



EBOOK

A MODERN GUIDE TO
PEPTIDE THERAPY

THE PEPTIDE RESET

BUILD BETTER RECOVERY,
ENERGY &
BODY COMPOSITION



REPAIR
DEEPER



RECOVER
FASTER



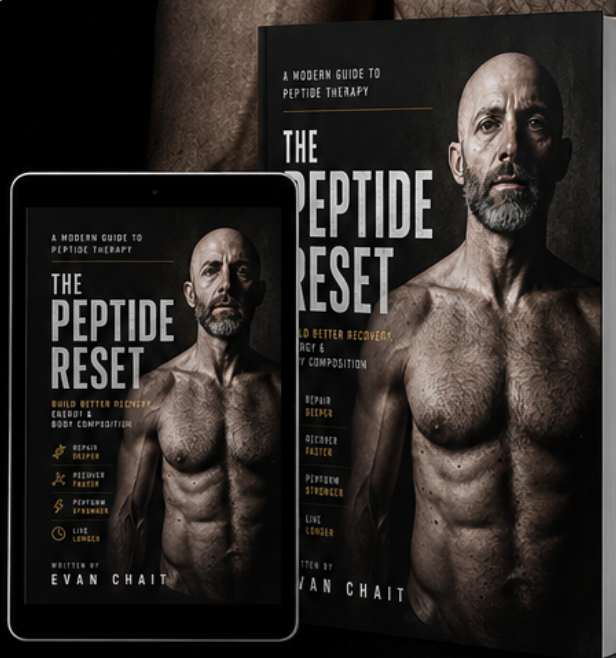
PERFORM
STRONGER



LIVE
LONGER

WRITTEN BY

EVAN CHAIT



INSTANT DOWNLOAD

START YOUR RESET TODAY

A Note From Evan

Most of the patients I meet have been handed a different pill for every symptom - one for the fatigue, one for the blood pressure, one for the mood - and still feel like a stranger in their own body. The symptoms were never the real problem. They were signals from a body whose root systems had quietly broken down, one domino at a time.

Peptides are one of the most promising tools we have for supporting those root systems - not by overriding the body, but by restoring the specific signals it already uses to repair, calm, focus, and burn fuel. Used well, they do not fight your biology; they remind it how to work.

This ebook is a plain-language introduction to what peptides are, what specific ones do, and how to explore them safely. It is educational, not a prescription - a map to bring to a provider you trust.

Read it, ask good questions, and use it to have a smarter, more confident conversation about your health.

- Evan Chait

Treating the Root, Not Just the Symptom

If you are tired, gaining weight, foggy, or inflamed, you have probably been offered another pill for each problem. But fatigue, weight gain, and brain fog are not the problem - they are signals, the smoke, not the fire. Silencing the smoke alarm does nothing about the fire underneath.

Most chronic symptoms trace back to the same handful of root causes, and they fall like dominoes: stress sets off inflammation, inflammation drives insulin resistance, and that quietly starves your cells of energy. By the time you feel it, the cascade has been running for years.



Find where your cascade starts, support the body there, and the symptoms downstream finally have a reason to settle - often several at once.

THE BOTTOM LINE

Chasing each symptom with its own pill is exhausting and rarely works. Find and support the root cause, and many symptoms downstream quiet down together.

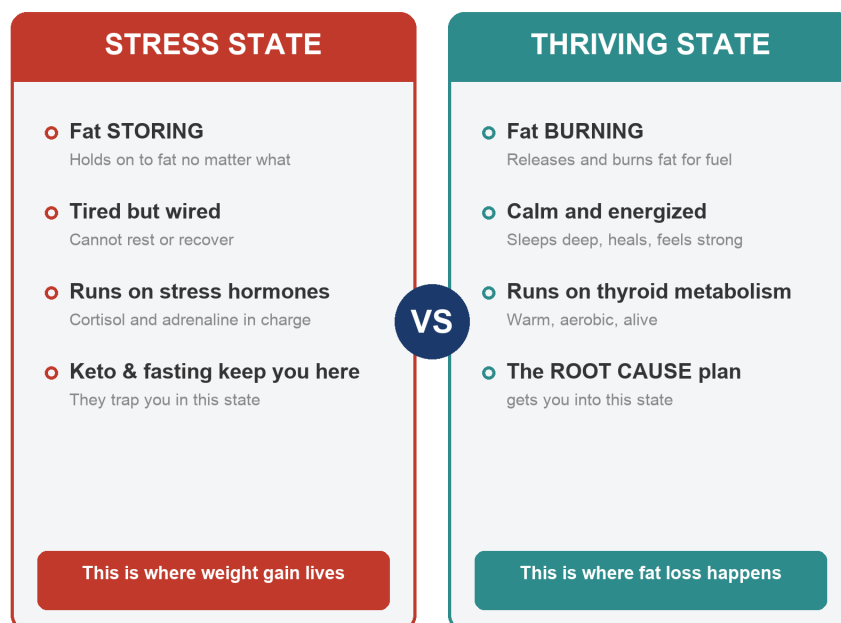
The Two States of Your Metabolism

At any moment, your body runs in one of two modes, and understanding this makes everything else click into place. The stress state stores fat, runs on stress hormones, and leaves you tired but wired. The thriving state burns fat for fuel, feels calm and energized, and runs on a healthy, warm thyroid metabolism.

Nearly every symptom people struggle with - stubborn weight, low energy, poor sleep, anxiety, brain fog - lives on the stress side of this picture. The goal of a root-cause plan, and of the right peptides, is to help you flip the switch back to the thriving side and hold it there long enough that your body relearns it as normal.

THE TWO STATES OF YOUR METABOLISM

Your body can only run in one at a time



The whole goal: flip the switch to the fat-burning state.

THE BOTTOM LINE

You cannot thrive and run on stress at the same time. The right foundation - and the right peptides - help you flip and hold the switch to the calm, energized side.

What Peptides Actually Are

Peptides are short chains of amino acids - the exact same building blocks your body already uses to send signals. If a protein is a long paragraph, a peptide is a short, specific sentence. Your body naturally makes thousands of them every day, each carrying one clear instruction to your cells: calm an alarm, repair a tissue, sharpen focus, deepen sleep, or fine-tune metabolism.

Because these messages are targeted and already familiar to the body, peptide therapies aim to support your own systems rather than override them - which is exactly why they fit a root-cause approach so well. Rather than one blunt drug forcing a single change, the right peptide restores a specific signal that has faded with age, stress, or illness.

What patients most often come in hoping to improve:

- Recovery, injury healing, and joint or gut repair
- Metabolism, body composition, and stubborn weight
- Focus, memory, mood, and stress resilience
- Sleep quality, energy, and healthy aging

THE BOTTOM LINE

Peptides are targeted signals, not blunt drugs. That precision is their promise - and the reason they belong on top of a solid foundation, not in place of one.

Peptides for Repair & Recovery

This family helps the body heal itself - gut lining, tendons, ligaments, skin, and tissue - by calling in and coordinating your own repair crews. These are among the most popular peptides for injuries, gut issues, and recovery.

BPC-157

Derived from a protein in your own stomach lining, it signals systemic repair: new blood-vessel growth, more collagen, less inflammation, and a healed gut lining. Often called the body's internal repair signal because it calls so many repair processes into action at once.

TB-500 (Thymosin Beta-4)

Mobilizes your own stem cells and repair proteins, sends them to the tissue that needs them, speeds new blood-vessel growth, and calms the inflammation that would otherwise slow healing. Often paired with BPC-157 for a broader effect.

GHK-Cu

A copper peptide found naturally in blood that steadily declines with age. It shifts thousands of genes back toward younger, anti-inflammatory patterns - rebuilding collagen and elastin in skin and supporting whole-body tissue repair.

KPV

A tiny but powerful anti-inflammatory peptide that can be taken orally and reach the gut wall, where it quiets the inflammatory signaling behind leaky gut and inflammatory bowel conditions.

THE BOTTOM LINE

When the body cannot keep up with repair, these peptides help coordinate the crews that heal gut, tendon, skin, and tissue - a common starting point for injury and gut recovery.

Peptides for Metabolism & Weight

These are the peptides behind the modern shift in weight and metabolic care. They are covered in depth in the companion ebook, *Metabolic Awakening*, but here is the short version of what each one does.

GLP-1 peptides (Semaglutide, Tirzepatide, Retatrutide)

Lab-made versions of your gut's natural fullness signal. They quiet appetite, slow the stomach, and steady blood sugar - with average weight loss ranging from about 15% up to 22.5% and beyond in the newest, multi-target versions.

5-Amino-1MQ

Blocks the NNMT enzyme that keeps fat cells locked in 'storage mode,' flipping them toward burning fat and raising cellular energy (NAD+) - in studies, without any calorie cutting.

MOTS-c & SLU-PP-332

Exercise-mimicking peptides that build mitochondria and improve how efficiently you burn fuel, even at rest - especially valuable when hard training is not yet an option.

Used together and on a solid foundation, these do two different jobs at once: quiet the appetite, and rebuild the fat-burning engine underneath it.

THE BOTTOM LINE

Modern metabolic peptides quiet the appetite (GLP-1s) and rebuild the fat-burning engine (5-Amino-1MQ, MOTS-c). The best results come from pairing both with a real foundation.

Peptides for Brain, Focus & Calm

Chronic stress physically wears on the brain - shrinking connections, dulling focus, and keeping the fear center on high alert. This family helps rebuild focus, mood, sleep, and resilience by supporting the brain's own repair and calm signals.

Semax

Stimulates BDNF, the brain's growth-and-repair protein - improving focus and memory, speeding neuronal repair, and reducing anxiety by strengthening your control over the stress response. Think of it as building a stronger, more stress-resilient brain.

Selank

Calms the brain's fear center and supports GABA, your natural calm signal - genuine anxiety relief without sedation or the dulling of conventional options.

DIHEXA

Works through growth-factor signaling to physically grow new connections between neurons - rebuilding the hardware of memory and cognition that stress and aging wear down.

DSIP

A natural sleep signal that restores deep, delta-wave sleep - the stage where growth hormone is released and true repair happens - without sedation, dependence, or morning grogginess.

THE BOTTOM LINE

Focus, calm, and deep sleep are not luxuries - they are how the brain repairs. These peptides support the brain's own signals rather than simply sedating or stimulating it.

Peptides for Longevity & Resilience

These support the systems that age the fastest - the body's internal aging clock, the immune system, and cellular energy. They are the peptides patients ask about for healthy aging, immune strength, and staying resilient over the long run.

Epitalon

A four-amino-acid signal to the pineal gland, your master aging clock. It supports melatonin production, a normalized cortisol rhythm, and telomerase - the enzyme tied to the protective caps on your chromosomes and to slower cellular aging.

Thymosin Alpha-1

The thymus gland's key signaling molecule. It matures immune cells, boosts your natural defenses against viruses, and calms the chronic low-grade inflammation that quietly drives aging and disease.

NAD+ (NMN / NR)

The energy currency every cell depends on. It halves between age 20 and 50; restoring it reactivates the body's energy production, DNA repair, and longevity proteins.

Longevity is not about chasing one miracle molecule - it is about supporting several systems that decline together, before they become a diagnosis.

THE BOTTOM LINE

Aging is not one thing - it is several systems slowing at once. These peptides support the aging clock, the immune system, and the cellular energy that fade the fastest.

Matched to Your Root Cause

Here is what ties the whole approach together. In The Peptide Reset, every peptide is chosen for the specific root cause it addresses - not for the symptom you happen to feel. The map below groups the most-studied peptides by the stage of the ROOT CAUSE cascade they support, so you can see at a glance where each one fits.

PEPTIDES BY ROOT CAUSE STAGE

Each peptide is chosen to correct a specific root cause, not to chase a symptom

STAGE 1 STRESS	Epitalon	Pinealon	DSIP	High-Dose Melatonin	Semax	Selank	DIHEXA	Synapsin	Melanotan 1
STAGE 2 INFLAMMATION	BPC-157	TB-500	GHK-Cu	KPV	Thymosin Alpha-1	LL-37	Low-Dose Naltrexone		
STAGE 3 INSULIN RESISTANCE	Semaglutide	Tirzepatide	Retatrutide	5-Amino-1MQ					
STAGE 4 MITOCHONDRIAL DYSFUNCTION	MOTS-c	SLU-PP-332	Methylene Blue	SS-31	NAD+	Humanin			

Stages 5 (Symptoms) and 6 (Disease) are the results the protocol prevents.

This is an educational overview, not a prescription. Which peptide - if any - is right for you depends on your history, your labs, and a conversation with a qualified provider who can match the tool to your actual root cause.

THE BOTTOM LINE

The power is not in any single peptide - it is in matching the right one to your specific root cause, on top of a solid foundation.

How to Explore Peptides Safely

Peptides can be powerful, and that means they deserve respect. This is the same guidance I give my own patients before anyone considers them - follow it, and you capture the upside while avoiding the ways this can go wrong.

Build the foundation first.

Sleep, whole-food nutrition, daily movement, and stress recovery do more than any peptide - and they make every peptide work better. Start here, always.

Work with a qualified, licensed provider.

Peptides are not a do-it-yourself project. A trained clinician can help you decide if they fit your situation, choose the right one, and monitor you along the way.

Get baseline labs.

Simple bloodwork turns guesswork into a plan and gives you an honest way to measure real progress instead of relying on how you feel.

Source and quality matter.

Purity, dosing, and legality vary widely - another reason to go through a professional rather than an unverified online shortcut.

Watch for cautions.

Anyone pregnant or nursing, or managing a serious condition or medication, should be especially careful and fully physician-guided.

THE BOTTOM LINE

The right way is not complicated: foundation first, a qualified provider, real labs, quality product, and honest caution. Skip these steps and even a good peptide becomes a gamble.

Questions to Ask Your Provider

You deserve a real conversation, not a prescription pad slid across a desk. A good provider treats this as a partnership and welcomes each of these questions. Print this page or take a photo, and bring it with you so nothing gets missed.

- Am I a good candidate, given my full history and current labs?
- Which peptide fits my specific goal, and why that one over the others?
- What results are realistic for me - and what are the honest risks?
- What baseline labs will we check, and how often will we recheck them?
- Where does the product come from, and how is its quality assured?
- How does this fit with my foundation - my sleep, food, movement, and stress?
- What is the plan if I want to stop, and how do we keep the results?

THE BOTTOM LINE

If your questions are rushed or brushed off, that is your answer. The right provider will happily walk through every one of these with you.

Your Next Steps

If this ebook gave you a clearer picture, the most valuable next move is a real conversation with a medical professional who can make it personal to you - your history, your labs, and your goals. You do not have to figure this out alone.

Your telehealth visit can go two ways - or both:

1. A personalized peptide & GLP-1 plan.

Meet virtually with one of our licensed physicians to review your history, goals, and labs. If a therapy is a fit, it is prescribed by your physician and filled through a vetted 503A compounding pharmacy with independent, third-party testing - so you know exactly what you are getting.

2. Regenerative & stem-cell options.

A dedicated consult to learn about regenerative and stem-cell therapies and whether they are appropriate for your goals - with a licensed medical provider, at your own pace.

While you wait, build your foundation.

Start with one habit this week - protein at breakfast, a daily walk, or an earlier bedtime. It makes every next step work far better.

Ready to build your plan?

Book a telehealth consult with our medical team: [add your booking link or phone here]

www.EvanChait.com [@drevanchait](https://www.instagram.com/drevanchait)

About Evan Chait

Evan Chait is a Doctor of Acupuncture, Physical Therapist, and Licensed Acupuncturist focused on root-cause metabolic health and peptide education - helping busy people restore their energy, resilience, and metabolism.

His approach brings together modern peptide science and the fundamentals that make it work - stress, sleep, nutrition, and movement - into one practical, root-cause plan. The belief behind all of it is simple: your body is not broken. With the right signals and the right foundation, feeling like yourself again is far more possible than you have been told.

Through our telehealth practice, you can meet virtually with our licensed physicians to build a personalized plan - peptide and GLP-1 therapies, prescribed and filled through a vetted 503A compounding pharmacy with third-party testing, alongside nutrition, lifestyle, and regenerative and stem-cell options - matched to your medical and weight-loss goals, all from home.

This ebook is part of that mission - to put clear, honest, usable information in your hands, so the next conversation you have about your health is a smarter one.

-> Read The Peptide Reset, and connect at www.EvanChait.com and [@drevanchait](https://www.instagram.com/drevanchait).

MEDICAL DISCLAIMER

This guide is for educational purposes only. It is not medical advice, diagnosis, or treatment, and does not create a provider-patient relationship. Peptide therapies carry real risks and should be considered only under the supervision of a qualified, licensed healthcare provider. Statements here have not been evaluated by the FDA. Always consult your physician before beginning any new therapy.