



Peptides for Healing and Recovery

(305) 456-6026

2655 S Le Jeune Rd, Suite 902,
Miami, FL 33134

Dr. Yeisel Barquin

WWW.INTEGRATIVEHEALTHMIAMI.COM

Integrative Health Miami Introduces Peptides for Muscle Recovery to Support Healing

March 05, 2026

MIAMI, FL - March 05, 2026 - PRESSADVANTAGE -

Integrative Health Miami is broadening its clinical offerings with peptides for muscle recovery, designed to support individuals in their healing journeys. With growing interest in therapies that may complement traditional approaches to rehabilitation and overall vitality, the clinic is highlighting the potential role recovery peptides may play in supporting the body's natural restoration after injuries, surgeries, or chronic conditions.

Some peptides are being studied as adjuncts to individualized regenerative care. These short chains of amino acids may act as signaling molecules that interact with cells and support the body's repair processes. Certain peptides have been associated with pathways involved in inflammation, protein synthesis, collagen production, and blood-vessel formation (angiogenesis), which may support recovery.

Dr. Yeisel Barquin of Integrative Health Miami emphasized that peptide therapy is intended to complement—not replace—established medical treatments. Care is provided by licensed clinicians and discussed with patients consistent with applicable standards and informed-consent requirements. Potential benefits reported in early studies or clinical experience may include improved mobility and symptom relief; outcomes vary by patient and condition. Use is individualized and based on clinical judgment and patient

goals. Compounded peptides, when used, are discussed explicitly as non-FDA-approved for specific indications.

As interest in recovery peptides grows among athletes, active individuals, and those recovering from surgery, Integrative Health Miami continues to evaluate emerging scientific developments. "Recovery peptides may offer promising adjunctive support for healing, but they are not a cure-all. Our goal is to tailor therapies to each patient's unique needs to support sustainable recovery and wellness," said Dr. Barquin.

Dr. Yeisel Barquin is ABIM board-certified in internal medicine and IFM-certified, appearing in the Institute for Functional Medicine directory. She integrates conventional medical knowledge with a functional medicine approach. She focuses on preventive measures, lifestyle factors, and tailored treatment plans designed in collaboration with patients to improve overall health.

In providing peptide therapy for muscle recovery, Integrative Health Miami uses a patient-centered approach. Each patient receives a comprehensive consultation reviewing medical history, current concerns, and recovery goals. Based on this evaluation, Dr. Barquin may develop a treatment plan that includes recovery-oriented peptides alongside modalities such as nutritional counseling, hormone management, or physical therapy.

Integrative Health Miami explains the exploratory nature of specific peptide therapies so patients can provide informed consent and make informed decisions about treatment options. The clinic notes that treatment outcomes depend on numerous factors, including the individual's overall health, the condition being treated, and adherence to recommended protocols.

Besides peptide therapy, Integrative Health Miami offers primary care, functional medicine, internal medicine, women's wellness, men's wellness, obesity & weight loss, and mental and behavioral health. The clinic also offers executive medicine services for patients with busy schedules, with streamlined, comprehensive care plans.

Integrative Health Miami offers in-person care and telehealth options for eligible Florida patients. The clinic is based at 2655 S Le Jeune Rd, Suite 902, Miami, FL 33134, and serves nearby communities including Aventura, Coconut Grove, Coral Gables, Fort Lauderdale, Key Biscayne, Miami Beach, Pinecrest, and South Miami.

The clinic welcomes people interested in learning more about recovery peptides to book a consultation. To learn more or to make an appointment, visit Integrative Health Miami's website at integrativehealthmiami.com or call the clinic at (305) 456-6026.

About Integrative Health Miami

Integrative Health Miami provides personalized care and preventive medicine with a holistic approach. It offers primary care, functional medicine, obesity & weight management, mental and behavioral health services, and executive medicine services.

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For more information about Integrative Health Miami, contact the company here: Integrative Health Miami Dr. Yeisel Barquin (305) 456-6026 drbarquin@eudaimoniamiami.com 2655 S Le Jeune Rd #902, Miami, FL 33134, United States

Integrative Health Miami

Dr. Yeisel Barquin of Integrative Health Miami is a board-certified Internal Medicine physician who offers a personalized holistic health approach.

Website: <https://integrativehealthmiami.com/>

Email: drbarquin@eudaimoniamiami.com

Phone: (305) 456-6026



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