

**UPCOMING CLASS ALERT:
*PEP Talk : An Intro to Peptide Therapy***

Join Dr. Jason and Sam, NP, on April 29th, Wednesday, at 6:15 PM as he breaks down the world of peptide therapy—moving beyond the hype to show you the clinical data.

UPGRADE YOUR CELLULAR SOFTWARE!

Don't just wait for your body to "figure it out." Give it the clear instructions it needs to thrive.

**Neurological Buffer:
The Logic of the "Frayed Wire"**

In our daily lives, we are bombarded by "High-Frequency Stress"—constant notifications, fast-paced schedules, and mental multitasking. This environment creates a state of Neuro-Inflammation.

Think of your nerves like high-speed data cables. Under constant stress, the "insulation" on those cables begins to fray. When the insulation is gone, the signal "short-circuits," leading to what we commonly feel as:

- Brain Fog: The inability to find the right word or stay on task.
- Low Stress Tolerance: Feeling easily "snappy" or overwhelmed by small tasks.
- Sleep Disruption: A brain that refuses to "shut off" at night.

Science has identified specific signaling molecules known as **Neuro-Peptides**. These don't just "stimulate" the brain like caffeine; they logically regulate it. They act as the "insulation repair kit," helping to dampen the noise and restore clear communication between your neurons.

The ability to maintain a sharp mind isn't about working harder; it's about the logical availability of **"Growth Factors"** and high-energy coenzymes.

- **Growth Factor Support (Tesamorelin):** Research in *Frontiers in Aging Neuroscience* discusses how specific signals support BDNF (Brain-Derived Neurotrophic Factor)—often called "Miracle-Gro for the brain." Logic dictates that if you want to recover from mental burnout, you need this biological "fertilizer" to grow new neural connections.
- **The Energy Buffer (NAD+):** Studies in the journal *Nature* highlight how NAD+ is essential for cellular energy and DNA repair. Since the brain uses 20% of your body's energy, replenishing NAD+ is the most logical way to clear "fog" and protect neurons from oxidative stress.

Imagine trying to have a serious conversation in the middle of a construction site.
You have to scream to be heard, and errors are made because of the chaos.
This is your brain under chronic stress.

Peptide therapy is like putting on a pair of high-end Noise-Canceling Headphones. It doesn't change the world around you, but it removes the "static" and the "hum" of inflammation.
When the background noise is gone, your brain can finally hear its own logical thoughts again, leading to better decision-making and a calmer disposition.

Your Cognitive Support Menu

As we move through the busiest parts of the year, your "Cognitive Buffer" is your most valuable asset. During your visit this week, ask our team about the specific "Software Upgrades" we have in stock to support your neurological buffer:

- **NAD+ (1000mg Biofermented):** The gold standard for mental clarity and cellular energy. It provides the "power supply" your brain needs to stay sharp.
- **Tesamorelin:** Our premier growth-factor support to help stimulate BDNF and protect cognitive architecture.
- **BPC-157 & Wolverine Blend:** The "Insulation Repair Team" that protects the gut-brain axis and reduces systemic inflammation.

Let's look at the logic of your stress levels and focus to see which signaling molecules are recommended to keep your Neurological Software running smoothly.

Shield Your Mind.

Don't let stress dictate your quality of life. Give your brain the protective signals it needs to stay sharp, calm, and focused.

Spiced Nuts

Ingredients

- 3 tablespoons coconut sugar or maple sugar
- 2 teaspoons fresh lime zest
- 2 teaspoons kosher salt, use half the amount if using fine sea salt
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1 teaspoon cayenne pepper
- 1 large egg white
- 2 tablespoons fresh lime juice
- 2 cups raw whole almonds
- 1½ cups raw whole cashews
- 1½ cups raw whole pecans

Instructions

- Heat the oven to 300°F with the rack in the middle position. Line a rimmed baking sheet (a half sheet size or bigger) with parchment paper and set aside.
- While the oven is heating up, make the spice blend coating. In a small bowl, stir together the coconut sugar, lime zest, salt, garlic powder, smoked paprika, and cayenne pepper.
- In a large bowl, beat the egg white and lime juice together until frothy.
- Add the coconut sugar, spice, and salt blend to the frothy egg white mixture and whisk well to combine.
- Pour the mixed nuts into the bowl of the seasoned egg whites. Use a spatula or wooden spoon to toss the nuts and coat them well with the sauce.
- Pour the entire bowl onto the lined baking sheet and spread the spiced nuts in a single layer. (Extra sauce at the bottom of the bowl? Toss in more nuts! Don't pour in all the extra sauce into the pan because the sauce can pool at the bottom of the pan and stick.)
- Pop the tray in the oven and bake for 25-30 minutes, or until lightly toasted and you can smell the fragrant seasonings. Be careful not to overcook the nuts—you don't want them to burn. And remember: they'll continue to crisp after you take the tray out of the oven.
- Cool the nuts completely and enjoy!

Recipe from www.nomnompaleo.com/

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