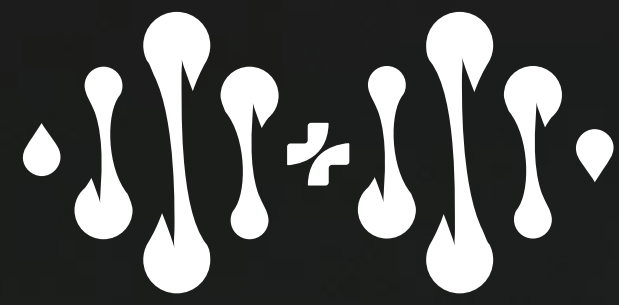




CureHealth  
PEPTIDES

# WELLNESS PROGRAMS

*A Patient Guide to Understanding Your Options*

Questions to bring to your provider · What each program addresses · How to decide what's right for you

# Before you read further

This brochure is designed to help you understand the general focus of each wellness program and to prepare good questions for your appointment. It is educational only. It does not recommend, advertise, or promise any specific treatment or result. Which therapies — if any — are appropriate for you is a decision only a licensed provider can make after reviewing your health history, labs, and goals.

Talk with your provider before starting, stopping, or changing any therapy.

# How to Use This Guide

Each section below describes one of our wellness programs: who it tends to be a fit for, what it focuses on, and what the general approach involves. You'll also find questions worth asking at your visit.

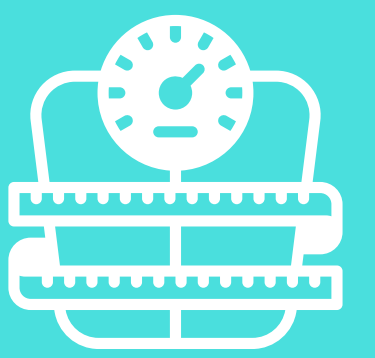
You'll notice this guide describes programs rather than listing specific medications or doses. That's intentional. Therapies vary considerably from patient to patient, and some of the compounds used in this field are still under investigation or are not FDA-approved for these uses. Your provider will walk you through the specific options that apply to your situation — including what is well-established, what is still being studied, and what the risks are.

Good questions to bring to any consultation:

- What are we trying to change, and how will we measure it?
- Is this therapy FDA-approved for this use, or is it being used off-label or investigationally?
- What does the evidence actually show, and what don't we know yet?
- What are the side effects and risks, and what would make us stop?
- How long before we'd expect to see anything, and what does this cost over that period?
- What lifestyle, nutrition, sleep, or training changes should go alongside this?



# 1. Weight Optimization



## Who this program is for

Adults working toward meaningful, sustained weight reduction — often after other approaches have plateaued, and frequently alongside metabolic concerns such as blood-sugar regulation.

## What it focuses on

- Appetite regulation and portion control
- Blood-sugar and metabolic markers
- Sustainable, gradual weight reduction
- Preserving muscle while losing fat

## How the approach works

This program is built around medications in the GLP-1 class, several of which are FDA-approved for weight management and have substantial clinical evidence behind them. They work primarily by influencing appetite signaling and how your body handles blood sugar. Nutrition, protein intake, and resistance training are not optional add-ons here — they are what determines whether the weight you lose is fat rather than muscle.

## What to expect

Weight change is gradual and dose is typically increased slowly to limit side effects. Nausea and digestive symptoms are common early on. This is a months-long process, not a short course, and regular follow-up is part of it.

## 2. Healthy Aging & Longevity



### Who this program is for

Adults who feel generally well but notice changes in energy, recovery, sleep quality, or body composition, and who want a proactive approach to aging.

### What it focuses on

- Energy and daily vitality
- Sleep quality and recovery
- Body composition changes over time
- Cellular and metabolic health markers

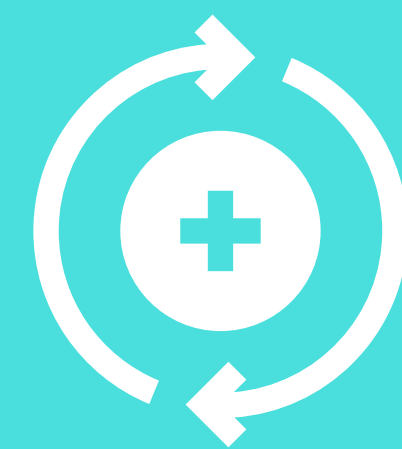
### How the approach works

This program combines lab-based assessment with therapies aimed at supporting the body's own hormonal and cellular energy systems. It's important to understand that longevity medicine is an area where enthusiasm often runs ahead of the evidence — many compounds discussed in this space are investigational and have limited or no human trial data. A responsible program is honest about that distinction and starts with the fundamentals: sleep, resistance training, nutrition, and correcting anything your labs reveal.

### What to expect

Changes here are gradual and subjective as much as measurable. Your provider should be able to tell you clearly which parts of your plan are well-supported by evidence and which are more experimental.

# 3. Regenerative Recovery



## Who this program is for

Patients recovering from injury, surgery, or persistent soft-tissue problems, and active adults whose recovery between training sessions has slowed.

## What it focuses on

- Soft-tissue and joint recovery
- Post-injury and post-procedure healing
- Inflammation and discomfort
- Return to activity

## How the approach works

This program supports the body's natural repair processes alongside — not instead of — physical therapy, appropriate loading, and rest. Some compounds used in this category are not FDA-approved and appear on lists that restrict their use in compounding pharmacies. Your provider will explain the status of anything discussed with you so you can make an informed decision.

## What to expect

Recovery timelines depend heavily on the tissue involved and how well the mechanical side of rehabilitation is being done. No therapy in this category substitutes for progressive rehabilitation.

## 4. Medical Aesthetics & Skin Rejuvenation



### Who this program is for

Patients interested in skin quality — tone, texture, firmness, and fine lines — or in supporting recovery after in-office aesthetic procedures.

### What it focuses on

- Skin texture, tone, and firmness
- Fine lines and visible aging
- Post-procedure recovery and downtime
- Overall skin health and barrier function

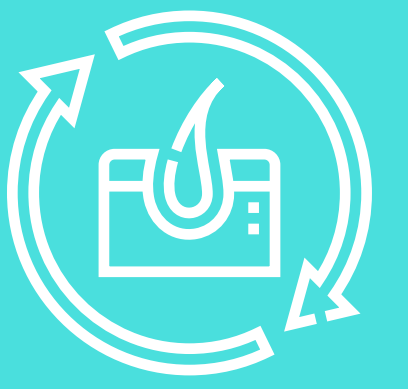
### How the approach works

Approaches range from topical formulations to in-office procedures, often combined. Peptide- and growth-factor-based topicals are used to support the skin's collagen and repair processes. Results in aesthetics are cumulative and depend as much on sun protection and consistency as on any single product.

### What to expect

Expect gradual change over weeks to months rather than dramatic short-term results. Photographs at baseline help you judge progress honestly.

# 5. Hair Restoration



## Who this program is for

Patients noticing thinning, shedding, or changes in hair density who want to understand their options.

## What it focuses on

- Hair density and thinning
- Scalp and follicle health
- Supporting results from procedures such as PRP or microneedling
- Identifying underlying causes

## How the approach works

The first step is determining why hair loss is occurring — pattern hair loss, hormonal factors, nutritional deficiency, thyroid issues, and stress-related shedding all have different answers. From there, treatment usually combines established medical options with in-office procedures and supportive topical therapy.

## What to expect

Hair responds slowly. Most protocols require six months or more before meaningful assessment, and consistency matters more than intensity.

## 6. Men's Performance



### Who this program is for

Men experiencing changes in libido, sexual function, energy, or overall vitality.

### What it focuses on

- Libido and sexual function
- Energy, mood, and motivation
- Hormonal health and lab evaluation
- Cardiovascular and metabolic contributors

### How the approach works

This program starts with evaluation rather than treatment. Sexual and energy concerns frequently have identifiable causes — hormonal, cardiovascular, metabolic, medication-related, sleep-related, or psychological — and finding the cause changes what the right answer is. Some therapies in this category are FDA-approved; others are used off-label or remain investigational.

### What to expect

Because sexual health concerns can be an early signal of cardiovascular or metabolic issues, a thorough workup is worth doing properly rather than skipping to a prescription.

# 7. Women's Wellness



## Who this program is for

Women addressing changes in libido, energy, mood, sleep, or body composition, including during perimenopause and menopause.

## What it focuses on

- Libido and sexual wellness
- Energy, mood, and sleep
- Hormonal transitions and related symptoms
- Body composition and vitality

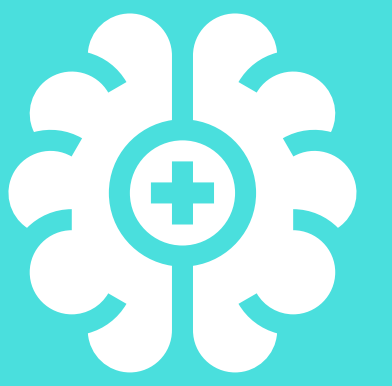
## How the approach works

As with the men's program, evaluation comes first. Symptoms in this category often have overlapping causes — hormonal shifts, thyroid function, sleep disruption, stress, and medications can all contribute. Treatment plans are individualized and may combine FDA-approved therapies with lifestyle and hormonal support.

## What to expect

Your provider should be able to explain which options are FDA-approved for your specific concern and which are being used off-label, along with the evidence for each.

## 8. Cognitive Performance & Brain Health



### Who this program is for

Adults noticing changes in focus, mental clarity, or memory, or who want to be proactive about long-term brain health.

### What it focuses on

- Focus, clarity, and mental stamina
- Memory and cognitive resilience
- Stress and its cognitive effects
- Sleep quality as a driver of cognition

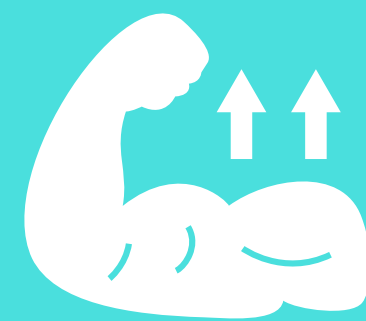
### How the approach works

This is the program where we most strongly encourage a cautious, evidence-first mindset. Cognitive complaints commonly trace back to sleep, stress, thyroid or B12 status, medications, mood, or untreated sleep apnea — all of which are worth ruling out first. Several compounds marketed for cognitive enhancement have limited human data or are not FDA-approved for any use in the United States. Your provider will be direct with you about what is known and what isn't.

### What to expect

Meaningful cognitive change usually follows from addressing the underlying driver. If a specific therapy is discussed, ask what evidence supports it and what the safety data looks like.

## 9. Muscle Building & Fat Loss



### Who this program is for

Adults focused on body recomposition — increasing lean muscle while reducing fat — typically alongside a structured training program.

### What it focuses on

- Lean muscle development
- Fat reduction, including visceral fat
- Recovery capacity between training sessions
- Strength and functional performance

### How the approach works

The foundation of this program is training and nutrition; nothing prescribed replaces progressive resistance training and adequate protein. Some therapies in this category are FDA-approved for specific conditions and are used off-label here, while others remain investigational. Your provider will explain where each option falls.

### What to expect

Body recomposition is slow by nature — meaningful change is measured over months. Baseline body composition measurement makes progress far easier to judge than the scale alone.

# QUESTIONS & NEXT STEPS

## **A note on how to evaluate what you hear**

Peptide and wellness therapies are a fast-moving field, and marketing in this space frequently outpaces the science. A good sign is a provider who tells you clearly when something is investigational, who explains risks without being asked, and who is willing to say that a therapy may not be right for you. Be cautious of any program that promises specific results, discourages questions, or dismisses conventional medical evaluation.

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This brochure is provided for general patient education only. It is not medical advice, a treatment recommendation, or an offer of any specific therapy, and it makes no claim that any product or program will diagnose, treat, cure, or prevent any disease. Individual results vary. Some therapies discussed in this field are investigational, are used off-label, or are not approved by the FDA; your licensed provider will discuss the regulatory status, evidence, risks, and alternatives for any therapy considered for you. Always consult a qualified healthcare professional before beginning any new treatment.