

**THE WOMEN'S HEALTH SUMMIT**

# PEPTIDES & BIOREGULATORS

**FOR GUT HEALTH, METABOLIC BALANCE AND HEALTHY AGING**



**Nathalie Niddam**  
Biohacking Superhuman Performance Podcast.





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# WHAT ARE PEPTIDES?







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# WHAT ARE PEPTIDE BIOREGULATORS?







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# PEPTIDES FOR GUT HEALTH

What peptides CAN do – healing of the GI tract (from top to bottom)

- **Reduce/manage inflammation**
- **Seal tight junctions**
- **Heal gums (oral health)**
- **Heal anal fissures**





# WHAT PEPTIDES CANNOT DO FOR GUT HEALTH

- Re-establish proper flora balance/microbiome
- Overcome poor diet
- Overcome the effects of chronic stress (if the stress is not addressed),
- Overcome toxin exposure (if toxins are not removed/reduced)





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# PEPTIDE ALL-STARS FOR GUT HEALTH





## BPC 157

- The “swiss army knife” of the peptide world
- Can be administered orally, topically, intranasally, by SubQ injection, can even be compounded into eye drops
- For gut healing can definitely be taken orally – will sometimes experience resolution of MSK issues





## KPV

- A small 3 amino acid peptide that is a star at reducing inflammation particularly in the gut. (although it can exert AIF effects throughout the body)





# LARAZOTIDE

- In phase 3 clinical trials to treat Celiac Disease...its superpower – tightening the tight junctions to seal the gut.

They must be getting close as they have taken the time to send cease and desist

letters to all North American research labs selling this peptide





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## AN ELEGANT SOLUTION

**LVLuphealth** is selling a stellar gut healing formula called Ultimate Gi Repair – it includes all three of those peptides at therapeutic dosages along with other supportive ingredients





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**BIOREGULATORS**

**FOR GUT HEALING**





# PEPTIDES FOR METABOLIC BALANCE/BODY COMPOSITION

Have you met the new darlings of the Body Recomposition world?

- Ozempic (Semaglutide)
- Mounjaro (Tirzepatide)







# THE GOOD NEWS

Benefits/how they work

- increase RMR
- slow gastric emptying
- reduce hunger and cravings
- improve insulin sensitivity
- improve pancreatic release of insulin
- improve the uptake of glucose into skeletal muscle cells
- benefits for the brain
- benefits for the heart & other organs





# THE BAD NEWS

- Ozempic/Mounjaro “shaming”
- Pancreatitis
- Thyroid Cancer
- Ozempic Face
- Muscle loss
- Rebound weight







# WHAT'S THE REAL ISSUE?

Too many people (doctors included) are still looking for a magic pill....

- **Diet – Protein!**
- **Hydration**
- **Exercise**
- **Sleep**
- **Microbiome**
- **Address underlying hormone imbalances**
- **Clear toxins**







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# PEPTIDES, ORGAN REGENERATION AND LIFESPAN





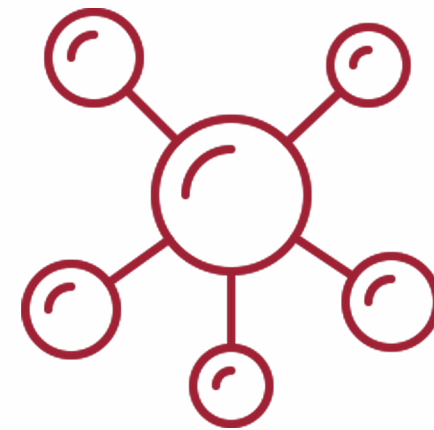


# GROWTH HORMONE SECRETAGOGUE

Peptides like :

CJC1295

Sermorelin



Ipamorelin

Tesamorelin





# THE ANTI-AGING EFFECTS OF GROWTH HORMONE

- **Better skin**
- **Better brain**
- **Supports lean muscle**
- **Supports Fat Loss**
- **Good for Bone Density**
- **Immune Benefits**
- **Sleep**





# THE DARK SIDE OF TOO MUCH GROWTH HORMONE

- Expensive
- Can suppress production of your own GH
- Needs to be monitored by an MD







# GROWTH HORMONE PARADOX

- Too much GH can be ProAging!!





# THE GROWTH HORMONE SECRETAGOGUE ADVANTAGE

- **More affordable.**
- **Not as strong as exogenous**
- **Won't suppress endogenous production.**
- **Many of the same benefits as exogenous supplementation.**







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**BIOREGULATOR**

**PEPTIDES**

**ORGAN REGENERATION & LIFESPAN**





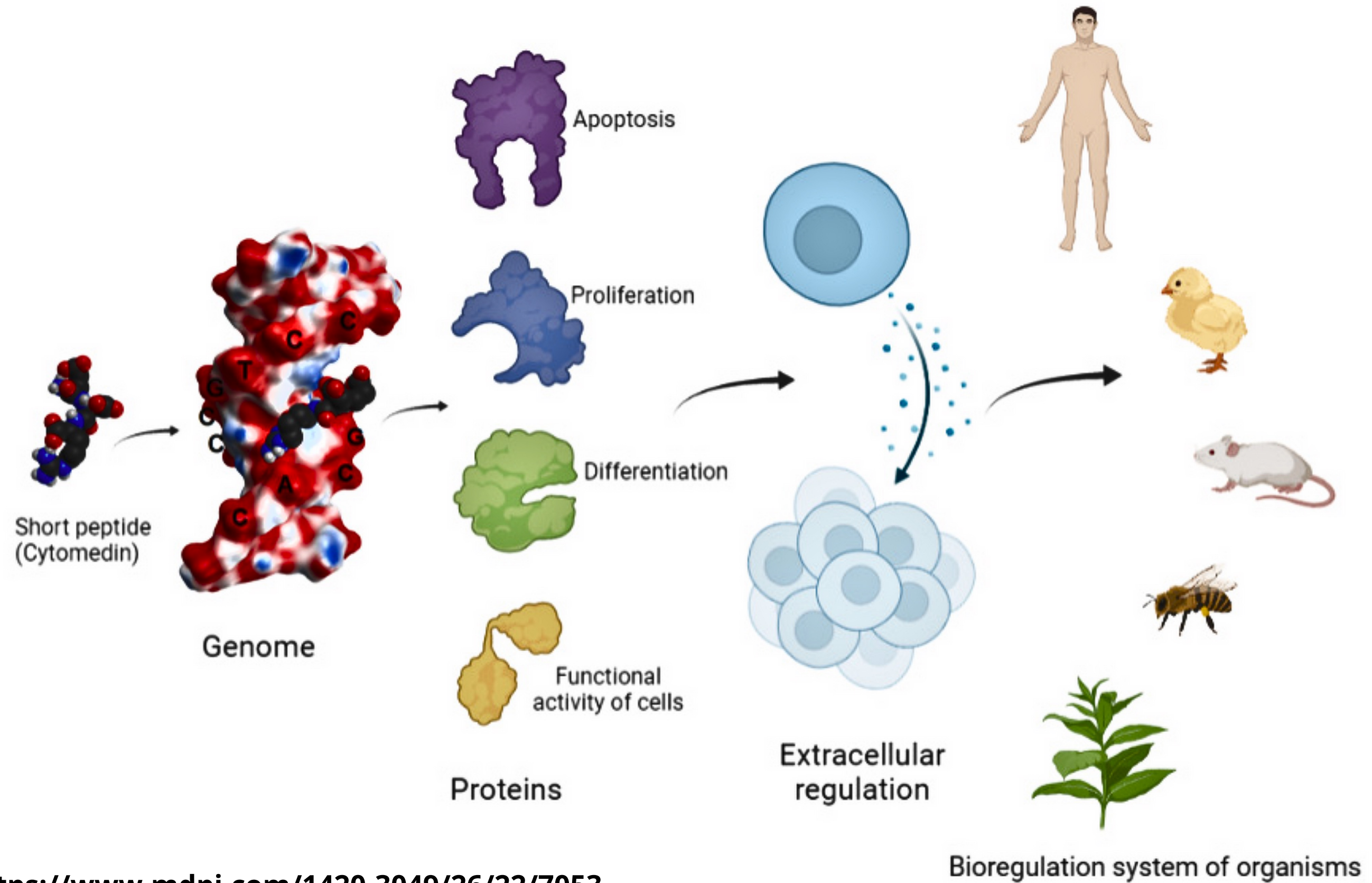
“ Peptide Bioregulators regenerate organs impaired by aging, disease and trauma. The Peptides developed at the St. Petersburg Institute of Bioregulation and Gerontology constitute a proven biological reprogramming technology, rejuvenating cells to revitalize tissue / organs and entire bodies, ultimately decreasing vulnerability to age related degenerations and prolonging human life.

**- Professor Vladimir Khavinson MD, PhD**



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# PEPTIDES, GENOME AND AGING

During investigation of the **mechanism of the action of short peptides**, it was established that they **regulate gene expression and protein synthesis**. These peptides **stimulate proliferation and differentiation and suppress cell apoptosis**, which leads to the **restoration of the functions of various organs**. Administration of peptides helps to **reduce the incidence of cancer** and to increase the average and maximum lifespan of animals. Most experiments identified that the peptides are able to enhance the physiological resource of cells, tissues, and the body up to 20–42%. **The use of peptide preparations in patients contributed to increased vital resource and led to reduced mortality of elderly and senile aged persons.**

Khavinson, V. Kh.. "Peptides, genome, aging." *Advances in Gerontology* 4 (2014): 337-345.





# THE ELDERLY

<i>Group of Patients</i>	Indices	Control (polyvitamins)	Administration pineal gland peptide
Elderly People (60-74 years)	Initial mean age, years	69.3 ± 2.2	71.1 ± 1.4
	Mortality rate @ 8 years, %	13.6	8.5*
	Mortality rate @ 12 years, %	44.1	22.3*
Old People (75-89 years)	Initial mean age, years	80.2 ± 1.6	81.5 ± 2.1
	Mortality rate in the course of 6years, %	81.8	45.8*



# “OLD PEOPLE”

Group of Patients		Indices	Control (polyvitamins)	Administration pineal gland peptide	Administration thymus and pineal complex peptides
Elderly People (60-74 years)	Initial mean age, years		69.3 ± 2.2	71.1 ± 1.4	
	Mortality rate in the course of 8 years, %		13.6	8.5*	No studies
Group of Patients		Indices	Control (polyvitamins)	Administration pineal gland peptide	Administration thymus and pineal complex peptides
Old People (75-89 years)	Initial mean age, years		80.2 ± 1.6	81.5 ± 2.1	82.1 ± 2.3
	Mortality rate in the course of 6 years, %		81.8	45.8*	33.3

Source: Khavinson VKh, Morozov VG. Peptides of pineal gland and thymus prolong human life. Neuro Endocrinol Lett. 2003;24(3-4):233-240





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# HEALTH BENEFITS IN ELDERLY PEOPLE OF PINEAL & THYMUS BIOREGULATOR

In addition to reduced mortality rates the  
Pineal & Thymus group saw

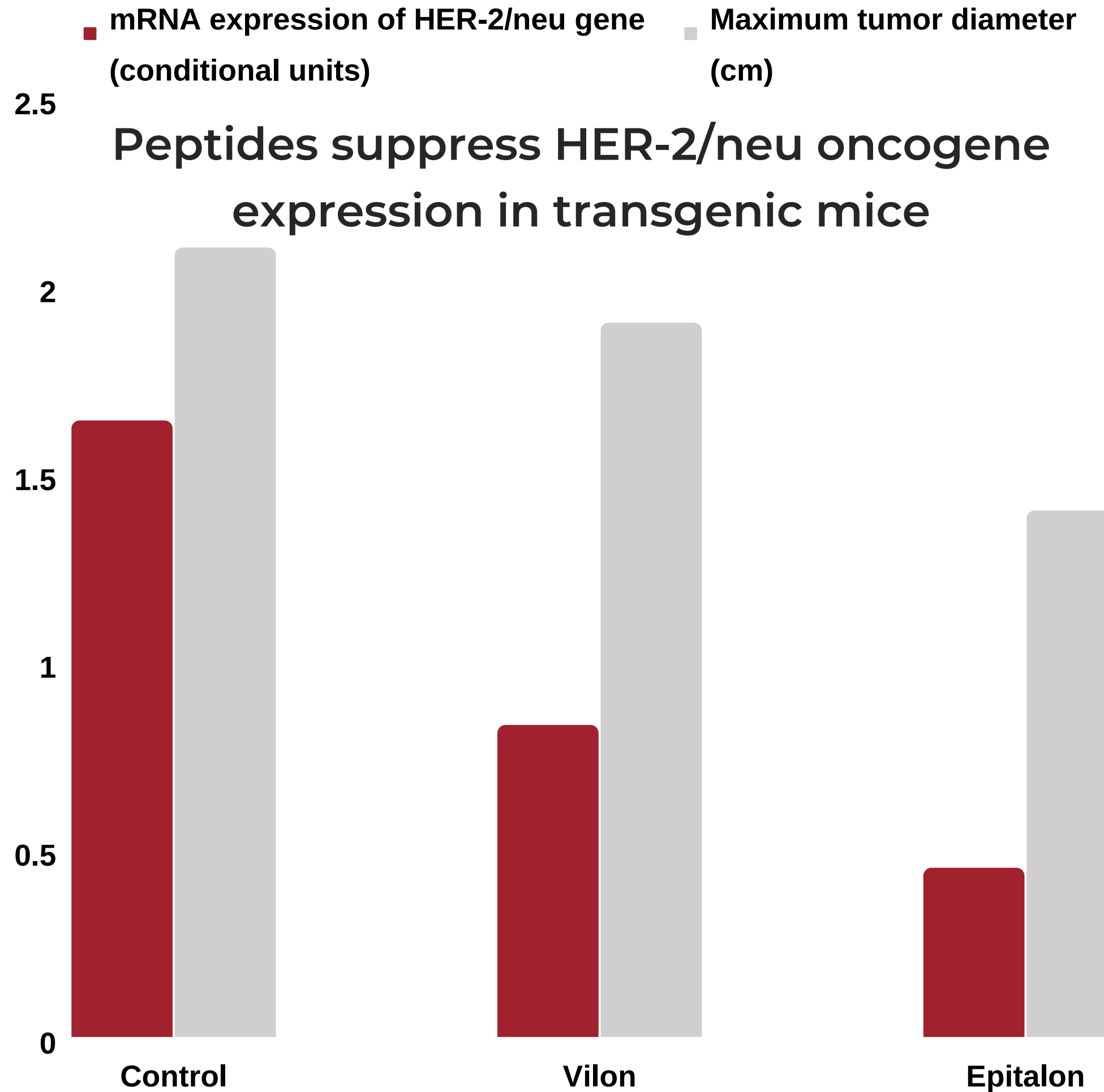
Improvements in:

- Brain Function
- Immunity
- Endocrine Function
- Cardiovascular Function
- Increased Bone Density
- More “youthful” melatonin Levels





# Bioregulators and HER2 Gene





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Bill Lawrence





# BILL LAWRENCE ONGOING HUMAN TRIAL



## **Telomere Study**

Initial Results after 2 years - about 100 Participants - up to 30 years reductions in cellular age based on Telomere Length



## **DNA Methylation Study**

Proof of Concept data

9 Participants Using Bioregulator Peptides: Average 5,42 years < Chronological Age

15 Controls (No Bioregulators) on average 1.91 years > Chronological Age



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**Pineal Gland**

**Blood Vessel**

**Bone Marrow**

**Central Nervous System**

**Lungs**

**Muscle**

**Retina/Eyes**

**Heart**

**Cartilage**

**Thyroid**

**Liver**

**Ovaries**

**Parathyroid**

**Stomach**

**Testes**

**Adrenal Glands**

**Bladder**

**Prostate**

**Thymus**

**Kidneys**

**Vilon**



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**TOP  
6**



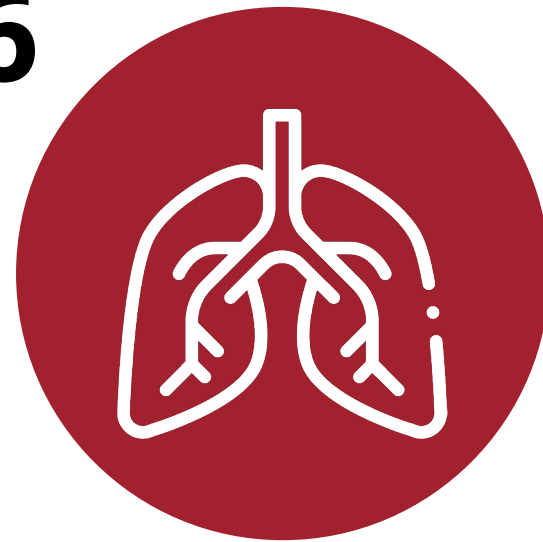
Epitalon



Thymogen



Vesugen



Bronchogen



Livagen



Cartalax





# TOP 7



Pineal



Blood  
Vessel



Thymus



Heart



Cartilage



Thyroid



Adrenals



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# BONE DENSITY ISSUES?

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Parathyroid



Cartilage

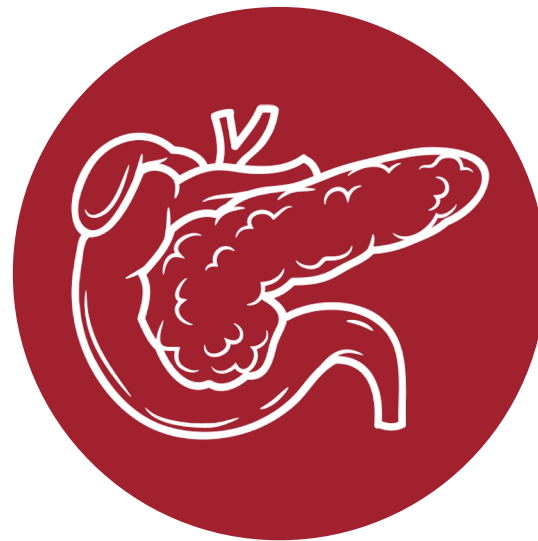


Pineal





# BLOOD SUGAR MANAGEMENT?



Pancreas



Liver



Pineal



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# HEART DISEASE?

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Heart



Blood Vessel



Pineal







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# COGNITIVE ISSUES?

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Blood Vessel



Pineal



Pinealon



# FOUNDATIONAL HEALTHY AGING STACK



Pineal



Thymus



Blood Vessel





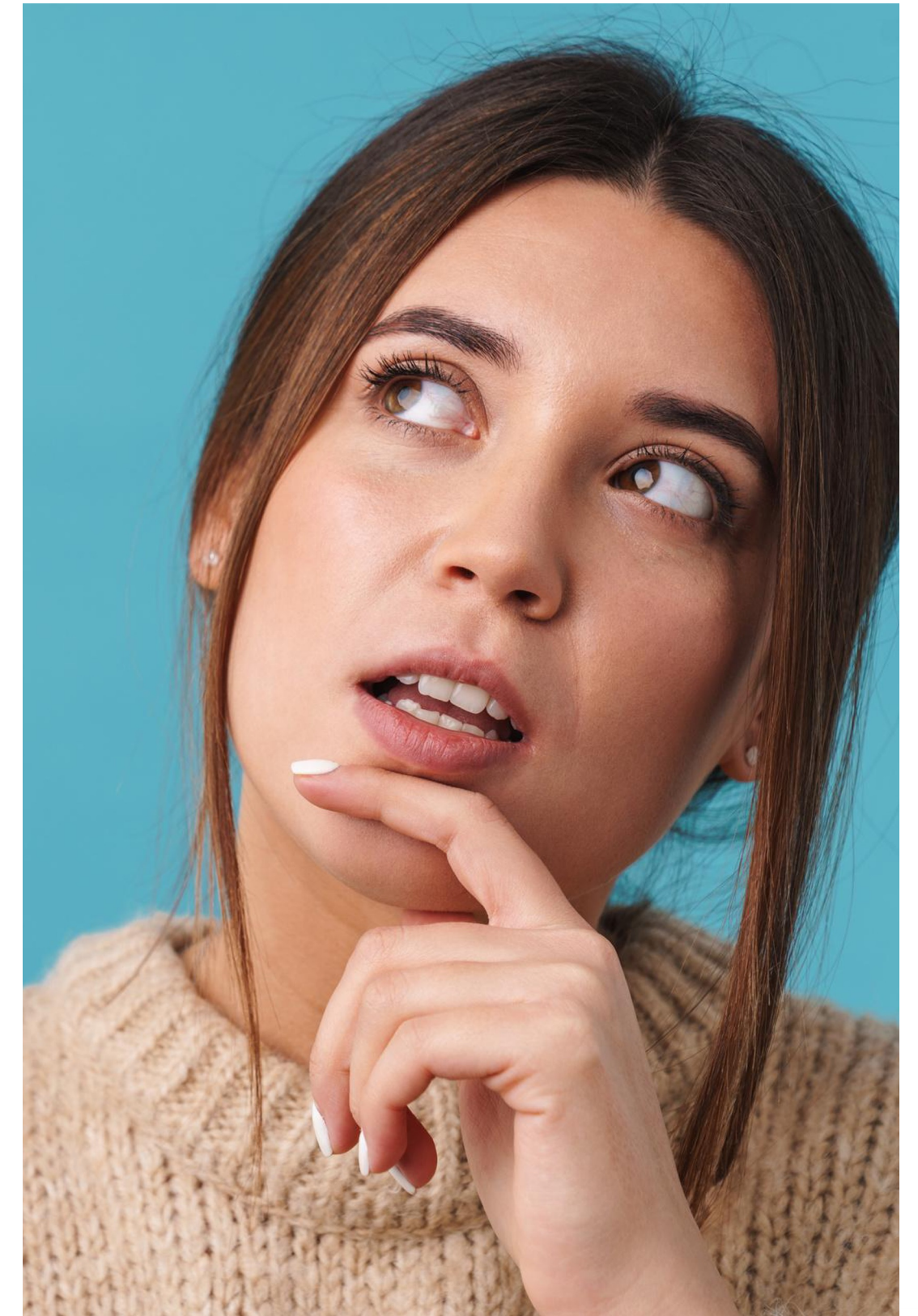
# WHERE DO I GET THEM? HOW DO I TAKE THEM?

## Where to buy

For Capsules: **Profound-health.com (Longevity15)**

For Synthetic Sublingual Sprays: **Profound-Health (Longevity15)**

For Synthetic injectables: Research Labs...but that's  
another conversation





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## FOR MORE INFO

[Natniddam.com](https://natniddam.com)

Biohacking Superhuman Performance Podcast

MightyNetworks Private Membership Community

