

# SLOWING DOWN THE AGING PROCESS WITH PEPTIDES, DETOXIFIERS AND ANTI-GLYCATION DRUGS.

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Modern anti-age medicine is inconceivable without understanding the aspects of hormonal regulation, biochemistry, genetics and molecular biology. The leading position in the anti-age industry is occupied by cosmetology and the use of hormone replacement therapy. The second place in popularity goes to antioxidants for oral and injection use. The third place in our rating belongs to the use of placenta-based medication. On the fourth — the precursors of neurotransmitters and hypoglycemic drugs. In a separate line, we highlight the complex use of peptide bioregulators and homeopathic drugs. Today we will talk mainly about peptides and their role in anti-age medicine.

There is a great variety of peptides, but we are, primarily, interested in bioregulators, which correspond to the work of various organs and systems, which were singled out in a separate class, studied, and tested. Subsequently, drugs and parapharmaceuticals were developed on their basis. Studies of the last five decades show that the complex use of peptides significantly increases the average life expectancy of a person by more than 30 percent, and in some cases — by 42 percent.

At their core, bioregulators are fragments of spent and utilized protein that perform special signaling functions. They complementary interact with the starting areas of gene reading, triggering protein resynthesis in the cell, the one of which they are fragments. This is a highly effective mechanism of cell self-regulation. Bioregulators are characterized by targeted action, so we always talk about a group or complex of drugs. Peptides have no toxic, mutagenic or carcinogenic effects. They can be used in accordance with your preferences to maintain the quality of work of certain systems, and for the prevention of accelerated aging. There are many patterns and protocols for the prevention of aging using peptides. It is customary to work primarily with the neuro-endocrine and immune systems in combination with the brain and the vascular wall. Then we can proceed to work with the rest of the organs. Today we will move away from classical representations, since they do not always work for everyone.

It should be understood that the acceleration of the aging process is based on stress adaptation disorders, intoxication, and immune disorders. Following this, the rate of tissue renewal and the work of the reproductive system fail. Deficiency of neurotransmitters develops. Against the background of widespread peptide deficiency and mitochondrial dysfunction, degradation of all types of tissues, especially collagen, develops. All of these processes are accelerated by glycation, which exacerbates mitochondrial dysfunction and intoxication, incapacitating receptors, enzymes, proteins, and peptides. Glycation leads to damage and inflammation in the vascular wall in case of atherosclerosis etc.

Only when one understands the complexity of the aging process, all the breakdowns in this huge machinery, can one think professionally and creatively. Injections of antioxidants or glutathione in

combination with placenta-based medication give a phenomenal, but temporary effect. In addition, it is not always clear what placenta-based drugs are composed of, and what processes they launch and stimulate. Therefore, before using placenta-based medication, a thorough examination of patients is required, which will exclude any risks. Peptide drugs are in a winning position due to the lack of any risks. You can use medication, which are extracts of organs and tissues of calves or their synthesized analogues. Peptides can physiologically correct hormone levels in some cases; they do not have a withdrawal syndrome or a huge list of contraindications. Essentially, peptides are highly concentrated food elements, as the usual diet does not cover the body's needs for signaling molecules against the background of age-related changes and advanced distress syndrome.

At times, it seems that you can pick up a manual on the complex use of peptides and solve many age-related problems. Technically, you can, but more and more often, we face the fact that it is not possible to solve the problem of early aging of the reproductive system in the classical way, even though five years ago success in this area was vastly discussed. So what's the deal? The answer is that every time we need a more subtle approach to patients with advanced distress syndrome. Because, despite all the lab results that speak of Adrenal Fatigue Syndrome, adrenal medication doesn't seem to work. We help fight insulin resistance, cope with it, while the level of hormones remains the same. However, when you carry out infusion detox therapy and apply certain methods for correcting the work of the epiphysis, hypothalamus and pituitary gland (for example: homeopathic correction) — the level of sex hormones and other indicators becomes desirable. Why is that? Because the problem initially lies in the disrupted work of the mitochondria, epiphysis, hypothalamus, and of course — the liver. Therefore, today we will share our modern vision of the prevention of premature aging.

### **Things you should know:**

01. Patients should use a complex of assets for a long time to correct the state of the body and mitochondria. These are certain dosages of glycine, acetylcysteine, carnitine, magnesium, myoinositol, thioctic acid, vitamins D3 and K2, and citrulline. L-arginine requires a separate period of monotherapy and is not used in combination with anything, as well as coenzyme Q10. The latter in the form of ubiquinone is not suitable for everyone, so the ubiquinol form is preferable. This is the so-called base for intake within 12-16 weeks, since mitochondria begin to effectively emerge from a crisis state only after 8 weeks.
02. Against the background of this therapy, at the very beginning, it makes sense to conduct a course of 4-6 intravenous infusions of glutathione in order to significantly remove the background of intoxication and facilitate the work of the liver. Next comes the time for peptides and other par-pharmaceuticals.
03. We put Endoluten, a pineal gland peptide drug, at the forefront. One should use it from the first week — 1 capsule in the morning 1 time every 3 days for 4 months. This is the most optimal rhythm for bringing the entire neuro-endocrine and immune system to a desirable physiological level. Endoluten restores the level and cyclicity of the synthesis of serotonin and melatonin. It also regulates the work of the adrenal glands, immune and reproductive systems. It has an activating effect on the 2nd phase of detoxification, activating the system of glutathione, catalase and superoxide dismutase through melatonin. Moreover, Endoluten reduces the level of insulin resistance, which also has a positive effect on the state of the vessels, and additionally on the level of free sex hormones. The pineal gland peptide exhibits direct telomerase activity, restoring the length of telomeres in accordance with the physiological norm. This peptide reduces by several times the incidence of spontaneous and induced tumors. It is also called the «gold standard of longevity».
04. What else can be included in the pattern for overcoming the distress syndrome and preventing accelerated aging? Liver peptide drug (OVAGEN/SVETINORM) to accelerate the detoxification processes. One should include it after 2 weeks from the start of the therapy. Duration of admission — 1 month.
05. For the same purpose and in the same period, we need to include the antioxidant drug COMPLEX 3D with superoxide dismutase, catalase, dihydroquercetin and glutathione precursors. Duration of admission — 2 months.



06. Starting from the 6th week, we can include vascular wall peptide drugs (VESUGEN/VENTFORT) and the brain peptide drugs (PINEALON/VESUGEN). Duration of admission — 1 month.
07. Only after 10-12 weeks, we add medicine of the gender profile (TESTOLUTEN/ZHENOLUTEN) and cartilaginous tissue (KARTALAX/SIGUMIR). The duration of their reception is 1 month. Let me remind you that earlier the focus was on the use of a group of peptide drugs at once without detox therapy and correction of mitochondrial functions. Now preference is given to monotherapy with the epiphysis peptide in combination with detox and the gradual introduction of other peptide drugs.
08. Since we paid special attention to the glycation process as a universal tissue degradation amplifier, there is a direct need to prescribe our complex anti-glycation drug REVILAB Anti-AGE from the first day of therapy. This is the most optimal tactic and strategy for bringing the body out of an uncontrollable crisis and significantly slowing down the aging process.

**Table 1.**

Plan for the prevention of premature aging using a complex of peptides, antioxidants and antiglycans.

Weeks 1-2	Weeks 2-4	Weeks 4-6	Weeks 6-8	Weeks 8-12	Weeks 12-14	Weeks 14-16
Mitochondria function correctors (base assets)						
Glutathione						
Endoluten	Endoluten	Endoluten	Endoluten	Endoluten	Endoluten	Endoluten
	Ovagen/ Svetinorm	Ovagen/ Svetinorm				
	Complex 3D	Complex 3D				
			Vesugen/ Ventfort	Vesugen/ Ventfort		
			Pinealon/ Cerluten	Pinealon/ Cerluten		
					Testoluten/ Zhenoluten	Testoluten/ Zhenoluten
					Cartalax/ Sigumir	Cartalax/ Sigumir
Revilab Anti-AGE	Revilab Anti-AGE	Revilab Anti-AGE	Revilab Anti-AGE			

## Conclusions

Modern anti-age medicine is unthinkable without the use of modern, highly effective and safe peptide bioregulators. The use of various methods for the prevention of premature aging requires a clear justification and systematization. Today, it is preferable to combine the correction of mitochondrial functions, antiglycation, detox therapy and long-term administration of the pineal gland peptide as a monodrug. All other peptide bioregulators should be included in the therapy protocols with a significant delay and in gradual stages.

