

## OPTIMIZING OVERALL WELLNESS WITH PEPTIDE THERAPY

*Your Weekly Newsletter by  
Dr. Nick Sieveking*



---

### What are Peptides?

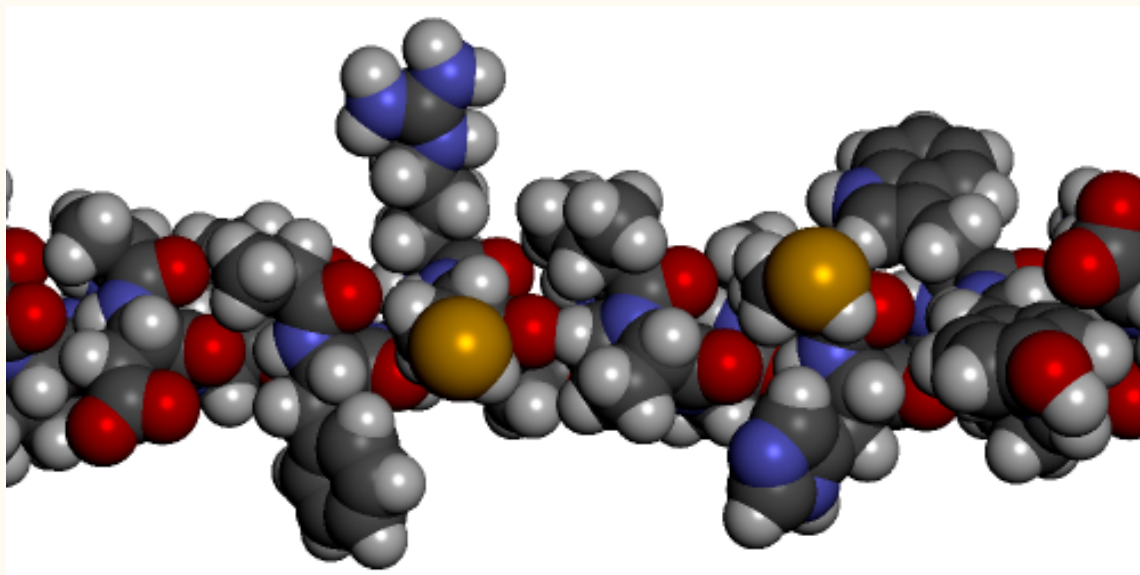
Ageless Solutions at Sieveking Plastic Surgery uses advanced peptide therapies to optimize longevity, performance, and overall wellness for patients. Each therapy is tailored to your unique goals—whether it's anti-aging, fat loss, healing, or enhanced vitality.

Peptides are short chains of amino acids — the building blocks of proteins.

- Peptides: fewer than 50 amino acids
- Proteins: more than 50 amino acids

Insulin is one of the most well-known peptides. It contains 51 amino acids, placing it right on the border between a peptide and a protein.

Today, more than 200 peptides are under clinical investigation for their therapeutic benefits. Peptides work by mimicking or enhancing natural signaling in the body, activating receptors that regulate metabolism, healing, immunity, and vitality.



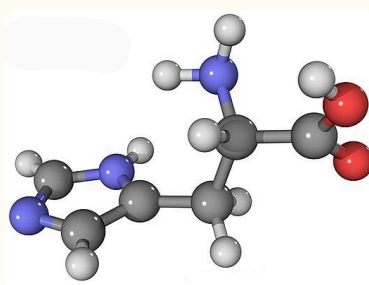
### Metabolic and Anti-aging Peptides:

- Tesamorelin/Ipamorelin – Subcutaneous injection: supports fat loss (especially abdominal fat), muscle recovery, cognitive function, and anti-aging.
- Ipamorelin/CJC – Subcutaneous injection: improves sleep, recovery, energy, skin, and body composition (increases lean muscle, decreases body fat).
- AOD-9604 (“Anti-Obesity Drug”) – Subcutaneous injection: Promotes stored fat breakdown and weight management.
- Sermorelin - Subcutaneous injection: supports lean muscle, energy, and better sleep.



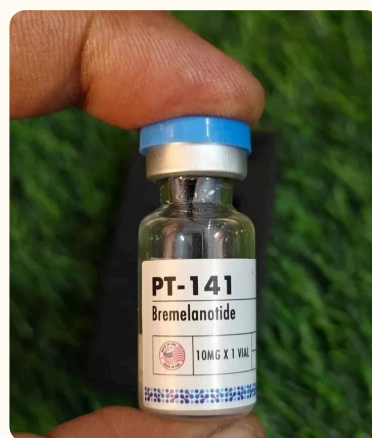
### Regenerative & Healing Peptides

- BPC-157 & TB-500 (“Wolverine”) – Subcutaneous injection: Accelerates healing of muscles, joints, tendons, and ligaments.
- GHK-Cu (“Glow”) – Topical cream/skin application or injectable: Copper peptide for skin rejuvenation, hair regrowth, and collagen stimulation.



### Neurological & Immune Support

- Cerebrolysin – IV and intramuscular injection: Enhances brain health, memory, focus, and neuroprotection.
- Thymosin Alpha-1 – Subcutaneous injection: Immune-modulating peptide that strengthens the body’s defense.
- Semax – Intranasal spray: supports memory,



### Sexual Dysfunction

- PT-141 (Bremelanotide) – Subcutaneous injection: may also support erectile function in men (off-label). It also works on the brain to enhance sexual desire and arousal in both men and women.
- ✓ Each peptide therapy is prescribed under

focus, and  
neuroprotection.  
• Selank – Intranasal  
spray: Reduces anxiety,  
enhances mood, supports  
cognition.

medical supervision of Dr.  
Nicholas Sieveking,  
board-certified in  
Functional and  
Regenerative Medicine.  
All therapies are tailored  
to your personal health  
goals.

## Meet Our Wellness Practitioner



**Jan Stanley, RN, MS**  
Wellness Practitioner, Ageless Solutions

---

Jan Stanley, RN, MS is a master's prepared registered nurse with over 40 years of experience in the healthcare field and more than 18 years in functional medicine. Her involvement in healthcare included leadership positions in acute patient care and hospital administration, practice ownership as an RN, certified personal nutrition specialist, certified health coach and diabetes educator.

### **SPECIAL OFFER**

**Present this coupon and receive 20% OFF  
your first month of peptide therapy!**

*Be on the lookout for next week's newsletter, which focuses on women and testosterone. There's going to be a very special promotion in next week's newsletter that could benefit all of us interested in longevity!*

**Schedule Appointment**



**Ageless Solutions**  
**615-678-7784**

[Unsubscribe](#)

**Sieveking Plastic Surgery**  
**info@sievekingplasticsurgery.com**  
**615-321-1010**