

Anela Protocol

Getting Cut, Fighting Visceral Fat, and Building Muscle

Using Tesamorelin and Ipamorelin together offers a powerful combination for tackling visceral fat reduction and promoting lean muscle growth. This protocol is specifically designed to support metabolic health and physical transformation, especially for those on GLP-1 treatments who face challenges with traditional fasting routines.

The peptides work synergistically, with Tesamorelin targeting fat metabolism and cognitive benefits, while Ipamorelin enhances muscle recovery and tissue regeneration. Together, they provide a holistic approach to improving body composition and overall health, going beyond typical weight management strategies.

Tesamorelin

Why It's Effective: Tesamorelin is primarily recognized for its ability to target and reduce visceral fat, but its benefits go beyond that. By promoting growth hormone release, it enhances metabolism and supports a leaner body composition. Interestingly, research suggests Tesamorelin may have neuroprotective effects, potentially aiding cognitive function, which is rarely highlighted. Additionally, Tesamorelin may positively impact skin elasticity and muscle tone, making it valuable for both internal health and physical appearance.

Dosing: 1-2 mg, administered first thing in the morning on an empty stomach. Cycle: 5 days on, 2 days off, running for 8 weeks, followed by a 3-week break.

Ipamorelin

Why It's Effective: While commonly praised for its muscle-building and recovery support, Ipamorelin also plays a subtle role in optimizing gut health and reducing inflammation. Because Ipamorelin stimulates natural growth hormone release without significantly affecting cortisol levels, it's an ideal choice for minimizing stress-related weight gain. Additionally, its regenerative effects on joints and tissues make it a valuable addition for those who lead active lifestyles or require faster recovery.

Dosing: 200 mcg, administered fasted in the morning upon waking, with a 60-minute wait before eating. Water is allowed, but avoid food during this time.

GLP-1 Adjustments and Dosing Philosophy

For this protocol, used alongside GLP-1 research, dosing Tesamorelin and Ipamorelin first thing in the morning while fasted is essential. GLP-1 makes it difficult to achieve an empty stomach with a short fasting period due to its impact on digestion and satiety. Overnight fasting, therefore, becomes crucial to allow for proper absorption and optimal results from the peptides.

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Created by Anela November 8, 2024