



Getting the most out of Your Peptides

What Peptides Do

Peptides are short amino-acid chains that signal healing, tissue repair, fat metabolism, and hormonal balance. How you care for your body determines how well they work.

Support Your Detox Pathways

Peptides accelerate cellular renewal—your liver must process the by-products.

- Hydrate: ½ body weight in oz of water daily.
- Include cruciferous veggies, leafy greens, and fiber.

Follow Your Protocol Exactly

Each peptide has unique timing and rotation guidelines.

- Don't double dose if one is missed.
- Store refrigerated if instructed.
- Use sterile technique for all injections.

Prioritize Protein & Nutrients

Adequate amino acids and micronutrients fuel peptide synthesis.

- Eat clean protein at every meal.
- Supplement key cofactors: zinc, magnesium, B-vitamins, omega-3s.

Track Your Progress

- Keep a simple log: energy, sleep, mood, workouts, recovery. Small daily notes help Dr. Dady fine-tune your next phase.

Report any unusual fatigue, headaches, or reactions. Most adjustments are simple when caught early. Peptides work best as part of a comprehensive plan—nutrition, movement, stress balance, and follow-up with Dr. Dady.



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