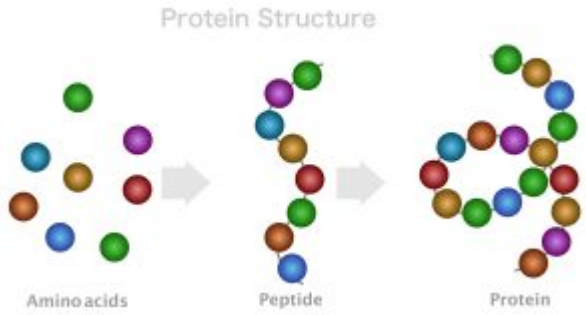
# Peptide Potential: Enhancing Health and Longevity

written by Dr. Ronald Hoffman | December 24, 2024




Jim LaValle, an internationally recognized clinical pharmacist, author, and lecturer, details the emerging field of peptide therapeutics. He discusses the basics of peptides, their roles in various bodily functions, and their therapeutic potentials, including weight loss, immune support, and injury recovery. Jim also shares insights on individualized dosage for GLP-1 drugs, regulatory challenges, the future of peptides in medicine, and exercise tips for seniors. Additionally, Dr. Hoffman explores Jim’s role in spearheading the MIORA Longevity Program at Lifetime Gyms, aiming to make gyms not just places for workouts but comprehensive wellness centers focused on longevity and health optimization.