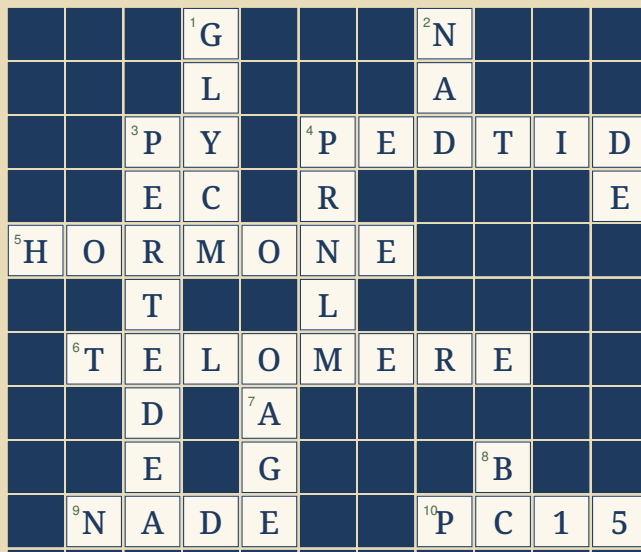


A HORMONALY PRESS COLLECTION

Peptides, Hormones & Longevity

*Ten themed crosswords for the curious clinician,
the working pharmacist, and the lifelong learner.*



FADY HANNAH-SHMOUNI, MD FRCPC

with editorial assistance by Hormonally Press

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How to play

Each puzzle is a themed crossword on a topic from modern endocrinology, peptide pharmacology, or longevity science. Answers are written in BLOCK CAPITALS with no spaces, hyphens, or punctuation. Numbers and initialisms are spelled out (so HBA1C becomes HBAONEC, GLP-1 becomes GLP1).

Each grid is preceded by its theme. After the grid, the clues are split into ACROSS and DOWN, each numbered to match the cells.

Solutions for all ten puzzles are collected at the back of the book.

The puzzles draw on the same evidence base as the rest of the Hormonal Press list — peptide and hormone facts here are accurate as of mid-2026, and where a clue refers to a brand name or trial code it is one that has actually been used in the published literature.

Contents

The puzzles

1. **Peptide fundamentals** — *amino acid chemistry and the language of short proteins*
2. **The pituitary axis** — *master gland hormones and their releasing factors*
3. **Insulin and glucose** — *pancreatic peptides and the modern incretin drugs*
4. **The thyroid system** — *iodothyronines, regulators, and their associated illnesses*
5. **Stress and the adrenal** — *fight-or-flight signalling and the HPA axis*
6. **Sex hormones** — *gonadal steroids and their pituitary regulators*
7. **Growth and healing peptides** — *BPC-157, thymosin, growth factors, and friends*
8. **Aging and longevity** — *cellular mechanisms behind the modern longevity field*
9. **Senolytics and NAD** — *molecules used to clear senescent cells or restore coenzyme NAD*
10. **Modern peptide therapeutics** — *the drugs reshaping metabolic and regenerative medicine*

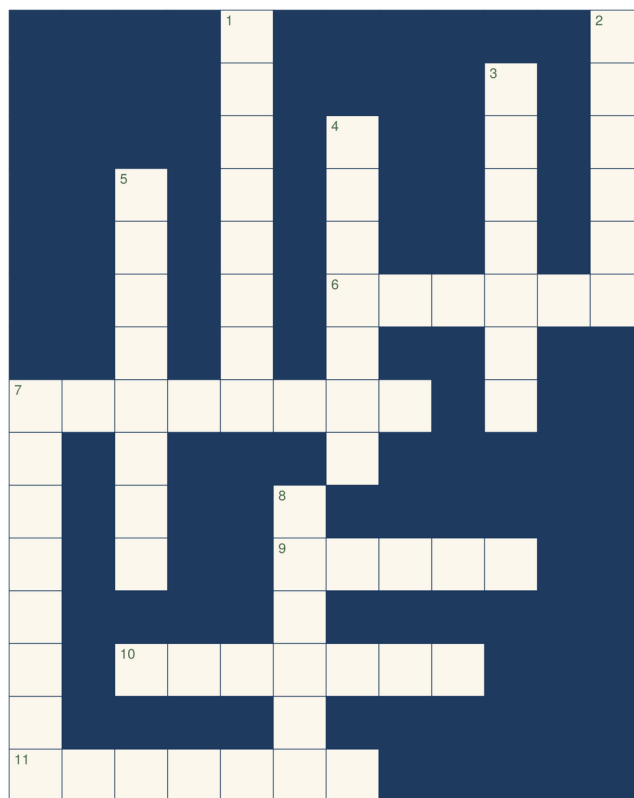
Solutions

All ten solutions are collected at the back of the book.

PUZZLE 1

Peptide fundamentals

amino acid chemistry and the language of short proteins



ACROSS

- 6. Basic amino acid coded K. (6)
- 7. Sulfur-containing residue that forms disulfide bonds. (8)
- 9. The chemical group at the N-terminus of every peptide. (5)
- 10. Short chain of amino acids linked by amide bonds. (7)
- 11. Branched-chain amino acid coded L. (7)

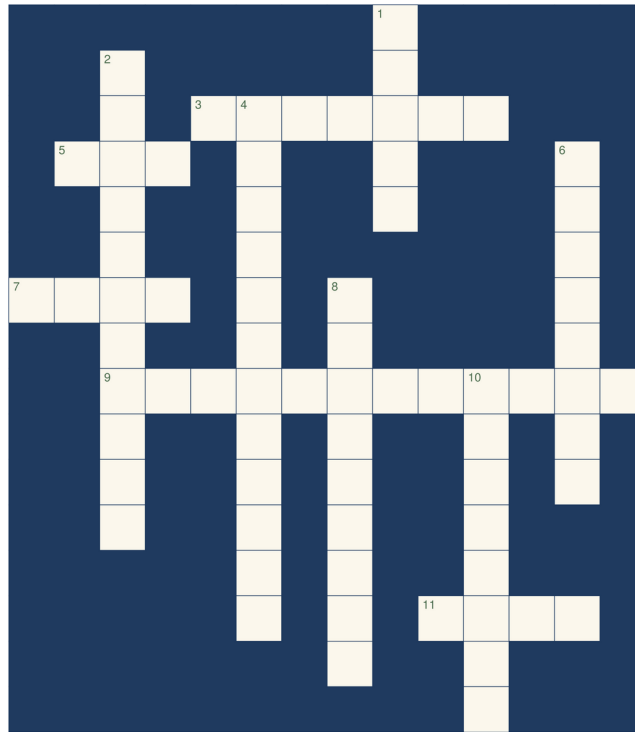
DOWN

- 1. Time for plasma concentration to fall by 50 percent. (8)
- 2. Branched-chain amino acid; C-terminus of BPC-157. (6)
- 3. Smallest amino acid; first letter of BPC-157. (7)
- 4. Imino acid with a rigid ring; appears as a triplet in BPC-157. (7)
- 5. Cellular machine that synthesises proteins from mRNA. (8)
- 7. Acidic group at the C-terminus of a peptide. (8)
- 8. Unit of molecular mass used for peptide weights. (6)

PUZZLE 2

The pituitary axis

master gland hormones and their releasing factors



ACROSS

- 3. Stomach peptide that stimulates GH release and hunger. (7)
- 5. Pituitary signal that drives thyroid hormone output. (3)
- 7. Hypothalamic releaser of growth hormone. (4)
- 9. Pituitary growth hormone, also called GH or HGH. (12)
- 11. Pituitary peptide that triggers cortisol release. (4)

DOWN

- 1. The bony saddle of the skull housing the pituitary. (5)
- 2. Antidiuretic peptide from the posterior pituitary. (11)
- 4. Brain region that controls the pituitary gland. (12)
- 6. Inhibits prolactin secretion from the pituitary. (8)
- 8. Anterior pituitary hormone driving lactation. (9)
- 10. Posterior pituitary nonapeptide of labour and bonding. (8)