

HERITAGE HAVENS

NUTRITION & PEPTIDE WELLNESS COHORT

# *Peptide Intro Reading List*

Curated resources to build your foundational understanding

Nutrition & Peptide Wellness Cohort · Month 1

This list is designed to build your peptide literacy systematically — from foundational biology to clinical applications. You do not need to read everything before Session 2. Work through it progressively alongside the cohort curriculum.

## How to Use This List

- Start with the Foundations section — understanding how peptides work makes everything else click
- Each resource is marked by format: Article, Book, Podcast, Video, or Research
- Priority items are marked with a star (★) — these are the most accessible starting points
- Research papers are included for reference — you do not need to read them in full
- Track your progress using the checkbox next to each item

START HERE

## Section 1 — Understanding Peptides: Foundations

These resources explain what peptides are, how they work as signaling molecules, and why they are distinct from traditional pharmaceuticals. Read or listen to these first.

- ARTICLE** ★ **What Are Peptides? A Plain-Language Introduction**  
*Examine.com*  
Accessible, evidence-based explainer covering peptide structure, categories, and how therapeutic peptides differ from proteins. Excellent first read with no prior biology background needed.  
[examine.com/supplements/peptides/](https://examine.com/supplements/peptides/)
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- VIDEO** ★ **Peptide Therapy 101 — Dr. Seeds**  
*YouTube / Seeds Scientific Research*  
Dr. William Seeds is one of the leading educators in clinical peptide therapy. His introductory video is the clearest clinical overview available for non-physicians.  
[Search: 'Dr. Seeds Peptide Therapy 101' on YouTube](#)
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- BOOK** ★ **The Kaufmann Protocol: Why We Age and How to Stop It**  
*Dr. Sandra Kaufmann — Kaufmann Protocol Publishing, 2018*  
Covers the cellular mechanisms of aging including peptide pathways, telomere biology, and targeted interventions. Accessible for non-scientists. Relevant to Sessions 1 and 6.
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- ARTICLE** **Peptides vs. Proteins: What's the Difference?**  
*PubMed / National Library of Medicine*  
Short educational article on molecular structure. Helps you understand why peptides have unique bioavailability and signaling properties compared to larger proteins.  
[ncbi.nlm.nih.gov](https://ncbi.nlm.nih.gov) — [search 'peptide vs protein bioavailability'](#)



POD

**The Peptide Podcast — Episode 1: Introduction to Peptide Therapy***The Peptide Podcast with Karissa Price, NP*

Practitioner-hosted podcast covering peptide therapy accessibly. Episode 1 is an ideal orientation. Subscribe for ongoing learning across all six cohort sessions.

[Search 'The Peptide Podcast' on Spotify or Apple Podcasts](#)

## SESSION 1 &amp; 3 RESOURCES

## Section 2 — BPC-157 & Gut Healing

BPC-157 is covered in Sessions 1 and 3. These resources range from accessible patient-facing articles to the peer-reviewed research behind its mechanisms.



ARTICLE

**★ BPC-157: Benefits, Dosing, and Safety — What the Research Says***PeptideSciences.com or Amino Asylum Educational Blog*

Comprehensive overview covering mechanism of action, primary research findings, administration routes, and safety profile. Well-cited. Start here for BPC-157.



BOOK

**★ Fiber Fueled***Dr. Will Bulsiewicz — Avery, 2020*

Gastroenterologist's guide to the gut microbiome and healing leaky gut through food. Practical and research-backed. Directly relevant to Session 3 curriculum.



STUDY

**Stable gastric pentadecapeptide BPC 157 in trials for IBD and wounds***Sikiric P. et al. — Current Pharmaceutical Design, 2018*

Key peer-reviewed paper covering BPC-157 clinical applications. You don't need to read the full paper — read the abstract and conclusions section.

[PubMed ID: 29376489](#)



ARTICLE

**Leaky Gut Syndrome: What It Is and How to Heal It***Dr. Mark Hyman — drhyman.com*

Accessible functional medicine overview of intestinal permeability, its drivers, and a practical healing framework. Pairs well with Session 3 nutrition content.

[drhyman.com — search 'leaky gut'](#)



POD

**Heal Your Gut with Dr. Vincent Pedre***The Doctor's Pharmacy Podcast with Dr. Mark Hyman*

Episode covering gut health, the microbiome, and functional approaches to gut lining repair. Approachable listen for all backgrounds.

[Search 'Dr. Pedre leaky gut Doctor's Pharmacy' on podcast apps](#)

## SESSION 4 RESOURCES

## Section 3 — Growth Hormone & Sleep Peptides

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CJC-1295 and Ipamorelin are covered in Session 4. The sleep and hormone resources here apply across the entire cohort.

- BOOK

**★ Why We Sleep**  
*Dr. Matthew Walker — Scribner, 2017*

The most important book on sleep science available. Chapter 7 on sleep and growth hormone is directly relevant to Session 4. Read this before or alongside Month 4.

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- ARTICLE

**★ CJC-1295 and Ipamorelin: A Clinical Overview**  
*Defy Medical Educational Resources*

Clear, practitioner-written overview of both peptides, their synergistic mechanism, dosing protocols, and clinical applications. Ideal pre-reading for Session 4.

[defymedical.com — search 'CJC-1295 Ipamorelin'](#)

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- VIDEO

**Growth Hormone Optimization — Dr. Kyle Gillett**  
*Huberman Lab / YouTube*

Dr. Gillett's interview covers natural and peptide-assisted GH optimization, the role of sleep, and clinical considerations. Highly educational and accessible.

[Search 'Kyle Gillett growth hormone Huberman Lab' on YouTube](#)

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- BOOK

**The Hormone Cure**  
*Dr. Sara Gottfried — Scribner, 2013*

Comprehensive women's hormone resource covering cortisol, estrogen, progesterone, and thyroid. Directly relevant to Session 4 hormonal health segment.

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- POD

**Episode 258: Optimize Sleep — Dr. Matthew Walker**  
*Huberman Lab Podcast*

Andrew Huberman and Matthew Walker on sleep architecture, the GH pulse, sleep hygiene, and the downstream effects of sleep deprivation on every body system.

[Search 'Huberman Walker sleep' on Spotify or Apple Podcasts](#)

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### SESSION 2 & 5 RESOURCES

## Section 4 — Metabolic Health & GLP-1 Peptides

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Covers protein metabolism, insulin resistance, and GLP-1 analogs — relevant to Sessions 2 and 5.

- BOOK

**★ Good Energy**  
*Dr. Casey Means — Avery, 2024*

Bestselling metabolic health book covering mitochondrial function, blood sugar, insulin resistance, and continuous glucose monitoring. Essential reading for Sessions 2 and 5.

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- ARTICLE** ★ **GLP-1 Receptor Agonists: Mechanism, Benefits, and Clinical Use**  
*StatPearls — National Library of Medicine*  
 Comprehensive clinical reference for GLP-1 agonists (Semaglutide, Tirzepatide). Read the overview sections. Directly relevant to Sessions 2 and 5.  
[ncbi.nlm.nih.gov/books/NBK551568/](https://ncbi.nlm.nih.gov/books/NBK551568/)
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- BOOK** **The Obesity Code**  
*Dr. Jason Fung — Greystone Books, 2016*  
 Explains the hormonal (insulin-centric) model of fat storage and loss. Paradigm-shifting read that reframes fat loss away from calorie counting.
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- VIDEO** **How to Optimize Your Metabolism — Dr. Robert Lustig**  
*YouTube / University of California*  
 Dr. Lustig explains the biochemistry of insulin, fructose, and metabolic disease in plain language. Foundational for understanding Session 5 content.  
[Search 'Robert Lustig metabolism YouTube'](#)
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- STUDY** **Semaglutide 2.4mg for Weight Management: STEP Trial Results**  
*Wilding JPH et al. — NEJM, 2021*  
 Landmark clinical trial demonstrating semaglutide's efficacy for weight management. Read the abstract, results table, and conclusion. NEJM 384:989-1002.  
[DOI: 10.1056/NEJMoa2032183](https://doi.org/10.1056/NEJMoa2032183)
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## SESSION 6 RESOURCES

## Section 5 — Longevity, NAD<sup>+</sup>, and Anti-Aging Peptides

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These resources support Session 6 content on cellular aging, autophagy, Epithalon, and Semax. Save these for Month 5–6 of the cohort.



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- BOOK** ★ **Outlive: The Science and Art of Longevity**  
*Dr. Peter Attia — Harmony Books, 2023*  
 The most complete longevity medicine resource available. Covers exercise, nutrition, sleep, and metabolic health as the four pillars of healthspan. Essential reading for Session 6.
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- ARTICLE** ★ **Epithalon (Epitalon): Telomeres, Aging, and the Pineal Gland**  
*Life Extension Magazine / DrWillCole.com*  
 Accessible summary of Epithalon's mechanisms, the research behind telomerase activation, and its clinical use for circadian rhythm restoration and anti-aging.
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-  **BOOK** **Lifespan: Why We Age — and Why We Don't Have To**  
*Dr. David Sinclair — Atria Books, 2019*  
 Harvard professor and NAD+ researcher covers the information theory of aging, sirtuins, and why NAD+ precursors are among the most promising longevity interventions.
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-  **POD** **The Role of NAD+ in Aging — Dr. David Sinclair**  
*Huberman Lab Podcast / Episode 189*  
 Comprehensive conversation on NAD+, NMN, NR, resveratrol, and the cellular mechanisms that drive aging. Directly relevant to the Session 6 longevity curriculum.  
[Search 'David Sinclair Huberman Lab NAD' on podcast apps](#)
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-  **STUDY** **Effects of Epithalon on Telomere Length in Human Cells**  
*Khavinson VK et al. — Bulletin of Experimental Biology & Medicine, 2003*  
 Key published research from the developer of Epithalon. Demonstrates telomere extension in cell culture. Foundational paper for understanding Epithalon's mechanism.  
[Bulletin of Experimental Biology and Medicine, 135\(6\):590-592](#)
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-  **ARTICLE** **Semax: Mechanism, BDNF, and Cognitive Applications**  
*Nootropics Expert — nootropicexpert.com*  
 Well-researched lay overview of Semax's neuroprotective mechanisms, BDNF upregulation, clinical Russian research, and intranasal administration.  
[nootropicexpert.com/semax/](https://nootropicexpert.com/semax/)
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**SAFETY & SOURCING**

## Section 6 — Safety, Sourcing & Legal Considerations

Understanding the regulatory landscape and safe sourcing practices is non-negotiable. Read these resources before discussing peptide protocols with your healthcare provider.

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-  **WEB** **★ FDA Status of Peptides: What's Compounded, What's Approved**  
*Defy Medical / Tailor Made Compounding Educational Resources*  
 Updated reference explaining which peptides are FDA-approved, which are available through licensed compounding pharmacies, and which fall in regulatory gray areas. Essential reading.  
[defymedical.com](#) or [tailormadehealth.com](#) — search 'peptide FDA status'
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-  **ARTICLE** **★ How to Find a Qualified Peptide Prescriber**  
*A4M.com / American Academy of Anti-Aging Medicine*  
 How to identify a licensed, trained practitioner for peptide therapy. Covers credentials to look for, questions to ask, and red flags to avoid.  
[a4m.com](https://a4m.com) — [Practitioner Directory](#)
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Resource Title	Format	Completed	Key Takeaway / Notes

### A Note on Information Quality

- Peer-reviewed research (PubMed, NEJM, etc.) is the gold standard — prioritize it over blogs or social media
- Functional medicine practitioners (like Dr. Mark Hyman, Dr. Peter Attia) bridge research and clinical practice well
- Be cautious of sources selling products — always ask 'what is this person's incentive?'
- Peptide information evolves rapidly — check publication dates and prioritize resources from 2018 onward
- When in doubt, bring your questions to the cohort or your healthcare provider — never make decisions in isolation