

# Peptides for Pain: The Under-the-Radar Guide to Ditching Daily Discomfort

by AgeWell313

## Why Most Pain Solutions Fail

Pain pills mask symptoms. Injections offer short-term relief. But what if the real answer to pain lies in repair—not suppression? That's where regenerative peptides come in.

## What Are Peptides?

Peptides are short chains of amino acids that act like biological messengers—signaling the body to heal, reduce inflammation, or regenerate tissue. Unlike drugs, they often mimic natural processes.

## Meet ARA-290

Originally studied for diabetic neuropathy, ARA-290 interacts with the innate repair receptor (IRR) to reduce nerve pain and inflammation. It may support those dealing with chronic pain, post-viral inflammation (like long COVID), autoimmune issues, and more—without traditional drug side effects.

## Other Promising Peptides for Pain & Inflammation

**BPC-157:** Known for tendon, ligament, and gut repair. Often used for joint injuries and post-surgery healing.

**KPV:** A powerful anti-inflammatory peptide shown to reduce symptoms in autoimmune conditions and inflammatory skin/gut issues.

**DSIP:** Regulates sleep and may help with pain perception. Great for stress-related insomnia and tension headaches.

**GHK-Cu:** Supports tissue regeneration, wound healing, and may improve collagen production for joints and skin.

## Where to Start (Even If You're New to Peptides)

✓ Ask your provider about peptides like ARA-290 or BPC-157 ✓ Consider labs: inflammation markers, hormone panels, IGF-1 ✓ Start low, go slow — healing is a journey, not a race ✓ Schedule a peptide therapy consult to get a personalized protocol

## **Let's Redefine the Way You Age**

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