He had elevated fasting insulin levels, and the state of his elevated fasting insulin levels, and the state of his microbiota, according to the results of the GI Map, microbiota, according to the results of the GI Map, showed significant dysbiosis. This is an showed significant dysbiosis. This is an imbalance between good and bad imbalance between good and bad gut bacteria. In addition, he slept gut bacteria. In addition, he slept about 5 hours a day, and his about 5 hours a day, and his protein intake was critically low for his protein intake was critically low for his height and weight. That's what height and weight. That's what the conflict is about. He wanted to get an advanced the conflict is about. He wanted to get an advanced tool. He wanted a "fashionable" tool. He wanted a "fashionable" instrument. But the foundation was not just instrument. But the foundation was not just shaky, it was essentially nonexistent.

shaky, it was essentially nonexistent. We could start taking peptides We could start taking peptides immediately. Many clinics would do that immediately. Many clinics would do that. But I knew exactly what would happen if. But I knew exactly what would happen if we did. Nothing he we did. Nothing he wanted. There are five things I check wanted. There are five things I check before writing a prescription for peptides.

before writing a prescription for peptides.

How Exosomes Deliver Their Cargo

If you miss even one of these If you miss even one of these points, you are wasting money, and points, you are wasting money, and probably your time. Point one— probably your time. Point one— protein. This is our raw material. Peptides are protein. This is our raw material. Peptides are chains of amino acids. Short chains of chains of amino acids. Short chains of amino acids that signal your amino acids that signal your body to take action: tissue repair, body to take action: tissue repair, growth hormone release, growth hormone release, inflammation reduction, hair growth—all wonderful inflammation reduction, hair growth—all wonderful things. But amino acids have to things. But amino acids have to come from somewhere. If you don't consume come from somewhere. If you don't consume enough protein, I mean enough protein, I mean at least 1.6g per kilogram of body weight at least 1.6g per kilogram of body weight for most adults, sometimes more for most adults, sometimes more depending on your activity level, your depending on your activity level, your body doesn't have the raw materials to carry out body doesn't have the raw materials to carry out the signal the peptide is sending. It's like the signal the peptide is sending. It's like sending a message to a contractor sending a message to a contractor to build a house, but there are to build a house, but there are no lumber at the construction site.

no lumber at the construction site. The notification has been received, but construction is not The notification has been received, but construction is not underway. The second is sleep. Sleep is extremely underway. The second is sleep. Sleep is extremely important. This is the time when our body important. This is the time when our body recovers. Everyone has their own sleep routine recovers. Everyone has their own sleep routine that is most effective for that is most effective for them. Sometimes it's 7–9 hours, minimum 6–8 them. Sometimes it's 7–9 hours, minimum 6–8 hours, but it's important to be consistent. You hours, but it's important to be consistent. You should make sure you don't eat before should make sure you don't eat before bed, stick to a consistent sleep cycle, bed, stick to a consistent sleep cycle, and go to bed at the same time. But and go to bed at the same time. But many people want to use peptides many people want to use peptides for different purposes. Tissue repair, for different purposes. Tissue repair, growth hormone release, even growth hormone release, even cognitive function—all of these things improve cognitive function—all of these things improve when we get enough deep when we get enough deep sleep. CJC-1295, Ipamorelin, Tesamorelin sleep. CJC-1295, Ipamorelin, Tesamorelin work with your natural work with your natural growth hormone surge that already occurs growth hormone surge that already occurs at night, mostly during the first phase of the at night, mostly during the first phase of the sleep cycle. If your sleep is disrupted, sleep cycle. If your sleep is disrupted, you are fighting your own physiology before you are fighting your own physiology before the peptide has a chance to help.

the peptide has a chance to help. The patient we were talking about The patient we were talking about only slept for 5 hours. We could have added only slept for 5 hours. We could have added growth hormone peptide all day long, but he didn't growth hormone peptide all day long, but he didn't have enough sleep architecture to make it have enough sleep architecture to make it work. Third, and this is something many people work. Third, and this is something many people don't talk about, is the health of your don't talk about, is the health of your gut. If you have dysbiosis, if you have gut.

Clinical Applications in Regenerative Medicine

If you have dysbiosis, if you have inflammation of the intestinal mucosa, inflammation of the intestinal mucosa, you also have systemic inflammation. I often you also have systemic inflammation. I often use GI-map in my practice for use GI-map in my practice for this. Honestly, I've never seen this. Honestly, I've never seen perfect GI-map results. But there is a perfect GI-map results. But there is a difference between minor dysbiosis and difference between minor dysbiosis and serious dysbiosis. When serious dysbiosis. When inflammation levels are already elevated, a peptide inflammation levels are already elevated, a peptide like BPC-157 trying to calm like BPC-157 trying to calm inflammation is like bailing water out of a inflammation is like bailing water out of a boat that still has a hole in it. I understand boat that still has a hole in it. I understand. Choosing supplements can be confusing.

. Choosing supplements can be confusing. There are hundreds of brands, conflicting claims There are hundreds of brands, conflicting claims, and it's impossible to know what's really good and, and it's impossible to know what's really good and what will actually make a difference in your what will actually make a difference in your health. That's why I created health. That's why I created Dr. Joel's Supplement Store. Every product in Dr. Joel's Supplement Store. Every product in the store—for energy, the store—for energy, gut health, sleep, hormone optimization, gut health, sleep, hormone optimization, recovery, and more—is personally reviewed, recovery, and

more—is personally reviewed, tested, and recommended. These are the tested, and recommended. These are the drugs that I use and drugs that I use and recommend to my patients, friends, and recommend to my patients, friends, and family. So, go to family. So, go to drjoelssupplements.com, sign up for the drjoelssupplements.com, sign up for the newsletter, and you will receive a 10% discount on your newsletter, and you will receive a 10% discount on your first order. You will also receive first order. You will also receive exclusive protocols and tips that I exclusive protocols and tips that I share only with my community. So let's share only with my community. So let's cut out the noise and cut out the noise and focus on what really works.

focus on what really works. So number four is stress. Chronically So number four is stress. Chronically elevated cortisol levels block the very elevated cortisol levels block the very signaling pathways through which signaling pathways through which most peptides should act. It's like someone is most peptides should act. It's like someone is slowly turning up the temperature in the room. You slowly turning up the temperature in the room. You don't notice it until everything starts to don't notice it until everything starts to fall apart, when you're already sweating profusely. The same thing fall apart, when you're already sweating profusely. The same thing happens with chronically happens with chronically elevated cortisol levels. It reduces elevated cortisol levels. It reduces the sensitivity of receptors. The peptide the sensitivity of receptors. The peptide shows up, knocks on the door, and the receptor shows up, knocks on the door, and the receptor doesn't respond. Number five, which doesn't respond. Number five, which appeared on my list recently, but appeared on my list recently, but is honestly the most ignored, is is honestly the most ignored, is blood sugar regulation. If blood sugar regulation. If you have insulin resistance, you are already you have insulin resistance, you are already dealing with chronic low- dealing with chronic low-level inflammation and impaired cell level inflammation and impaired cell signaling. Many of these peptide signaling.

What the Human Studies Show

Many of these peptide pathways, especially growth hormone peptides pathways, especially growth hormone peptides, are blunted when insulin levels are, are blunted when insulin levels are chronically elevated. My patient had chronically elevated. My patient had fasting insulin levels that indicated that fasting insulin levels that indicated that his receptors were already overloaded his receptors were already overloaded and exhausted. And adding and exhausted. And adding growth hormone to this peptide is like asking growth hormone to this peptide is like asking someone who is already out of breath to sprint someone who is already out of breath to sprint. This is where people go wrong. This is where people go wrong almost every time. Number one: they almost every time. Number one: they chase peptides before chase peptides before basic health. They hear about a basic health. They hear about a peptide like MOTS-c on a podcast and want peptide like MOTS-c on a podcast and want it next week without even it next week without even checking what's actually happening to checking what's actually happening to their physiology. Number two: they their physiology. Number two: they think bigger is better.

think bigger is better. Three or four peptides are added at the same time Three or four peptides are added at the same time when the body is unable to cope when the body is unable to cope with even one. And number three: they with even one. And number three: they skip the control tests. Peptides are skip the control tests. Peptides are not something you can take and forget.

not something you can take and forget. You need to retest, You need to retest, adjust, change the protocol, and take adjust, change the protocol, and take breaks. This is precision, this is a clinical breaks. This is precision, this is a clinical approach, and this is how it should work. But I'll be approach, and this is how it should work. But I'll be honest. If your body is in a state of honest.

FDA Regulatory Status Update

If your body is in a state of complete collapse, don't think that peptides complete collapse, don't think that peptides will save you. They are a wonderful tool, will save you. They are a wonderful tool, but still just a tool.

but still just a tool. Foundation should always come before Foundation should always come before injections. With this patient, we spent injections. With this patient, we spent about six weeks trying to first about six weeks trying to first restore these five foundations. We increased our restore these five foundations. We increased our protein

intake, optimized our sleep, protein intake, optimized our sleep, worked on our gut health, worked on our gut health, managed our stress, and changed our diet managed our stress, and changed our diet to regulate our blood sugar and to regulate our blood sugar and insulin sensitivity. Then we introduced the insulin sensitivity. Then we introduced the peptide protocol, and it worked as it should peptide protocol, and it worked as it should, because the foundation could, because the foundation could handle it. Now that these five things are handle it. Now that these five things are in place, peptides go from in place, peptides go from “maybe this will help” to “maybe this will help” to truly transformational. In future truly transformational. In future videos, I will go into detail about the peptide maps videos, I will go into detail about the peptide maps that I use for my patients that I use for my patients once the foundation is laid. I want once the foundation is laid. I want to tell you where I start and why. And to tell you where I start and why. And if you want to check out the supplements if you want to check out the supplements I prescribe to patients to I prescribe to patients to achieve these baselines, you can achieve these baselines, you can find them at drjonesupplements.com.

find them at drjonesupplements.com. The link is below, and if you subscribe to our The link is below, and if you subscribe to our newsletter you will receive a discount. As always newsletter you will receive a discount. As always, this is not medical advice.

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What Is Actually in the Vial

And leave your comment. I want to know which leave your comment. I want to know which of these five points you are already doing, which of these five points you are already doing, which you think I missed, and what you have you think I missed, and what you have done to optimize your health so that the done to optimize your health so that the peptides work better or peptides work better or to prepare to start the course.

to prepare to start the course. Dr. Greg Jones was with you. Thank you all for Dr. Greg Jones was with you. Thank you all for watching, see you in the next video watching, see you in the next video.