

# Megan Sharpe



BOOST ENERGY.  
BALANCE HORMONES.  
ENHANCE RECOVERY.

## *Strategic Steps to Using Peptides Effectively*

**FOR HIGH-ACHIEVERS  
READY TO  
OPTIMIZE THEIR LIFE**

BOOST ENERGY.  
BALANCE HORMONES.  
ENHANCE RECOVERY.



# **HEY, I'M MEGAN**

**FDNP + HUMAN OPTIMIZATION COACH**

There was a season when everything looked successful on the outside, but inside I was exhausted, bloated, inflamed, and barely hanging onto my libido. I was doing all the “right things,” yet nothing changed.

Every doctor visit ended the same way:

“Your labs look normal.”

No answers. No plan.

It wasn't until I stepped outside traditional healthcare that everything clicked. Functional labs showed the truth — my gut was inflamed, my hormones were depleted, and my nervous system was stuck in survival mode.

For the first time, my symptoms finally made sense.

Instead of chasing quick fixes, I focused on rebuilding my foundation — supporting my gut, regulating my nervous system, and restoring balance to my hormones.

That's when everything started to shift.

And once my body was supported, I introduced tools like peptides — not to fix me, but to optimize what was already working.

That's why I now take a functional, optimization-based approach in my coaching programs. Diagnostic labs look for disease. Functional labs look for dysregulation — the early signs your body is burning out.

They reveal your healing opportunities so you can feel energized, regulated, and fully in your power again.

REAL TALK

**YOU CAN'T BUILD AN  
OPTIMIZED BODY  
ON BURNOUT  
NO MATTER WHAT  
YOU TAKE**

REAL TALK

You carry a lot. You lead a lot. And you're probably used to showing up at a high level — no matter what's going on behind the scenes.

But here's the truth:

You can't optimize your performance if your foundation is quietly breaking down underneath you. This isn't just about burnout. It's about how your body is functioning... and how well it can respond to the tools you're using.

Because even the most advanced protocols — peptides included — can only work as well as the system they're working in.

Burnout is preventable.  
Dysregulation is fixable.

Here are the foundational steps every high-performer needs to stay aligned, energized, and operating at their best.

# 1

## **REGULATE YOUR SYSTEM LIKE IT MATTERS (BECAUSE IT DOES)**

If your body is constantly in “go mode,” it's also in survival mode.

And when you're in survival mode:

- Recovery slows down
- Hormones become dysregulated
- Energy becomes inconsistent
- Sleep quality drops
- And your body becomes less responsive to support (including peptides)

Try:

- Creating space between high-output periods instead of stacking them
- Prioritizing sleep like it's part of your performance strategy
- Getting daily light exposure and movement
- Building intentional recovery into your routine

Remember: Your body won't optimize if it never comes out of stress mode.

# 2

## **BUILD FOUNDATIONS BEFORE CHASING OPTIMIZATION**

High-performers don't need perfection — but they do need alignment. You don't need to do everything. But you do need to consistently support the systems that drive your results.

Because without a strong foundation:

- You'll rely on tools to compensate
- Results will feel inconsistent
- Progress will plateau

Ask yourself:

“Am I building capacity... or just pushing through?”

Because when your foundation is in place:

- Your energy stabilizes
- Your performance improves
- And everything you layer in works better — including peptides

# 3

## **PRIORITIZE YOURSELF LIKE YOUR PERFORMANCE DEPENDS ON IT**

You don't need permission — but in case you've been waiting for it...

Your energy, your hormones, your nervous system, and your mental clarity all matter.

When you support yourself, everything else improves, your leadership, your decision-making, your relationships, your creativity, and your ability to stay present under pressure.

When you don't, you're operating on borrowed energy — and eventually, that shows up in your results.

You can't perform at a high level from a depleted state.  
And you shouldn't have to!

# 4

## **LISTEN TO YOUR BODY BEFORE IT FORCES YOU TO SLOW DOWN**

Your body always tells the truth.

Fatigue, low drive, irritability, brain fog, poor recovery — these aren't random.

They're signals.  
They're feedback.

And if you ignore them, they don't disappear —they compound.

The earlier you pay attention, the easier it is to course-correct.

Because when your body is supported:

- Your energy stabilizes
- Your focus improves
- Your recovery increases
- And your body becomes more responsive to what you're doing

Including how well it responds to tools like peptides.

# 5

## **CREATE SPACE FOR RECOVERY — NOT JUST PRODUCTIVITY**

Build non-negotiable recovery into your lifestyle:

- 7–9 hours of quality sleep
- Protein-rich, nutrient-dense meals
- Movement that strengthens — not just depletes
- Nervous system resets throughout the day
- Intentional downtime (not just distraction)
- Saying “yes” to support
- Saying “no” to what drains your capacity

Recovery isn't a reward for working hard. It's what allows you to keep performing at a high level.

## **LET'S TALK ABOUT PEPTIDES – THE RIGHT WAY**

Peptides have become one of the most talked-about tools in health, performance, and longevity – and for good reason.

They can support:

- Fat loss
- Recovery
- Sleep
- Energy
- Hormone balance
- Even libido

When used appropriately, they can create noticeable, meaningful results.

## **BUT HERE'S WHAT MOST PEOPLE AREN'T TOLD:**

Peptides don't replace foundational health – they build on top of it.

They work by sending signals to your body:

- Repair
- Regenerate
- Burn fat
- Improve function

But your body still has to:

- Receive the signal
- Process the signal
- Respond to the signal

## **AND THAT RESPONSE DEPENDS ON:**

- Your nervous system
- Your gut health
- Your hormone balance
- Your nutrient status
- Your overall stress load

## **THIS IS WHY:**

Two people can take the exact same peptide...at the exact same dose...and get completely different results.

Not because the peptide didn't work –but because their bodies were in different states.

## **THE BALANCED APPROACH:**

You can absolutely use peptides on their own – and many people do.

But if you want:

- More consistent results
- Better long-term outcomes
- A body that actually responds

Supporting your foundation will always take you further.

# WHERE IS MY BODY ASKING FOR SUPPORT RIGHT NOW?

(ENERGY? MOOD? STRESS? SLEEP? BOUNDARIES? CONNECTION?)

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# WHAT'S ONE THING I'M READY TO START DOING DIFFERENTLY MOVING FORWARD?

(A HABIT, A BOUNDARY, A MINDSET SHIFT, A DAILY PRACTICE—CHOOSE ONE.)

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*Build the kind of energy that carries you —  
not the kind that drains you.*

# WHICH PEPTIDES ARE RIGHT FOR YOU?

## START WITH YOUR GOAL (S) – THEN MATCH THE TOOL OR PROGRAM.

You may see yourself in more than one category. That's normal. The goal isn't to take everything. It's to choose strategically.

### Metabolic Reset Program

**Best for:**

Weight loss, metabolic slowdown, insulin resistance, inflammation, and stubborn fat.

This program focuses on restoring metabolic function while supporting energy production and gut health during weight loss.

**Core Stack**

GLP-1/GIP + L-Carnitine Injection

- Supports appetite regulation, fat metabolism, and metabolic balance.

NAD+ Injection

- Supports mitochondrial energy production and helps reduce fatigue during weight loss.

BPC-157 / TB-500 Capsules

- Supports gut lining health and helps reduce digestive irritation that can occur with metabolic therapies.

Glutathione Injection

- Provides antioxidant support and helps reduce oxidative stress during metabolic change.

Typical Program Length

- 12+ weeks

### Longevity Microdose Program

**Best for:**

Metabolic longevity, inflammation reduction, appetite awareness, and long-term metabolic health.

This program uses low-dose metabolic peptides with mitochondrial support to promote healthy aging.

**Core Stack**

GLP-1/GIP + Glycine Microdose

- Supports metabolic flexibility, appetite awareness, and sleep quality.

MOTS-C Injection

- Supports mitochondrial metabolism and cellular energy signaling.

NAD+ Nasal Spray

- Provides ongoing mitochondrial and cognitive support.

Typical Program Length

- 12+ week cycles

## Energy & Brain Optimization Program

### Best for:

Fatigue, brain fog, burnout, focus challenges, and cognitive performance.

This program supports mitochondrial function and neurological performance.

### Core Stack

NAD+ Injection or NAD+ Nasal Spray

- Supports cellular energy production and mental clarity.

Methylene Blue Capsules

- Supports mitochondrial efficiency and neurological energy.

### Typical Program Length

- Ongoing longevity support

## Recovery & Regeneration Program

### Best for:

Injuries, joint pain, gut inflammation, and chronic inflammation.

This program focuses on tissue repair, inflammation control, and immune resilience.

### Core Stack

BPC-157 / TB-500 Injection

- Supports tissue repair, gut healing, and injury recovery.

Thymosin Alpha-1 Injection

- Supports immune balance and inflammatory regulation.

Glutathione Injection

- Supports recovery and antioxidant protection.

Typical Program Length

- 16 weeks

## Skin, Hair & Regeneration Program

### Best for:

Skin laxity, collagen loss, hair thinning, and tissue regeneration.

This program focuses on collagen production and regenerative support.

### Core Stack

GHK-Cu Injection

- Supports collagen production, tissue repair, and skin elasticity.

NAD+ Injection

- Supports cellular regeneration and mitochondrial health.

Glutathione Injection

- Supports skin health and oxidative stress protection.

EllieVate Skin+

- Topical Rejuvenating Serum

Typical Program Length

- 16 weeks

# Hormone & Performance Optimization Program

## Best for:

Body composition improvement, recovery, sleep quality, and healthy aging.

This program supports growth hormone signaling and metabolic performance.

## Core Stack

Tesamorelin / Ipamorelin Injection

- Supports growth hormone signaling, recovery, and body composition.

MOTS-C Injection

- Supports mitochondrial metabolism and fat utilization.

NAD+ Injection

- Supports cellular energy production and recovery.

Glutathione Injection

- Supports detoxification and oxidative stress protection.

## Typical Program Length

- 12+ weeks

# Intimacy & Sexual Wellness Program

## Best for:

Low libido, reduced desire, performance concerns, or emotional connection.

This program supports neurological, hormonal, and vascular pathways involved in sexual health.

## Core Stack

PT-141 Injection

- Supports sexual desire and arousal pathways in the brain.

## Alternative Option

Elate Spray

- Supports blood flow, emotional connection, and physical responsiveness.

## Alternative Option

The Thrill Pill

- An on-demand troche combining PT-141, oxytocin, and tadalafil.

## Typical Use

- As needed or as directed by your provider.

# DISCLAIMER

This guide is intended for educational and informational purposes only and does not constitute medical advice, diagnosis, or treatment. Peptides and protocols discussed are not intended to replace consultation with a qualified healthcare provider. Always consult with your provider before starting any new supplement, peptide, or health protocol.

*Honored to be*  
**PART OF YOUR JOURNEY**

**YOU JUST TOOK A POWERFUL STEP TOWARD OPTIMIZING YOUR ENERGY, YOUR CLARITY, AND YOUR ABILITY TO PERFORM AT A HIGHER LEVEL – AND I'D BE HONORED TO SUPPORT YOU IN WHAT COMES NEXT.**

***CHOOSE YOUR NEXT STEP***



***BOOK A FREE CONSULT***

We'll look at your symptoms, your goals, and what your body is asking for – and map out a personalized plan to support your foundation and when to layer in tools like peptides strategically.

**BOOK NOW**



***STAY CONNECTED***

Follow me on Instagram, YouTube, and join my email list for weekly insights on stress, burnout recovery, hormones, nervous system regulation, and high-performance health.

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