The foundation checklist

Peptide Lab · Episode 06 · Free guide

You can't out-inject a broken foundation. Inspect your house before you hang the chandelier.



For learning only, not medical advice. Talk to a doctor first.

Your body is the house

Chandelier: peptides. At best a booster on top. Never the base.

Plumbing: food.

Walls: training.

Foundation: sleep.

The amateur flip hangs a gold chandelier on a cracked foundation. The ceiling comes down.

The foundation: sleep

● **Proven:** most adults need at least 7 hours a night (American Academy of Sleep Medicine and Sleep Research Society).

Less than that is linked to obesity, diabetes, high blood pressure, heart disease and stroke (CDC).

CDC tips:

- Same bedtime and wake time every day, weekends too
- A dark, quiet, cool bedroom
- Screens out of the bedroom
- No large meals, caffeine or alcohol before bed
- Be active during the day

The walls: training

● **Proven:** the World Health Organization advises adults to:

- Work all major muscle groups at least 2 days a week
- Get 150 to 300 minutes of moderate activity a week, or 75 to 150 minutes of vigorous activity

Some activity is better than none. More is better.

The plumbing: food

● **Proven:** your body needs protein to build and repair muscle.

- Eat enough protein, spread across your meals
- Real food, most of the time
- Ask a doctor or dietitian what "enough" means for you

The chandelier: peptides

Only when the house is solid.

- At best, a booster on top. Never the base.
- Most peptides people talk about online are not approved anywhere. Check the evidence stamp before you believe a claim.
- Start with the problem, not the product (see Episode 05).

My own inspection

I checked my own house, honestly.

- **Sleep:** 6 to 7 hours. Just under the line. (almost)
- **Training:** 5 days a week. Boxing, strength and a 5K run. (solid)
- **Food:** real food and low carbs on weekdays. (solid)
- **Weekends:** junk food. (almost)
- **Protein:** not tracked. (unknown)

My first repair is the foundation: more sleep.

Your inspection

Mark each one: solid, almost, or broken.

1. I sleep at least 7 hours most nights _____
2. Same bedtime and wake time, weekends too _____
3. Strength training at least 2 days a week _____
4. 150 minutes of moderate activity a week _____
5. Protein at most meals _____
6. Real food, most of the time _____

My first repair: _____

Save this. Ask your doctor.

1. What problem are we treating?
2. Is my foundation solid first?
3. How will we measure the result?

I'm Ly. I'm not a doctor. I'm experimenting and sharing my results. Don't copy me.

No doses, no sources, nothing for sale. For learning only, not medical advice. Talk to a doctor first.

Next episode: who is Eli Lilly? Follow Ly for Peptide Lab.