

#672 Peptide Contamination: Heavy Metals in Peptides & Misleading Purity Reports | Bryce Gonzalez

Dr. Wendy Myers

Welcome to the Myers Detox podcast. I'm Dr. Wendy Myers, and on this show, we talk about everything related to heavy metal and chemical toxicity, the health issues caused by these toxins, and a lot of other advanced topics in health. Today, we're going to be talking with Bryce Gonzalez about peptides, and specifically GLP-1s. We're going to be talking about Ozempic, Wegovy, retatrutide, and all the regulation issues surrounding those peptides and drugs. We'll address the top 10 peptides that you want to be using for longevity and for your health to optimize your health and youthfulness as much as possible, and these are definitely all peptides that I have tried and really love.

RFK Jr. is pushing back on trying to remove the regulations off peptides, and then the drug companies are trying to regulate. So we're going to talk about those issues as well, and all the many benefits of peptides and what they are exactly. If you're interested in this topic, this is a really good show, especially if you're interested in GLP-1s and weight loss and addressing high blood sugar and diabetes with GLP-1s. Bryce makes some really good distinctions you want to hear. Bryce, thank you so much for joining us on the show.

Bryce Gonzalez

My pleasure. How are you?

Dr. Wendy Myers

Very good. Thank you. I was introduced to you by my friend Matt Kaufman, and he said you're an expert on peptides and that he'd never talked to anyone who was more knowledgeable about peptides than you. So of course that caught my attention. I wanted to have you come on the show, because I love peptides myself, and I think there's a lot of nonsense. It's like the Wild West out there when it comes to peptides: what's good, what's not, and just what to use. There's just a lot of healthy skepticism, and there's fear around it as well.

So you used to be in counterintelligence and in the military. That was very military of you. How did you go from doing that to becoming an entrepreneur in the wellness space and having a peptide company?

Bryce Gonzalez

I'm still not sure. The one thing I'll give myself credit for is I'm just always going to take a risk on myself. Everything else, God just opens doors. This wasn't some grand design that I had. When I joined the military in 2008, I was lost. I had run out of options, really. I was crashing on this friend's couch and that friend's couch. I remember I had worn out my welcome. I called my dad, and I was like, "Hey, Dad, I need to come home." He was like, "No. No, you can't come home." That kind of gut punch. I'm sitting here thinking I'm going to be homeless. I'm 20 years old. I was just a kid.

My dad called me back the next day and was like, "Hey, if you come home, there's one rule. You're going to go to the recruiter's office, we're going to sign papers, and you can stay at my house until you ship out." I'm glad that he did that. What a dad. He knew I needed it. I wasn't quite convinced that this was going to be a good thing for me, but it was the best decision I ever made. I took my ASVAB. I scored really well. I've always been physically fit. Basically, I was able to join the military in the intelligence community. But when you're able to run, jump, shoot, and swim, they take those people from the intelligence community and move them over to the special operations intelligence community. So that's what ended up happening with me

At the beginning of 2008, I joined. At the end of 2018, I'm like two months shy of 11 years in service. I was 32, and I had the epiphany that I'll never really be rich in the military. I wasn't certain what that even meant. I just knew that at this point I felt like they had equipped me with all the skills that I needed to go and be successful in whatever endeavor that I set myself towards, and I was going to roll the dice and bet on myself. I didn't have a plan. I got out of the military with no college degree behind me, nothing really that I could hang my hat on other than the fact that I have been down the rabbit hole of peptides and human performance ever since I got indoctrinated into the military.

I remember when I first joined, I was around savage killers. Not necessarily in the literal sense. Yes, in the literal sense, but like in every discipline of their life. These guys are so disciplined, and they are so physically fit. I was eating Pop-Tarts six times a day. 20 years old, I didn't know any better. I didn't even know that they weren't food. I remember one of the Navy SEAL master chiefs was looking at me, and he was like, "You know, if you can't even tell yourself, 'Don't walk over to that box of donuts,' open that box of donuts, and eat that donut, then I don't want you anywhere near me. You don't have any discipline, and you're a liability to me." I was like, "Oh, okay. So I better learn about nutrition."

That's when I was a big liability for many decades. Not anymore, though. I'm a savage killer. This guy, I wanted to be like him so much that I was like, "Okay, I need to impress this person or at least convince them that I'm not going to be a liability to him." So I started learning from biochemists, and not just any biochemists, like, guys who were also physical specimens. Dr. Robb Wolf, Dr. Kurt Harris- these are the guys that I gravitated to, and everything they said about food and nutrition was in stark contrast to the food pyramid.

So I started realizing, well, I guess we've been lied to, and what else have we been lied to about? Shortly after that is when I discovered peptides like BPC-157 and TB-500. Over there, back then, there weren't any online places to get them. There were no pharmacies making them. There were no doctors who had heard of them. Guys were just bringing them back from overseas. They had Russian lettering on them, in glass ampules, and people were using them to heal their ligaments, tendons, and cartilage. It's a young man's game, being in the military like that. And I'm 40 now; I

was 20 then. The guys that were 40 when I was 20, that's what they were doing to stay young.

So that's really catapulted me to where I'm at today, just being a conspiracy theorist, diving in headfirst, really trying to understand the human body and how we can optimize it. I sold technology for six years after I got out of the military to law enforcement, doing kind of the same thing I was doing in the military, but just for police departments, sheriff's offices, CBP, and things like that. I made some money and decided to go pursue my other passion, which is health and wellness. So that's how I got here. Long-winded way to say.

Dr. Wendy Myers

You have a peptide business called Helios.

Bryce Gonzalez

Correct.

Dr. Wendy Myers

So tell us what peptides are and why there's so much excitement around them, and I certainly love them. I personally use them, not every single day, but a couple of times a week. They've helped me immensely. I love BPC-157, and I love Retatrutide. They both completely revolutionized my health, my weight, my performance, my ability to work out in the way that I want, and things like that.

Bryce Gonzalez

That's amazing. I'm glad that you found them. I'm glad that you're not scared of them and that you're leveraging them to optimize your life. That is truly what they are in a nutshell. They are human optimization levers. These are signaling molecules. The way I like to describe them to people is they reset your body to factory settings. The Western world, the world that we live in, is trying to disrupt our body's ability to function as designed. What peptides do a really good job of is resetting systems that were stuck, hung up, and degraded. So the way I like to describe it to people is they remind the body of its own inherent capability to perform a certain function.

If we analogize it to a computer, if I wanted to shut a computer off and I had a choice between a peptide and a pharmaceutical medication, a peptide would be like hitting

Control, Alt, Delete. The computer recognizes that code. It brings up the screen. You pick restart, and it shuts itself down. It's a very natural, healthy way to either restart or shut your computer down. Pharmaceutical medication would be like a sledgehammer, and I can just bludgeon that laptop until it shuts off. Yeah, I shut it off, but I also broke the computer in the process.

Oftentimes, we all know the hospital is great if you get into a car accident, you have a heart attack, and you break a bone, things like that. But as far as preventing people from getting sick or reversing illness, they do a terrible job at that. They prescribe you something that's going to give you five more diseases down the road. Peptides are the key to preventing disease, promoting longevity in a world that is constantly trying to take that from us.

Dr. Wendy Myers

Yes. So you work closely with a lot of medical professionals that have seen the peptide industry from the clinical perspective and the research sides. What are some of the biggest misconceptions people have about peptides and their applications? Because a lot of people go to buy peptides, and they see for research only, and they are like, "Wait. Whoa, whoa, whoa." Like, what is this? Why does it say research only? What is that?

Bryce Gonzalez

Yeah, it's a good question. So there's multiple different ways that you can purchase peptides in. I have all of them. I own a licensed medical clinic. That's where I'm at right now. It's called Revo Wellness, and we provide 503 compounded. 503 is a designation that's applied by the FDA to a pharmacy.

There's a 503A and 503B, but essentially they both have had FDA come there, inspect every step of their process, and then certify that they meet all or exceed all known standards of the production and distribution of sterile injectable medications. Then underneath that is physician use only.

Again, you need a doctor's prescription to purchase peptides. You can't just purchase these things, like add to cart. You have to have an interface with a licensed medical clinic, but these are also for human consumption to treat and prevent disease in a clinical setting.

Then you have research use, and this was by far and large the only way to get them for the last 10 years. I want to say, what year are we in? So basically, I want to say 2014 is really when research using peptides started in the United States.

Dr. Wendy Myers

Yeah, I've only bought them where they said research only on them. That's the only ones I've found so far.

Bryce Gonzalez

The thing about research use, if this was 10 years ago, 12 years ago, there was a high probability that what you were getting is what it was. The issue now with research use is everyone and their mother is into it. Since we started this 10 minutes ago, there's probably been 1,000 new research use brands popped up. They are throwing caution to the wind. They are trying to get rich quick, and they are just putting out the cheapest possible product and selling peptides for, like, $10 a vial. The issue is, like I said, the last couple of years it's just been crazy, Wild West, like you put it. For a long time you could at least pretty much guarantee that what you were getting had the molecule in it and that it was mostly clean.

Now what's happening, and I see this all the time in my clinic, is I have young kids who come in and they're like, "Man, I don't know what's going on." We give them a blood draw. Their testosterone is tanked. Come to find out they've been buying research use peptides off just any site. There's no testing done to them, and they just have a shitload of heavy metals blocking the signal from the pituitary to the testes to produce testosterone. We detox them, and usually that signal starts again. It's not that they were broken. They've just been buying really cheap, dirty peptides.

So I've stayed out of research use for quite a long time because of that very reason, but I've come to the realization that no one is going to stop buying them just because I tell them to. They're not going to stop. They're going to still continue, and I figured, hey, I might as well put out a product that is worthwhile, that is clean, and I can stand behind it. I would use it myself. So that's what we did with Helios. The same steps are followed through the compounding, through the physician use, applied to the research use side, same processes and machines, and then we independently tested ourselves to make sure that there's nothing in there that shouldn't be in there.

Because that's the difference. If you go online, you might buy BPC-157, but what they're not telling you is that it is not pure. You just look at the HPLC report and it says, "Oh, it's 99% pure." The undiscerning buyer goes, "Oh, it's 99% pure." That's only speaking to the peptide inside the vial. It's not telling you that there isn't lead, cadmium, mercury, or endotoxins in there. You need more advanced testing for that, and that's what we're doing at Helios.

Dr. Wendy Myers

Yes, that's why I wanted to have you come on the show, because I hadn't heard anyone talk about removing the heavy metals from the peptides or the process of doing that. Most people don't think about that, don't talk about that. So tell us, how do you go about that, removing the heavy metals?

Bryce Gonzalez

I don't. But the people that I purchase them from, they do. So I can't speak to the exact way that it's done, because I'm not a physicist. But when you synthesize peptides, there are certain heavy metals that get created as a byproduct. There are certain heavy metals that are used to create bonds. So at every step, you want to clean them, and that's what's not being done in most instances. That's what's not even being tested for because they're using the same loophole that they're exploiting, the research use only, not for human consumption. That's how they're legally allowed to sell them without a prescription. They're using that same loophole that they're exploiting to sell them to you as justification as to when you get heavy metal sick, say, "Oh, well, we told you not to inject them." It's kind of diabolical.

Dr. Wendy Myers

Great. That's what I've been doing for the past few years.

Bryce Gonzalez

No, it's okay.

Dr. Wendy Myers

No, actually, I got them for the first time from a physician, but had definitely bought some online before, for sure. I bought some from peptidesciences.com, which has gone out of business now. They got shut down. Do you know why they got shut down?

Bryce Gonzalez

I think they just saw the writing on the wall. I've heard rumors. I've heard a lot of rumors. I can't confirm any of them. I don't really wish to speculate, but I think my own opinion is they just saw the writing on the wall, and they were like, "Hey, the FDA seems pretty keen to remove these things out of the hands of people," which I'm not for either. I'm not for regulation at all. If somebody wants to use an amino acid to help promote longevity, let it happen.

I'm all about education, making sure that we're using the proper procedures, putting out the best product possible. But there's some people you can tell them straight up, like, "Hey, you probably shouldn't be taking that," and they're like, "Well, I don't really care. It's not affecting me right now". If that's that person's decision, I'm all for it. As long as they know the risks and they don't care, then that's on them. They're adults. They have sovereignty.

But I think that there is a very concerted effort to push these things out of the market. They tried to suppress knowledge of them for forever, essentially. There's no reason that peptides didn't come to the United States until 2014. That's insane. They can't patent them in most instances. They're root cause healers in most instances, so it's not good for business. They didn't make them illegal. They just suppressed knowledge of them for a very long time, and now they're everywhere. So now they're just like, "Okay, well, now we can try to make them illegal."

Ads 17:35

Now a word from one of our sponsors. I use Bon Charge's red light face mask about 10 minutes a day, and I've seen amazing results. It's one of my beauty secrets, and that's why I highly recommend it to you guys and to my patients as well. So this red light face mask by Bon Charge, you only have to use it for 10 minutes a day. It's a really easy part of my beauty routine. I've seen amazing results in the tone, the texture, and elasticity of my skin. How it works, it uses optimal wavelengths of near and infrared light to support your skin naturally, and it helps to increase the collagen production and helps to get rid of little spots on your skin, and it's suitable for all skin types.

Bon Charge's premium products are grounded in science, and they're eligible for FSA, HSA, so that you can get tax-free savings of up to 30% off. So if you want to start a

skincare routine that's super easy to stick to, only 10 minutes a day, get your red light face mask today. For a limited time, my listeners get 25% off when you order from boncharge.com. Use my promo code WENDY at checkout to get 25% off. You'll also get free shipping and a 12-month warranty. So go now to get this exclusive offer. That's boncharge.com with promo code WENDY to get 25% off.

Dr. Wendy Myers

Can you tell us about what's going on there for a minute?

Bryce Gonzalez

How much time you got?

Dr. Wendy Myers

Just the short version. For a minute, the FDA was like, "Oh, we're taking these 10 off the market," and then RFK Jr. was like, "No, we're not." Then there's this fight between the FDA and RFK Jr., who's trying to make them available if people so choose to use them.

Bryce Gonzalez

Basically the way that peptides got on the naughty list in the first place was during COVID, there is a peptide called Thymosin Alpha 1. Have you heard of this one? For your immune system. It's amazing. Your thymus gland sits above your heart. It's the master regulator of your immune system. Thymosin Alpha 1 is the exact amino acid that's produced by your thymus gland to keep both sides of your immune system sharp. Your immune system is like the Marine Corps. It has the Marines who go out and kill things, and then it has the generals that tell the Marines which to kill. Thymosin Alpha 1 upregulates both sides of that.

Thymosin Alpha 1 is very useful for people who have autoimmune conditions. We don't just want to upregulate the Marines in those people, because they'll go attack their own body. So all sorts of research has been done with Thymosin Alpha 1 against all types of hepatitis, certain types of cancer, and different types of flus. For COVID, it was very effective at dispatching it. During COVID, people were running around, same as ivermectin, saying, "Hey, this thing is kicking the shit out of COVID." And that's when it got the attention of the higher-ups, and they were like, "Hey, we're putting a hit out on peptides." They moved them. They didn't make them illegal, they just made

them to Schedule II and said that they're potentially harmful. There was no proof that needed to go along with it.

Now, what RFK was saying is like, "Hey, it's been six years, dude. Where's the proof that they're potentially harmful?" You can't just say they're harmful or potentially harmful, move them to Schedule II, and then never make a determination whether they were harmful or not. Once you put them there, you have an obligation to prove that they are harmful, and that's why you put them there. If you can't, then you need to put them back to where they were, where pharmacies can produce these things.

That's what ended up happening is they're not legal, they're not illegal. They're amino acids, so they're in that same category like any other amino acid would be. They basically moved them to where no one could have access to them, and he said, "Hey, you either need to shit or get off the pot. Let us know, are they harmful or not? If they're not, then you need to put them back. If they are, you need to tell us why." A similar thing is happening with the GLP-1 peptides in the same class.

Dr. Wendy Myers

These are medications like Ozempic, Wegovy, and Mounjaro

Bryce Gonzalez

Yes, ma'am

Dr. Wendy Myers

Retatrutide has been essentially removed from the market. You can still get it on some websites, but they're making it unavailable. Retatrutide is the one I take personally as one of the best GLP-1s out there, and I took it to get rid of work on fatty liver, for weight loss and blood sugar regulation. Works way better than tirzepatide or the semaglutide, which is Ozempic. Can you talk a little about that?

Bryce Gonzalez

GLPs are probably the single greatest medical discovery since penicillin.

Dr. Wendy Myers

I agree.

Bryce Gonzalez

They have a side effect of weight loss. Their main effect is they regulate blood pressure, cholesterol, and triglycerides. They remove inflammation or completely suppress it. They improve heart health, liver health, kidney health, brain health. Everything improves when you introduce a GLP-1. It is the single broadest brush that you can paint with from a health perspective. And they are making these things out to be a cheat code or they're stigmatizing them.

If you look, since they've been introduced for weight loss, consumption is down across the board. People aren't drinking as much alcohol. They're not smoking as much cigarettes. They're not buying junk food. They're not buying fast food. They're coming off of all their prescription meds. They don't need their blood pressure medication anymore. They don't need their statins anymore. They're now prescribing it for heart disease. It's the single greatest tool we've ever been given for heart disease and stroke, preventing it.

Dr. Wendy Myers

Just to add to that, high blood sugar is causing so much damage in your body. And it's just an absolute miracle drug or miracle peptide for diabetes and high blood sugar and people are moving in that direction, dealing with all the damage of blood sugar.

Bryce Gonzalez

These are all people that were going to get diabetes at one point, and you couldn't get the medication unless you were a diabetic. Then they started treating obese people with them, and now someone who was going to need to take that medicine every day for the rest of their life because they were Type 2. Now they don't become Type 2, and that throws a kink in the plan. That screws everything up. But like I said, the biggest industries in the world, the fast food industry, the alcohol and tobacco industry, big pharma, big food, all of these guys are suffering.

Dr. Wendy Myers

Yeah, and I think that's why there's a concerted effort to discredit Big time peptides and Ozempic in general. A lot of negative press about Ozempic and all these harms it causes this and that because it's edging in on big pharma and big food's profits.

Bryce Gonzalez

Yeah, and I want to be clear on that. There is not a single documented case of someone that I'm aware of having any sort of adverse effects if they use these tools properly. These are tools. You can take a hammer and build yourself a house with it, or you can break your foot with it, and the problem lies with the application. They are giving people who have no business holding their own medicine too much, and then they're encouraging them to take a bunch. What happens is you have people who are not used to that kind of power, and they're like, "Okay, well, if a little is good, more is certainly better. I don't want to actually change my diet. I just want to use this medication to drop weight off of me. I don't want to lift weights. I just want to use this medication."

Dr. Wendy Myers

And sometimes, to be fair, they're not being told to do that. They're actually being told the opposite. "Hey," it's being sold to them, "no diet, no exercise, just results."

Bryce Gonzalez

When that's the attitude, when you do that, you will be sorry. There is no free lunch. However, when we apply these things at the right dose, lift weights and seek nutrients, it's the most beautiful thing that you can do. I started this four years ago because I wanted access to these medications for me for life. I wanted them for my friends and my family because I was convinced that this is the tool that you need to live the longest, healthiest version of yourself, and I'm glad that you're seeing some relief. Now, as we talk about the three of them, they're all amazing. They all have different use cases.

Semaglutide is going to have the highest affinity for curbing hedonistic behaviors. Alcohol, tobacco cessation, gambling addiction, things like that. Semaglutide works the best in the reward center of the brain. It just mutes that dopamine response to where you're just like, "I'm just holding this beer," and I'm like, "I don't even want it." So it works the best in that case.

Tirzepatide we see has a very high success rate in preventing heart disease and reducing inflammation. It works really well for autoimmune conditions like rheumatoid arthritis, endometriosis, PCOS, those types of conditions.

Then GLP-3 retatrutide for pretty much everything else. If we're just looking for ultimate metabolic mastery, it's going to work the best. That's a generalization. Some people metabolize semaglutide better than any of them. They're the exception to the rule, not the rule itself. But in a very general standpoint, those are the use cases for each one.

Dr. Wendy Myers

It's amazing. I cannot believe how much better I feel compared to a couple years ago, maybe two to three years ago when I first started them. I was definitely inflamed. I was getting injured, high blood sugar. I couldn't eat. Even just like a little cookie or something and my blood sugar would shoot through the roof. I was not heading down a good road.

And when you have high blood sugar, you're on that roller coaster, you're always craving food. You can't just diet and white-knuckle it. Your body is screaming when you have insulin resistance, screaming for food all the time. The same with diabetics, this conundrum. The very thing they need to avoid, their body is screaming for it. Sugar, sugar, sugar. That's why you see all the diabetics drinking these huge Cokes and you're like, "Well, aren't you diabetic?" Like, "Why are you doing that?" Like, "You're killing yourself." But their body screams for it.

Bryce Gonzalez

It's more addicting than cocaine. Sugar is more addicting than cocaine, and they've proven that time and time again with rat studies. If you think about it, we didn't evolve by eating food every day. We went very long periods of time without food. That is how our body is designed to run. Now, fast-forward to today, we never stop metabolizing food. It's in our physiology because of the way that we evolved. We metabolize everything we eat to sugar. In the past, it could've been a week since we ate last, or two weeks even, and we needed that quick energy right now, because who knows when we're going to eat again. Now, today, we never stop metabolizing food, so every time we eat, our body is just producing more and more glucose, and it's wreaking havoc on our system.

Fasting and using something like this is the single greatest tool to just improve your overall health because truly, when you have insulin resistance, you're doomed. It

doesn't matter if you eat a salad, a sweet potato or whatever the case may be. You're dieting. You're trying to get your steps in. You know, you're told to eat less, move more. That's a trap, too. You're just going to lower your basal metabolic rate. There's ways out of it, but it's non-conventional. We have to stop metabolizing food. We have to use something like a GLP to improve that insulin sensitivity. We need to lift weights. We need to eat sufficient amounts of food and we need to seek nutrients. The biggest mistake I see with people on a GLP is they were in a surplus of calories before, low in nutrients because our food is nutritionally poor. They introduce a GLP that drops the amount of calories that they eat. This number also goes. So I need to focus on not just how do I eat less food, how do I get the maximum return on the food that I'm eating?

I need nutrient-dense food, and it used to be the answer was go to Publix, go to Whole Foods. That's not even enough anymore. Those sources are compromised. That food is not from your local area. All that produce that you're looking at is, like, four to eight months old, apples sometimes over a year, and they're picking it prematurely in dead soil anyways. That soil is dead. It's been sprayed for years and years with pesticides, herbicides, all sorts of toxins that's killed the earth. Then they're picking it prematurely. They're artificially ripening it in transit. Once it gets to where they want it, then they artificially preserve it until it gets to your grocery store four months later, and you buy it and take it home, and you think you're doing the right thing. There's no nutrients in that food. It's so sad, depressing, it’s crazy.

I'm blessed that within 45 minutes of my house, there's a very good group of people that grab farm fresh food from the local area, no pesticides, no herbicides, raw milk, all that kind of stuff, and bring it there, and I'll drive as far as I need to drive and I will go broke buying real food because that is medicine

Ads 31:42

Now a word from one of our sponsors. When did you first start looking at the ingredient label on your protein powder? For me, I was making daily shakes and protein shakes, and I discovered that I was eating soy protein isolate, and I thought, "God, what is that?" I started doing some research and some digging and found that whey protein powder is actually the best protein powder out there.

This is a really long time ago. But back then, there wasn't a product testing for heavy metals and chemicals like there is today. But even today, that is still very rare, and that's why I love Puori PW1 protein powder. This is a product that has a QR code on the back, and you could test for 200 different contaminants.

No other protein powder on the market out there is doing this full transparency that Puori is doing, and that's why I highly recommend it. And not only that, but most people don't realize that over two-thirds of the protein powders tested by Consumer Reports study had lead levels above California's Prop 65 limits, and some were 10 times over the limit.

There was another study by the Clean Label Project that found that 47% of top US protein powders also exceeded the lead limits, and 21% were more than double. Puori protein powder is the only protein powder that got a clean certification by the Clean Label Project, so this is very high-quality protein powder.

What's so good about it is that it is made with whey protein concentrate sourced from grass-fed, pasture-raised cows in New Zealand. It's totally free from hormones, GMOs, and pesticides. It comes in three flavors. You can get bourbon vanilla, which is my favorite, dark chocolate, and unflavored. All of these have 21 grams of whey protein from grass-fed cows, including six grams of BCAAs and 2.4 grams of leucine.

They're made with only a few ingredients, and like I said, completely tested for contaminants. Every single ingredient is tested before it goes to the protein powder, and the protein powder itself is tested. So you want to use code WENDY at puori.com/wendy, and you'll get 32% off Puori's grass-fed whey protein when you start a subscription. In addition, you'll get a free shaker bottle worth $30 on your first subscription order

Dr. Wendy Myers

Absolutely. One way I was able to circumvent that nutritional deficiency that you can get by taking the GLP-1s is I take spirulina. So this is Energy Bit spirulina. If I don't take it one day, I'm craving food. If I don't take it for a couple days. I'm having cravings for food all the time.

Bryce Gonzalez

Your body is going to seek food if you don't have the nutrition you need,

Dr. Wendy Myers

Energy Bit spirulina just solves a few different problems. So what about retatrutide? Can you talk a little more about that? Because I think that's one of the more effective GLP-1s, and it helps get rid of a fatty liver, which 100 million people in the US are dealing with.

Bryce Gonzalez

Is it that high?

Dr. Wendy Myers

Yes. It's shocking.

Bryce Gonzalez

Visceral fat is the killer. You have this layer of fat that's just suppressing, pushing and compacting your organs. That is truly where a lot of disease sets in, when your organs can't function because they're just under all this pressure. Retatrutide is the triple agonist. Semaglutide, GLP-1, glucagon-like peptide 1, is the receptor that is primarily responsible for appetite suppression. Tirzepatide is GLP-2. That stimulates that same receptor, and introduces the GIP receptor, glucose insulinotropic polypeptide. That receptor is primarily responsible for fat oxidation.

When we introduce that second receptor, 80% of the medication goes to that second receptor. What that means is, on tirzepatide, you're going to get less appetite suppression. We'll call it control really, which is good because people were just taking ridiculous amounts of semaglutide, and they can't eat. They don't want to eat, and they're starving the weight off. That's not what we want. Tirzepatide allows people to get more calories and nutrients in, while burning fat in the background. So that's the second one. Then GLP-3, retatrutide, adds the glucagon receptor. That's what activates the liver. That's why it's so incredible against fatty liver.

Now, that being said, all of them work really well against fatty liver. The way I like to describe them in their individual is semaglutide's a Corvette. Tirzepatide is like a Ferrari and then retartitudes like a Formula 1 car. They're all incredibly fast. You're not going to get in a Corvette and be like, "Damn, you know, 200 miles an hour just wasn't enough for me". They're all amazing. However, some work better than others in the

greater majority of people. Now, retatrutide is unique in the sense that it has that ability to reduce body weight percentage by unheard of numbers, 30%. So I find it much more suitable for people who are obese, whereas people who are more metabolically well, I usually push towards tirzepatide.

Again, it's just a personal preference. Tirzepatide is usually a little less expensive. Retatrutide is harder to find in most instances. But eventually they're going to patent it and they're going to remove it from the marketplace. They're still pushing for that biologic designation, which would make it illegal to compound no matter what, whereas semaglutide and tirzepatide don't have that designation. And the FDA has said, "No, it's not a biologic. Sorry, you lose." But they're fighting that right now. I don't know how much money it's going to cost them to get this thing categorized as a biologic, but if they do, that's bad for humanity. If they don't, then it should still be available.

Companies are also working on their second iteration or their third iteration, which I don't remember what it's called, but it's an amylin analog. It works similar but on a different pathway, kind of like cagrilintide with Novo Nordisk. These are amylin analogs. They activate the pancreas instead of the liver like GLPs do. Mm. But reta is amazing. I've seen people lose great amounts of weight and build muscle at the exact same time with little to no side effects.

Dr. Wendy Myers

Yeah, I've had zero side effects on it, where I had heartburn with tirzepatide and nausea with Ozempic and I'm probably just taking too much.

Bryce Gonzalez

Can I ask you, were you prone to heartburn in the first place?

Dr. Wendy Myers

No.

Bryce Gonzalez

You've never gotten it before?

Dr. Wendy Myers

No.

Bryce Gonzalez

Interesting. Cool.

Dr. Wendy Myers

Yeah, I am prone to nausea though.

Bryce Gonzalez

Okay.

Dr. Wendy Myers

But I think with Ozempic I was taking too much. I think physicians tend to start people on too high of a dose.

Bryce Gonzalez

100%.

Dr. Wendy Myers

When they actually need to start way, way less. I've had a cousin who desperately needs to be on Ozempic. Really needs to be on it, because she had PCOS, a lot of extra weight and a diabetic and things like that. They started her on this huge dose and she threw up for a week, and she just needed to take a tiny little bit and then just titrate up slowly. But because they gave her too much, she's like, "Never again." Never wants to touch it, and that's just unfortunate. I think a lot of people have that experience and it's not the drug, it's the dose.

Bryce Gonzalez

Yeah, it is unfortunate. Again, I'm a conspiracy theorist, and kind of an overall pessimist when I look at the environment, but I feel like they're doing it on purpose. I feel like, okay, if I can give this person more medication than they need and I can drop as much weight off of them as fast as humanly possible, that is going to be a bad thing for their muscle system. Let's say I have someone who is 300 pounds and I drop 100 pounds off of them, and I do it in relatively short order by giving them too much medication, they can't eat, they're not working out, statistically speaking, half of

that weight came from their muscle mass. That's 50 pounds of muscle they just lost. That means that they now burn calories at a slower rate than they did when they had a weight management problem in the first place.

So when you go to remove the medication, that person doesn't stand a chance at keeping that weight off, and it's going to come back, and when it left, it was half fat. When it comes back, it's all fat. So you just created a dependency and a client for life. On top of it, other people were looking around going, "Oh, wow, John just lost 100 pounds in six months. That's insane. I want to do that." You know? "I've got some weight to lose." So it's like that shock factor which gets more people interested and also is not good for the patient's long-term outcome.

When we deal with people here, I have an InBody machine. We scan them. We make sure they're lifting weights. We make sure we're not over-medicating them. We make sure that they're getting plenty of protein and we're working on their diet. And we don't have anyone wasting muscle. My goal is to make sure that at the end of this, you have the tools you need to high-five, and I never see you again, unless you want to come back for a yoga class or a plant medicine ceremony or something like that.

Dr. Wendy Myers

Yeah, and you will lose muscle if you don't lift weights and eat enough protein. When I made that mistake, I heard it over and over, "Eat your protein, eat your protein. Work out. Lift weights." I was just super busy, and I just wasn't eating as much, not eating as much protein. I had a project. I was not lifting weights as much. And I was like, "Where did my butt go?" Like, it disappeared. I was really upset.

Bryce Gonzalez

Your butt is your glutes, your biggest muscle.

Dr. Wendy Myers

I paid the price because I wasn't listening to the correct advice or wasn't taking-heeding that advice. Now I'm doing the opposite of that and I'm super happy. But as far as a customer for life, I think taking these peptides, at a certain point, there's a longevity aspect to it where when our bodies stop making GLP as much, we produce it naturally, and I think people do need to micro diet, micro dose for life on GLP-1s. That's my personal opinion. Just like you do hormones, just like you do melatonin and

other things that you just stop making at a certain point. It's smart to replace these things so that (especially) you don't develop high blood sugar, the inflammation, and all these things that come with reduced production endogenously of GLP.

Bryce Gonzalez

Yeah, and I would agree with you. I obviously stand to benefit financially from making that statement, however, it is my true opinion. I would do this regardless whether I sold it or not. It is, like you said, a way to just ensure that we stay on track. On top of that, it feels good. It just feels good not to be like, "Oh man, what am I going to eat next?" Again, I've never had a weight problem. I've always managed my weight. I've always worked out rigorously. I've always been dialed in.

But I didn't realize how much I thought about food until I stopped thinking about food. I still eat as much food as I always have, but my brain doesn't like, "Hey, bro." It's not distracting me all day. I'm not going to the fridge even though I know nothing's in there looking for food. I realized six months after starting was like, "Oh shit, I haven't snacked in six months." Normally I would leave my house with eggs, fruit, nuts, jerky, cheese and I'm like, "I don't have any of that stuff on me anymore." And it wasn't a conscious decision, I just stopped doing it.

Dr. Wendy Myers

That's what I love about it. It's just erasing that food noise because I was always thinking about food and I just thought oh, I just love food just so much. But when you have blood sugar control issues, which I had, you're always thinking about food or a snack. Your body is calling out for some more fuel, sugar, dopamine or whatever it is, and it's just so comforting to just not have that anymore, to just not have that compulsion. You don't want the cookies and the ice cream. I was eating a pint of ice cream at one point. Like for a while. Yeah. And I've no desire anymore. I don't even think about it.

Bryce Gonzalez

The food, and I'll put food in quotations, is being engineered to circumvent the satiation tools that we have built into us. There are scientists that just sit there and try to figure out how I can make the person not be able to put it down? What's the color of the food? What does it smell like? How does it taste? What's the right ratio of fat to

salt to sweet? And it's circumventing our biological systems. Normal food doesn't do that. I love bananas, but my brain has never told me to rip a second one. We don't see that problem with whole foods. I eat ground beef all the time. I've never been eating a bowl of ground beef and got to the point where I was like, "Oh, my God, I'm so stuffed, but I need to keep eating." No, I eat and I'm good.

However, if I go to the Italian restaurant and there's breadsticks, lasagna and dessert, multiple times throughout the night I'm going to be like, "Oh, no, I'm done." And then I'm like, "Well, I don't want to leave just that. Let me finish that." Then I leave home and I'm sick to my stomach. I'm disappointed in myself. It's all circumventing that wiring that's built into us. That real food doesn't circumvent but rather allows us to know when we're full. So we're giving power to people who have never had a single chance to walk past this one aisle in the grocery store. Now it holds no power over them. Now it's like, "Meh, whatever. I'm indifferent to it." And that is liberating.

Dr. Wendy Myers

I agree. I think the GLPs hold so much promise to prevent and improve diabetes. I see it in my aunt. Such a bad diabetic. I saw her six months after she started Ozempic, and she looked unbelievable. Just a completely different person. Her health is amazing. It was great. I'm more for taking physician-recommended peptides versus prescription drugs. I have concerns about additives being put into those that are not in the compounded pharmacy products. I could be wrong, but in general, don't trust big pharma.

Bryce Gonzalez

And we shouldn't. They've never cured a single disease. They just keep you as sick as you were when you walked in, and that's their business model. They're in it with big food to make everyone fat, sick, and inflamed, and then they are going to sell you this thing that's going to keep you exactly as sick as you were the day you walked through the door. The one thing that you need to be careful with right now is just finding practitioners who know what they're talking about, because even the best practitioners don't have very much experience with peptides.

I have a business where I literally consult two doctor's offices and I teach them what these molecules are, how to use them appropriately, and how to price them. They

don't even know what they should sell them for. They don't know what they do. They don't know what to stack them with. They don't know the second and third order effects of them. Right now, we're in the first time in Western history where doctors have had these in their toolkit, and they don't know what they're doing.

So just take peptides with a grain of salt. Make sure you educate yourself as best you can and make sure that the source that you're taking knowledge from actually knows what they're talking about. I know that there's a lot of research that's done in Russia that has been sitting there for years, and now we have tools that can go look it up. We like to pretend here in the United States that research doesn't exist or it's not valid, and that's just complete horseshit.

Ads 48:50

And now a word from one of our sponsors. So you guys know I've been talking for years about taking nutrients that support your beauty from within, and one of the things that I've been taking recently to support beauty is these Organifi Beauty Gummies. I love this company 'cause all the ingredients that they use are organic and super high quality.

They created these gummies to give you lots of nutrients to support your skin hydration and collagen production as well. I know a lot of you guys are using all kinds of serums and skincare and things like that, but Organifi also wants you to start thinking about beauty from within, like inside out, and the nutrients that you take and how those support your skin health. These beauty gummies contain what are called Cerulok rice ceramides, and these really help to support hydration and a healthy skin barrier. They also contain organic acerola, which gives you natural vitamin C to help support collagen production.

I take vitamin C every single day to maximize the amount of collagen production that my body can produce. They also contain organic pomegranate to help give you some antioxidant support as well. In one study, they found that 23.7% of women taking rice ceramides every single day had a dramatic improvement in their skin hydration.

So this is a really good habit to take every day. It only takes one gummy a day to help improve your hydration, smoother skin, and more beautiful skin. So if you wanna go

to organifi.com/myersdetox and use code MyersDetox to get a special discount for my listeners only. So again, go to organifi.com/myersdetox, and use coupon code MyersDetox to get your special discount on your beauty gummies and their whole range of products.

Dr. Wendy Myers

So if someone could choose 10 peptides that they could use to optimize their health, which ones would you choose?

Bryce Gonzalez

Oh, man. So obviously GLP is going to be up there. That's going to be number one. That's the single broadest brush you can paint with. That'll be number one. I don't care which one, two, or three, they all work amazing. Number two, three, and four is probably going to be the cellular health peptides, NAD, MOTS-c, SS-31. Arrange them how you want, it doesn't matter. But essentially, everything in this Western world is trying to rob your body's ability to produce ATP the way it was designed to.

I'll give you a quick analogy. So basically NAD is like crude oil that comes from the ground. One day that will be turned into gasoline, but it's not quite there yet. You can't put it in the car. It needs to be refined. The refining process happens inside the cell. That's the factory. It happens on the conveyor belt of the electron transport chain. So, Protons move along each station of the electron transport chain, and mitochondria are the ones doing the work. At the end of it, ATP is produced and it goes out. ATP is adenosine triphosphate. That is the gasoline, that's the energy, and it goes out and pays your bills. So NAD is the raw material.

SS31 addresses the electron transport chain, the actual turbine or the conveyor belt that's producing the energy, and then the mitochondria, they're the factory workers. That is MOTC. It's going to improve the number of mitochondria in your body. It's going to give them a kickass compensation plan that makes them want to produce more, and it's going to give them a nice healthcare package to improve their health. So you're giving your body more energy, more ability to produce through the actual mechanism, and you're giving the factory more workers. And what that translates to is that we feel better, we have more energy throughout our day, and that's great. But

from a broad picture, ATP can be understood from considering how properties depreciate over time. How old are you?

Dr. Wendy Myers

I'm 54.

Bryce Gonzalez

54, okay. So 54 years ago, if your body is a house, you got a new house. If we extrapolate that over time, 54 years later, you probably have some leaky pipes. Your electrical probably is a little shoddy. You have a hole in your roof. Now, there's people that can do the work, but you have to pay them money to come out and repair your house. That's how the body uses ATP. The body can heal itself, but it needs to pay in energy. So while we have that enhanced ability to have our workouts hit harder or we feel better or we don't need a nap, and that's cool, really what we're doing is we're keeping all diseases further from our doorstep. That's why they're second, third, and fourth. They are truly disease prevention.

We like to think that, "Oh, I got the C word because my mom had the C word and her mom had the C word." No, you got it because you have the same genes which predisposes you to that condition, but you also live the same lifestyle and expose yourself to the same environmental toxins. They say that genetics loads the gun, but lifestyle pulls the trigger. This is how we can break that cycle. We don't have to go down that same route. We just need our body to produce energy the way it's supposed to, to pay those bills so that we don't get sick. So that would be two, three, and four.

Number five, probably like Thymosin Alpha 1 or Thymalin. Six, seven, eight would be either Epitalon, Pinealon, or Thymalin. These are anti-agers. Epitalon's going to help with telomeres, lengthening them. That increases the number of times a cell can replicate. The best science we have says that that means you live longer, extending the lifespan. Pinealon de-age, anti-ages the brain, it helps with decalcifying the pineal gland. Then Thymalin anti-ages the immune system, keeping it sharp.

Then I would say BPC/TB5 and then CJC-ipamorelin, the growth hormone peptides. BPC is going to help keep the body fresh with cartilage, tendons, and ligaments. CJC-ipamorelin growth hormone is the jack of all trades, master of none. It's going to

help the body improve its ability to produce hair, skin, nail cells. It's going to help the body sleep better and recover from injuries and workouts. It’s also going to get rid of visceral fat. So if you think about that, if throughout time you have a better ability to do all of those things, you have fortified yourself against the aging process. You'll now age slower as a result.

Then I guess honorable mention would be GHK-Cu, which is like the master regulator of 4,000 genes that all express youthfulness, collagen, and elastin support. We can prevent the skin from decaying with age, which is way better than trying to reverse it. They say, what is it? A pound of cure is worth less than an ounce of prevention. So we want to prevent these things from decaying instead of being like, "Oh, shit, I've treated my body like crap for the last 50 years. Let me try and reverse all of this stuff." It's way better to be like, "Let me," like you said, "Replace what we're losing throughout the aging process." We're not going super physiological. We're just replacing it, trying to keep ourselves that healthy 30-year-old you forever. We have the tools.

Dr. Wendy Myers

Yeah, that's the goal, at least for me. So why don't you tell us about your peptide company, Helios?

Bryce Gonzalez

So when I set out on this, two things that were important to me: put out the best possible product, something that I can be proud of, something that I know is clean, and put it at a price that is fair. I think I've done a really good job at that. I also have an affiliate program, so anybody who thinks that they have an audience, share these things that I hold near and dear to me. But that's exactly the mindset, I wanted to put something out that I can be proud of, that I know is the best possible product money can buy, and then put it at a price point that most people can afford.

It does no good to make these things so ridiculously expensive that nobody can afford them. But at the same time, I also understand that people prioritize what's important to them. So most of the time it's not that you can't afford it, it's that you're spending your money on other things. So I think I found a pretty good balance there and I'll never stop preaching peptides. I'll never stop preaching every single form of

them, and this is just something that is going to be the most accessible to the most people.

Dr. Wendy Myers

So why don't you tell us what your website is?

Bryce Gonzalez

It's Helio Scientific. I spell it slightly differently than the actual brand, so there's an extra U in there. But we'll go ahead and make sure that everyone's aware of it inside the show recap. I did that on purpose because with the regulation that's happening everywhere, I wanted it to be a little harder to find, if you will. So I didn't spell it exactly the way it's spelled on the brand, and that was intentional. Not that that's going to make or break me either way, but just one little thing that I did. Also, you have to verify your email when you sign up. That just lets us know that you're a real person. Outside of that, it's www.heliousscientific.com

Dr. Wendy Myers

Fantastic. So any of you guys want some clean peptides, want to try them out for the first time, check out helioscientific.com. Then you also help people. Tell us about your clinic.

Bryce Gonzalez

So my clinic: you can book a time with me. If you have questions and you don't even know where to start, you can book a time with me. I charge $150 for an in-depth consultation, and I apply $100 of that towards your purchase. So it's $50 to me, $100 for your purchase. But I spend time understanding your goals, challenges, pain points, and how we get there using all the tools that are available to us. I ship all over the country, so it's not a problem if you live here locally. That's great. I'm in St. Petersburg, Florida, for most people that don't know. But if you live here locally, pull up on me. If you don't, I can ship it to you.

We focus on all aspects of health: hormones, diet, exercise, herbs, and peptides. My partner is an herbalist, so we do a lot in that space. I have a 6,000 square foot facility here that we focus on body work, esthetician, sauna, cold plunge, plant medicine. Plant medicine saved my life. I had a lot of PTSD when I got out of the military. And

5-MeO, I guess it's not technically a plant medicine. It comes from the toad, but 5-MeO is the most profound medicine that exists. Eli Lilly, the producer of retatrutide and tirzepatide, actually just bought the patent to nasal 5-MeO.

So they know what this thing is capable of. When I tell you it saved my life in 20 minutes, and I've seen it happen time and time again, I'm not joking. I am a living testament to it, and for a lot of my veteran buddies and my civilian friends. So we facilitate things like that in the local area. If you're interested in that, please shoot me a direct message or an email because this is the most profound medicine that exists. It can turn somebody who has no hope, like me at one point in my life, around like that.

Dr. Wendy Myers

I like that.

Bryce Gonzalez

So we focus on all areas of health and wellness, and we're just trying to help people, expose them to the flip side of the coin of whatever they're doing. I know a lot of bodybuilders, and they don't do yoga. And I know a lot of yoga people, and they don't lift weights. So I can help them see the benefit, the merit of integration. We need balance. We're not just all one way or all another way.

Getting quiet and meditating is one of the single greatest things you can do. We're pulling our central nervous system out of fight-or-flight for 30 minutes, an hour, a day, a week, whatever. It's good for you. You should do it. So that's what we're focused on here, and it's truly a blessing. I get to wake up, live this life every day, and help people find the highest versions of themselves. I'm still learning myself, but I've come a really long way, and I don't plan on stopping now.

Dr. Wendy Myers

Well, I'm glad you applied your intelligence to health rather than the military, but to benefit us all. Again, Bryce, thanks so much for coming on the show, and just it was a really fantastic podcast. I've done a few podcasts on peptides, and that was really good. Made a lot of really good distinctions and clarifications there.

Bryce Gonzalez

Awesome. I really appreciate the opportunity

Dr. Wendy Myers

Thank you.

Bryce Gonzalez

Wendy, you're awesome. Thank you for having me on. I love doing things like this.

Dr. Wendy Myers

Well, everyone, thanks so much for joining the Myers Detox Podcast**.** I'm Dr. Wendy Myers, and I just love doing this show, helping you make those distinctions, and giving you some more little pieces of the puzzle that you need to upgrade your health so you can feel your best. Thanks for tuning in.

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