Why The Best Skin Treatment You Can Take Is Swallowed Transcript

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Sponsor Message and Podcast Intro

Before we dive into today's episode, we would like to take a moment to thank our amazing sponsor, Integrative Peptides. They are dedicated to providing high-quality peptide supplements to support your health and longevity journey.

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Thank you, Integrative Peptides. Now let's jump into today's conversation. Welcome to the Peptides and Longevity podcast. Each week, we'll dive into groundbreaking science, innovative therapies, and the future of health and longevity.

Alongside visionary physicians and experts, We'll explore how peptides, cutting edge medicine and lifestyle strategies can redefine the way we age. Get ready to transform your health, optimize your vitality, And unlock the secrets to a longer, healthier life.

Let's get started.

Dr. Holtorf Introduces Bioregulators and Longevity

I'd like to introduce Dr. Holtorf, as you know, is an innovator in bioregulators and peptides, very strong correlation to that in aesthetics and beauty.

And he's here with us. We're very fortunate to have him with, us at the AIM Society with Dr Yang and Dr Yeager, the innovators of the concept of bringing health and wellness and functional medicine together through beauty and so Dr Haltorf.

Thank you so much for being with. That's once again, Boston Biolife and the aim society. Look forward to your presentation. Hello, thank you. So much.

In this conference has been really great. It's a little different. And then I've never been to a conference with the Ames guys. You know, they're really marrying the aesthetics and the functional medicine.

So it's a really great concept. And we'll see who kind of takes over that space. Is it going to be plastic surgeons? Are they going be the regenerative guys, the orthomolecular guys?

The naturopaths? So we will see. But it is really going expand. because basically people feel good on the inside and want to feel from the outside. When I got here and realized that it was an aesthetic component, I didn't have any slides on our new oral bioregulators for aesthetics, for skin.

Yeah, so the talk is Ageless, Live More, Breakthroughs in Longevity Science and Aesthetics from Inside Out with Oral Peptide Bioreglators. Great. So some goals for attendees, really understand oral of bioregulators and peptides, benefits and limitations.

We'll talk briefly about immune modulation and usually I'll go very deep into kind of the immune component of aging and synolytics and all that. But when it would do something different today, I'm just going to kind get to studies on

the bi oregulator and the peptide because everyone wants to know kind, okay, tell me what they do.

And so I'm foregoing a lot of the theory just to give you some practical sense of these things. We'll talk about the pineal, bioregulators and thymus are huge.

And then also ones for skin, as I mentioned, thyroid, pineel and brain among other ones as well. So briefly talk about the immune system, and the system really is the key to longevity, to health span, reduction in chronic illness.

So if you think of your immune systems, break down into two sides. You have TH1 gets stuff inside the cell, TH2 gets outside the cells. Usually they're balanced.

But as you get older and your thymus here in your breastbone, it involutes, and that drives the immune system that high TH2, so you get a lot of inflammation, implant aging, you'll get mitochondrial dysfunction, but the TH1 is like natural killer cell function that's needed to actually have autophagy and to fight intercellular infections and cancer.

And so as this immune system shifts because of the thymus involution, that's when you start getting, and we'll have some graphs on this, all these diseases of aging and you just age rapidly as these involutes.

There are studies, like the HIT trial, they're trying to rejuvenate the We got phimic peptides that are pennies a day, and you just give those. They're shown to be extremely safe and effective.

And just doing that, you change your immune phenotype to one that's aged, to a younger, healthier immune system. Just doing actually ends up fixing so many things.

not only for anti-aging purposes and reducing biologic age, but also in these multi-system illness patients, chronic Lyme, Sears, Chronic Fatigue Syndrome, Fibromyalgia, all these things.

And we find that once you modulate the immune system, so many things get better, you don't have to treat every multi system illness.

Immune Aging, Thymus Involution, and Peptides

all the different parts. And then what happens if you are stressed, toxins, pesticides, chronic infections, that makes it even worse. So you basically get any inflammation and we're stressed out and getting poisoned to death with all of the food and the B word of shot that everyone got, major issue.

But that will drive it more even that way. It's one reason why everyone is so sick. The first thing you do is you check everyone's immune system and it's horrible.

And no wonder everyone's getting turbo cancers and all this inflammation and they get mitochondrial dysfunction. Everything's a vicious cycle. And so as I mentioned, you get thymus involution, then you give that TH1 to TH2 shift, and you can add T-Rigs and one side of TH17.

Then the body will go into the cell danger response. So the mitochondria will start becoming dysfunctional. Now, instead of making energy, they start making reactive oxygen species, so more inflammation.

And now that drives it, makes it even worse. Everything's a vicious cycle. You get pineal hypothalamic pituitary hormone dysfunction. But the hormone basically looks normal because, for instance, the TSH will drop because of the hypothalamic pituitary problem.

And so there's, oh, your thyroid's fine. No, because it basically you have a central hypothyroidism or, you know, testosterone is low. It may be in the normal range, 200, 250, 300, but it should be 500, 800, 900. Then again, so the standard labs miss it.

Then, again, with the mitochondrial dysfunction, it's making all this inflammation, which is SASP, and there's things

you can do to get rid of that. Either take bioregulators and peptides and then other medications and supplements as well to lower that inflammatory process from the myocondrial disfunction, or you could selectively knock out the senescent cells with acinolytics.

And this causes all this multi-system illness. So right around age 15, that's when the thymus starts involuting. And right at around 30, it starts significantly dropping.

Then about age 40 to 45, when it hits its low, and that is when you see all these diseases of aging just take off. You can see here on this graph, where the red line is disease of aging, and as the thymus drops, that's when you get all those illnesses.

So just fixing the immune system, dramatic improvement. The thiamine peptide, so thimus, which is in our products. Thymogen alpha-1, the oral thamus is actually about 100 times as potent as injectable thiemulin.

And just another graphic interpretation of that, where you the immunity function is high, And that's when you have low susceptibility to cancer and disease, and as that drops, it shifts.

And even CDC says that, states that 80% of age individuals have at least one chronic illness due to the thymic involution. You just think how much money we would save and how many lives we'd save in the reduction in morbidity and mortality by just fixing the thyme problem.

and giving thymic peptides and fixing the immune function. Studies showing that chronic fatigue syndrome, they have this immune shift. Just so you know, I'm not making it up here.

Every single one of these patients had mitochondrial dysfunction without exception. And just, you can look at a number of different labs. We look the natural killer cell function versus human tractory growth factor beta and C4A tends to be a good marker.

You can like at CD4, CD8 ratio, deduce biologic age from it and extrapolate that. What is a peptide and what is peptides bioregulator? And they gave a survey before, but how many people are using peptids in their practice?

Some there. How about bi oregulators? All right, well, we'll talk about it. So there's two different types, essentially. There's ones that are natural, they're extracted, and they are basically purified and purify them down to about 10,000 daltons.

But the issue is that the active peptide being two to four amino acids is only three to five hundred daldons So 500 Daltons versus 10,000, a lot of that stuff is not active.

But we've been working on really purifying them much more. Now with the new ones that we have that I'll mention that will talk about, half the peptides are less than 500 Dalton's.

So much active, probably about five times the activity as a standard extract. And so how do peptide versus bioregulators versus hormones work? So you probably heard today that peptides generally work on the cell surface and they'll attach to a receptor and that secondary effects with signaling molecules.

So they're very fast on and fast off. Well, bioregulators are kind of work similar to hormones, but much more tissue specific. they go into the cell into, the nucleus, and they're very small, so they can do this, they'll attach to receptors on the DNA, whether it's histones or activators or repressors, They really tend to turn off these genes of disease and aging and up-regulate the healthy genes and those of youthful functioning.

We will get right back to the episode, but first a quick thank you to our sponsor, Integrative Peptides. If you are enjoying today's conversation and want to support your health and longevity, visit integrativepeptides dot com and use the code PODLIFE for an exclusive listener discount.

How Peptides and Bioregulators Work

That's integratvepep-tides-dot-com. Code P. O. D. L. I. F. E. Now back the the But yeah, safety of peptides and most of them, not counting the injectables, but the bioregulators and the very short ones, they can't find a toxic dose for most even at a thousand or 10,000 times a dose.

So extremely safe. Really found, you know, that one day they saved my life. And so we've heard this before, I basically going through medical school, I started getting very sick and didn't know what was going on.

I was so tired. Didn't stress. Couldn't think. Can't really talk to patients. Went to the standard doctors and the university doctors. No one could help me.

Long story short, I went into heart failure. My heart just was fibrosed and it couldn't fill because I had high human terms of effect, which causes fibroces.

And I couldn' stand up. Could'nt walk upstairs. Cardiologist said maybe in 10 years you'll get 10% better. I can't live like this. I'm not going to, and I'll off myself at Halloween the next Halloween, but I will go try to see if I could help myself.

Basically, I went around the world, was in Belgium, took a bunch of peptides, didn't think anything of it. About three days later, walked up by the stair.

Wait a minute. What the hell? Then backtracked it again, then ended up bringing those here. Then I back to the cardiologist standing up. He's like, that's weird.

It's pretty normal. I'm like, yeah, did he ask me what I did? No. He just goes, okay, see you in a year, you know. But, you know, kind of the typical stuff.

We found it just changed our practice. It makes so much easier to treat these sickest patients. You can get patients from A to B so, much, easier. And so it's a really good time to be a regenerative physician.

There are so many tools at your disposal. So with these bioregulators, they're very tissue specific. The brain bi oregulator works on the brain, the heart on heart, and the muscles on muscle, on pancreas and pancreates.

That's what this graph is showing here. So the history of the bioregulators was that during the Soviet Union, during that time, the military found that there are cosmonauts.

their high-speed jet pilots and their submariners were aging very rapidly. They were just deteriorating. So the head of the military basically went to the Head of Gerontology Department, which was Colonel Cavison, and said, you shall fix this.

Oh, yes, I will. But it turns out he was working very closely with Pavlov, as in Pavlov's dog. He's well known with the bell and the dog salivating, but he was very much into peptides.

And so it seemed like they got very lucky, but it actually was a long history of trial and error. They found that giving thymic peptide and pineal peptid, the extracts from those two organs in young calves, it totally reversed their rapid aging.

I'm like, wow. So he got to live. It was kept a secret. Was only used for the military and the Olympic team. They did pretty well during that time. And then with the fall of the Soviet Union, they started publishing, but this was in Russian.

So no one really paid attention. Then over the years, as people started looking at, hey, what's going on over here? Then it started getting more noticed in the studies coming here to the US.

Yeah, so it really can extend your lifespan. It works great for chronic illness and so many things. There's tons, there's thousands of studies on these things, And we'll go through a number of them.

But yeah, and then so also with, you know, just the anti-aging component, your basically reduction in your biologic age. So we're starting a program which we are going to guarantee people lose at least five years in biologically age And we'll see, hopefully we don't have to pay too many people back, but we think so.

There's so many great things that you can do and reverse a biologic age and you test either with, you know, the methylation or the telomeres or looking at, biologically markers.

And again, so I wasn't going to originally speak on these, But we've been working on this for a number of years and we're finally paying some dividends and they're basically oral bioregulators for skin, for aesthetics.

And so here's a study. This is a in vitro study, but looking at, you know, sir, two and one and six in collagen production and young and old skin cultures, uh, with two different skin bioregulators, again, orally active.

And, and with sirtuins really are controlled the speed of aging and so many aspects that control aging. So sir two, one, six are huge. and it's a goal of anti-aging physicians to increase those.

And if you look here, the one on the left is Sirtuin 1, and the second one is Sir 2 and 6. And then collagen synthesis in the skin, right? So you see 35% increase, 75%, 15% in young.

Old is even more because they tend to have low. You see 167%, collagen increasing 142%, and you can see right across the board with the two different skin bioregulators getting orally active.

Safety, Personal Story, and Soviet Origins

Looking at the inflammatory markers, so interleukin 1, NF kappa B, and human transfer and growth factor beta, which we're finding is huge for Lyme patients.

It's probably the number one marker that we're looking at. And that's what caused my fibrosis of my heart also causes chronic kidney disease. You can reverse this with, for instance, studies show KPV, Bylon, which is a thymic peptide in our Thymogen Alpha-1, KPB, Which is great, really anti-inflammatory, but it's interesting that it also boosts your immune system while it is reducing inflammation.

So it's kind of the opposite typical anti-inflammatory things that you like the cortisone, which will lower your immune system. So this is how much reduction in these inflammatory markers.

Huge. Here is looking at markers, so the PI67 is kind the health of a tissue, the proliferation, and then the CD98 goes up in healthy tissue that is able to heal.

And so as cells get older, that declines. And you can see how these are four different skin bioregulators increase these markers of a healthy skin tissue.

You see up to 650%, 615 there. So really substantial increase. Here is kind of the opposite way, looking at the CapsAce3 and the MMP9. It's a marker of senescence.

and basically inability to replicate. And then MMP9 is an inflammatory marker that will increase the cells being unable to divide and also going into senescence.

So these are the reduction in those. 67, 73% in nose level. They have all the markers that are of younger cells and healthy skin and lowering all of the inflammatory and markers of an aged skin.

We've been working on placenta-derived dermatologic peptides, and these are pretty neat. They're, again, orally bioactive, bioavailable. The typical dose is just 500 milligrams, even once a day.

These are human studies, so they're very highly purified. I mentioned how We're getting it down to 500 daltons instead of the 10,000, so it's much more active, probably five or more times than the standard.

It's shown to reduce wrinkles, increase elasticity, increased hydration of skin, whitens the skin through basically suppressing the tyranosome enzyme and also the transport of melanin into the epidermis, increases brightness, and decreases menopausal symptoms significantly.

So you kind of throw that in there. So this is a human study and they looked at it was just they did a relative melanin index. And so the line there, the light blue is the percentage derived skin bioregulators.

You can see the melanine index go down for 12 weeks, even at just four weeks. It was significantly reduced. The other one stays basically flat. and they looked at the eye wrinkle index where again placebo flat and the treatment group each every every four weeks they tested it for 12 weeks and dramatic reduction in wrinkles and then they had the investigators overall giving a grade to the skin and you can see how that goes up over you know every 4 weeks by 8 weeks, and 12 Weeks it was up to threefold improvement.

And here's a study that is looking at kind of giving bioregulators to humans again. And they rotate all the bi regulators. There's 21 commercially available bi oregulator from basically every tissue you can think of.

They would just basically rotate them. We're looking the telomere length from the judging biologic age. and as you know, shortening telomeres with aging, disease, chronic illness.

This was a Russian study and it's been ongoing. Combinations, generally five to seven bioregulators that they would rotate through over the two years.

And they're looking at why they wanted to lower the biologic age by seven years, now if you're over your biologics age, you can see here, If you're even just four years over your biologic age, you have a 50% increase in mortality going forward.

And then if you are seven years younger, if your seven year younger then you get a fifty percent reduction. So that was their goal is to get the participants down to seven less than their biologics age.

So that would be associated with a 50% reduction in mortality and also improved morbidity and quality of life.

Skin, Aesthetics, and Oral Bioregulators

What they found, the average participant basically reversed their telomere age by 22 years over three years. So they achieved an average of seven years per year.

There's over a hundred participants still in that, and most of them are on a maintenance phase now. And then they repeated it with three to four year study using the methylation biologic age determination.

Not really one's better or worse, they're testing different things. This one tends to be a little slower and not have such quick response. They found the average participant had a baseline epigenetic age that was three and a half years older.

So coming in three-and-a-half years, older than their chronologic So they had about a 40% increased risk of mortality. They found that they reversed their telomere age by 14 years over the five years, and then their methylation via the epi-age after five year in two years.

So not as much as the telomeres. And they also have over 100 participants still going on, most of those on a maintenance. And so we'll switch to thyroid bioregulators.

So there's thyroid bio regulators and thyroid access by our regulators. And it's neat. The thyroid by regulators, if you have low thyroid, it will raise it.

If you high thyroid it, will lower it And then, but you need the thyroid access bioregulators to help someone with Hashimoto's or autoimmune thyroiditis.

And so the Thyroid Bioreglars and Thyroid Access, again, they're from thyroid glands of young animals. They stabilize thyroid function and boost thyroid levels if it's needed, or occasionally if its too high, it will help normalize that.

So it reverses hypo and hyperthyroidism. It will also reduce size of thyroid nodules. It improves that pineal hypothalamic pituitary hormone access, prevents stem cell aging, activates telomeres in the stem cells, healthy, also improves neurologic function, cardiovascular system, lowers cholesterol, lower insulin resistance and improves metabolic function.

Improves hair and skin, increases endurance. and improves the health span as well. And so this is a study, a smaller study but 25 participants with primary hypothyroidism.

Both groups, the placebo and the treatment group, they complained of significant fatigue, poor endurance, drowsiness, memory impairment. frequent headaches, dizziness, and increased incidence of chest pain.

It was a basic cardiovascular group that had significant cardiovascular disease as well. They also had thyroid atrophy. So the control group was basically just given some T4 as they normally would.

And this group received the thyroid bioregulator for three months. Then they tested their levels. And compared to the control group that just received T4, those who got the thyroid bioregulator note significant improvements clinically in 78% of the cases compared the ones that got T-4.

And the most significant effects were in persons in the older group with pronounced signs of thyroid atrophy after just 20 days of this. The thyroid bioreactor noted increased working capacity and endurance, decreased frequency and intensity of headaches, decrease angina compared to control.

So thyroid will dilate the vessels. You know, people always, oh, watch out giving thyroid, you know with cardiovascular patients with, but you should, it actually dilates vessels so they end up getting much more blood flow.

And so after the treatment with T4, the total T3 reached the lower normal range, but T-4 levels did not change really from the pretreatment level that averaged 60% below.

And, so you see here, this compares the control group that got T 4 versus the thyroid bioregulator, they third bar there. So the T 3 level. went from 24 with T4 with the 72 and then 102 and the T-4 level from 3 to 4.28 with t4 and 6.8 with a thyroid bioregulator.

So treatment of autoimmune thyroiditis, this will show if you give the thyroid by our regulator, you're going to raise the levels of thyroid hormone, but you are not going help the auto-immune-thyroiditis.

And so you can see here, I'll go to the graph So this is basically looking at T4 before treatment with the standard treatment and then group two got the thyroid bioregulator and group three got these thyroid access bi oregulated.

So you can see how the T four levels go up, TSH drops down. And then also now we look at antithyroglobulin antibody and anti-TPO. You can that the thyroid bi o-regulator did not lower that, but the Thyroid access by our regular significantly dropped it.

And so here's another study. This was a young rat. So you can also do the study in attorneys. Um, so, you know, it will work, but they took out their base of their pituitary and found that giving these, the thyroid access bioregulator actually boosts the thyroid levels.

How interesting it does do that. this is the Thyroid Bioreccess Formula that's currently available with three different I'll just kind of go through some interesting cases.

Again, there's so many studies on these things, but this is neurodegenerative disease.

Thyroid Bioregulators and Autoimmune Thyroiditis

Kind of a variety of it. So not only standard neurogenic disease, Parkinson's, Alzheimer's but also post-stroke. It was kind a mishmash and then the people and the doctors rated how good the treatment was versus standard treatment versus giving the brain bioregulator.

and 27% felt the standard treatment was good, 40% satisfactory, and 32% unsatisfactory. With the bioregulator, 65% good. 23% and satisfactory. 12% Unsatisfactor.

And they had a significant reduction in symptoms. You can see here drop in headaches, sleep disturbance, emotional instability, memory, So dramatic reduction in that.

Here's a study looking at atherosclerosis, and they did a combination of peptides, I think, with this one, you know, looking endothelial dysfunction. So there's vascular bioregulator that seems to make every other bi oregulator work well.

And so it works for brain, heart, nerves, muscles. So that one we often add to everything else and lowers SASP actually. It lowers that aging where the mitochondria dysfunctional and secreting rective oxygen species.

And with the immune system, you have to have a high TH1 to get rid of those senescent cells. So that's where the thymic peptides come in, such as the Thymus bioregulator.

Let's see. And also BPC157, KPV, cerebral lysin, which is a combination of brain peptide. and vessel, cardiac, pineal, brain bioregulars will all lower that inflammatory mechanism where the mitochondria are making energy, they're making all these reactive oxygen species.

This is a treatment of the cerebral atherosclerosis. Group one, again, standard treatment. group two, got the two peptide combination. And group three, 416 patients got four different peptides, which included the pineel, liver, and then the other two the vessel and the pineal in is sounds like it's pineo but it is actually brain subcortical brain.

So they got four versus two. And again the blood vessel one, the Pineal is really sub cortical, brain and liver and pineel. Showed dramatic reduction in their cholesterol.

They treated them for four months, reported significant improvement in quality of life. You can see their cholesterol levels here. So total cholesterol dropped, triglycerides dropped.

And then they also did the symptom questionnaire, and you can all the dramatic reduction in symptoms. That's their conclusion, significantly beneficial.

Here's type two diabetes. The pancreas is pretty amazing for insulin resistance, which is so common. This was 918 patients divided into three groups. And so they compared standard treatment again with peptide enhanced.

It was in Russia and Moscow. They gave pancreates, again, the pinellium, with subcortical brain. First one got to be conventional versus the pancrius one versus pancrius pineal.

and the subcortical brain, and just talks about those. And so you can see the graph here with the traditional, the improvement in fasting insulin. So traditional really didn't help much.

You see that the other two bars actually, it's amount of improvement, not the, It's not increase, is the amount decrease. and so, you see, bars are much better for the bioregulators.

Actually, when it says, could they get off their meds? The traditional path, they actually had to add more meds where they didn't get them off med, where with the peptides and bioregulars they got them of their med.

And you can see their fasting level, blood sugar drops, the pre two hour glucose tolerance, of course that didn'

change because it was pre, and then post the significant reduction in those results with these peptide.

So this is looking at muscle bioregulator for performance. And so grip strength, which is known to be a significant and consistent marker of aging.

Brain, Vascular, Metabolic, and Muscle Applications

So grip, strength they're using a lot as a biologic marker. and you can see they had significant increase in grip. Strength that after two months being on the muscle, bi-regulator left and right, they actually increased in the long jump, the step test at how fast they could do it and increase flexibility.

It's not huge, but it's also just two months. You look at flexibility was significant. The other ones, you see a definite significant, not a huge but you wouldn't expect it either to be huge.

Improved performance, reduced fatigue, faster muscle recovery, they all noted. Here's for the prostate one. Basically, there's one for prostate, BPH, it works very well.

I'll let you just go through those. Low T syndrome. And so the testes one, and interesting in the studies, that if you give four of them, the prostate, testies, adrenal and the liver, it actually significantly boosts the libido, testosterone levels, but if left one of those out, didn't do it as well.

But it was no, wasn't the same one. You had to just do them all together. So it shows a really synergistic effect. Infertility. Women, for instance, the epitalin, they gave up telling there was a rat study, 135 menopausal rats.

They gave them all up a talon, 85% started menstruating again, 25% had live births. And we'll use this for infertility with women and their anti-malarion hormone will go up.

they often start menstruate again. So I forget to tell them half of them are happy. Half of my mad also helps with menipausals symptoms. And you can see the numbers here.

So FSH, and you'll see it go up because it is stimulating F SH depends on the patient. Some of the patients have, if they have a lot of inflammation, they'll actually have their F S H compare relatively low compared to their estrogen.

Uh, then other women will basically, it will lower it because their estrogens goes up. And so you really look at the estrogen there went from 49 to two 43 with the single bioregulator and then the two 49. and anti-malarion hormone, significant increase.

So that tells the ovarian reserve. They go to these fertility doctors and they spend all this money, they don't get pregnant, and then they get naturally pregnant.

In this study, if you really look at how many people, these were all women who were trying to get pregnancy and couldn't. And in the end, looking at the follicles with ultrasound, 98% increase of the antifollicles, increase in anti malarions hormones, 68%. But if they continued out, that number rose significantly.

And then how many patients got pregnant? So after six or four to eight months, 71%, and then another 13 if the continued it, and all of them weren't continued, but it ended up being 84%. And these were all women who could not get pregnant, even within in vitro usually.

It's actually a big breakthrough. A number of patients experience an increase in ovarian functional reserve, so 98% and the increase and anti-malarion hormone, 68%. And successful pregnancy ended up being overall 84% in patients that could not get pregnant even with assistance.

So pineal peptides are huge, they increase telomeres, can make it go past, the cells go pass the Hayflick limit. So bilon and epitalin. Bilon is a only two amino acid thymic peptide, but it has a lot of pineel effects and thyme peptids.

And this schematic here is showing the genes that are up-regulated and down-regulated. You can see the big overlap there. Here is compared to basically IV vitamins, Looking at melatonin levels and they go up significantly and then graphs and the other stuff to increase in lifespan Here with the thymus preparation increased about 90% and with a pineal gland even higher.

Those were animal studies. This was a mouse study that mice that carried the HER2 breast cancer gene, they received epitalin five days per week from the second month of life until death.

The percent of mice who developed breast-cancer was 3.7 times less, a 73% reduction in the treatment group compared to the group that did not get the epitallin.

and also decelerated the reproductive system.

Fertility, Pineal Peptides, and Longevity Studies

Only 8% had irregular menstrual cycle versus 52% of the controls. This is looking at, this was a 12-year study. They gave people with significant cardiovascular disease epitalin in one of them and then also added a thymic peptide in the other, followed it for 15 years.

It only got six doses and dramatic reduction in mortality Their cancer rates went down, their death and morbidity from cardiovascular disease went. They're actually their cardiovascular function got better over the years versus the control where it dropped.

And they had even less colds and flus. You see when they combined both, you get an even bigger effect, which is the pink box there, a significant reduction in mortality.

If you're interested in other training, we're We keep threatening to put out the training program, peptides, bioregulars, hormone and shit that works.

That should be in February, 2025. If you want a ebook on the peptide protocol for the rapid treatment of Sears, that's available. if you go to our nonprofit National Academy of Hypothyroidism.

nahypertensives.org, tons of studies on thyroid, because the way we diagnose and treat thyroid in this country is wrong. And we've done review articles with 500 references each.

In case anyone, you know, when you're given thyroid and suppress the TSH, the neurons go crazy, but you are almost always in the right. But it also tells you how to do it, so you don't get in trouble.

You can grab peptides, whole tour of med. If you want a copy of the slides, and then we'll also include a bunch of case studies as well. You can email Gina at GinaC at Ulster of Med.

And I just want to give a shout out. There's been so many great exhibitors here. One that I've actually worked with is MaverickProfitSystems.com. Amazing at marketing.

We've been terrible marketing for decades and he put us on the right track. So I wanted to mention him. He gave a great talk and there's so much great suppliers here, which is another great reason to come to these events.

Resources, Closing Remarks, and Sponsor Outro

All the lectures have been over-the-top rate, so highly recommend it. So thank you. That's it! Thank you, Dr. Haltar. Before we wrap up, we want to thank our sponsor, Integrative Peptides, for supporting this episode.

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