

# Top 5 Peptides Every Woman 40+ Should Know About

*by Kameron K. Steele | Steele Longevity Consulting*

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Aging isn't the end—it's the upgrade. These peptides are powerful tools to help you look, feel, and live better. Whether you're in perimenopause, full throttle menopause, or just want to feel like a goddess in your own skin again—these are your ride-or-dies.

## ■ 1. BPC-157 – The Repair Queen

What it does: Speeds up healing, supports gut health, reduces inflammation, helps recover from workouts or injuries.

Why it matters: Your body isn't "breaking down"—it just needs better building materials.

Bonus: Great for joint pain, GI issues, and even skin!

## ■ 2. DSIP – Deep Sleep Inducing Peptide

What it does: Improves sleep architecture and quality. Promotes deeper, more restorative rest.

Why it matters: Hormonal balance and anti-aging start with quality sleep. No sleep = no recovery.

Alpha Femme tip: Use this to reset your rhythm if menopause is wrecking your zzz's.

## ■ 3. CJC-1295 with Ipamorelin – The Youth Combo

What it does: Stimulates natural growth hormone release—think leaner muscle, tighter skin, better bone density.

Why it matters: Say goodbye to the "skinny-fat" slump. Hello, strength and glow!

Good to know: Start low, go slow, and monitor insulin sensitivity.

## ■ 4. MOTS-c – The Mitochondrial Reviver

What it does: Boosts metabolism, improves insulin sensitivity, supports energy production at the cellular level.

Why it matters: As estrogen drops, metabolic slowdown creeps in. This is your metabolic BFF.

Bonus: Helps fight fatigue and supports body composition.

## ■ 5. GHK-CU- The Skin + Hair Rejuvenator

What it does: Stimulates collagen and elastin production, promotes wound healing, reduces fine lines, improves skin texture, and supports hair regrowth.

Why it matters: As estrogen declines, so does collagen—and suddenly your skin feels thinner, hair loses volume, and you just don't look as vibrant. GHK-Cu is your cellular aesthetician.

Bonus: Helps calm inflammation and oxidative stress—so it's beauty and brain longevity.

■ Want a Custom Peptide Plan?

Steele Longevity offers concierge programs designed to help you reclaim your energy, shape, skin, and sanity. We don't do "one-size-fits-all." We do you-first, science-backed strategy.

DM @AlphaFemmeKameron or email [info@steelelongevity.com](mailto:info@steelelongevity.com) to get started.

You're not too old. You're just getting started.