

Heal Naturally: Discover BPC-157 Benefits

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Hi, everyone, it's Dr. Jen. Welcome back for another mini-talk with me. We are going to talk about BPC 157. You guys are going to learn so much about this at this peptide. BPC 157 is also known as a Body Protection Compound 157. It's a peptide derived from a portion of a protein found in gastric juice. We make it. It's found in us. It has gained a lot of attention recently for its potential therapeutic properties. This includes promoting tissue healing and reducing inflammation in our GI health or GastroIntestinal health. It's believed that the mechanism of action exerts its effects by modulating various biological pathways involved in tissue repair and regeneration. It's been shown to promote angiogenesis, which is the formation of new blood vessels, stimulate collagen synthesis, and reduce inflammation, which helps accelerate the healing of injured tissues. What's cool about it is that you can use it in different ways. Some of the different ways we can use BPC 157 include injecting it subcutaneously into the stomach. I like to use it for trigger points. You know, the closer the joint to where you put it or the problem, the more helpful it can be. It can come in cream, so topically wound healing is helpful, eyedrops. for things like dry eyes, different corneal issues, and good healing. It also comes in an oral capsule. This comes in 500 micrograms, taken once a day. The oral is helpful with gastrointestinal issues.

It's a showstopper. I love that one. When we look at the potential benefits, we see accelerated healing of muscle skeletal injuries such as tendon, ligament, and muscle injuries, protection against gastrointestinal damage, and promotion of gut health. This is great for inflammatory bowel diseases. If you have a leaky gut, this is something that I tend to reach for right away to reduce inflammation and pain. This could be used in other different processes if someone has just, you know, I have a patient who played football in high school, and he was just sore every morning when he woke up. Now they're not anymore. This helps improve joint health and function. As I said, it can be administered in various ways. The dosing depends on how you're using it, too. This would be something you would work, with a provider with dosing safety. BPC 157 has been shown to have a favorable safety profile in preclinical studies and clinical trials. This is something that they've also done animal studies with.

Very important therapeutic role and tissue healing, reducing inflammation and overall health. How does it exactly work? Let's dig in a little bit more. For the promotion of tissue healing, BPC 157 has been shown to accelerate the healing of various types of tissues. This is tendons, ligaments, muscles, and bones. It appears to stimulate the proliferation of fibroblasts, which are cells that are responsible for synthesizing collagen and other extracellular matrix compounds essential for tissue repair and regeneration. As we mentioned before, BPC 157 can enhance angiogenesis. The formation of new blood cells. This is important when we talk about wound healing and tissue healing which will promote more blood vessels to create more healing. The anti-inflammatory effects are achieved by modulating the activity of inflammatory mediators and cytokines. It has been shown to reduce the production of pro-inflammatory cytokines. These would be cytokines such as tumor necrosis factor-alpha, TNF alpha, and interleukin six (IL-6). then there's also the promotion of anti-inflammatory cytokines. That would help mitigate tissue damage and promote a more favorable environment without all those inflammatory cytokines for gastrointestinal protection, BPC 157 has been studied for its effects on the GI tract and in conditions associated with inflammation or an acute injury to the GI tract.

It appears to promote the healing of GI mucosal tissues and enhance mucin production. Mucin: You have your gut lining, and mucin is that protective layer of the gut lining. We have, like, adventitia, which has gotten a lot of press lately. It's a bacteria in our gut. That is mucin. The bacteria love to promote it and eat it. That, paired with BPC 157, would be helpful. Also, this peptide is going to reduce oxidative stress and inflammation in the gut. all of these different effects of the mucin, Li inventory processes. That's going to help the health and the actual integrity of that gut lining. This is hopefully going to help you protect yourself. You can take it preventatively. If you have an active problem with the GI tract, such as inflammatory disease or something like gut dysbiosis, this will help. Some studies are showing the possibly neuroprotective properties of BPC 157. You know, this is something that we are also looking into. That is exciting. BPC 157 can also help with pain because it reduces inflammation when and wherever you use it.

I love BPC 157 and all the different ways we can use it. I think an accessible way of using it is the oral capsules, which will help with the GI tract, and that is used a lot in my practice to get people's gut integrity and function fixed, get that leaky gut together, and reduce autoimmune diseases. That's helpful because we know that all diseases begin like that. I also love BPC 157 for trigger point injections and inhaling. It is a great peptide. Like all the peptides, they are so great and have great safety profiles. Thank you so much for listening to this mini-talk. I appreciate you being at the Peptide Summit.