

— THE —

ULTIMATE

PEPTIDES

BIBLE

THE PEPTIDE STACK
PLAYBOOK WITH

500+
PROTOCOLS

100+
PEPTIDES

& THEIR USE CASES

- ✓ FAT LOSS
- ✓ MUSCLE GAIN
- ✓ ANTI-AGING

UPDATED

2026 EDITION



THE ULTIMATE PEPTIDES BIBLE

T O M R A L S T O N

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INTRODUCTION

Please, let me introduce myself. I'm Tom Ralston – online entrepreneur, publisher, and once, a promising hockey player. My career was wrecked by a reckless play, something I wrote about at length in my previous book *The Ultimate DMSO Healing Handbook*, and I won't delve further into that now. The only reason I'm mentioning it here, in a book about peptides, is because I want to make it clear where I'm coming from: writing this book is personal.

I'd always relied on conventional medicine. I wouldn't dream of challenging the view of a stern

man or woman in a white coat with a stethoscope hanging around their neck. They were the authorities in the medical profession, and I put all my faith in them. But when the shit hit the fan (pardon the expression) and I went headfirst into those end boards, pressing every single disc in my neck out of place, the stern man in the white coat gave me a prescription for some heavy-duty, morphine-based painkiller and shrugged. I had undergone surgery, but the pain persisted, and there was nothing more modern medicine could do for me. *“Sorry, son. Learn to live with it...”*

Well, to hell with that. In my own research, I found DMSO and a way back to a normal, pain-free life. It also gave me the understanding that the men and women in the white coats really aren't the know-it-alls when it comes to health and healing. We tend to see them as the high clerics of modern medicine, but my discovery of DMSO showed me that there's so much out there that didn't fit into their college curriculums. Cheap, highly effective cures that

haven't been brought out to the public because they can't be patented – which means Big Pharma can't make a profit from them.

After my hockey career, I went into online business and found another arena for my competitive spirit. Market research has been my bread and butter for years now, and a vital part of market research is basic research. The discovery of DMSO was like pulling the curtain away and seeing a previously hidden world. And when you're part of this world – when you see *past* the smoke and mirrors – you suddenly discover some really astounding things. And of all the things I found, peptides are the most fascinating.

First and foremost, it's my name on the book, but I want to direct the credit where credit is due. Here at our little publishing company, *The Natural Standard*, we have a devoted research team that has scoured the internet, research reports, and published books to be able to give you, the reader, the most useful and accurate information possible.

Without them, there wouldn't be a book, so I tip my hat to them.

Thanks, guys.

So, why did peptides catch my interest and propel them right to the top of the publishing order here at *The Natural Standard*? Well, because of the sheer power, possibilities, and versatility they represent. Peptides are the farthest thing from a one-trick pony you can get. Different groups of peptides do different things, and the array of possibilities is almost limitless. They affect everything from physical healing, sex drive, cognitive function, anti-aging, sleep – and that's just scratching the surface. But the customization doesn't stop there. You can combine peptides, stacking them (as it's referred to), and get an even bigger boost. Finally, you can combine your use of peptide stacks with other wellness routines like intermittent fasting and cold exposure to achieve some pretty awesome results.

My main ambition with this book is to help you discover everything peptides can offer – but more

importantly, how to handle and use them *safely*. Once we've got that down, we'll head into the really exciting part of this book: the list of more than 100 of the most popular peptides. We'll go into detail about what they do, and how to use and dose them.

Armed with that knowledge, we'll step it up even further with the *Peptide Stack Playbook* that's included in this edition. There we'll analyze more than 500 peptide stacks and their use cases.

Want to heal like a mutant? Most of us do. Maybe you'd be interested in *The Wolverine Stack*, then? That's one of the fun things about peptide stacks – all the creative names. We also have *The Glow Stack* for your skin, *The Brain Blitz Stack* for your mental edge, and *The Spartan Stack* for your strength and recovery. Or why not *The Shred Stack* for rapid fat loss? Or *The Vigor Stack* for hormone balance and sexual health? Or... well, I could spout names like that for hours, but we'll get there in time. I'll restrain myself.

































































































































