

Revive With Me  
Cheat Guide

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This little guide is a collection of information I wish I had when I first started using peptides and shifting my lifestyle. It includes my go-to nutrition tips, my favorite protocols for common goals, and simple comparison charts to help you understand what each peptide actually does, no science degree required.

Whether you're here for energy, weight loss, anti-aging, gut health, or just to feel like yourself again...

**This guide is for you.**

Let's make wellness simple, together.

*With love,*  
**Heather**

# Maximize Your Wellness Journey with Peptides

Peptides can be a game-changer for your health, whether you're looking to optimize fat loss, build lean muscle, enhance your sleep quality, boost energy levels, sharpen your focus, or improve your overall wellbeing.

But achieving real, lasting results requires more than just supplementation. Your lifestyle and daily habits play a crucial role in unlocking the full potential of your treatment. Here's how you can elevate your peptide therapy for the best possible outcomes.



### Nourish Your Body with Whole Foods

Your body thrives on high-quality, nutrient-dense foods. Stick to whole, organic ingredients that are free from GMOs, pesticides, and artificial hormones. A clean diet supports everything from sustained energy levels and fat metabolism to digestion and overall wellness. Choose lean proteins, healthy fats, fresh vegetables, and fiber-rich carbohydrates to fuel your body the right way.

### Cut Back on Sugar & Processed Foods

Refined sugars and processed ingredients wreak havoc on your metabolism, gut health, and energy levels. Artificial sweeteners, hydrogenated oils, and high-fructose corn syrup can contribute to insulin resistance, inflammation, and sluggish digestion. Keeping your diet as clean as possible will enhance your body's ability to function optimally and help peptides work more effectively.

### Hydrate with Mineral-Rich Water

Proper hydration goes beyond drinking water, it's about ensuring your body gets essential minerals like magnesium, calcium, and sodium. These nutrients are vital for cellular function, energy production, and overall hydration. Opt for natural spring or mineralized water in glass bottles whenever possible and aim for at least 2 liters per day.

## Diet & Lifestyle Tips

### Prioritize Movement & Exercise

Regular movement is one of the most powerful ways to enhance your peptide therapy. A sedentary lifestyle can negatively impact your metabolism, mental clarity, and overall health. Exercise supports detoxification, reduces stress, improves sleep, and enhances muscle recovery. We recommend incorporating strength training, cardiovascular workouts, and mobility exercises at least 3-4 times a week for optimal results.

### Optimize Rest & Recovery

Your body does its most critical repair work while you sleep. Quality rest is essential for hormone balance, muscle recovery, cognitive function, and overall wellness. Prioritize deep, restorative sleep by maintaining a consistent schedule, limiting screen exposure before bed, and creating a relaxing nighttime routine.

### Support Your Body & Unlock Your Best

Your wellness journey is about more than just taking the right supplements, it's about making daily choices that align with your health goals. At Revive With Me, we're here to guide you every step of the way, helping you achieve sustainable, long-term results. Start implementing these foundational habits today and experience the full power of your peptide therapy.

# Why Stack Peptides?

Most peptides work best in synergy, not isolation. While each peptide targets specific pathways, stacking them allows you to layer benefits and address multiple systems at once: hormones, metabolism, repair, energy, sleep, and more.

## Benefits of stacking

- ◆ Boost results without increasing dose intensity
- ◆ Address root causes from multiple angles
- ◆ Avoid tolerance or plateau by rotating cycles
- ◆ Support whole-body transformation, not just one goal



## Think of it like a wellness orchestra:

- ◆ One peptide might be the strings (fat burn)
- ◆ Another the brass (muscle recovery)
- ◆ Another the percussion (brain function)
- ◆ Together, they create harmony



# Peptide Comparison Chart

Peptides	Weight Loss	Strength	Metabolism	Brain Health	Energy	Recovery	Skin/ Collagen	Decrease Inflammation
GLP-1	✓	—	✓	✓	—	—	—	✓
NAD+	—	✓	✓	✓	✓	✓	✓	✓
BPC 157 / TB 500 / GHK-CU / KPV	—	✓	—	✓	✓	✓	✓	✓
Mots-C / AOD /	✓	—	✓	✓	✓	✓	—	✓
Tesamorelin / Ipamorelin	✓	✓	✓	✓	✓	✓	—	✓
IGF-1	✓	✓	✓	✓	✓	✓	✓	✓
Sermorelin CJC / Ipamorelin	✓	✓	✓	✓	✓	✓	✓	✓
Lipo B	✓	—	✓	✓	✓	✓	—	✓
Selank	—	—	—	✓	✓	—	—	✓
PE-22-28	—	—	—	✓	✓	—	—	—
5-Amino 1MQ	✓	✓	✓	—	✓	—	—	✓
SLU-PP-332	✓	✓	✓	—	✓	—	—	—

# GLP-1's Peptide Comparison Chart

Peptide	Weight Loss	GLP-1	GIP	Glucagon	Nausea	Calorie Deficit
Semaglutide Single Action Peptide	✓	✓	—	—	✓	✓
Tirzepatide Dual Action Peptide	✓	✓	✓	—	—	✓
Retatrutide Triple Action Peptide	✓	✓	✓	✓	—	✓

GLP-1's work best when stacked with other peptides. Your body can develop a tolerance to GLP-1's. This is why it's important to cycle or switch off for 8-10 weeks.

# Our Mission at Revive With Me

## Your Path to Better Health Begins Now

Imagine waking up feeling energized, focused, and fully in control of your health. Whether your goal is weight loss, performance, recovery, or overall well-being our science-backed therapies are designed to help you achieve real, measurable results.

The first step is the most important one. Many people **wait for the "perfect time"** to start but the truth is, the perfect time is now. Investing in your health today means taking control of your future.

## Why Revive With Me?

At Revive With Me, we don't just deliver protocols we build partnerships. Our expert team creates personalized peptide plans tailored to your body, your lifestyle, and your goals.

No guesswork. No frustration. Just a clear, supported path to better health.

Because **healing is personal**. And you don't have to do it alone.

# What's Next?

1

## Book a Free Consultation

No pressure, just a one-on-one conversation to explore your best options

2

## Get a Personalized Plan

We design a targeted peptide protocol based on your lifestyle, goals, and needs

3

## Start Your Transformation

With expert guidance and ongoing support, you'll be on your way to a healthier, stronger, more energized you

Your best self is within reach.  
Don't let another day pass you by.



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