



# *A Women's Guide to Peptides*

*Top 5 Peptides Every Woman Should Know*

*Dr. Elena Zinkov*

## ***Peptides Can Do Wonders For Women***

Welcome! I'm Dr. Elena Zinkov, a Naturopathic Medical Doctor and hormone specialist helping women like *you* decode perimenopause, balance your hormones, and use science-backed tools—like peptides—to feel energized, strong, and focused again.

Peptides are one of the most exciting tools in modern medicine.

They're not synthetic drugs—they're naturally occurring messengers that tell your body what to do. They are system specific and can help burn fat, build muscle, restore skin, boost mood, and repair from within.

This guide is your intro to what peptides are, why they matter in women's health, and how to start using them to feel incredible—not just “normal.”

Let's dive in.

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# ***What are peptides and why women's health?***

Peptides are short chains of amino acids—the building blocks of proteins—that act as powerful messengers in the body. Think of them as biological “text messages” that tell your cells what to do: burn fat, repair tissue, boost mood, balance hormones, or enhance brain function.

## **Why Are Peptides Important for Women's Health?**

As women move through perimenopause and beyond, natural peptide production declines. This affects metabolism, hormone balance, skin elasticity, muscle tone, and cognitive function. By replenishing key peptides, we can help the body restore what it's lost and optimize what's still working.

## **Common peptides most people are familiar with:**

***Collagen peptides*** – the ones you put in your coffee. As little as 5 grams per day support skin, joints, and hair. ***Nubioage Collagen*** and ***Bubs*** are great!

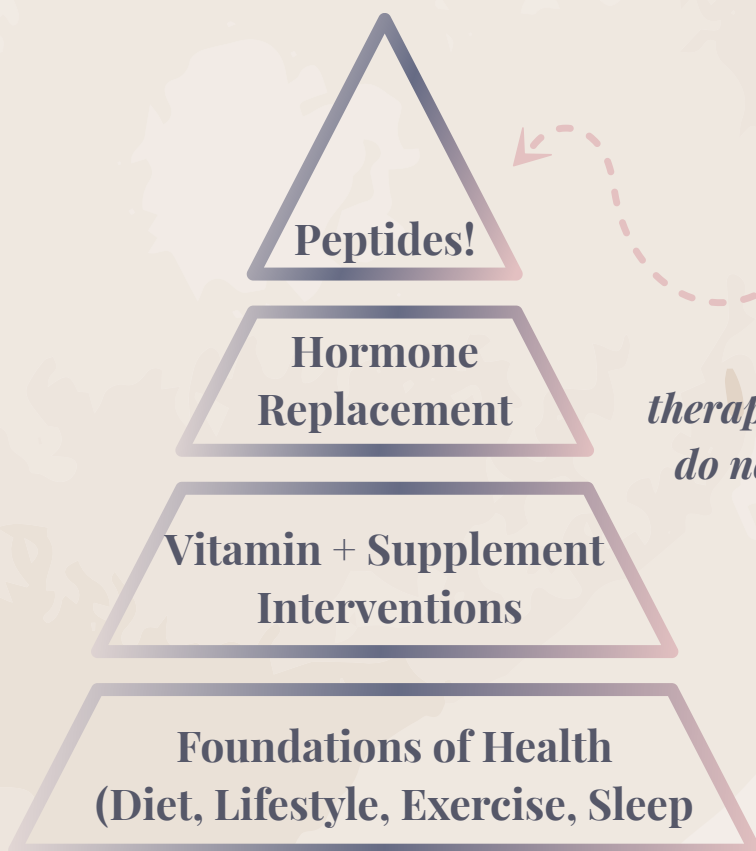
***Insulin*** – A well-known peptide hormone used to regulate blood sugar.

***Oxytocin*** – The “love hormone,” naturally produced during bonding moments.

***GLP-1 (like Semaglutide)*** – A naturally occurring peptide that helps regulate appetite and blood sugar, and improve glucose uptake by key organs including muscles, brain, and heart.

## ***Peptides can support:***

- Hormone regulation (e.g., Kisspeptin, Tesamorelin)
- Mood and brain clarity (e.g., Dihexa, Semax, Selank)
- Fat loss and lean muscle (e.g., AOD 9604, CJC-1295, Semaglutide, Tirzepatide, Retatrutide, Liraglutide)
- Immune and gut support (e.g., BPC-157, Thymosin Alpha-1)
- Hair, skin, and joint health (e.g., GHK-Cu, PTD topical, Argirelox topical cream, **BPC-157 by Nubioage**)
- Desire and intimacy (PT 141 and Oxytocin)
- Sleep (Sermorelin, Epitalon)
- Energy and mitochondrial health + repair (MOTS-C, Humanin)



*Peptides are not the first line of therapy. They are best used when other methods do not work OR in addition to other therapies.*



# TOP 5 PEPTIDES FOR WOMEN

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## Brain Health: Dihexa

- What it does: Enhances memory, learning, and mental clarity
- How it works: Promotes new synapse formation (neurogenesis) and protects brain cells
- Best for: Brain fog, perimenopausal cognitive decline, focus, long-term brain health
- Form: Oral capsule such as Nubioage Dihexa.

2

## Hair growth: PTD-DBM serum

- What it does: Reactivates dormant hair follicles and promotes new hair growth
- How it works: Blocks DKK-1, a protein that suppresses hair follicle activity, and reactivates the Wnt/ $\beta$ -catenin pathway—critical for healthy hair cycling
- Best for: Thinning hair, female pattern hair loss, post-hormonal hair shedding (e.g., postpartum or perimenopause)
- Form: Topical serum or compounded with microneedling or .25 mm derma roller for better absorption. ***Inifiniwell PTD-DBM*** is a good serum all around.

**Pro Tip:** Work with a healthcare provider who specializes in peptide therapies to help you create your unique peptide stack!

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### **Longevity + Lean Muscle Mass: CJC/Ipamorelin**

- What it does: Stimulates natural growth hormone (GH) release to support fat loss, lean muscle, better sleep, and cellular repair
- How it works: CJC-1295 boosts GH production by stimulating GHRH receptors
- Ipamorelin mimics ghrelin to increase GH release without raising cortisol
- Best for: Fat loss, muscle tone, improved recovery, sleep quality, anti-aging
- Form: Subcutaneous injection or troche, usually at night or right after workouts for ultimate gains!

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### **Libido, mood, stress management, and appetite control: Oxytocin**

- What it does: Enhances bonding, reduces stress, improves mood, and may reduce emotional eating
- How it works: Acts as a neuromodulator that promotes feelings of trust, connection, and safety; can also regulate appetite and cortisol
- Best for: Low libido, social withdrawal, anxiety, emotional eating, postpartum recovery, or disconnection in perimenopause
- Form: Nasal spray or sublingual troche 1-2 times per day, in the evening 30 min before dinner. Some local compounding pharmacies may be able to formulate this: talk to your healthcare provider!

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### **Metabolism Reset: GLP-1, GIP & Glucagon Receptor Agonists**

- What they do: Regulate appetite, improve insulin sensitivity, support fat loss, reduce inflammation, and protect brain and cardiovascular health
- How they work:
  - **GLP-1** (e.g., Semaglutide): Increases satiety, slows gastric emptying, reduces blood sugar spikes
  - **GIP** (e.g. Tirzepatide): Enhances insulin release and works synergistically with GLP-1 to improve metabolic function
  - **Glucagon Receptor Agonists**: Increase energy expenditure and promote fat oxidation (e.g. Retatrutide)
- Best for: Stubborn weight gain, insulin resistance, PCOS, inflammation
- Form: Subcutaneous injection, typically once weekly

# THE GLP-1 DEBATE

***Let's get a few things straight: GLP-1 and other similar peptides*** are effective tools we can use when other strategies fail. They do not cause cancer, they support major systems in the body in optimizing glucose use and can reduce systemic inflammation. They do not cause muscle wasting, unless they are not used properly.


## PEPTIDE STACKING FOR OPTIMAL RESULTS

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We can combine peptides for best metabolic results

Semaglutide, Tirzepatide and Retatrutide peptides work great with growth hormone peptides like CJC/Ipamorelin to support lean muscle mass

All peptides can be dosed per individual needs: we run into trouble when we apply a one-size-fits-all approach.



***Growth hormone production begins to decline after age 20 by approximately 15% per decade***, leading to reductions in muscle mass, energy, recovery, and skin elasticity. At the same time, our natural GLP-1 activity also diminishes with age, impacting appetite regulation, insulin sensitivity, and metabolic flexibility.



For many women, especially during perimenopause and beyond, a targeted peptide stack that supports glucose metabolism and muscle preservation can do more than improve body composition—***it may help prevent major age-related diseases such as type 2 diabetes, sarcopenia, and cardiovascular decline.***

## *Where to find a doctor who specializes in peptide therapy?*

**A4M is a leading organization in anti-aging and regenerative medicine**, offering extensive education and certification programs in peptide therapy. Their "Find a Doctor" tool connects patients with practitioners trained in advanced therapies, including peptides.

**IFM (Institute for Functional Medicine) focuses on a systems-based approach to healthcare, emphasizing root-cause analysis and personalized treatment plans.** Their "Find a Practitioner" directory includes clinicians trained in functional medicine, many of whom incorporate peptide therapies into their practice.



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