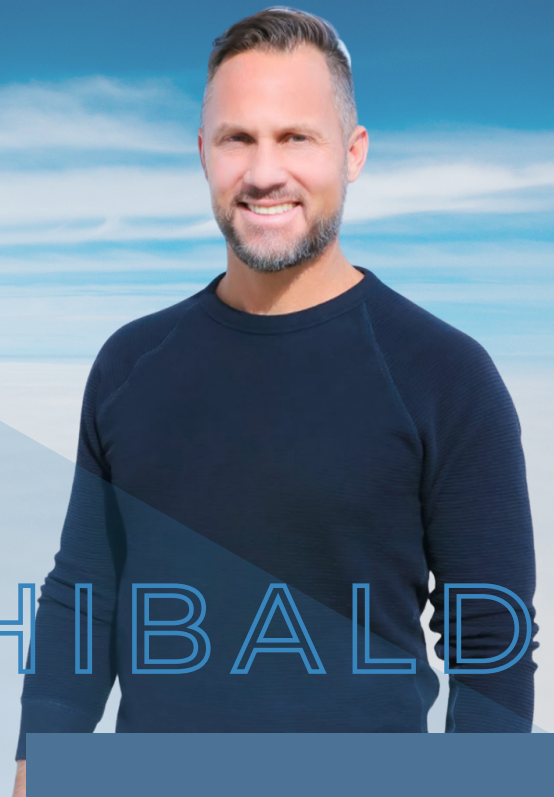




EASTWEST
HEALTH

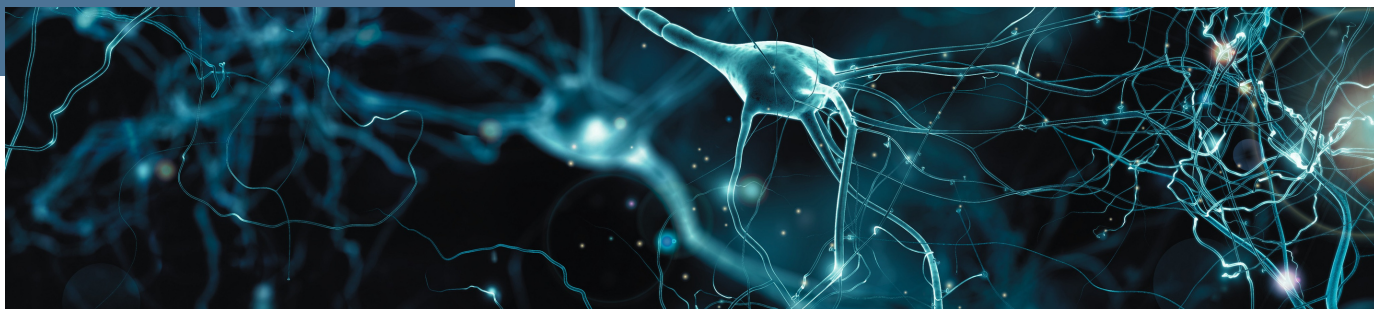
THE PEPTIDE HANDBOOK



REGAN ARCHIBALD

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5 Amino 1 MQ (Energy + Mitochondrial Support)

Energy and Longevity Recharge- activates the SIRT 1 pathway for recharged AMPK and NAD⁺ production. Increases cellular metabolism and metabolic rate. Turns off cancer pathways for greater longevity.

Athleticism- stops age-related muscle wasting, increases stem cell activation in muscles following an injury and improves contractility by 70%.

Weight loss- 5-amino-1-MQ turns off the NNMT fat-storing pathway and helps shrink fat cells and deposits. It reduces risks of diabetes, atherosclerosis, kidney, liver, and cardiovascular disease by lowering cholesterol by 30% after 16 weeks.

Insulin Sensitivity- 5-amino-1-MQ works on the GLUT4 pathways for glucose metabolism with insulin resistance especially when combined with exercise.

Dosage: 1 pill daily per week for 1 week, 2 pills daily for two weeks, 3 pills daily until gone

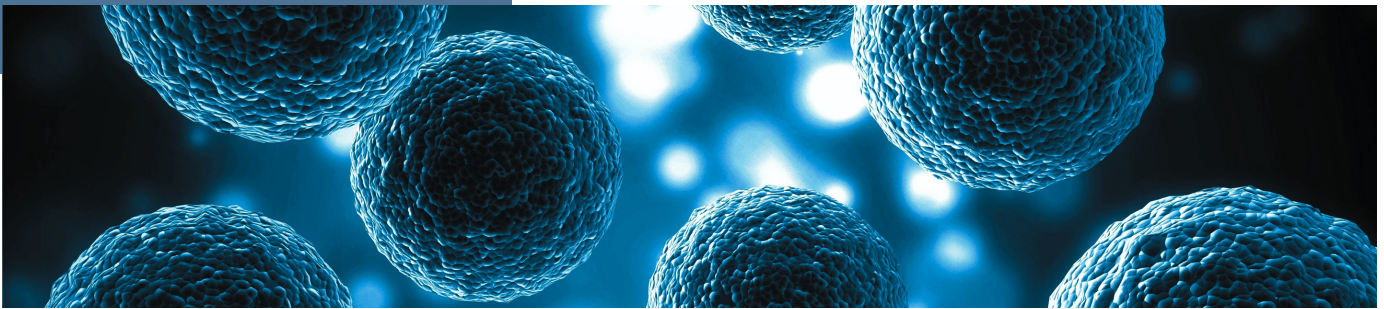
Aniracetam (Inner Genius Support)

Creative Output- increases cognitive function, and memory, and improves sleep patterns. Aniracetam boosts energy, enhances mood via serotonin, and stimulates acetylcholine for learning.

Neuro-Plasticity- aniracetam improved mild to moderate cognitive decline in elderly adults through improved electrical signaling in the hippocampus of the brain.

Happy Energy- everyone is happier with an optimized brain and aniracetam has been shown in both human and animal studies to facilitate dopamine and serotonin interactions while increasing ATP.

Dosage: Take 1 AM capsule 3 - 4 times per week, with Choline



AOD 9604 (Supports Your Ideal Weight, Pain and Regeneration)

Lose Weight, Feel Young- Pituitary HGH^{P1} activation without increasing IGF-1 or an immune response. Early studies show that this peptide tripled weight loss when compared to a placebo in 300 obese individuals.

Healthy Heart- AOD 9604 enhances cardiac protection through the beta-3-adrenergic receptor pathways. Improves cardiovascular function, endurance, and sleep.

Pain-Free Joints- research shows that AOD 9604 injected directly into joints may aid in the regeneration of osteoarthritic joints and may help improve stem cell proliferation when used with perinatal tissue.

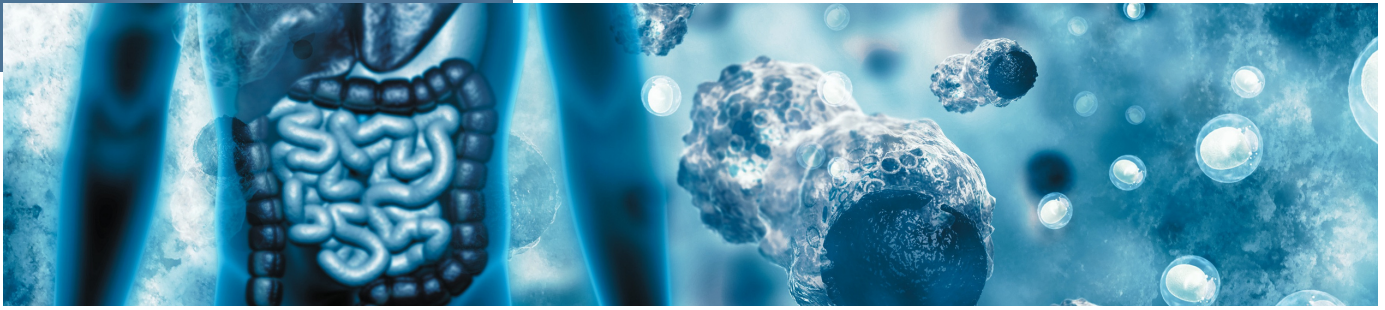
Dosage: SUB Q injections as prescribed, or apply directly to stubborn adipose deposits.

ABP-7 (Supports Immune Reset)

Short-Lived Long-Haul- ABP-7 thymulin harmonizes your immune, endocrine, and central nervous system for fast recovery from COVID and other linger-longer infections like Lyme, mold, or EBV.

From Fallout to Fall In- ABP-7 restores balance in a cytokine storm, it also calms auto-immune markers IL-6 and TNF-a for a redistribution of specialized immune cells that can now spend less energy on attacking you and more on egregious invaders and can be used to reverse the aged immune system.

Dosage: SUB Q injections as prescribed



ARA 290 (Supports Pain and Regeneration)

Analgesic- ARA 290 decreases inflammation by turning off cytokines IL-6, IL-12, and TNF-alpha which improves wound healing and tissue repair. Reduces blood pressure, blood glucose, and autoimmunity.

Repairs- ARA 290 stimulates blood vessel growth, stabilizes blood pressure, calms nerves, and reduces pain.

Nerve Pain- neuropathic pain thresholds are improved with ARA 290's impact on the small nerve fibers.

Dosage: SUB Q injections as prescribed

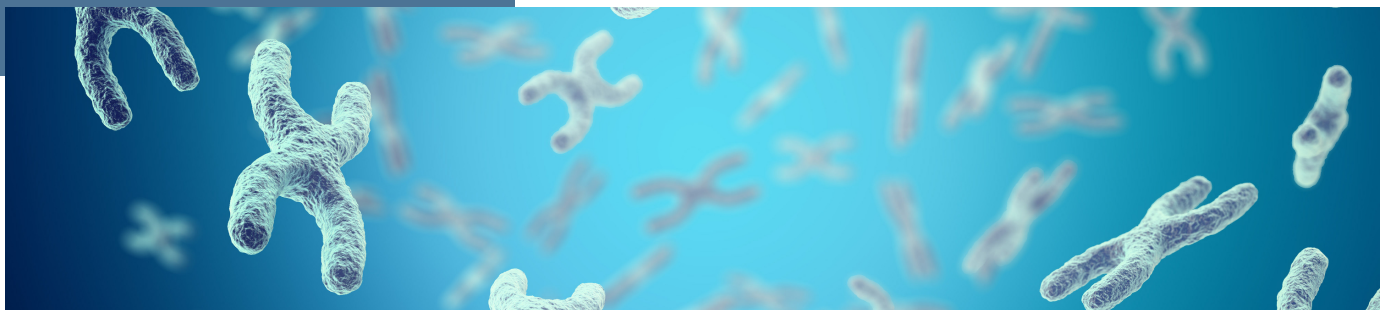
BPC-157 (Supports Gut Restoration, and Pain and Regeneration)

BPC-157 (body protective complex)- was first isolated from human gastric juices and has been shown to be protective of gut barriers, combats inflammation, and resolves IBS.

Heals Barriers- BPC-157 stimulates nitric oxide for new vessel growth. It regulates the gut/brain axis via the vagus nerve and stimulates hormone production in the gut. Helps reset the circadian cycles in the body.

Treats Overuse of Medication- BPC-157 reduces the damage caused by long-term use of NSAIDS that leads to gastric bleeding.

Dosage: Daily SUB Q injection as prescribed, or oral capsules as prescribed



CJC 1295 (Supports Lean Muscle + Endurance and Immune Reset)

Youngevity- CJC 1295 is a supercharger for muscle building and accelerates recovery by inducing delta sleep waves and resetting your circadian rhythms.

Energy Factory- it's not uncommon to feel a surge of energy after injecting CJC 1295, some refer to this as a flushing feeling, I like to think of it as my get up and go is ready to go.

Intelligent Immunity- declining growth hormone leads to an involuted thymus gland and immunity decline. CJC 1295 recharges your immune cells' intelligence by providing an increase in natural growth hormone. Along with Ipamorelin, it becomes a supercharger that yields 7x greater growth hormone release.

Dosage: SUB Q injections 5 days on 2 days off

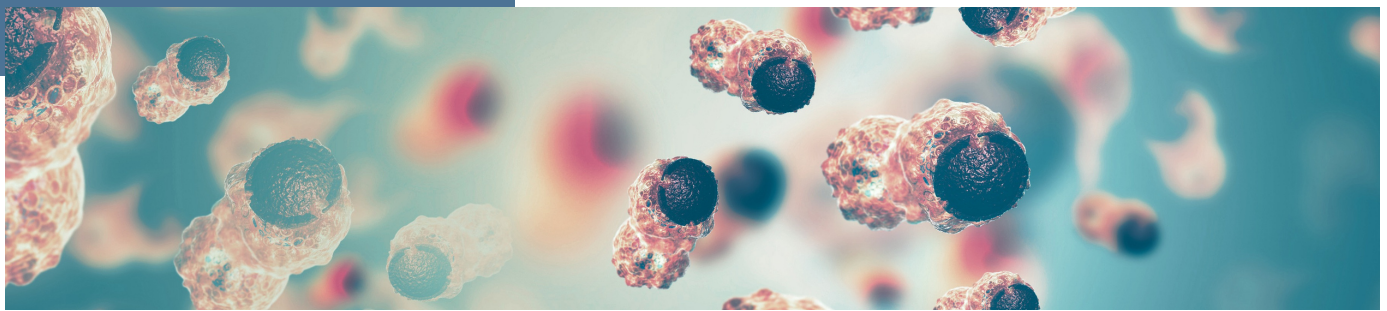
DiHexa (Supports Cognitive Reclamation)

Protect Your Brain- DIHEXA restores self-inflicted brain damage by improving neurogenesis, activating stem cells, and removal of the toxic wasteland that has been holding your genius back.

Boosts Your Memory (for good)- DIHEXA repairs synaptic connectivity through the formation of new functional synapses that improve spatial memory, and new brain connections, and increases acetylcholine.

Hearing Loss, Alzheimer's and Parkinson's Protection- DIHEXA remits blood flow to the brain resulting in a decrease of beta-amyloid plaque and brain inflammation even if you are genetically predisposed.

Dosage: Take 1 capsule daily or apply directly on carotid artery



Epitalon (Supports HPA Stress Reset)

HPA Axis Reset- activates telomerase activity for longevity, and interacts with CD5 for immune stem cell differentiation. Fruit flies and rats given Epitalon had a 52% decrease in mortality.

Sleep, Lipids, and Cholesterol- Epitalon balances circadian rhythms and blood lipids by activating the pCREB and the alkylamine-n-acetyltransferase pathways responsible for melatonin production.

Muscle and Skin Recovery- Epitalon targets the protein synthesis gene for better protein production and decreasing inflammation by enhancing the MMP2 pathway.

Dosage: Nasal Spray used 1 to 3 times daily as prescribed

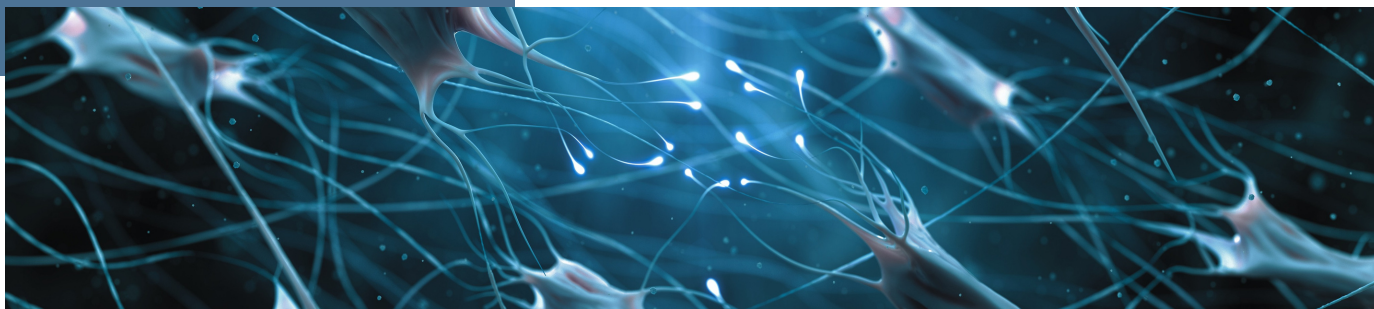
Gonadorelin + Kisspeptin (Supports Sexual Rejuvenation, and Skin Health)

Vitality- both Kisspeptin and Gonadorelin release FSH and LH so that you can naturally improve hormone levels while fine-tuning testosterone specifically.

Fertility Quotient- Gonadorelin and Kisspeptin are not to miss peptides that have robust properties to not only enhance your passionate drive but also increase fertility and regulate menstrual irregularities.

Brings on the Good Moods- no one wants to make love with a grump. Both Kisspeptin and Gonadorelin foster enhanced limbic activity in the brain, increased reward-seeking behavior, and improved overall mood.

Dosage: SUB Q injection 2 - 7 times per week



GHK-CU (Supports Pain and Regeneration)

Genetic Sweeping- GHK is a bioregulator that cleans up genetic signaling and research shows it mobilizes stem cells into damaged tissue. Improves skin elasticity and aids in new tissue formation.

Collagen- GHK increases collagen production, lowers inflammation, and is widely used for age reversal.

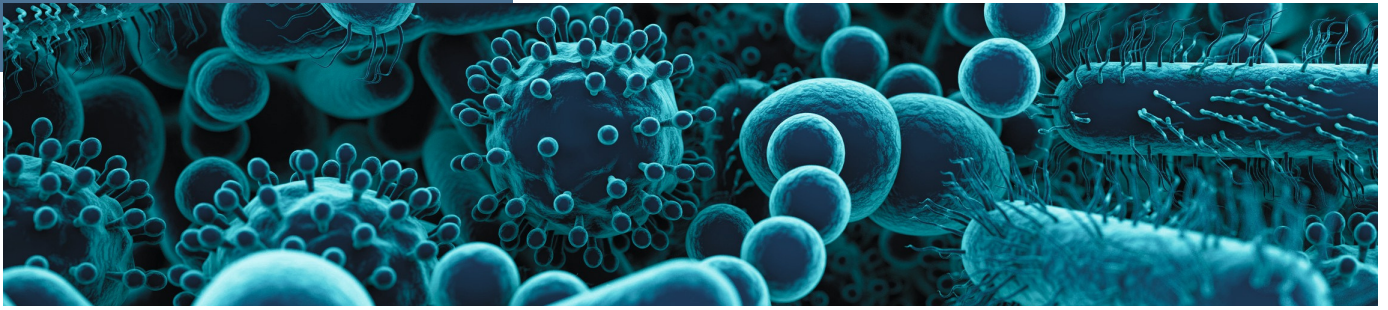
Dosage: SUB Q Injections as prescribed

IGF-1 / LR3 (Supports Energy + Mitochondria Recharge)

Muscle Recharge- IGF-1/LR3 increases the myostatin pathway for muscle growth and recovery. It protects muscle cells and increases proprioception. IGF-1/LR3 is an exercise Memetic that activates the MyoD protein which is triggered by exercise or damaged tissue responsible for hypertrophy.

Nootropic and Longevity- IGF1 is the key that unlocks BDNF for neuroplasticity. IGF-1/LR3 prevents kidney and liver disease and wards off dementia. IGF-1/LV3 controls inflammation and turns off autoimmunity.

Dosage: SUB Q injection 5 days on 2 days off



Ipamorelin (Supports Lean Muscle + Endurance, and Immune Reset)

Hunger Control- building muscle is a centerpiece of Ipamorelin through the growth hormone pathway which also increases hunger. Ipamorelin tames the hunger and jumps up the growth hormone by turning off somatostatin for a 7x greater release.

Overuse of Medications- Ipamorelin helps combat the side effects of glucocorticoids for pain conditions and bisphosphonates that treat osteoporosis.

Dosage: SUB Q Injections 5 days on 2 days off

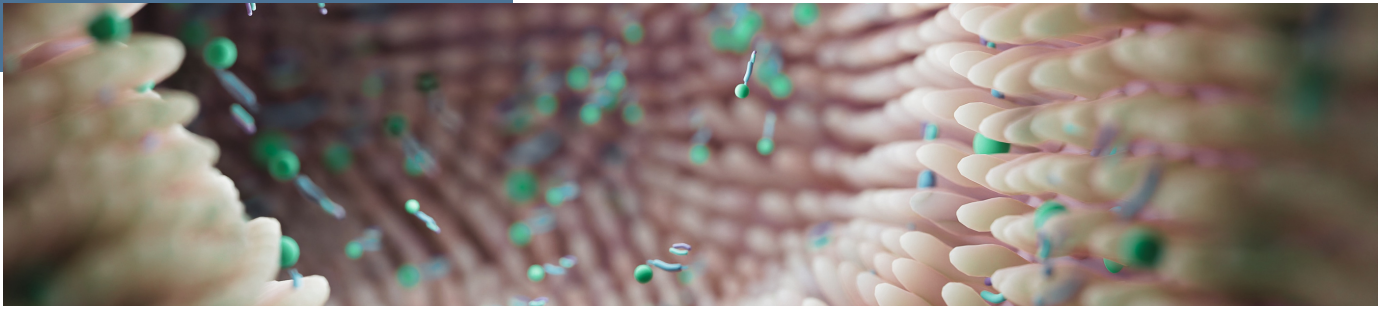
KPV (Supports Immune Reset and Gut Recharge)

Regulate It- KPV is a small peptide chain of 3 amino acids that works like the conductor of your genetic orchestra and turns on genetic expression with just the right pitch while silencing those off-tune so that your innate and adaptive immune response aligns to protect you when you need it most.

Healing Energy- KPV works on a pathway in Chinese Medicine known as the Wei Qi, or the Protective Force, which is an invisible energy field circulating on the outside of your skin. I think that the Wei Qi pathway is the alpha-melanocyte-stimulating hormone, which modulates skin pigmentation and immunity.

Fever Reduction- KPV cools the inflammatory fire in feverish conditions via the MSH-alpha pathways.

Dosage: SUB Q injections or Oral ingestion as prescribed



LL37 (Supports Gut Recharge)

LL37 is naturally secreted in humans only as a response to infections and is one of the body's most advanced anti-microbial, anti-viral, anti-bacterial, anti-fungal, and anti-inflammatory peptides. It might be the most promising replacement for antibiotics because of its ability to select pathogenic from friendly microbes.

****Leaky Gut-** LL37 downregulates TL4 and increases IL-18 to decrease inflammation, repairs leaky gut by binding on lipopolysaccharides (LPS) to stop bacterial translocation and repairs compromised barriers.

SIBO and Biofilms- Useful for IBS or any acute or chronic infections. Breaks down biofilms in SIBO, mold, and Lyme disease, and corrects inflammatory conditions of the intestines.

Dosage: SUB Q Injections as prescribed

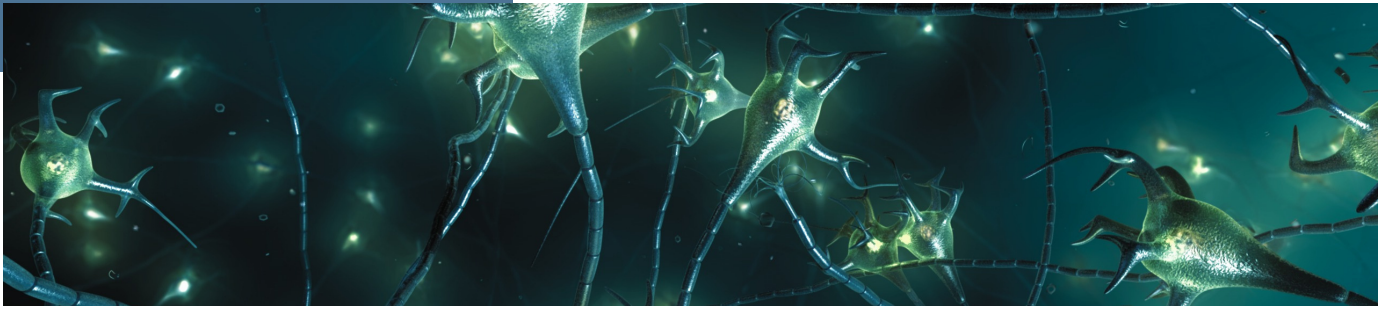
Melanotan 2 (Supports Sexual Rejuvenation)

Arousal Activator- beyond getting darker skin pigmentation, Melanotan 2 increases sexual arousal, promotes reproductive area blood flow, and binds to genes that regulate hormones.

Stimulation with Impulse Control- Melanotan 2 increases sexual arousal while also improving impulse control with alcohol and eating.

Bonus Territory- Melanotan 2 helps stabilize blood sugar, improves satiety, and also aids in alertness.

Dosage: SUB Q injections 2 to 7 times per week as prescribed



MOTS-c (Supports Energy + Mitochondria recharge)

10x Exercise Capacity- your MOTS-c peptide triggers longevity, metabolism, and insulin sensitivity while increasing brown fat activation. MOTS-c activates heat shock proteins for muscle recovery through the AMPk energy-building pathway.

Goodbye Osteoporosis- MOTS-c activates type 1 collagen metabolism in bones by regulating the TGF-beta pathway for osteoblast stem cells which give way to gorgeous bone mineral density.

Age Reversal Medicine- MOTS-c is more expressed in Japanese populations that live longer. It has also been shown that patients with heart disease have lower levels of MOTS-c and more endothelial cell damage. MOTS-c lowers cardiac inflammation and improves epicardial vessel function.

Dosage: 1 ML SUB Q Injections or as prescribed

NOOPEPT (Supports Inner Genius)

Supercharged Brain- studies support Noopept's ability to enhance memory, learning, and thinking ability by increased alpha- and beta-rhythms.

Electric Brain- Noopept amplifies neurotransmission signaling between the brain cells for creativity, faster learning, and increased retention.

Faster Focus- reduced fatigue, anxiety, and increased exploratory patterns in the brain. Reduces stress and prevents cognitive decline. Lowers inflammation and protects against plaque build-up in the brain.

Dosage: take 1 AM capsule 3 to 4 times per week



PT-141 (Supports Sexual Rejuvenation)

Get That Sexual Feeling- PT-141 (bremelanotide) bypasses insecurities and builds up desire by acting on the central nervous system via the melanocortin receptors.

Female and Male Enjoyment- PT-141 helps erase hyperarousal disorders in women and even improved sexual function in men with ED than Viagra (sildenafil) so get your date night planned.

Studies show PT-141 to have immune-protecting properties, lowers inflammation, and it even aids in fat metabolism.

Dosage: Nasal Spray or SUB Q injection 30 mins prior to sexy times

RG3 Synapsin (Supports HPA Stress Reset)

RG3 (Ginsenganooids, Methylcobalamine, Nicotinamide Riboside)

HPA Axis Reset- neuroprotective, enhances memory and learning and decreases inflammation. Protects against mold exposures, chemical, and emotional stressors.

Longevity- increases sirtuin pathways via NAD+ for improved cardiovascular health, DNA expression, endurance, and cognitive function.

Dosage: Nasal spray used 1 to 3 times daily as needed



Sarcotropin (Supports Lean Muscle + Endurance)

Brains with the Brawn- Sarcotropin's unique properties of GHRP's (growth hormone releasing peptide), solid amino acid stack, vitamins D3 and K2, and nootropics provides world-class, science-based age reversal medicine that also reduces sarcopenia and keeps your blood vessels squeaky clean.

Dosage: Oral 4 ML dose while fasting

Selank (Supports HPA Stress Reset and Cognitive Reclamation)

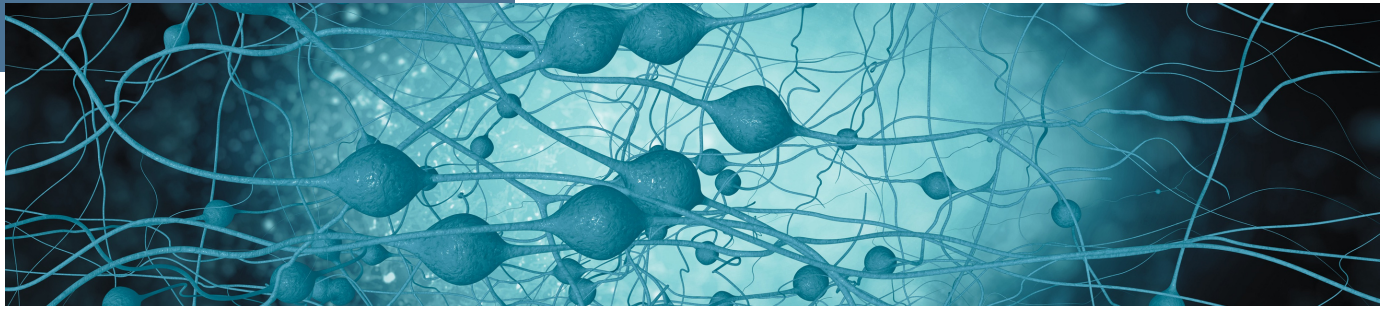
Good Mood- Selank calms your amygdala freak-out zone, by breaking down enkephalins that express fear, anxiety, and aggressiveness... as a bonus, it gently binds on opiate receptors to blunt pain.

GABA-tized- Selank's shortcut to quell your anxiety occurs by activating 52 of the 84 genes that are responsible for GABA, making it a natural "Chill-You-Out-Benzo" that type A's dream about.

Youthful Spark- imagine having your brain's youthful spark restored. Selank might be the fastest way to get there with a 30% increase in BDNF which improves both short/long-term memory.

Brain on Fire to Fire Brain- Selank has been shown to lower TNF-a, IL-6, and other pro-inflammatory cytokines by shifting T cells from Th1/TH17 to Treg which are also fancy molecules that prevent infections.

Dosage: Morning nasal spray daily, or as prescribed



Semaglutide (Supports Your Best Weight)

Weight Loss Superstar- study participants on average lost 15% of their total body weight or approximately 30 pounds.

Blood Sugar/Diabetes- lowers HbA1c, protects beta cells in the pancreas for improved insulin sensitivity, decreases appetite by delaying gastric emptying, and enhances feelings of satiety. Aids in the reversal of Type 2 diabetes but not safe for Type 1 diabetics.

Cardio-protective- semaglutide improves heart rate and blood pressure. Repairs damaged cardiac tissue following an event. Increases left ventricle performance and reduce systemic vascular resistance.

Brain Enhancement- removes beta-amyloid plaque in the brain associated with Alzheimer's disease, and has been shown to improve learning and memory with increased protection of the neurons in the brain.

Dosage: Weekly SUB Q injections as prescribed

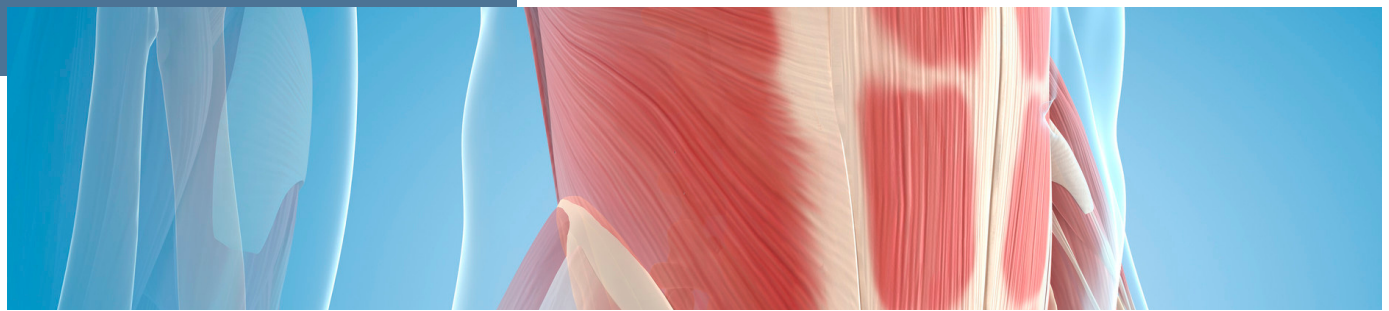
Semax (Supports Cognitive Reclamation)

BDNF- Semax restores brain tissue damage from TBIs, stroke, cognitive impairment, and dementia, and calms inflammation of the optic nerve so that you make your coordination and inner athlete great again.

Serotonin and Dopamine Reset- Semax optimizes your brain's rest state for better focus, less depression, and faster learning so that you feel more attentive professionally, and socially, and finish what you start.

Smart Genes- Semax stimulates the expression of 24 genes that improve your brain's circulation and energy production and enhance brain cell activity for an ideal nutritional supply for maximum productivity.

Dosage: Morning nasal spray daily, or as prescribed



Tesamorelin (Supports Lean Muscle + Endurance)

Liver Health- proteins are well established as building blocks for muscles and your liver is responsible for converting the proteins you eat into slabs of muscle.

Tesamorelin has been shown to repair even the most damaged liver so you can rebuild the frame that you want in a shorter amount of time.

Belly Fat Converter- Tesamorelin/Ipamorelin effectively turns your accumulation of mid-section overage into a defined masterpiece by working on your natural youthful growth hormone pathways.

Cardio-Brain Reset- Tesamorelin is a great way to lower non-optimal ranges of cholesterol and clean out your pipes with its inflammatory lowering and regenerative properties. This peptide also improves cognitive decline while you are putting on muscle and enjoying your favorite “Fitness 50 at age 100” challenges.

Dosage: SUB Q Injections 5 out of 7 days

Tesofensine (Supports Your Ideal Weight)

Happy Weight Loss- norepinephrine, dopamine, and serotonin reuptake inhibitors for better metabolism, impulse control, and happy weight loss. Norepinephrine stimulates fat metabolism, dopamine promotes satiety, and serotonin helps prevent overeating. Increases BDNF for learning and reduces depression.

Lose Weight for Good- the effectiveness of Tesofinsine on appetite control remains even after participants no longer used this peptide, leading to favorable long-term eating patterns, not dependent on willpower.

Insulin Resistance- Tesofinsine influences the uptake of glucose which leads to lower fat deposition.

Dosage: 1 capsule daily in the morning or as prescribed



Thymogen Alpha 1 (TA1 Frag) (Supports Immune Reset)

Immune Reinstated- even though your T-cells decline, and your thymus gland shrinks with age. Thymogen Alpha-1 (a thymosin alpha-1 frag) brings them back to life no matter what chronic infection is in the way.

Remodulation- fungal, viral, and bacterial infections can be subtle and devastating to your health, thymogen alpha-1 activates dendritic cells to release antigens that allow your immune system to ward off impending invaders without disturbing your delicate ecosystem.

Odd Cells Out- thymogen alpha 1 is part of your insurance policy against cancer cells by increasing CD-4 and CD-8 cells to stop tumor growth and can be used as adjunctive therapy with chemo and radiation.

Dosage: 1 - 2 capsules daily as prescribed

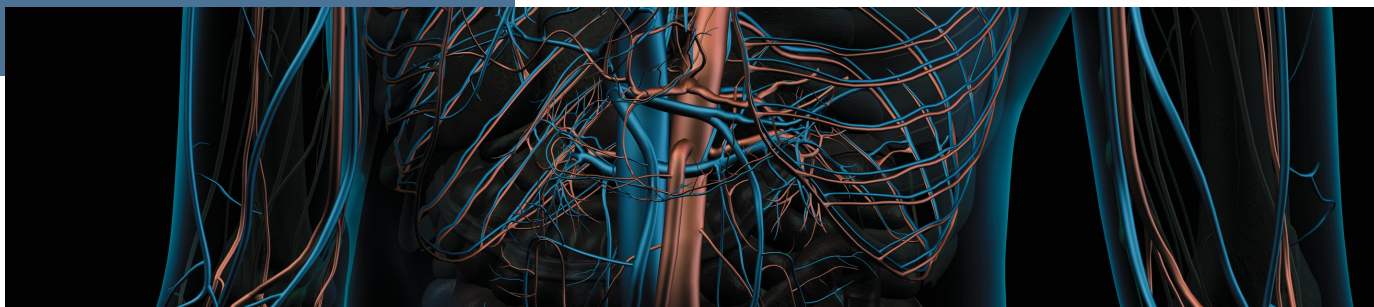
Thymosin Beta 4 (Supports Pain + Regeneration)

Muscle Soreness- alleviates delayed onset and post-workout muscle soreness through the VEGF pathway.

Stem Cell Recruitment- the thymosin beta 4 gene activates stem cells when tissues are damaged which improves cell migration, inflammation, and degeneration.

Brain Health- thymosin beta 4 has neuroprotective properties and its immune properties decrease beta-amyloid plaques in Alzheimer's disease and increase neuronal autophagy.

Dosage: Daily oral, topical, or SUB Q injections as prescribed



Trizepatide (GLP 1)

Ideal Body Composition- when compared to Semaglutide, participants who received Tirzepatide had a greater overall reduction in weight with fewer issues with nausea and gastric distress.

Dysglycemia- when compared to Semaglutide, Trizepatide had a slightly better ability in lowering HbA1c which helps protect beta cells in the pancreas for improved insulin sensitivity.

GLP-1 agonists like Trizepatide are cardio-protective and participants see a lowering of blood lipid levels and blood pressure.

Brain Enhancement from GLP-1 agonists- removes beta-amyloid plaque in the brain associated with Alzheimer's disease, has been shown to improve learning and memory with increased protection of the neurons in the brain.

Dosage: Daily SUB Q injections as prescribed

VIP (Supports Gut Recharge)

Vasoactive Intestinal peptide relaxes the smooth muscle in the gut, lowers blood pressure, and aids the immune function with mold and Lyme exposure. Balances the parasympathetic nervous system.

Dosage: Daily nasal spray as prescribed



Age Reversal BIOREGULATORS

Pineal

Pineal, the most heavily studied peptide for longevity, seems to have an impact on the pineal gland which regulates circadian rhythms, sleep, and DNA repair. It wards off Alzheimer's, MS, and Parkinson's and slows down the aging process. With just 2-3 annual cycles of 2 capsules per day for 30 days, you will be well on your way to living unreasonably long with unreasonable health.

Vessel (Ventorf)

Vessel (Ventorf) peptides reside on your arterial walls and are there to repair vascular damage and regenerate blood vessels in your heart and brain. Taking 2 capsules daily for 30 days can help lower blood pressure, reduce coronary heart disease, and resolve atherosclerosis of cerebral vessels.

Thymus (Vladonix)

Thymus (Vladonix) peptides provide a direct action on your immune cells which protect and regulate cellular metabolism. For faster recovery from infections or a protective approach to cancer, taking 2 Thymus peptide capsules a day for 30 days is your go-to for the age-reversal benefits of a healthy immune system.



Organ Charging BIOREGULATORS

Liver (Svetinorm)

Your liver peptide (Svetinorm) helps remove elevated levels of ferritin and hematocrit, it also eliminates toxins from infections and chemicals. By using 1-2 capsules a day for 30 days, you are well on your way to reversing the age of your liver and stimulating healthy protein absorption.

Kidney (Pielotax)

Kidney (Pielotax) peptides are naturally released to remove kidney disease and keep your electrolytes and hydration in the cells and not the toilet. Taking 1-2 capsules each day for a month regenerates the kidney tissue, resolves stones, and improves urinary disturbances.

Pancreas (Superfort)

Pancreas (Suprefort) peptides repair DNA damage to your overworked pancreas to stabilize blood sugar, aid in digestive enzyme production and improve protein synthesis. Taking 1-2 capsules per day for 30 days will allow you to easily digest fats, proteins, and carbs.



Youth Hormone BIOREGULATORS

Testicle (Testoluten)

testicle (Testoluten) peptide helps regulate the healthy release of testosterone and other androgen hormones without blunting the brain's response. Important for healthy sperm count and motility, taking 1-2 capsules per day for 30 days, the testicle peptide can improve all aspects of life.

Prostate (Libidon)

Prostate (Libidon) peptide extract reduces the chances of prostatitis and can normalize erectile function. One of the best peptides to protect the breakdown of the prostate, Libidon is a favorite for men over 40 for eliminating nighttime urination. Take 1-2 capsules for 1 month.

Ovary (Zhenoluten)

Your ovary (Zhenoluten) peptide restores healthy menstrual function and sex hormones. Taking 1-2 capsules for 30 days has been shown to reduce menopausal disorders, ovarian dysfunctions, and endometriosis.



Lung + Muscle BIOREGULATORS

Lung (Taxorest)

Breathing is the ultimate superpower that unites the heart and mind and the lung (Taxorest) peptide extract creates a superior respiratory experience for the fitness enthusiast. Taking 1-2 capsules for a month will give your respiratory system the overhaul you need on your endurance adventures.

Muscle (Gotratix)

Having a “Muscled-Up Future” requires the muscle (Gotratix) peptide extract for reducing muscle fatigue, improving recovery time, and to influence protein synthesis for muscular growth. Taking 1-2 capsules for 30 days will give you the speed of Usain Bolt and the endurance of Forest Gump.



We have a mantra at East West Health that anything worth doing is worth doing well. While peptides have proven to be “worth doing” for so many conditions, they can also be misused when you don’t have a team of experts to provide you with the right peptides at the right time. To do peptides “well” you will want to activate dormant pathways like your HPA stress axis or your gut-brain connection. You will also want to make sure that your body has optimal detoxification and nutrients for the signaling pathways of the peptides to be fully expressed. We’ve learned the secrets to maximizing your experience with peptides.

The next step is taking you through a discovery day. You’ll meet with our Health Ascension specialist so that we can get to know you and see what testing would be the most beneficial. We like to have labs available before you meet with one of our Functional Medicine Practitioners and your Health Ascension specialist will determine what labs you need before then. We’ll ask a lot of questions (questions most doctors won’t ask), but it’s not just busywork.

Here’s to an incredible adventure in your health!

Love,

Regan

Regan Archibald, Lac, FMP, 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 (acueastwest.com) and Integrated Pain Specialists. Regan is the founder of Go Wellness and is the creator of the Peptide Mastery Course. He is a member of the International Peptide Society. He is the author of 8 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, increase performance or optimize their health.

REGAN ARCHIBALD

