

Forward Healthy Lifestyles Unveils Cognitive Wellness Peptide Program to Support Focus and Memory

GERMANTOWN, WI, UNITED STATES, October 28, 2025 /EINPresswire.com/ -- Forward Healthy

Lifestyles, a Wisconsin-based integrative wellness and regenerative medicine clinic, has introduced its new Cognitive Wellness [Peptide Program](#), designed to support focus, enhance memory, improve mental clarity and promote overall brain health.

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Our new Cognitive Wellness Peptide Program offers a tailored, science-informed approach to restoring mental clarity, sustaining focus and optimizing cognitive health.”

Lindsay Carmody, MSN, FNP-BC, APNP

The program is now available at the Germantown and Shorewood clinic locations. It is directed by Lindsay Carmody, MSN, FNP-BC, APNP, a nationally-certified nurse practitioner and acknowledged expert in peptide therapy.

Forward Healthy Lifestyles has offered peptide-based therapeutic protocols for more than a decade, applying advanced compounds to support [hormone balance](#), recovery and whole-body vitality. The new Cognitive Wellness Peptide Program expands that expertise by introducing targeted peptide protocols intended to

support focus, mental clarity and mood balance.

Carmody holds a clinical certification from the Clinical Peptide Society, awarded for demonstrated experience in safe and effective use of peptides in patient care. Under her supervision, each treatment plan is personalized, evidence-based, and designed with precise dosing, clinical monitoring and a whole-person care model.

“Many adults experience [brain fog](#), prolonged stress and mental fatigue while balancing demanding schedules,” said Carmody. “Our new Cognitive Wellness Peptide Program offers a tailored, science-informed approach to restoring mental clarity, sustaining focus and optimizing cognitive health.”

Program Overview:

-Comprehensive Evaluation: The program begins with an in-depth consultation covering lifestyle,

sleep quality, nutrition, cognitive demands and patient goals to build a customized care plan.

-Targeted Peptide Protocols: Clinically studied peptides that support memory, neuroplasticity and focus are incorporated into custom regimens.

-Whole-Body Integration: The program may be combined with other Forward Healthy Lifestyles services—such as hormone therapy, IV wellness infusions, advanced skincare or anti-aging treatments—to create a comprehensive wellness plan.

-Ongoing Provider Oversight: Regular follow-up appointments enable safe dosing, continuous evaluation and sustained cognitive support.

Featured Peptides: Semax and Selank



Semax is a neuro-regenerative peptide initially developed for neurological recovery. It is now applied to support focus, memory and cognitive performance. It is thought to increase brain-derived neurotrophic factor (BDNF) and balance neurotransmitters such as dopamine and serotonin—pathways linked to motivation, learning, and memory. Under provider supervision, Semax is administered via a daily brief subcutaneous injection; many patients report improved focus and productivity within one to two weeks.

Selank, used in tandem with Semax, is designed to promote calm focus, emotional balance and resilience to stress. This synthetic neuropeptide modulates GABA and serotonin activity, helping individuals experiencing anxiety, heavy cognitive workloads or mental fatigue. Selank is positioned to support concentration without agitation or sedation.

Together, Semax and Selank form a synergistic cognitive-wellness strategy—supporting enhanced focus and memory alongside improved emotional balance and mental recovery. Each regimen is overseen by a provider, dosed individually and aligned with each patient's health profile, lifestyle and goals.

Who May Benefit:

The Cognitive Wellness Peptide Program is intended for adult individuals who:

- Experience occasional brain fog, mental fatigue or difficulty focusing
- Notice memory lapses during stressful or high-demand periods

- Face mood shifts or find stress tolerance declining
- Wish to optimize cognitive health or support healthy brain aging

Safety and Clinical Oversight:

All peptide therapy protocols at Forward Healthy Lifestyles are supervised by certified clinicians who monitor progress and adjust dosing as required. This structured approach is designed to ensure both efficacy and sustainability.

“Peptide therapy is a powerful tool when applied thoughtfully,” Carmody added. “Our goal is to make every patient feel supported, educated, and confident throughout their wellness journey.”

About Forward Healthy Lifestyles

With convenient locations in Germantown and Shorewood, Wisconsin, Forward Healthy Lifestyles is redefining integrative care. The clinic offers hormone optimization, medical weight loss, IV therapy, peptide therapy, advanced aesthetics, and intimate wellness services—all grounded in evidence-based medicine and delivered with compassion.

Forward Healthy Lifestyles: Building a Healthier Future—Naturally.

Program Availability

The Cognitive Wellness Peptide Program is now open to new and existing patients at both Wisconsin clinic locations.

Complimentary consultations are available for a limited time.

Visit www.forwardhealthylifestyles.com or call (262) 313-8375 to schedule an appointment.

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Forward Healthy Lifestyles

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