

Fit over 40 - Growing young again with hgh

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Fit Over 40

<Introduction>.....	3
<Chapter 1 - Sex and your lifestyle>.....	5
<Chapter 2 - Living a life that is disease free and stress free!>.....	15
<Chapter 3 - What is HGH and why you should know about it ?>.....	28
<Chapter 4 - Male menopause aka Andropause - Are you really old?>.....	43
<Chapter 5 - Are your bones up to date?>.....	48
<Chapter 6 - All exercises are good!>.....	54
<Chapter 7 - The HGH Plan Workouts>.....	69
<Chapter 8 - What can the sumo wrestlers teach you about weight loss?>....	77
<Chapter 9 - Avoid caffeine!>.....	85
<Chapter 10 - The importance of a varied diet>.....	93
<Chapter 11 - Make your food selections a first level of defense>.....	97
<Chapter 12 - Eating right kinds of carbs>.....	103
<Chapter 13 - A word about Protein and Fats>.....	110
<Chapter 14 - 2 SECRET Anti Aging Tips>.....	116
<Chapter 15 - The "How" of Resistance Training>.....	119
<Chapter 16- Making Aerobic Training work to increase your growth hormone levels>.....	123
<Chapter 17 - Increasing Testosterone in A Natural Way>.....	128
<Resources>.....	131

Introduction

Hello and Welcome. This is David from Thehghblog.com. I have launched **TheHghBlog** to spread the word about how we, the aging people can be fit and look good after 40 and how we can bring our energy and vitality to our youthful levels. My blog also focuses on hgh (human growth hormone) and its role in the aging process and how hgh can help us regain our health and well being that we experienced in our younger years.

If you have downloaded this ebook from my blog, you have already been subscribed to Thehghblog.com and I'll send you regular updates whenever I post something on the blog. My aim is to make this blog, the ultimate anti aging guide.

In case you haven't and you are not subscribed to **TheHghBlog** yet, you can do [here](#). Don't forget to click on the *activation link* sent to your email, otherwise you won't receive any blog updates.

I plan on charting out a comprehensive anti aging plan focusing on diet, workouts and supplements that will work in synergy for better health and well being, weight loss, better skin health and anti aging. I decide to call this "**The Hgh Plan**".

Through this program you shall enhance your "hgh" levels naturally and be able to connect to your "youthful you" once again. This report is the beginning of this agenda.

Stay tuned for more tips and "**The Hgh Plan**" as I update the blog.

I've had the opportunity to speak with several fitness enthusiasts: by phone: fax: modem: and in person. People who've downloaded this report are wanting to share their stories and ask their questions. Its been an incredibly rewarding experience for me because events have turned out exactly as I predicted.

You will be amazed to know that your health can benefit from some easy-to-follow strategies.

This means that when you read the ebook and follow the simple steps I have listed, you will achieve effective results. When a truck driver who used to drink 10 cups of coffee daily stopped doing this, his blood pressure lowered to normal and he felt like a new person.

Fit Over 40

A man from LA, who was in his mid-forties, lost significant weight in 2 months since he began taking my recommended supplements, felt more energized; stopped taking antidepressants; and felt better than he was in high school.

A 59 year old tells about his 3 month transformation from impotence and depression to vivacity and sexual vigor.

All these experiences had one thing in common and this is the feeling of energy and power that made the difference. When you read the chapters that follow, don't take them as mere information.

Try to picture the advantages and blessings that I say would have a meaning for you, which will give more significance to the book; make it more encouraging; and also, more gratifying for you.

I am always amazed at how people are able to create major transformations with the flexibility of both body and mind. Writing this book is an experience, which has strengthened my belief that everyone can change for the better.

It is obvious that it is not as effortless as popping an anti aging pill. The pages that follow will continue to remind you that the breakthrough here is not a pill but a program and this is why it is so effective.

The "magic solution" approach has never worked but the easy-to-follow steps that I've summarized and the "The HGH Plan" will and you can begin to benefit from it, in just a few days.

When your metabolism is enhanced, you will become more energized. As your energy is increased, you will become more active. More activity leads to fitness, which in turn, leads to strength.

No one will shake a finger while standing over you. Your motivation and desire will take you ahead. You will experience what life is like on the upward spiral staircase.

We make decisions everyday and these make up our entire life. I urge you to believe that there must be a very good reason why this report is in your hands. You may get all the necessary tools from it to create a life you desire, one that is long-lived and with your highest goals achieved. I hope to hear from you soon.

Chapter 1 - Sex and your lifestyle

More Than a Plan – A Lifestyle Choice

We are created with bodies, which are meant to move. However, most of us are inactive. Though we are made to eat a wide assortment of fresh, natural foods, we eat processed meals: refined, cooked and filled with chemicals.

We feel burned out, encounter everyday stress and we live for a maximum of 74 years. A magic pill can't change all these. There has to be a basic transformation in the way we see life and the process of aging.

This reassessment also needs to incorporate medical advancement, wherein progress is principally cut and paste. While it is true that doctors can use arteries from an individual's legs to graft them into his/her heart, is this enough to manage heart disease?

Shouldn't you use preventive measures, instead? Those who have cancer in the late stages can go through surgery and chemical treatments. But wouldn't it be better if you can prevent this illness or perhaps, treat it in its earlier stage by means of nontoxic therapies?

Nowadays, everything is possible with the use of supplements and antioxidants, though these are not sufficient. You cannot enjoy the benefits they provide when you continue to smoke cigarettes.

You, also, won't be able to see positive results when you don't exercise. Moreover, you can't expect your **HGH (human growth hormone)** levels to repair the damage when you still eat junk food and your stress levels remain high.

If ever you realize that your life is important and you want to live more than merely 74 years, continue to read on. I can turn back the hands of time on significant metabolic factors that affect your body's rate of aging.

This simply means that you can now age slowly and at the same time, become more energetic, with greater mental performance and less ailments. There is nothing more you could ask for.

As you'll know soon, how declining gh levels are the culprit behind all the aging signs and symptoms you might possess, the question is is there a simplest way to increase "growth hormone" levels naturally. The simplest way might not be the easiest way for you especially if you hate the word exercise. But still this stuff works- plain and simple. In fact, weight-training, resistance exercises, aerobic activities and specially **hiit (high interval intensity training)** can do wonders in increasing the gh levels.

Sex and your lifestyle

You might not accept Freud's theory on libido, or the sex drive, that claims that libido is definitely the primary inviting force in human behavior.

You might prefer to believe that people are influenced by "higher" or perhaps purer desires: not to mention we're.

However the truth remains that libido is really a highly effective and potent drive that's hardwired in to our genes. It's there around the conscious level and within the subconscious, and according to Freud: it rules the subconscious domain in our existence. The particular reason of its dominance is actually apparent: survival of the species.

Many texts happen to be written that discuss the so-named struggle which human beings have with this particular "base"

desire, however I debate regarding the job of philosophers and theologians to debate over it. **Hedonists** commemorate it: **moralists** attempt to manage it and **Madison Avenue** exploits it, however from the scientific perspective libido is just a part of our biochemical as well as behavioral make-up.

THE Complexity OF LIBIDO

Libido is actually produced with a complex mixture of hormones and it is greatly impacted by some other nonhormonal factors: which includes all around health: along with a raft of mental and emotional reactions. One particular myth regarding libido is the fact that guys produce testosterone and ladies produce estrogen.

The truth is: both women and men create both hormones: even though in various amounts. One more myth would be that the libido is a 'testosterone thing.' Actually: regular adults (both women and men) have significantly diverse amounts of **testosterone**: but research indicates no proof that these variants on it's own are the cause of variations in sexual drive or conduct. Some other hormones: for example estrogen and **prolactin** in addition play an important part when it comes to sexual reaction.

Exercise and Other Sex Cues

It is common knowledge that those who exercise on a regular basis tend to be more sexually active as compared to their sedentary counterparts, but what does exercise have to do with that?

It is probably not the exercise per se but the fact that super active people just happen to exercise and take pleasure in having sex. In this regard, there are studies that show a connection between the two. Exercise brings about hormonal, biochemical and psychological changes that enhance libido and

sexual pleasure.

Are you aware that there are products, which you can use to boost your energy level and at the same time, allow exercise to be more enjoyable and less wearisome? The following chapters will teach you how to be motivated with these potent products.

Certainly, libido is not just a matter of exercise and energy. Nature had to make sure so it loaded each sensory system with sex cues. For instance, our sense of smell greatly affects our preferences and desires. Studies reveal that babies are easily attracted to the characteristic smell of their mothers. Kids love sweet, light scents and don't like strong, heavy smells.

Everything, however, changes during adolescence. You will notice a difference in preference of the youth as they develop a liking for earthy scents like sandalwood and musk. The latter is a component of sexual attractants given off by a majority of animal species. This is just part of nature's plan to switch on the libido and enable us to procreate.

HGH revives sex drive

HGH (human growth hormone) stimulates the libido, giving you not only more sexual energy, but also more interest in sex. Moreover, orgasms increase your natural production of human growth hormone.

It's a self-reinforcing cycle or feedback loop. The more HGH you produce, the more sexual you become or remain, and the more sexual you become, the more HGH you produce naturally. One result is that you are better off physically, which translates into your good health encouraging more sexual activity.

See how it works? It's really quite a miracle of nature and human nature. But don't forget all of the other benefits of sexuality.

MEET THE ANDROGEN FAMILY

Besides hgh and testosterone: libido researchers have identified important roles for other hormones in the androgen family: including **DHEA** and **androstenedione**. Androgens appear to be particularly critical for the arousal stage of libido: having powerful effects on both the endocrine (hormonal) and neurological (mental and emotional) systems.

What's more, we are learning that women need these factors just as much as men do, although in smaller amounts and not just to increase libido. A recent report in the **American Journal of Medicine** identified a disorder known as "*female androgen deficiency syndrome*:" characterized by impaired sexual functioning: fatigue: depression, and headache. The authors of the report suggest that androgen supplementation may help.

Androgen replacement therapy is a neglected area of medical practice and further research is needed to identify all women who will benefit from it since studies in menopausal women have shown [oral] administration to be well tolerated and safe. Such therapy is underused and very much under researched.

Enter **DHEA**. DHEA appears to be nature's all-purpose energizing sex and health hormone. The only problem is that our bodies run out of it too soon.

Sex for anti aging

Regrettably: as we grow older, the desire to have sex and also the ability to cherish sex disappear. Men have increasing problems obtaining and keeping erections: and also right after menopause ladies go through vaginal dryness, reduced libido: and atrophy of the vaginal muscles.

As people see such developments being an inescapable portion of life, they miss out on the intensity and pleasure of intercourse.

If you wish to remain sexually productive: I've great news. Right after raising "hgh" levels: men and women usually see that sexual performance enhances overall. Several are convinced that erections turn out to be more powerful and that ejaculatory volume levels and pressure are elevated.

A 55 year old friend was happy with the outcomes which he encountered with "[hgh releasers](#)". "It is not only the sex," he mentioned: "but the sensation of renewed energy, getting out of bed every day with all the flag flying."

In the next chapters, you'll read what supplements could improve your hgh levels the natural way and greatly improve sex life.

Possessing a younger looking skin tone is truly the outcome of having an in good condition body. It's now well known that the act of sex is extremely effective in exercising parts of your muscles, upping your heartbeat, and may help you sleep much better.

Furthermore, having routine sex is ideal for enhancing your stamina, muscle tone, as well as your heart. Probably the most essential reason why you should have routine, healthy sex would be to decrease your levels of stress.

Everyone knows that stress can certainly express itself in a variety of ways - particularly your skin tone. How frequently has your own stress level led to a breakout or any other unattractive skin ailment?

With all your stress level lowered, your complexion will appear better and rejuvenated, in addition you and your spouse will significantly boost the strength of your respective relationship.

For the very first time in the history of mankind it seems that we are able to extend our life time and while doing so expand our very sexually active years. This way: we not just are able to benefit from the delights of sex but simultaneously send "youth" messages to the cells that could delay senescence and death.

Once more: the concept would be to give message to our cellular **DNA** that we are competent at reproducing. So long as that's a possibility, research with animals shows that we might have the ability to prolong the life-span by 20 to 50 %. As they say, "Use it or lose it."

It's not simply a matter of taking an "hgh supplement". It will not instantly turn a middle-aged man into a sex machine: but as an integral part of a longevity and vitality program hgh can make a tremendous difference, and it's far superior to any of the pharmaceutical options available today to boost your sex life like viagra etc.

SEXUAL PERFORMANCE AND PRESCRIPTION DRUGS

Research on human sexuality has escalated in recent years partly because of the ever-increasing rate of sexual disorders and the role played by prescription drugs in sexual dysfunction. Men and women taking a wide range of prescription drugs commonly experience decreased libido, erectile dysfunction: ejaculation delay, and orgasmic dysfunction. The main offenders are **antipsychotics, antidepressants, mood-stabilizing agents, minor tranquilizers, and hypotensives**. See the following list and consult a medical professional if you suspect you have a problem.

PRESCRIPTION DRUGS THAT CAN CAUSE SEXUAL DYSFUNCTION

Acetazolamide	Clonidine	Methazolamide
Alpha-methyldopa	Clorazepate	Phenelzine
Alprazolam	Diazepam	Phenobarbital
Amitriptyline	Dichlorphenamide	Primadone
Amoxapine	Digoxin	Propranolol
Chlorpromazine	Fluphenazine	Protriptyline
Chlorthalidone	Guanethidine	Reserpine
Cimetidine	Hydrochlorothiazide	Spirolactone
Clofibrate	Imipramine	Thioridanne
Clonpramine	Lithitun	Thiothixine

Source: Schiavi R, Segraves R, The biology of sexual function.

Psychiatr Clin North Am 1995; 18(1): 7-23.

HGH VERSUS TESTOSTERONE SUPPLEMENTS

A lot of work is being carried out right now to assess the results and negative effects of androgenic hormone or testosterone supplements in aging males: and the information isn't definitive.

First: there isn't any age-related decrease within testosterone as you can find along with human growth hormone. Males do encounter significant *biochemical* as well as *psychophysical* changes: however those transformations can't be related to a remarkable reduction in testosterone.

Research has shown that sexual acts in males sixty-five to eighty years old isn't associated with testosterone levels.

Human growth hormone seems to possess a broader range of effects and advantages all the way through the body than does testosterone. A high amount of Human growth hormone confers more than sex improvement.

Keeping Human growth hormone levels at or close to prime peak seems to enhance overall immunity, increased power, reduce body fat strengthen bones, and reduce the chance of cardiovascular disease and cancer.

Testosterone could influence some of those factors: however there's the HGH advantage. With that said, both human growth hormone as well as testosterone supplements could work in synergy to create much more remarkable impact.

THERE'S NO MAGIC BULLET

This is obviously not a -magic bullet" approach. You have to understand that no matter how attractive the "instant results" mentality may be, it has never worked. It's understandable.

Fit Over 40

Life is complex, and so we naturally seek simple solutions: one pill that will do it all.

But whenever researchers have tried to find the magic bullet they have failed.

Ultimately we as a society will see the big picture. It's not a single hormone or drug. It's not anything that you can buy, but what you do and how you live.

An important new study found that sexual activity in older men and women is related more to physical activity and social and personality factors than to any hormone level.

We know that exercise is important, but it becomes a struggle. "The Hgh Plan" makes exercise easier and more enjoyable at any age.

We want to have a positive outlook on life, but advancing age often brings chronic pain and depression. The following chapters will show you how to improve your mood naturally and "The Hgh Plan" will show you how to prevent or eliminate a wide range of musculoskeletal pain by strengthening your joints, tendons, ligaments, and bones. "The Hgh Plan" can also sharpen your memory and cognition skills, and it holds great promise for reducing the degenerative changes that cripple our minds as we age.

Chapter 2 - Living a life that is disease free and stress free!

Is there anything better than sex? Though you are young at heart, you may have not thought about it. Definitely, life itself is better or probably I should mention, more important than sex. The need to stay alive is just the same, a powerful motivating factor in the behavior of people.

To some extent, the desire to have a long life is going against what our genes dictate. Nature does not pay much attention to the survival of a person way past the reproductive age. But we care and use our time and resources to find ways on how to have a long life.

The quality of life is just as important as longevity. No one would like to live as long as 120 years if they were chronically ill and suffering from pain in the last 40 years of their life.

Therefore, I am thrilled to know that research on quality of life is in progress. Once more, HGH plays an important role.

In this chapter, you will discover some of the amazing ways on how HGH helps you stay alive and thrive, longer then you will ever imagine.

PUTTING A STOP TO THE NUMBER-ONE KILLER

Cardiovascular disease refers to disorders concerning the heart and blood vessels. The progressing blocking of an artery is known as atherosclerosis. When this artery leads to your heart, you will suffer from a heart attack.

If it leads to your brain, you will suffer from stroke. Both may either leave you paralyzed or dead. The top cause of death in Western countries is cardiovascular disease, with 45% of heart attack victims under 65 years old.

What is the meaning of this? It is comparable to 3 jumbo jets with 450 passengers that crash each day in the US, with no survivors. This is how many lives are claimed everyday by cardiovascular diseases.

Have you heard that bypass surgery, which replaces a blocked coronary artery with a clean artery from the thigh, is one of the fastest growing industries in the US?

Are you surprised to know that this surgical procedure generates more money in metropolitan hospitals than other types of care? In most cases, bypass surgery contributes to 30% to 40% of the hospital's total income.

Bypass surgery is referred to as "preventive care" by medical establishments; though research shows that it does not really prolong life, as a whole.

Heart disease

Heart attacks & strokes mainly occur when blood clot forms in a congested artery which cuts off blood supply to the heart or the brain tissue. Blood clots take place when the soft plaque surrounding the wall of artery splits or wears away through the lining or **endothelium** of blood vessels.

Plenty of tests are available to check for vascular swelling in plaque splits or erosion. These non traditional blood tests can be beneficial to many for finding out whether they have any blood vessel ailment & how far the disease has reached. Such treatment can anticipate any risk of heart attacks or strokes in a patient & they can accordingly begin their treatment process.

Many of us overlook some other aspects of illness which can lead to heart attacks or strokes such as periodontal diseases

Fit Over 40

like infection around the gum area which are chronic and never ending.

Such illness if not taken care of at initial stage can increase risk of cardiac artery disease by 72% in patients who are less than fifty years of age. In case a patient is having any periodontal disease there are 3.8 times more chance of getting heart attack & twice likely to get a stroke.

Gum infections are taken care of by dentists. Hence, these dentists can save a patient from any unexpected heart attacks or strokes which may have occurred due to gum problems. It is advised to visit dentists periodically at least once every 6 months for any dental care treatment.

A scientific study states that with appropriate medical know-how a person can potentially decrease any chances of heart related illnesses to a great extent. Human beings should get some exercise regularly, get the appropriate nutrition, nutraceuticals & have healthy hormonal levels which could stop not just heart related ailments but additionally from some other severe illness like diabetes, arthritis, Alzheimer's, cancer, erection dysfunction and so on.

Our current medical treatment system doesn't basically allow our bodies to heal, in reality this brings us nearer to death and then the doctors begin to use costly treatment options to take us back to normal and then make us feel good and grateful for helping save our lives and in the process the hospitals as well as medical facilities harvest all of the revenue via patients who trust them.

When we perform a through study, we'd come to know of a lot of treatments which are completely affordable which could stop us from the severe heart attacks or strokes, however have we seen the doctors or cardiologists or AMA as well as health centers publicize it?

No. Stemming from lack of ample information, we wind up going through pricey procedures, expensive heart medication & in return live lower than our normal age. Most of the sufferers are rushed to ERs when going through severe chest pains & die suddenly prior to even getting admitted into a hospital.

Our positive strategy does make a great deal of sense given that patients have the freedom from the illness for a long time. Everything begins with an optimistic attitude, running diagnostics that will disclose all of the measures which are necessary to be taken in order to stay clear of virtually any disease right from the start.

Such measures will certainly put patients in stronger positions for a healthier life-style and lower illness possibilities. If supplied with the appropriate amounts of nutrition or supplements, endocrine balance, workout and so on, any person can dramatically increase health and longevity.

DIABETES

Diabetes is known as a disorder in which the person is not able to manage the amounts of sugar (glucose) within the blood. It is one of the leading reasons for death in the USA and is a result of a disorder in insulin metabolism: not merely: as lots of people believe, from an insulin deficit.

Type I diabetes is generally associated with inadequate insulin generation: however type II diabetes (adult-onset diabetes) is much more typical and originates more from the lessened sensitivity of the body's cells towards the insulin molecule.

It is called insulin resistance: and whether or not this results in diabetes or otherwise the majority of us suffer from some extent of insulin resistance as we grow older.

As you will notice, it has serious effects (not one of them good) on the quantity of organs, tissues, and systems in your body. Exercise enhances insulin sensitivity: but a non-active life-style can make it worse. Putting on weight: that is typical once we get older: also induces insulin resistance directly, just like stress as well as a high-sugar diet.

Over a decade ago experts discovered that the treatment of DHEA to diabetic rodents can restore insulin level of sensitivity and literally "cure" the problem. For whatever reason: it had taken 9 yrs for experiments to be carried out and some solid official work has still not been recently accomplished.

When this surprises you, check out the diabetic drug market and find out the number of pharmaceuticals came out within the same period.

But research is progressing.

There are scientific studies showing that HGH could significantly improve insulin metabolism in a diabetic human.

I must point out that it is not only a matter of using HGH and DHEA supplements. Stress management: can have profound effects on *DHEA and Cortisol* levels: and this (along with obesity and exercise) is at the very core of type II diabetes. Stress increases the production of Cortisol, which stimulates the liver to release glucose into the bloodstream. Continual or chronic stress tends to keep blood sugar and insulin levels high.

Managing stress is therefore the critical first step: to be followed by HGH supplements.

ASTHMA

Asthma is one condition which has been increasing in the United States. The number of patients who are suffering from Asthma keeps increasing but the alarming thing to note as per experts of public health is the increasing rate of mortality.

The death rate ratio in case of asthma has doubled during the last 15 years. There can be many reasons and theories for such an alarming death ratio. One of the main reasons is pollution.

The level of pollution is only increasing every single day, people are having more and more pets and the level of stress is also on the rise for many people.

All these lead to a person suffering from asthma and are known to be the common factors for asthma to 'trigger'. At the same time, it has also been noticed that the drugs which are administered for the treatment of asthma 'attack' even increases the severity of this disease over a period of time.

Stress management is believed to help increase a human body's **Dehydroepiandrosterone (DHEA)**. Stress management also helps decrease the severity of asthma.

CHRONIC FATIGUE OR TIREDNESS

Chronic fatigue – Chronic fatigue is also called as **Chronic Fatigue Immune Dysfunction Syndrome (CFIDS)**. This is a type of versatile disorder which involves the abnormality in a human being's immune system, hormones and even the nervous system.

Human Growth Hormone (HGH) is considered to be a very prolific and powerful hormone which helps in restoring and regulating the effects across all these areas.

Perhaps the most valuable advantage when a patient administers HGH treatment observes is that while they are undergoing this treatment, it tends to increase their energy level within a few couple of days period.

For many patients this can be a wake up call for them. The HGH treatment helps those patients who are having low levels of energy and even those patients who get tired very often or very fast.

Dr. Bengtsson, when he began working with patients who were suffering from Growth Hormone Deficiency found out that a majority of these patients were those who were suffering from tiredness and fatigue. Research conducted at the famous hospital St. Thomas Hospital situated in London has concluded that Growth Hormone Injections or even Growth Hormone Supplements which are administered to patients have shown positive benefits and it also helps increase the energy levels of patients and all these patients have a feeling that their energy levels have improved a lot and they seem to be in complete control of themselves.

EPISODIC V/S CHRONIC STRESS

The description of stress seems to have changed a lot ever since the "flight or fight" response has been established about 3 million years in the past.

So you can now imagine that stress was something "episodic" in the ancient times. Everything seemed wonderful and suddenly there used to be a saber toothed tiger that had to be dealt with.

During that era, the stress response used to be perfect for such types of challenges mainly because of the fact that ancient men and women often required that much needed heart pumping adrenaline rush.

It did not matter whether they fought with the tiger or fled on seeing the tiger but they did use each and every gram of fat and glucose which are poured into their bloodstream by their liver. When finally the stress used to get over, it used to be over.

Unlike today, most of the stress faced by humans is chronic or never ending or long lasting and such adrenal responses are killing human beings internally.

Imagine a day when you find yourself working very hard on a particular project and when you submit it to your boss for approval, he unfairly criticizes you for doing such a stupid project.

You knew how much hard work was put in doing the project. When your boss shouts at you, your face suddenly begins to flush, your heartbeat increases and you feel like screaming at your boss.

But remember, screaming back is often frowned upon in almost all the companies. So what happens is that you stuff all your feelings and anger within yourself without leaving the frustration vent out. When you go back to your seat, the feeling that runs in your mind is similar to the way how your ancestors used to feel when they had to fight a tiger.

The only drawback is that in your case, you do not have any chance to run or even fight back; it remains within your body and mind. After your office hours when you head for home, you again find further problem - being stuck in the peak hour traffic.

Usually if you had a good day at work, probably to cope with this type of traffic, you would switch on the radio in your car and listen to your favorite music but since your day did not go too well, you will find yourself sitting on the edge of nowhere.

Soon you will vent your anger and begin cursing at other drivers who are ahead of you and thereby trigger yet another fight or flight episode.

Most of the people today are living life in a similar situation as mentioned above.

In almost all the cases such as peak hour traffic, a pink slip issued by the cops, an offending spouse, a missed out flight or even a jam packed schedule are all the common factors to increase the level of stress in a human body and there is no immediate remedy available to relieve and reduce the stress. This is what happens over a period of time.

THE STRESS EPIDEMIC

- Disabling stress has doubled over the last six years.
- Seventy-two percent of American workers experience frequent stress-related physical or mental conditions that greatly increase health care costs.
- Forty percent of employee turnover is due to stress.
- One million employees per day are absent from work because of stress-related disorders.?

Results of Persistent STRESS

1. Your blood pressure level goes up. Based on the number of the stress situation you need to undergo: it might remain elevated, harming the sensitive tubules of the kidneys. Eventually, kidney function is definitely affected, which increases blood pressure level much more: which leads to further kidney destruction, which elevates blood pressure level ...and so on.

2. Because the stress and anxiety reaction virtually shuts the digestive tract, your lunch becomes a toxic mass of fermenting as well as putrefying food. Over a time period this distress adds considerably to disorders for example *ulcers, ibs, colitis, constipation, diverticulosis, food hypersensitivity, candidiasis malnutrition as well as colon cancer.*

3. The glucose that's poured to your blood has gone unused: therefore the body needs to provide an enormous quantity of insulin to deal with it. Over time this creates wild variances in blood sugar levels, high insulin levels and insulin resistance, and in the end *hypoglycemia* and or diabetes. Given that no muscular work is conducted (and there's no metabolic requirement for energy), this glucose is transformed into fat.

4. Body fat that's dumped to your blood as well goes untouched therefore it begins to clog your arteries.

5. Your adrenals get weakened and and after that exhausted. Because the adrenals bring about the creation of some one hundred and fifty hormones: you could think about the downward spiral. Your blood pressure level: nervous system and brain : stress management:energy metabolism: and immunity every thing suffer. There isn't a cell within your body that isn't affected.

GROWTH HORMONE RELIEVES STRESS AND RESTORES DEEP SLEEP

HGH and stress reduction work hand in hand. HGH is utilized by every tissue in the body. It even plays an important role in mind, memory: and behavior.

Growth hormone release takes place primarily when we're fast asleep, with its rise and fall following the stages of sleep. A major burst of GH secretion occurs shortly after we fall asleep.

It is highest during the deepest slumber of slow wave sleep and lowest during the period of dreaming known as **REM (rapid eye movement)** sleep. According to *Steven Harvey*, writing in *Growth Hormone*, "Normal sleep patterns, particularly the maintenance of REM sleep [dreaming], and slow wave sleep may thus be dependent on GH, which is released with the onset of sleep."

Sleep deprivation results in lower release of growth hormone, which could explain why we feel so miserable after only one night spent punching the pillow. Adults with severe growth hormone deficiency have abnormal sleep patterns, often spending more time sleeping but less time in slow wave and REM sleep. Giving growth hormone to these adult patients with pituitary deficiency restores normal sleep.

YOGA AND MEDITATION

Research has shown that yoga and meditation can lower blood pressure, relieve anxiety: enhance overall health, accelerate weight loss and improve sleep. There's no better place to start your stress revision program. One of the most positive things I have done in my life is to study yoga. I have gained insight: greater health: and a significant degree of equanimity front the physical practice and meditation. The movements of yoga like **tai chi** are centering, relaxing: strengthening: and stimulating—all at the same time. With the right teacher you will experience a sense of clear awareness and peace starting with the very first class, and it gets better with practice.

An alternative to yoga are the "*flexibility workouts*" which we'll talk about in "The Hgh Plan".

Meditation can also be very important element in dealing with stress. Individuals have the concept that this is an escape from worldly concerns and cares: a type of cosmic cocoon: but that is the Hollywood stereotype.

Meditation is an extremely proactive procedure. It won't bury or maybe hide anything at all. On the other hand: this brings every thing up for the purpose of review which is totally not the same as your typical obsessions and concerns. It's calm and objective : and there's a striking clarity towards the procedure that swiftly brings priorities in to focus.

This is something we all desire? We would like to understand what is actually essential: because life's short and that we don't wish to waste just one moment obsessing around stuff which is meaningless in the end.

The most significant thing for the mind is to possess clear guidelines, a step-by-step plan. This is the distinction between cracking and coping.

However that plan's often not possible to determine: and that is not your fault. The truth is life these days generates an information overload within our brains. Meditation could help you cope with the overload and reinstate your feeling of purpose and clarity .

Meditation: obviously, does a lot more than help you work things out. Probably the most encouraging things I heard was the notion that your mind above all else, desires peace. Meditation may be the way to that fulfillment for the reason that it syncs how you behave together with your core desires. The mind reacts by producing the insights and understanding you'll need.

There are many styles and techniques of meditation. Chances are that one will be right for you: and I encourage you to "shop around." The most well-known system is **transcendental meditation (TM)**.

MORE TOOLS FOR HEALING

Are you more likely to enjoy listening to soothing music or deep relaxation tapes? These tapes are available from a number of the sources.

I've listed them in **Resources section**.

Special *neuroacoustic* tapes are also available that use specific auditory cues to bring the mind into the alpha, or relaxed, awareness state.

Interestingly: many of these tapes use primordial sounds such as ocean waves, a running stream: crickets, or wind to soothe and relax a frenzied mind.

I do a great deal of traveling and always pack a portable cassette player and a few neuroacoustic tapes. In addition, a newly discovered group of natural substances appear to "buffer" the stress response, giving people a better handle on tension, anxiety, and even physical strain.

Known as adaptogens, they include principally ingredients found in **Eleutherococcus (Siberan ginseng)** and the herb **Schizandra**.

Chapter 3 - What is HGH and why you should know about it ?

HGH is an abbreviation for the term Human Growth Hormone which is a hormone produced in human body by the pituitary gland. It was discovered roughly a half century ago, but it wasn't until sometime in the 1970s that researchers and scientists actually figured out the job of HGH in the human body. For those in-middle years, HGH remained an enigma compound. Even though it had been isolated in the human body, it remained a mystery substance.

The growth hormone exists at high levels during adolescence when the growth of tissues is promoted. On entering maturity, levels of Growth Hormone decrease, but remain present at a much lower level.

Growth hormone decreases with age in every single animal group that's been examined thus far. In human beings, the levels of growth hormone after age 21-31 falls around 14 % for every 10 years, the entire 24 hour growth hormones secretion rate is definitely reduced by 50 % by the age of 60. In mathematical values, we develop every day about five hundred micrograms at 20 years of age, two hundred micrograms at 40 years, and twenty-five micrograms at 80 years old.

In case you wish to check the level of growth hormone in a human body; the best method is to measure the *plasma IGF-1* level.

If the plasma IGF-1 level is found to be lower than 350 IU, then it means that the patient is suffering from this deficiency. Research has proved that people who are within the age group of 20 years and 40 years, under 5% of the healthiest guys have been found to have less than 350 IU for each litre of the IGF-1 level.

Nevertheless it has all been seen that after the age of 60 years, 30% of the healthiest guys have been administered

with lower levels of plasma IGF-1. And once a person crosses the age of 65 years, it has been found that about 50% of the people partly or fully lack of the growth hormone.

The drop in the levels of growth hormone is mainly connected with the flabby, saggy, draggy, wrinkling, bulging creatures which each one of us find when we look at ourselves in the mirror.

People who have a lower level of growth hormone are seen to be aging at a faster rate and is clearly noticeable on their approach as compared to the other section of people who might be because of their genes or due to high levels of exercises in their routine lifestyle have been found to have a higher level of secretion and for a longer period of time.

In fact, males who have lost their hormone are also known to be called as '*Andropause*' or '*Somatopause*' which is described to be the mid-life crisis of an ageing male.

The natural process of HGH or Human Growth Hormone is managed by different body process and is delivered throughout a human being's life. Right from childhood until the person reaches into their early twenties, this hormone is accountable to ensure their regular growth and once the growth levels is complete with a human begin which takes place at the age of 21 years; the pituitary gland inevitably starts to reduce the level of HGH which is actually released into the blood stream.

This hormone plays a very important role even after a person completes 21 years of age and usually in case of normal individuals, one can find some level of HGH in their flowing blood which further controls various other body and metabolic processes.

WHY DOES GH DECLINE WITH AGE?

Nobody has been able to find a satisfactory answer to solve the above question. Studies have proved that the aging ***pituitary somatotroph cell*** can still release growth hormones if they are sufficiently stimulated.

This basically means that the faults might be lying somewhere in the factors which regulate its release. There might be something that is occurring within the feedback loop during the discharge of IGF-1 inside the liver & the hypothalamus.

Usually when IGF-1 declines in its performance, it immediately passes a message to the hypothalamus that is situated in the brain to prompt the pituitary to produce extra growth hormones. But what usually happens is that when a person grows in age, the feedback loop begins to break down.

Why you need to know about hgh ?

If you are someone in his 40s, there might be several reasons why you must be looking for information on stuff like anti aging, acai berry, antioxidants, multivitamins supplements and so on. In my case it's been the quest for perfect anti aging product or technique that could restore my vigor, vitality, energy and motivation.

There appears to be a direct correlation between the drop in HGH levels and the onset of certain subtle physical changes associated with aging. These include lower energy levels, increased fat storage, decreased muscle size and strength, as well as a higher risk for diseases such as heart disease, diabetes, osteoporosis, high cholesterol levels etc.

Following this to a logical conclusion, there has been intense interest in recent years in the role in aging of natural human growth hormone and the possibility of reversing some age-related problems by increasing HGH levels in the blood.

Various scientific studies have demonstrated how increasing hgh levels can be beneficial to health and well being in numerous ways. In fact, if aging is a disease, then "hgh" can well might be the cure.

Fact: Aging is BAD!

Everybody knows that aging is frightening. We notice how it affects those who we know and care about. We can see it everywhere, when people who are part of our lives, have physically aged before our very eyes. We can compare our past and recent photos and those of others.

As you look in the mirror each day, you may see the negative effects of aging and ask yourself "What has become of the youthful-looking person, which I used to be"?

There may be times when you start the day without the energy and determination that you used to have. You don't feel young or act like one. It is perhaps because you have accepted the fact that feeling old is just something normal.

Do you experience any of the following conditions?

You no longer have a full night of uninterrupted sleep.

You can't get rid of your excess weight no matter how often you exercise or how careful you are with your diet.

Your skin is showing signs of wrinkles and discoloration, which are actually aging spots and not sunspots, as you call them.

Your hair is becoming thinner and turning gray.

Fit Over 40

You have lost your sexual desire and ability to perform sexually.

You bones are becoming weak and brittle. You are suffering from arthritis and rheumatism.

Your memory is starting to fail you and you are no longer sharp as before.

You are becoming more vulnerable to diseases as your immune system is becoming weaker.

You no longer have a positive attitude towards life

When you take your annual health examinations, results show that you have high cholesterol, slow metabolism, poor reflexes and poor organ functions.

These are among the visible signs of aging. Why do they occur and are these negative effects bound to happen?

Try to recall how you looked and felt when you were only twenty-five. You have noticed a lot of physical changes as you have aged since that time.

Actually, it has something to do with your body's biochemistry and hormone levels. This causes you to look and feel older. The latest scientific breakthroughs have identified the exact reasons behind these.

HGH - The Master Hormone

Aging and most of the health conditions caused by it develop as a result of decreasing amounts of human growth hormone (HGH), a substance naturally produced in the human body by your pituitary gland.

Consider it the master hormone that's like a band or orchestra leader. It orchestrates all of the other endocrine hormone functions in the body, such as your sex hormones.

It has been described by the **American Academy of Anti-Aging Medicine** and the **International Hormone Society** as the prime factor controlling the aging process.

If human growth hormone is like an orchestra conductor for the body, then the instruments that are played to support the conductor to make inspiring music are the range of "[hgh releasers](#)". Together with antioxidants and multi-vitamins, they produce the harmony of a healthy body and mind producing youthful vigor.

Many of us, right from the day we are brought into this world up to about age 25, generate good amount of growth hormone, and that's what's kept us young. It's the answer to anti-aging and youth.

Take into consideration the way you were within your early 20s. You could stay up through the night and cram for examinations. Or you might party the entire night, if it was your habit. You could drive across the nation a few weeks. Your sexual passion and performance level was generally high. You healed quickly from injuries. You felt as if you had endless energy and passion for life.

But as everyone knows, this youthful energy levels feeling does not keep going. Our physical structures generate less growth hormones over the years, which sets moving the aging process.

Fit Over 40

Our own natural amounts of Human growth hormone drop by about 10 to 15 % for every decade, starting off around our mid-twenties, our peak yrs. When we're in our forties and fifties, our decreased levels have grown to be clear since the signs of aging are there for everybody to see.

With a smaller amount of this hormone within our bodies, we end up a lot more susceptible to serious health conditions, which become more common as the results of aging.

People also contribute to accelerating the aging process with unhealthy lifestyles and the absorption of toxins from our environment. Some people eat at fast-food restaurants three times a week.

They take nonprescription and prescription drugs every day. They don't exercise. They smoke. They don't eat any, or enough, organic produce. All of these things combine to have a negative effect on the human body and contribute to less growth hormone being produced.

Some People are lucky to have higher levels

There are certain fortunate people who, thanks to their *genetic programming*, coupled with heavy exercise and great dietary habits, are able to maintain their growth hormone levels higher for longer than most other people. But even in these individuals, its production still diminishes with age, just more slowly.

An estimated one in five people worldwide won this genetic lottery and will live longer and stay in better health than everyone else because they carry a "centenarian gene." That's according to a **January 2010 study** published in the Journal of the **American Medical Association**. They got lucky. Their bodies are programmed to produce a lot of growth hormone for a long time. They will stay the healthiest. They will look the youngest. They will live the longest.

But what about the rest of us ordinary people? Are we doomed to age faster, get sicker more often, and die younger simply because we didn't get a winning ticket in the genetic lottery?

The answer is no! Let me tell you why. The rules of the game have changed. All of the rules of aging have changed because the Master Hormone needn't be in short supply in your body any longer. Production of it can be stimulated using *biostimulators*. Levels of the Master Hormone can be replaced. I am going to tell you and show you how.

You cannot only stop the decline in your growth hormone, but you can also put its levels back to where they were when you were in your twenties. And guess what? When you do, you'll start feeling like you're back in your roaring twenties again!

You can slow down the aging clock. Here at The Hgh Blog we will discuss a game plan, for living a long life with optimum good levels of HGH.

A look at hgh replacement therapy

HGH replacement therapy is quickly going to the forefront of rejuvenating medicine. It has been shown that as we age our body's natural GH production decreases. Many of the symptoms of body decline are seen as a result of this decrease.

More importantly, clinical evidence and recent medical research clearly demonstrate that HGH replacement therapy can significantly eliminate these symptoms, reduce body fat, increase lean muscle mass, strengthen the heart and improve sexual performance.

The extraordinary advantages of HGH treatment do not come risk free. The use of HGH injections invite some serious side

effects. Some of the serious side effects that take place while undergoing HGH treatment via injections are enlargement of the heart or kidneys, beginning of diabetes, hypoglycemia (which happens when the blood sugar is very low), Carpal Tunnel Syndrome (CTS) which occurs due to pressure on the wrist nerve, stiffness of the joints and muscles, insensitivity in the hands, tiredness, bad dreams, High Blood Pressure, pain during subcutaneous injection, tenderness etc.

If you are thinking to go for hgh anti aging therapy, you must do so under a highly qualified and experienced anti aging doctor. This is very important as raising hgh levels through injections needs to be done under thorough monitoring of the amount and timing of the dose and expertise.

However, raising hgh levels naturally using a comprehensive program that incorporates [*natural hgh releasers*](#), diet and workout plan is without any risks and recommended.

SKIP hGH THERAPY(via injections) IF YOU HAVE

1. Pituitary stimulation testing not performed: or if performed, you passed the test and are not hGH deficient
2. A cancerous malignancy
3. Past history of malignancy (with the exception of basal cell carcinoma)
4. Diabetic proliferative retinopathy
5. Sclerosing diseases of the liver or lungs
6. Benign intracranial hypertension
7. Uncontrolled diabetes

You can always take natural hgh supplements proven to increase hgh production in the body.

Before beginning to take any supplements or injections for HGH treatment, it is always advised to consult with your doc-

tor relating to the side effects. Read more about the [myths associated with hgh](#), how to avoid [hgh therapy side effects](#), and how to increase growth hormone levels using supplements.

The health benefits of increasing your hgh levels

There are several health benefits associated with hgh, in fact growth hormone is connected to so many bodily processes that almost all the energy and vitality your youth exhibits can be credited to hgh.

In fact your older years are not as youthful simply because a decline in hgh levels. Benefits are just too many and here I describe in brief, some of the points.

Growth hormone can enhance immune system

GH = ENHANCED IMMUNITY = INCREASED LIFE SPAN

Increased immunity not only means less disease but a longer, healthier life span. In fact, many gerontologists believe that the immune system is the key to longevity.

Scientists have shown a one-third extension of average life span in older mice treated with growth hormone and agree that growth hormone may rejuvenate the immune system and not just by bringing back cells that have disappeared with age.

According to scientists, "The presence of receptors for GH on *human lymphocytes* as well as its ability to influence and modulate immune responses in animals suggest an association between GH and immune function in man."

Scientists also speculate that GH plays any role in the shrinking process or involution of the thymus gland. This gland

which is situated behind on the top of the breastbone is considered as one of the prime organ of a human body's immune system.

Better skin health

Like the movement of the tectonic plates that leads to fissures in the earth, so do the shifting proteins under the surface lead to the disaster that is skin aging. There are several layers of the skin. Most damage is centred on the dermal area where both the collagen and elastin proteins reside. Collagen and elastin are proteins which are vital to the effective function of the skin.

Elastin proteins provide our skin with flexibility that allows us to stretch and bend and even return to its actual position and works similar to a rubber band.

We are all born with high levels of the proteins collagen and elastin in our bodies which are then continuously regenerated by our tissue functions. However, as time goes by and the more we get older, the tissues lose their ability to regenerate these proteins thus making their levels drop significantly.

LIFTING THE FACE WITH GH

People on HGH start looking visibly younger usually within a few weeks of treatment. Crow's-feet disappear. Not only do the fine lines vanish and deeper wrinkles recede, but the face actually undergoes a change of contour in the same way that the body composition changes.

The fat decreases and the muscles increase, so that puffs of fat under the eyes evaporate, while the facial muscles that lift and hold the skin become stronger. And it increases the synthesis of new proteins, helping to restore the underlying matrix.

John Cantwell, M.D., of San Jose, California, who recently started using growth hormone in his medical practice, added HGH to the regimen of two fifty-year-old men who were already on hormone replacement therapies.

Within three months, the men had fewer wrinkles, and their skin texture and elasticity was much improved. "They looked so much younger and felt so wonderful, they both decided they didn't need to come in for further checkups," says Cantwell.

HGH also plays a role in skin and body hydration.

GROWTH HORMONE REVIVES ENERGY

The most important benefit from hgh treatment that people experience is a boost in their energy that too within just a few days period. For many, this can be treated as a complete wake up call. This effect benefits those patients who have got low energy levels and who often get tired very fast.

Dr. Bengtsson, while working with Growth Hormone Deficiency patients found out that the most common complaint of patients was fatigue or tiredness.

Fatigue or Tiredness often reduces an individual working capacity which can affect their professional career and even hinders their other leisure activities.

Researchers at the famous St. Thomas Hospital located in London have found out that Growth Hormone injections or supplements often provide a remarkable effect and help in increasing the energy levels of a person and overall sense of

general well being.

REJUVENATING THE BONE MARROW

How would you like to imagine replacing your old blood which is inside your body with another set of new and young blood cells? This situation is similar to extending your car's life by a few years by changing its engine oil every couple of months.

Dr. Kelley's research proves that replacement of Growth Hormone therapy by changing the blood and human immune system can be related to the life of a car when its engine oil has been changed. But in this case, it is not a car but a bone marrow that has to be filled. In short, what is happening is nothing but a bone marrow transfusion.

Researchers likewise question that drugs which are utilized for anti aging uses, just like *co-enzyme Q10*, *deprenyl*, as well as *centrophoxine*, or *melatonin* should be filling the holes eventually left through the drawback of growth hormone.

For example, *deprenyl*, a certain *antiparkinsonian* medicine which extends lifespan in rats, decreases the losing of the brain chemical dopamine, and there's several suggestion which dopamine deficit might be involved within the slowdown of growth hormones with age. Melatonin, that's created by the pineal gland and it has been applauded for their anti aging effect, begins falling within puberty.

Cardiovascular health

Heart attacks and strokes are dreadful because they cause cell death and tissue death. Once an area of the heart tissue dies, the organ will never be able to function the same way again. If brain tissue dies after a stroke, the results can be far more appalling, depending on the area of the brain that was affected.

It can spoil a person's ability to walk, talk or perhaps even think properly.

Now that there are studies showing growth hormone can actually prevent "programmed" cell death, that means, it could prevent the irreversible effects of heart attack and stroke to the heart and brain. Isn't it amazing?

HGH- The final anti aging and weight loss treatment

The New England Journal of Medicine which published *Daniel Rudman's (MD)* clinical findings had regarded this Human Growth Hormone (HGH) on anti aging effects of HGH. The findings were surprising.

Other Human Growth Hormone (HGH) research & clinical findings which were performed for the past 30 years proved that HGH actually allow users to lose their body fat, builds their muscle mass, improves their sexual performances, removes wrinkles, eliminates cellulite and even increases the immune function when they are administered with intramuscular injections.

HGH is the final anti aging therapy. Its treatment affects almost each and every cell of a human body, including rejuvenating the bones & skin, regenerating of the heart, lungs, liver & kidneys, and even bringing tissue and organ function back to the earlier youthful level.

HGH is an anti disease medication which completely revitalizes the whole immune system, lowers the risk factors related to heart attack & stroke, improvise oxygen uptake in patients suffering from emphysema and prevents osteoporosis.

It is cosmetic surgery in a bottle, smoothing out facial wrinkles; restoring the elasticity, thickness, and contours of

youthful skin; reversing the loss of extracellular water that makes old people look like dried-up prunes.

It has healing powers that close ulcerated wounds and regrow burned skin. It is the secret ingredient in the age-defying bodies of weight lifters and it enhances exercise performance, allowing you to do higher-intensity workouts of longer duration.

It reverses the insomnia of later life, restoring the "slow wave" or deepest level of sleep. And it is a mood elevator, lifting the spirits along with the body, bringing back a zest for life that many people thought was lost forever.

Read More information on hgh

- 1). [An introduction to hgh](#)
- 2). [Raising hgh levels naturally - A comprehensive guide](#)
- 3). [A brief history of hgh](#)
- 4). [Various hgh facts and information](#)

Chapter 4 - Male menopause aka Andropause - Are you really old?

Male menopause aka andropause

The condition of male menopause (andropause) is the consequence of decline in male hormones. These human hormones are testosterone, thyroid hormones, human growth hormone (HGH) and DHEA. Male hormones begin to decline in the mid-twenties and effects can usually be felt by age 35. Every man will become andropausal, i.e. no one escapes it.

Andropause symptoms can be simply corrected by replacing lost hormones. Your doctor, in consultation with you, will determine if, and the extent of need for male hormone treatment. Yes it is safe.

Did You Know: 4 out of 5 men age 35 and older have low hormone symptoms.

Andropause - Self Detection

Many of the below andropause symptoms are commonly associated with declining male hormones. If you have all or some of these symptoms, you may be andropausal.

- * Decreased energy
- * Decreased mental quickness
- * Decreased desire for physical activity
- * Decreased muscle tone
- * Increase in body fat, particularly around the mid-section
- * Night sweats and trouble sleeping
- * Mild to moderate irritability

- * Depression, or loss of eagerness and enthusiasm for daily life
- * Decreased desire for intimacy

A profound loss of interest in the world around them is a hallmark of the demented individual. Even when they can still dress appropriately and answer questions rationally, a demented person becomes characteristically silent and withdrawn at family dinners or other celebrations, particularly if there are people present whom they don't know well.

Close to 20 % of males over 50 years could possibly have lower amounts of testosterone within their system, however a small part of this number have any warning signs or symptoms. As more research is carried out and low T is more effectively acknowledged, scientists will come to handle asymptomatic men simultaneously.

There exists thriving proof, as an illustration, that low T is allocated to a heightened probability of ***diabetes mellitus***, ***coronary heart*** (hardening of the arterial blood vessels, which can cause cardiac arrest or strokes, and vulnerable bones, but so far these studies are certainly not adequate valid reason to begin testosterone treatment. At present, the primary reason to deal with men with low T is to relieve symptoms.

Increasing your Testosterone levels has several health benefits. Refer to **Chapter 17** for a list of herbs and products that can enhance testosterone production in the body naturally.

Male Hormone Therapy

The above mentioned symptoms will quickly improve in 7 to 14 days (what to expect from treatment) with healthy hormone levels and if you practice good lifestyle i.e., 1) control your consumption of refined carbohydrates and 2) you are "creat-

ively" active i.e. build activity into your day or start an organized exercise program -- within 4 to 6 weeks you will feel like a new person.

Other anti aging hormones - DHEA, Melatonin

A large number of people are now making use of DHEA and melatonin as a cost-effective alternative to growth hormone. Both products can help in raising hgh levels in the body but the studies are primarily anecdotal.

DHEA - The actual Story

DHEA is really a testosterone precursor that's been commonly touted by media sources misusing a result of clinical trials as the "the mother hormone" as well as a "true elixir of youth." Among these hormones, its levels usually disappear from by far the most dramatically with each passing decade of your respective life.

Although the positive benefits of DHEA are yet to be confirmed by science, many experts and anti aging doctors are convinced that it can be a great addition in any anti aging program.

I've also included DHEA in my list of supplements to increase hgh levels naturally and for anti aging.

Melatonin: The Sleep Hormone

In seventeenth century, the philosopher *René Descartes* thought of the pineal gland as being the "third eye" and the "seat with the soul," an area where all rational thought begins. The pineal gland, which normally produces the hormone melatonin, calcifies over time.

The most important role of melatonin appears to be to induce sleep.

Although melatonin's levels peak when asleep and decline every day, the changes in the pineal gland cause blood concentrations of this hormone to generally be lower the older you get.

Russel Reiter from Texas, who's spent his life studying melatonin, wrote an article suggesting that melatonin could possibly be the biggest anti aging hormone yet discovered, but presently these claims are unsupported by great results from research studies.

Russian research, for instance, does illustrate that melatonin replacement therapy stretches the lifespans of mice by up to 25 percent, a finding that may have human applications.

You will discover claims that melatonin levels decrease as a body ages. These claims are based on the fact that elderly people need less sleep. That observation is a kind of sleep myth.

In reality, seniors need the same amount of sleep as younger adults. Melatonin levels, in healthy individuals, don't decrease with age.

Melatonin supplements are a natural substitute for these sleeping pills, suitable to most people. Mixing them with some effective relaxation techniques is one quite effective sleep strategy. And remember good sleep also helps in stress management which again helps with anti aging.

Aging is unpredictable!

At present all of us might have realized that aging actually does not progress in any linear or predictable fashion when

we look at the charts which depict how a human begins body organs and tissues decline.

In real terms, there seems to be a 'scatter' occurrence which shows that there are many people who are really healthy and youthful even as they grow in age while there are many others who age too quickly that too at a very young age.

The million dollar question often raised is – What are the secrets of those people who do not age and remain healthy and youthful for a long period?

The answer is they remain active by regularly exercising their body and in the process their mind wanders for a long life. That is exactly the reason why I have been emphasizing too much on physical and mental aspects when I talk about '**The HGH Plan**'.

Besides, those who do suffer from the "aging" disease, can benefit from replacing their lost hormone levels, increasing their growth hormone and testosterone levels naturally.

I have plans to chart out a comprehensive diet and workout program to enable us to maintain high levels of HGH which will help make a human body cells believe that they are only 25 years of age.

We must realize that the important mechanism relating to ageing is a complete secret and it is kept deep inside a very small strand of DNA. We are all aware of this famous proverb – You are having a 'use it or lose it' body and a 'use it or lost it' mind.

In combination with all the efforts to help increase HGH levels and supplement them as and when needed, one can actually improve their capacity for mental and physical activity with the help of antioxidants, multi vitamins and workouts – integral parts of The HGH Plan.

Chapter 5 - Are your bones up to date?

THE OSTEOPOROSIS SCARE

What is Osteoporosis? Is it some type of calcium deficiency? This has been the most recent misconception. Ironically, research has proved that having more of calcium is not actually the right way to deal with the Osteoporosis problem.

Epidemiologists have informed us that countries which consume lesser amount of calcium as compared to the Americans have low occurrence of Osteoporosis detected in patients.

Similarly, countries where people consume higher levels of calcium show no meaningful benefit. Let us take an example – Women from the United Kingdom on an average consume about 990 mg of calcium on a daily basis during their early post menopausal years.

As compared to the women from the United States, women who are based in America consume just about 560 mg of calcium on a daily basis. In spite of this, both countries have roughly recorded the same number of people who are suffering from hip fractures.

It is a true fact that Osteoporosis is found to be a tragedy affecting nearly about 20 million of the American populations every year. Out of this ratio, almost 1.2 million of the American population is crippled for life.

Osteoporosis complications are found more in American women as compared to the combined incidences of breast cancer, cervix cancer and uterus cancer put together.

Let us put it this way. Often we hear from our neighbors or friends informing us that Aunt Tilly had a fall and her hip got fractured. In real scenario it is something different altogether,

chances are more likely that Aunt Tilly's hip fractured on the spot which made her fall down.

Just imagine living with such type of risks. In the year 1995, there were cases of about 250,000 hip fractures being reported in America. Out of this number, almost about 20% of the patients could never leave their hospital and another 40% of the patients required life long treatment and care.

That is not the end; there is more to the story. A woman who eats right and does not smoke; she is able to exercise and also have an attitude to show it off. But once she reaches the age of 30 years, she might lose minerals from her bones.

At the age of 90 years she might have an excellent muscle tone, a sharp mind, a healthy skin and also plenty of organ supply, but the main structure which actually supports all these components, that is her skeleton, has been falling apart.

BUILDING HEALTHY BONES

Fortunately: osteoporosis is stoppable and the gradual loss of bone density can be stopped. The solution is threefold.

1. **Use balanced mineral supplementation**, not just calcium. Other components should include magnesium: potassium: zinc: manganese, phosphorus, boron, chromium: and copper. Vitamin C is also beneficial. Use a joint enhancement formula. I talk about these supplements on my blog in the list of anti aging supplements.

2. **Get regular exercise**: especially weight-bearing exercise (walking and cycling). A moderate weight-lifting routine for the

upper body is also helpful: as is a regular stretching routine or yoga.

3. Establish hormone balance in your body. This is normally viewed as an estrogen issue. Hormone replacement therapy (HRT) usually includes estrogen to make up for the loss of ovarian production after menopause. However many doctors today are including progesterone: and a growing number are looking at DHEA as an important piece of the endocrine puzzle. Not to mention that scientific studies on hgh replacement have shown positive benefits on bone density. Hgh also has a role in bone marrow.

LET THE SUN SHINE

For your body to make optimum use of calcium: vitamin D is absolutely essential. The "sunshine vitamin" is manufactured by the body from the action of sunlight on bare skin.

This is accomplished long before there is any reddening of the skin and requires the exposure of the face and arms to only about twenty minutes of direct sun or forty minutes of early morning or late afternoon sun. Dark-skinned people require about twice as long to get a day's supply of vitamin D.

Several Us citizens have been in the practice of staying away from direct exposure to sun light no matter what. We remain in the house under fluorescent lamps: and when we go out, we rub sun blocking chemicals, sunscreens throughout the body. This really is an unnatural habit: and that we are struggling because of this.

The sun's rays is immune-stimulating: beefs up our bones, and improves calcium assimilation and also metabolism

through the body. Health experts right now understand that the *sun phobia* has moved way too far. Our own ancestors and forefathers enjoyed full sun exposure for millions of yrs, and that we can continue to benefit these days from acquiring direct sun on the outer skin.

The secret's knowing when you should head for that shade. Don't forget: all of the immune-stimulating and bone-building advantages of sun light can be acquired before even a slight indication of the burn. For optimal benefit: attempt to be under the sun 3 or 4 times per week.

The effectiveness of the skin's natural vitamin D manufacturing reduces as we grow older, which makes it crucial to have vitamin D coming from the diet or supplements. Vitamin D-rich foods consist of eggs, fatty fish liver, and fortified dairy food and cereals. Those residing in northern regions and also those who can't (or choose not to) spend some time outdoors should seek advice from a physician for the correct form and quantity of vitamin D supplementation.

FOODS CONTAINING CALCIUM AND OTHER BONE-SUPPORT NUTRIENTS

BEANS, NUTS, AND SEEDS

Tofu

Pinto or kidney beans

Lima beans

Almonds

Sesame seeds

VEGETABLES

Broccoli

Kale

Fit Over 40

Collard greens
Green beans
Watercress
Turnip greens
Mustard greens
Okra
Parsnips
Butternut squash
Cabbage
Chinese cabbage (bok choy)
Carrots

FISH

Canned mackerel
Oysters
Herring
Salmon (with bone)
Sardines (with bone)

MILK AND MILK PRODUCTS

Low-fat milk
Yogurt, plain
Cheese

WHOLE GRAINS

Brown rice

Fit Over 40

Rolled oats

Barley flakes

Millet

Buckwheat

Whole wheat

Chapter 6 - All exercises are good!

The Importance of Exercise

With exercise, I developed a new mindset, which gave more meaning to my existence. It, likewise, gave a rhythm to my life, with a certain order, balance and flow. I started on the wrong foot years ago, when I had to struggle with waking up and going to the gym.

I had to encourage myself, endlessly. It only took me a while to realize my goals. Looking in the mirror was more than enough to see what I have achieved. Best of all, I have never felt better in my entire life, both physically and emotionally. My exercise routine played a major role in allowing me to be in the pink of health.

This is the reason why exercise is the foundation of “The HGH Plan”. Without exercise, it is impossible to look and feel the way I do, even at the age of 43. Replacing hormones and having a healthy diet can’t fight aging without the help of daily exercise. Combining the right routine with the right intensity will enable you to succeed. You will never want to stop, when you feel better and look younger. You can say that exercise beats other formulas when it comes to enhancing your sex life.

Your exercise routine does not necessarily have to be strenuous but it has to be done on a regular basis. In case you have special needs or you belong to the elderly group, you can be assisted by a licensed personal trainer, a physical therapist or a physician. Walking and cycling are among the weight-bearing exercises that are less injurious, compared to jogging or using the jumping rope. Mild to moderate weight lifting is effective in strengthening the upper muscles and bones of the body. While swimming is a good exercise, it is not an effective means to strengthen connective tissues.

Ideally, one should exercise early in childhood and go on with this all through life. Studies show that the elderly and those with fragile bones can use appropriate exercise programs to their advantage.

HGH and Exercise

For the past twenty-five years we've been hearing from health professionals: fitness gurus: and the media about the benefits of regular exercise. We've seen an incredible boom in the fitness industry: health clubs: home exercise equipment: workout clothes: high-priced "training" shoes: and a multitude of video workouts brought to us by stunning bodies.

Despite the fact that there seems to be the so called 'boom' in the fitness field, an average American seems to be less fit than the earlier past. In the current era, there are more than 60% of the American adults who are completely lazy which means that they are not at all into any regular routine exercises.

Most of the times people consider exercise as a crazy thing similar to a parade and therefore many of them just prefer watching others do exercise instead of themselves following the routine. The participants of the parade were always fit to begin and by the time they finish their parade, they turn out to be even more fit.

In order to attract a number of people buy their products to remain healthy and fit, fitness industries used to show cast their most fit and beautiful individuals so that other customers get attracted on seeing such fit people and go ahead and buy their fitness products.

However, the moment people went ahead and subscribed to the magazines from the fitness company and even went ahead to buy the *exercycles (high cycle)* and also got registered with the leading health clubs, watched their videos

meant to inculcate the people to get into the exercising regime, all of them found out one major problem with it, they realized that it was actually easier to fail in doing an exercise rather than succeeding.

The real truth is that, just a few groups of people who got registered with the health clubs were actually excited to get into the healthy lifestyle by following routine exercises. They were determined to get into shape and bought all the stuff required for it.

The remaining group of people did go ahead and buy all the stuff required for the routine exercising but after a few couples of day's period, all their exercising machines were found confined in the corner of their garage.

These groups consisted of the highest percentage that just did not do anything. The so called exercise 'boom' turned out to be a bust. As per the **Surgeon General's Report** (in the year July 1995), it was clearly mentioned that physical activity is very important for maintaining health, but there was no way anybody could convince the larger American population to get into the act of exercising.

HGH MAKES EXERCISE EASIER

Most people assume that American adults don't exercise because they don't have time or are too busy. I disagree. As evidence, I can point to any gym or health club. Invariably: the busiest people in town are working out. Exercise makes them even more productive, because exercise produces energy.

The good news is that "The HGH Plan" sets the stage for you to enjoy and benefit from exercise like never before. Why? Because it will increase your metabolic efficiency and enhance your body's production of energy.

When you have abundant energy: no one has to make you feel guilty or beg you to exercise; it comes naturally. If you're also strengthening your bones and connective tissue, you'll be ready to experience what I call high-level fitness. Even if the fitness parade passed you by, you now have a chance to catch up. "The HGH Plan" is a way for everyone to participate.

ACHIEVING FULL RANGE OF MOTION

When we were in the primordial forests: we moved constantly. Our bodies experienced a full range of motion without us having to think about it. In the twentieth century we have to make an extra effort to obtain full range of motion when we exercise. Most of us tend to repeat the same movements over and over: and that strengthens our joints only in one direction.

For example: if your knees only flex and extend: you're not working the tendons and ligaments on either side of the knee. And if those ligaments are deconditioned: you'll be more prone to injury.

Our knee: elbow: and shoulder joints deserve special attention when we exercise. To get the full range of motion you need to add a form of flexibility training such as yoga or a comprehensive stretching routine that challenges the ligaments and tendons along a number of planes.

COUCH POTATOES: AN ENDANGERED SPECIES

Think about this. In our species: as in every other species on the planet: those individuals with the best survival skills survive and reproduce: passing on their skills to the next generation. If you were in charge: what would you do with an organism that just sat there?

That's right: You'd eliminate it. You'd insert DNA cues that would activate self-destruct mechanisms through various tissues and organs to hasten its exit from the planet. That way

there would be room for more highly motivated: active organisms to thrive and ensure the survival of the species.

If you want to maintain high-level wellness: your first and foremost goal should be to send a message to your cells every day that this is an active body. I don't mean to scare you: but I'll do whatever it takes to get you off the couch! The next chapter will give you more information on developing the exercise component of your

EXERCISE AND AGING

Your doctor will tell you dozens of benefits you can get from exercise, and all of it is true. The problem is that our metabolism changes as we age: and as a result: we don't respond to exercise the way we used to. Instead of being invigorating: exercise becomes a chore or: worse: an opportunity for injury.

As we grow older: performing the same amounts and types of exercise we did in our youth may be interpreted by the body as stress. This increases the production of the stress hormone Cortisol: which will actually lower HGH and DHEA levels: suppress immunity: and contribute to a number of degenerative problems.

Exercise naturally produces what is known as a *catabolic* (breakdown) phase. *Catabolism* is the breaking down of energy stores and proteins in the body: and this is a normal stage of exercise. A young person quickly shifts from the catabolic to the anabolic (budding up) phase as soon as the exercise period is over. Proteins are then quickly resynthesized: and this is important for the maintenance of lean muscle.

When you are older and your Cortisol level increases with exercise: it keeps the body in the catabolic phase. That means your recovery from a workout is delayed. Even more significant: protein repair and resynthesis are delayed or incomplete: resulting in gradual loss of muscle mass. HGH supplementa-

tion can change that. (Refer to **Chapter 6**).

A DOZEN BENEFITS OF EXERCISE

1- EXERCISE ALLOWS TO BURN CALORIES – Exercise helps in burning calories and also helps improve the metabolic efficiency of a human body and when combined with reducing the intake of calories, exercise can be the key for long term weight management.

2- EXERCISE MAKES USE OF FAT AS FUEL – When we exercise for the first 30 minutes, our body makes use of glycogen (which is also known as stored glucose), glucose and a little bit of fat. Once the 30 minute routine is complete and we continue exercising, then our body tends to burn most of the body fat.

3- EXERCISE HELPS INCREASE MUSCLE MASS – This is considered to be the root benefit of exercising. When we continue doing regular exercise, it helps increase our body muscle mass which further has an intense effect on metabolism.

Human bones tend to strengthen and also the weight of the body is controlled all through the life. Just one pound of muscle will help burn about 100 to 400 times calories which further burns body fat.

Hence, any person who is having a high level of muscle mass can actually consume many calories without even gaining extra weight. When we say muscle mass, we are referring not about the muscles of a body builder but the general percentage of non fat tissues in our body.

We are able to increase our muscle mass to a large extent without even having to look like a bodybuilder.

HGH or Human Growth Hormone is the most important factor mainly due to the fact that once a man or a woman attains the age of 40 years, it becomes difficult for them to increase their body muscle mass.

It is like the nature asking us one silly question, 'why bother about your body'

HGH can help by provoking the production of a human body's muscle building and tissue repairing youth bio-chemical. And there seems to be no age bar where such benefits disappear. Studies conducted with men as well as women have found significant quantities of IGF-1 stimulation in all the age group that were tested.

4- EXERCISE HELPS DECREASE APPETITE – Metabolic curbing of appetite occurs due to better fitness which takes its time to achieve. Studies have also proved that when humans undertake moderate intensity exercise, it helps them decrease their level of appetite as it affects the hypothalamus. The hypothalamus is the appetite control center in a human brain. Such effects take place on the hypothalamus much before the human body reaches its highest level of fitness.

5- REGULAR EXERCISE HELPS REDUCE HUMAN STRESS AND DEPRESSION WHICH ARE KNOWN TO BE THE COMMON CAUSE OF OVEREATING – Studies have proved that doing moderate exercise will help stimulate the growth of 'feeling good' hormones which are known as *Endorphins* and also pain relieving hormones which are known as *Enkephalins*.

The above mentioned hormones along with the combination of natural energy which comes as being active will lead to a more successful mood elevation and stress management which cause the human body to help produce extra HGH putting them into an amazing upward spiral.

When we begin to feel better after an exercise, it automatically reduces our stress level and regular exercise also helps increase the HGH levels. An increased HGH level will give them more positive results through exercise, thereby leading to a high level of motivation which eventually makes them feel better and so on.

6- EXERCISE HELPS REDUCE THE RISK OF GETTING HEART DISEASE, WHICH IS KNOWN TO BE NUMBER ONE KILLER IN AMERICA – Regular exercise helps reduce the level of blood pressure and also increases the level of ‘good’ *HDL or High Density Lipoprotein Cholesterol* in human blood while at the same time decreases the level of ‘bad’ *VLDL or Very Low Density Lipoprotein Cholesterol* level.

It also helps decrease blood triglycerides and strengthens the heart muscles. Research conducted also proved that exercise helps people to quit smoking which is one of the major contributors for heart related diseases.

7- EXERCISE HELPS IN CONTROLLING DIABETES – Blood sugar in a human body is regulated by regular exercise and diet. Studies have shown that regular exercise results in weight loss and also almost 50% of adults who were diagnosed with diabetes had to cease the insulin and the use of the diabetes drugs.

Also regular exercise can also help in preventing diabetes in patients who are facing genetic predisposition for such a deadly disease.

8- EXERCISE ALSO HELPS HUMANS ENJOY A DEEPER AND RESTFUL SLEEP – But care must be taken not to exercise just before going to bed as this can actually make it difficult for us to enjoy sleep.

9- RHYTHMIC EXERCISE HELPS IN RELIEVING CONSTIPATION – Exercise such as walking, cycling, running, swim-

ming and even rowing promotes bowel regularity. Walking helps in enhancing the metabolism and digestion of food in human beings.

10- EXERCISE PROVOKES THE LYMPHATIC SYSTEM –

This is the system which is known to be a body's 'garbage clearance' of dead cells, recycled waste and metabolic debris. Improving the circulation of the lymphatic system can contribute greatly to a human beings overall health.

11- RANGE OF MOTION EXERCISES IMPROVES STRENGTH AND FLEXIBILITY –

What do we mean by range of motion exercise? These are exercises where stretching of the body takes place.

Yoga is one of the exercises under this category. Such exercises like yoga increase the body fluid which lubricates the joints, improves the flexibility and strength of all connective tissues and also is found to have profound results on various types of degenerative derangements which includes rheumatoid arthritis, bursitis, tendonitis and osteoarthritis.

12- EXERCISE IMPROVES SELF CONFIDENCE AND ALSO INCREASES THE FEELING OF STRENGTH –

Whenever we feel strong within ourselves automatically it increases our self esteem and also we get a feeling that we are able to be in complete control from any dangers that might arise ahead of us.

Such feelings can leave a lasting effect in various areas for both men as well as women. Self esteem is indeed a subconscious feeling.

Whenever people think positively, everything goes well and smoothly but in case there is any old memory or thoughts which keep reeling at the back of their subconscious mind which keeps telling them that they are a chicken hearted person, any kind of affirmation given to them will never help them

achieve self confidence.

This particular tape might have been placed at the back of their head decades back by anybody; it can be their friends, siblings or even their parents.

And in spite of their overcoming all the obstacles over the years, these thoughts will still keep affecting their personal approach every time they keep thinking about the past. Regular exercise will definitely help them in banishing the past thoughts which keep haunting them.

Why does that happen? It is because of evolution. It has been found out that over the past million years, one of the most important skills was related mainly to strength.

Human genes will not know anything about all the other attributes which they might be possessing such as their capability to handle stock portfolio and accumulate a fortune.

This might gain others approval for them which will help please their alert mind but their subconscious mind will always wish knowing if they can actually wrestle or fight with a bear and win the battle.

One must think about this every time he works out in a fitness club. All the men and women gymnasts you see in your fitness club are not just lifting weights or are not just pushing those intense activities in order to just look good.

They are definitely consciously or subconsciously satisfying a deep inner feeling for their self esteem which they are gaining by way of physical strength.

GUIDELINES FOR PEAK FITNESS

Here's a summary of what you can do to ensure optimum levels of fitness for decades to come:

1. Increase your HGH levels by good lifestyle choices and exercise aimed at increasing hgh levels.

2. Use HGH supplements(releasers) if needed, although I highly recommend them. (link)

3. Do not overexercise. You should feel invigorated after your workout, not exhausted or depressed

4. Use "The HGH Plan nutrients" (antioxidants and multivitamins) to enhance your metabolic efficiency and for vitality boost. (link)

5. Use a flexibility or connective tissue support program to protect your joints: tendons: ligaments and bones from injury.

THE BEST EXERCISE IN THE WHOLE UNIVERSE - WALKING

For a beginner to get started with exercise, in order to make exercise more effective, it is advised that you follow the following -

1- Enjoy – It is very important that you enjoy what you are doing. There is no point in doing something without enjoying it. Even if you do so, at some point of time you will stop it abruptly.

2- Do it easily – Exercise has to be something which you can do very easily without the need to take training or lessons.

3- Inexpensive – Try to do such type of exercise where there is not much investment, no membership fees or no special type of clothing required.

4- Efficient – It must be something where people get the maximum benefit for the time they have invested in doing this exercise.

Well, by now you might know the type of exercise we are speaking about that meets all of the above mentioned 4 criteria. Yes, you are right, it is walking.

The reason why walking is gaining popularity all across the globe, is mainly because of the fact that anybody can do this exercise. You do not require any special type of training program or any kind of athletic skills to walk.

It can be done at any place and at any time. The reason why walking is very efficient is because it uses a human body's largest muscle – which is the front and the back of your thighs.

People can do the walking exercise right in front of their home or even their neighborhood, at beaches, in an inhabited area, or even in their local shopping malls.

This is very easy to get it done and yet it yields huge benefits and not often causes any discomfort or injury. However, people who are planning to begin walking need to follow and must be aware of a few guidelines.

FORGET ALL ABOUT HEART RATE AND TARGET PULSE – In case you are diagnosed with high risk of heart disease or even if you are just recovering from a heart surgery, it is very important for you to check your target pulse.

The rest of us do not require worrying. All what we have to do is walk at a steady speed which allows us to breathe with

comfort and is also not too slow will help us reap the benefits of exercise.

Never be bothered or worried about walking at a 'fast pace' during the beginning. All what we have to do is get out of bed and begin walking. 'Speed' will automatically come when you are ready.

One important factor to be remembered here – if you are walking, it means that you are exercising.

DON'T OVEREXERT YOURSELF. Here's an easy way to make sure you're not overdoing it: Watch your breathing. If you can walk and talk without gasping, you're okay.

At that pace your muscles are getting the oxygen they need to burn fat. If you start huffing and puffing or can't carry on a conversation: that means you are in oxygen debt.

This is not only potentially dangerous, it's inefficient. If your muscles can't get the oxygen they need to burn fat, they'll burn glucose or protein from muscle tissue. In other words, exercise that is too high in intensity for your level of fitness can cause you to lose muscle mass—the very thing you're trying to build up.

DURATION. Keep in mind that after half an hour of walking: each and every minute is really a fat-burning minute that contributes to your level of fitness. At that time you're forcing your own body to make use of fat as being fuel.

If this activity is done again and again on a regular basis, the warehouse manager inside your brain will probably direct the body to create more fat-burning enzymes along with other biochemicals which will offer much more energy. The more you walk: the higher the advantage ... so long as you do not get blisters or exhaust your self.

STAY COOL. Overweight individuals commonly have a reduced ability to dissipate body heat owing to the extra "insulation" they carry around. For this reason some may find it more comfortable to schedule walking time in the morning or evening hours. Air-conditioned shopping malls are great walking sites, especially when the humidity is high. Avoid stretchy synthetic "workout" wear and go with comfortable, loose-fitting: natural fiber clothing.

EQUIPMENT. Good walking shoes are highly recommended and should be worn with high-quality cotton-blend athletic socks. Look for comfort and support: avoiding shoes that rub your heels or pinch your toes.

FOOT CARE. If your feet hurt or get blistered, that will stop your walking program cold. Be on the lookout for blisters. Keep your feet clean and dry: light absorbent powder or baking soda can help remove perspiration. Keep your toenails trimmed in a straight line to prevent injuries.

BE FLEXIBLE. Don't limit yourself to scheduled walking times. Take advantage of every opportunity. Walk to the store, the bank, or the park with your kids. Park a few blocks away from the office or walk up the stairs instead of taking the elevator. Every step counts.

WARM UP. Although it is not essential to stretch your legs and ankles as you see runners doing, it's a good idea to begin your walk at a slow pace.

This natural "warm-up" prevents injury and pain and gives your body a chance to ease into a fill-paced walking stride. (Feel free to stretch if you want: however. It feels wonderful and is a great way to loosen tight joints and muscles. Just make sure it's gentle stretching with no bouncing, overextension or pain.)

POSTURE. On your walk, stop a couple of times and check out your posture. Shrug off your shoulders firmly for 10 or 15 secs to alleviate any stress within the shoulders and lift 1 knee at a time as much as you can in order to ease the hips.

While you walk, you could stay clear of neck pain simply by looking ahead instead of down. Make an attempt to keep the shoulders comfortably back and make certain to be able to swing your arms quickly over time together with your legs.

COOL OFF. Decelerate during the last 2 or 3 mins. of the walk. Once you finish, start a couple of knee raises to alleviate lower back stress. A pleasant: slow "rag doll" forward bend from the waist (together with the knees a bit bent) could help you loosen up and stretch the muscles you made use of.

WEATHERPROOF YOUR SCHEDULE. Don't allow bad weather decide how well you're progressing. Create your exercise options ahead of time so you do not have to be worried about how to proceed once the blizzard hits or the temperature zooms to a 110.

Some well-known choices are walking in the mall, exercising in the fitness center, and taking advantage of a home Exercise cycle or treadmill as you watch tv or do some reading.

Chapter - 7 The HGH Plan Workouts

The HGH Plan Workouts

As compared to other exercise programs, The HGH plan spells a difference since it centers on 3 main components, which I refer to as the *Mighty Three*. Doing a combination of these 3 types of exercises all throughout the week will allow you to see quick results and encourage you to stick to the program.

Let me share some tips that I have learned so you can start with an exercise routine that matches your level of comfort. Thereafter, you will follow the program, continue, or else, get back on the track when life demands more of your time.

You can, easily, perform these exercises while avoiding injuries. Doing these types of exercises will show how they can enhance your overall health, now and later on in life.

The Mighty Three

Balance, flexibility and core strength

Resistance training

Cardio

All aspects of “The HGH Plan” will enhance your sex life. This is the way your sexual health will benefit from this program:

Flexibility/balance: One of the most essential components of sexual fitness that is taken for granted is flexibility. To improve your sexual function, you should focus on exercise that resembles your day-to-day life.

You can boost your flexibility in actions such as bending to pick something on the floor; reaching out; pushing; pulling; and swinging. You will learn more about these functional workouts when I update my blog.

These will enable you to move your body in all directions: forward, backward, rotational and sideways.

Resistance training: Heavy weight lifting and doing compound workouts like squats, dead lifts and bench presses, increase hormonal levels and serum testosterone to enhance sexual function.

Cardio: According to a nine-year old study by *Dr. Irwin Goldstein* of Boston University School of Medicine, which was featured in the August 2000 Urology issue, exercising at a high intensity level of 65% to 85% of the heart rate can eliminate the risk of ED problems. Moreover, studies further prove that even men who began an exercise routine late in their middle age, were able to reduce their risk of impotence.

Flexibility, Balance and Core Strength Allow You To Carry On

Improving one's balance or *neuromuscular stabilization* is critical in my fitness program. This is the body's capacity to reduce external resistance and stabilize the kinetic chain in all three directional movements. The muscular, nervous and joint systems form the kinetic chain and they work together to make a fluid movement.

Enhancing balance by means of stretching and improving flexibility helps prevent injury. Your muscles can possibly get towards the most effective degree of strength if they're 1.2 times

their resting length.

Having a bit elongated muscle signifies possessing a larger flexibility. The lengthier your muscles is any time it's resting, the more effective it will likely be within the bigger motion range.

Better training along with more effectiveness equals far better body composition, a lot more muscle tissue: a lot more strength: greater metabolism: youthful look, improved health: and much more enjoyment from your work out.

Flexibility can also be essential for keeping muscular strength: appropriate posture, full-range motion: along with a spry, youthful stride.

Flexibility is considered the capability to move all of the joints - your fingers, hands: wrists, elbows: hips: feet: knees: toes, neck: and spine openly via a full range of motion and pain free.

I've discovered that the more bendable my joints are the less pain I've. Flexibility is dependent on bone density as well as muscle tissue: It is a -"use it or lose it" situation.

To be able to "make use of it" you have to be in a position to easily twist bend: turn: and reach. The flexibility workouts that I'll outline on *The HGH Blog* include stretching, which in turn instructs the body to maneuver with out restraint so that you can avoid muscular discomfort. Make sure you have subscribed to my blog. You can do it [here](#), if you have not.

Lack of flexibility may also result in balance issues. Tight joints and muscles, (the reason for inflexibility) put unnecessary tension on the joints and force the body into faulty movements patterns: lousy posture: as well as over-all instability.

When your system is compelled to cope with muscle tightness, that sends distorted signals towards your brain from your sensory central nervous system: which triggers the body to compensate and bring in some other muscles to carry out a specific movement.

For instance: in case your chest is tight it'll result in your shoulders to round: which makes it not possible for you to correctly align and putting you off balance.

All the systems associated with balance drop in efficiency along with aging whenever we allow them to. Included in this are touch and pressure feeling around the bottoms of the feet: *eyesight* (both acuity and edge detection): *proprioception* (sensory information which gives feedback to your brain related to joint position and activity): and vestibular input (the sensation of body movement situated in our inner ear).

A lack of strength likewise affects balance. Muscle loss referred to as *sarcopenia* is a serious element in the general lack of balance and flexibility and tremendously raises your risk of falling, fractures and taking you to nursing facilities.

However when you combine flexibility exercises with balance training: you create a win-win situation that will keep you from feeling old.

The benefits of flexibility and balance training include:

- A more youthful gait
- Improved coordination
- Improved posture
- Improved reaction time
- Improved sexual function
- Increased range of motion
- Reduced lower back pain

- Reduced muscle soreness
- Reduced risk of muscle injury
- Reduced risk of falling

Resistance Training Builds Strong Muscles and Bones

"Just get moving" is conventional medicine's common exercise prescription. While moving (I'm speculating they imply aerobic exercise) is essential: you'll also need to start pushing yourself to new limits for lean muscle growth and adaptation.

This is the best way to see real health benefits. Your muscle mass is a living entity, and your muscles are continuously making use of energy. That's where building muscle mass is necessary. It results in you to have a higher metabolism: so you are burning more calories even when you're not working out.

Muscle and strength loss can be ceased and reversed simply with resistance exercise. As our muscle mass improves, so does our durability. Getting elevated muscle mass and strength is the foundation of reversing physical frailty. Balance and synchronization also increase with weight lifting: which minimizes our possibility of falling-a major reason for injury: fractures: and debilitation ultimately causing death for men as time passes.

THE BENEFITS OF INCREASENG YOUR STRENGTH

1. Improves emotional state
2. Improves mental clarity
3. Enables us to have a more powerful presence
4. Enhances self-confidence
5. Extends to all areas of our personal and professional lives
6. Promotes increased production of our own hormones

To maximize the benefit of all the exercise you're getting, you need to increase your upper body strength. Sixty-five percent of your muscles are above the waist and these may be your most underdeveloped muscles.

Exercises such as walking, jogging, tennis, basketball, and racquetball emphasize the major muscle groups in the legs and provide relatively little benefit to the upper body muscles. The easiest place to build muscle mass quickly is in the upper body.

Remember: we're not talking about the pumping-iron muscles. We're talking about building muscle tissue and tone. Research shows that using light weights (3 to 5 pounds to start) can effectively and efficiently strengthen muscles.

THE "HGH" LEANNESS EFFECT

There is plenty of scientific evidence that HGH helps reduce body fat and increase muscle mass. One study observed the effect of HGH on genetically obese mice.

Staying Aerobically Fit Equates to More Independent Living

An important report released in January 2008 discovered that men who were "highly fit" had a 50 to 70 percent lower mortality risk than their "low-fit counterparts."

Based on the study: a consistent workout program can slow or turn back loss of aerobic fitness: lowering the individual's biological age and extending independence. Progressive aerobic

Fit Over 40

training can hold off loss of independence by 10 to 12 years. The last thing any of us want is to have to depend on others to take care of us.

Exercising aerobically is especially vital for protection against heart disease and for treatment after a cardiac arrest, angioplasty: or bypass surgery. Just one program of aerobic activity can lessen blood pressure for up to 24 hours. When aerobic exercise is carried out on a regular basis: this effect-called ***postexercise hypotension*** can decrease blood pressure by 5 to 7 mm Hg.

To get to a fitness level that will enable you to look better, have more energy plus achieve and maintain your ideal weight, you have to at least walk for a minimum of 30 minutes a day, 5 times a week.

You don't have to necessarily start at this level. You can start at your own pace and time, which you find comfortable. Then you can slowly progress. This way, you will feel great and would want to, further, increase your level of fitness.

If you feel great, by all means, don't stop at five days a week. While walking daily is okay, doing less than this 5 times weekly lets you forget that you have an active body that has to be energized. Committing yourself to a regular walking program is a very important first step.

At the start, you may have to focus on motivating yourself and doing all that is possible to make yourself enjoy walking. You may find beautiful places where you can walk and enjoy the surroundings while thinking about all the wonderful things that it does for your body. See yourself feeling fit, energetic and being more able to manage your life.

To enable yourself to burn fat, include long-duration exercise to your routine. Try to walk for 60 to 90 minutes, 3 to 4 days a week.

Fit Over 40

Are you bored with walking? Since your overall fitness level has increased, you can try some changes in your routine. Joining aerobic classes, going bicycling, playing tennis or engaging in other sports that will make your heart pump are all great.

So, there are the 3 types of exercises that you must do if you are over 40. Stay tuned as I update **TheHghBlog** with more information on how to carry out these workouts.

Chapter 8 - What can the sumo wrestlers teach you about weight loss?

How meal frequency and eating habits define your FITNESS BASE ?

A group of researchers some 30 years ago had observed that individuals who consumed a few, large meals had a tendency to become overweight. On the other hand, the slim subjects were those who ate small, multiple meals.

There was an intriguing link between meal frequency and obesity. This was established in the '70s when researchers acknowledged particular metabolic changes that transpired as an effect of this bingeing behavior.

The most significant result was an increase in *fat deposits*. This is known as ***adaptive hyperlipogenesis***, wherein *lipo* means excessive and *genesis* means formation. An experiment with rats has showed that bingeing resulted in an increase of weight, even as they consumed 25% less calories than the nibbling group.

Following the Sumo Diet

It is fascinating to study how sumo wrestlers get their enormous size. However, it is more interesting to know that a majority of the US population follow the same pattern in their diets, even in their weight loss diets.

Come to think of it, most dieters either skip breakfast or take a very light one, at most, 200 calories. There is nothing much to do during morning except sit in front of the desk, walk a little, carry a briefcase or a laundry basket.

Lunch is taken as the first meal of the day, which is followed by about 4 hours or sedentary behavior like sitting, watching television and others. After all these, we often eat a lot during

evenings. This is followed by snacks before sleeping time. This is a great weight gain program.

So, what are we supposed to do? If we want to lose excess pounds, we need to shift from binging to nibbling. Studies reveal that taking small, multiple meals, sends a totally different message to the brain. You can rely on the calories that are taken in. You will not starve. Calories are stored as glycogen instead of fat.

If you add consistent: moderate-intensity exercise to this behavior, the message becomes even better: - "This is an active body, better break down some stored fat and send energy to the muscles."

And if you add some upper body strength training to build muscle mass, the message to your brain is - "This is an active, strong, and dynamic body with a reliable inflow of calories. To maximize metabolic efficiency and get rid of all that unnecessary baggage (fat, toxins), increase muscle metabolism and just burn up all that excess fat. Send as much energy as possible to every muscle, tissue, and organ."

This produces what is known as vitality: the natural fulfillment of the body's innate ability to experience peak performance on every level.

Here are some of the benefits of reaching this level of vitality:

- A powerful and vigilant immune system
- A highly efficient respiratory and cardiovascular system delivering ample fat-burning oxygen to every cell and effectively removing metabolic debris
- A finely tuned nervous system managing stress easily and creating mental clarity

- Powerful muscles: tendons: ligaments: and joints, enabling you to move with invigorating confidence
- An efficient endocrine system producing an abundance of fat-burning enzymes: digestive enzymes: thyroid and growth hormones; improved glucose tolerance with a decreased risk for diabetes.

SUMO EATING VERSUS THIN EATING

The following quiz will help you understand whether your eating style resembles that of a sumo wrestler.

1- Do you often eat your entire calorie intake in just one large meal or two large meals?

2- Do you have the largest meal during the evening hours?

3- Do you ever have varied eating habits such as you eat heavily during weekends and the remaining days of the week you restrain from eating too much?

4- Do you end up frequently dieting or follow an eating plan with low calories for most of the time during a week or even for more than a week?

5- Do you often feel very lazy after eating a meal and end up sitting in front of the television or in front of your desk?

6- Do you feel like eating a lot of processed foods such as white bread, snacks, refined cereals instead of whole grain foods such as whole wheat bread, brown rice or even whole grain cereals?

7- Do you have the tendency for eating a lot of high fat and high sugary foods more than eating of vegetables and fresh fruits?

8- Do you often eat less than 5 servings of vegetables and fresh fruits every day?

9- Do you often eat less than 5 servings of beans, whole grains and cereals every day?

10- Do you eat your meals really fast?

11- Do you have the tendency of using herbal stimulants or caffeine which helps you decrease your body appetite and also allow you go through the day without feeling hungry?

Out of the 11 questions put forth, the majority of the Americans would have answered 'Yes' which means that their eating habit is somewhat similar to that of a sumo wrestler.

Such eating habits unwantedly maximize the calorie conversions to fat. The human body has the tendency to process food in a different way which depends on the time when they begin eating and the frequency of their eating and how much quantity of food is being consumed within one sitting, how much quantity of fiber does the whole meal contain and also the type of activity which they conduct during the day.

Here are a few essential ideas to creating a 'thin" type of eating.

1. Consume A lot of SMALL MEALS. Research has shown that eating 4 to 5 small meals will probably enhance digestion: enhance metabolic process and lessen the transformation of calories to fat. Grazing is preferable to gorging.

2. Steer clear of SKIPPING MEALS. Even 4 or 5 hrs. without food can certainly trigger the hunger response and even

cause your metabolism to decelerate.

3. Lessen the Dinner. During meals, your metabolism is boosted to digest the meals. A lot of this increased energy is radiated as heat. This *thermogenic* effect considerably cuts down on the quantity of calories ingested from a meal. It's higher each morning than during the night.

Research has shown that after people ingested a sizable meal (650 calories) each morning: they didn't put on weight. When the same group ingested the large meal during the night, 76 % of these presented a substantial weight gain.

4. Try to eat Prior to Workout. Whenever you workout on empty stomach anything: your body: perceiving not just hunger but additionally activity, might additionally reduce the metabolism. Consume a small meal or perhaps snack 40 minutes to an hr prior to working out.

5. Decrease CALORIES Slowly. Should you continue a low-calorie diet, the body gets rid of all or portion of the *thermogenic* effect in order to preserve energy. Additionally, enzymes are made which alert the body to keep all accessible calories as fat. Both of these survival mechanisms won't just sabotage weight reduction efforts but also play a role in increased weight gain when a normal diet is started again.

6. Consume HIGH-FIBER FOODS. Eating high-fiber foods for example whole grain products: beans: greens: and fruits leads to reduced fat storage. Not just are these food types typically lower in fat, but some of the fat ingested with a high-fiber meal is combined with fiber and removed as waste.

7. Steer clear of HIGH-FAT FOODS. Every calorie is different depending on where it comes from. Surplus calories coming from fat can make you fat much faster than can excess calories from protein or carbs. The transformation of carbohydrates and protein to fat takes a lot of energy. Fat calories:

on the other hand: are very easily transformed into stored fat inside your body.

8. Reduce the Utilization of SUGARS. What this means is not just ordinary table sugar but additionally corn syrup, glucose, dextrose, honey, molasses, high-fructose corn syrup, and maple syrup. Sugar is actually a major enemy of weight loss, adding useless calories and sending a note to each cell in your body to keep storing calories.

9. Whenever In DOUBT, Consume VEGETABLES. Veggies would be the dieter's closest friend: and I do not mean just carrot and celery sticks. Broaden your veggie consumption to incorporate a multitude of delicious: high-energy foods in the produce section of the supermarket. The majority of markets provide some 40 kinds of veggies that may be broiled, barbecued, steamed, or consumed raw within a salad. Veggies are lower in calories and rich in vitamins, minerals: and complex carbs. Since they're loaded with fiber, veggies likewise bring about a feeling of fullness and full satisfaction.

10. **SEND ACTIVITY MESSAGES.** Research has shown that the brain receives metabolic "signals" based on your activity rate throughout the day. Don't allow the body forget that it's active and requires a high amount of your energy. Keep in mind that calories don't vanish. They ought to be stored as energy (glycogen) or perhaps as fat. For effective long-term weight loss you have to encourage the body that you're active and want energy.

Take on frequent activity breaks every few hrs. 10 mins of brisk walking: several flights of stairs: or perhaps a swift set of stretches will do just fine. An extended activity break of a few mins. after meals is extremely advised. A moderate-paced thirty- to forty-minute walk will assist you to transform calories to energy instead of fat.

11. Try to eat Gradually. Appetite is actually regulated partly through the secretion of "CCK". This specific hormone is intro-

duced toward the end of meals and transmits a signal towards the brain to seal off the urge for food.

Eating fast has a tendency to circumvent this crucial message, resulting in the over-consumption of food. Incorporating protein towards the beginning of the meal can help activate CCK and supply a natural sense of satisfaction with remarkably very few calories.

12. Steer clear of STIMULANTS. Caffeine as well as herbal stimulants create a stress response which temporarily curbs your urge for food. A couple of hours later: not just your appetite returns with a vengeance, your central nervous system would be the worse for wear. There aren't any long-term research showing any weight-loss advantages of stimulants.

13. TAKE OUT SOME NUTRITION INSURANCE. Studies have shown that in case an eating plan was completely planned, it could nonetheless take roughly 2,000 calories for males and 1,500 calories for ladies to supply all of them with a barely sufficient degree of minerals and vitamins.

Because most people do not have the time as well as energy to organize our meals completely, multivitamins are a highly effective type of "nutritional insurance." For information on what multi-vitamin product I recommend, click [here](#).

14. Stay hydrated. Water could be a great help in a weight-loss program. The water you consume is important for transportation and burning of fat and also the removal of waste material which originates from improved metabolic activity.

Actually, water is essential to all your body's functions, which includes movement: digestion, as well as temperature regulation. Many people do not drink a sufficient amount of water and, when you start to do more exercise: you will find that your requirement for water increases.

Do not depend on thirst. Actually, thirst isn't a trustworthy indication for the requirement for water. Studies have shown that the body may become considerably dehydrated before we come to feel thirsty. To avoid this: I recommend that you simply create a "water habit" which ensures the consumption of 8 to 10 glasses daily.

If you are in one location most of the day, this is simple. You need to a 24-ounce tumbler and load it up each morning and make certain it's unfilled by midmorning. Refill it and be sure that it is again empty by midafternoon. The last twenty-four ounces ought to be ingested prior to 5 p.m. You'll likely have to ingest more water right after your walk or work out.

15. Forget about DIET FOODS, And particularly DIET Sodas. Based on a current Food and drug administration report Americans shelled out over \$40 billion on diet foods and beverages in 2000.

But as the diet food industry increases: so the waistlines of one hundred million Americans. That is because diet foods aren't the answer.

Advertisers want you to definitely think that the elegant models drinking that diet cola used to be overweight and have become thin through drinking their beverage: but that's not very true. Advertisers would love you to think that weight loss is only a matter of decreasing calories: however, you know better.

Chapter 9 - Avoid caffeine!

What do you take to go through the day, is it coffee, tea, chocolate drink or cola? It seems that the whole population consumes this stuff, which is not good at all. This is since they all have caffeine, the ultimate addictive component.

This is the way you should look at it. When your doctor prescribes medication, which makes your heart palpitate; interferes with your normal heart rhythm; lets you feel hyper; raises your Cortisol levels; gives you headaches; and interrupts with your sleep, wouldn't you express your concerns? The truth is, caffeine causes these to most of its users.

If caffeine is being applied for accreditation at present, **FDA** will most likely categorize it as prescription medication. It is accessible almost everywhere simply because it has been around since ages. It is impossible to look at caffeine in an objective way since half of the adult population consumes it.

Coffee dependents like reporters and editors are reluctant to print studies on criticisms regarding caffeine. Coffee organizations, worldwide, and cola beverage corporations are extremely influential.

The caffeine industry controls the institutions that are set up to conform to FDA examinations. Scientists who have the evidence against the negative effects of caffeine are threatened and ostracized.

It is nothing short of deception and it is part of how you are influenced to take caffeine ever since you can remember. You deserve to look carefully into the top drug addiction in the US.

A Lifetime Addiction

Addiction to caffeine in the US takes place early in childhood. As kids, we begin with hot chocolate, candy bars then soft drinks. Later on, we move on to coffee and the rest of our lives are spent on consuming lots of coffee, tea, cola drinks and caffeine-based medications.

At present, there is an unbelievable boom in the coffee industry. Coffee shops are sprouting like mushrooms. You can see them just about anywhere: in hotels, bookstores, laundry stations and also, health food shops.

There are, likewise, coffee kiosks and carts, which sell in cups, cans and bottles. According to coffee industry surveys, the US brought in about *2.5 billion pounds* of coffee beans in 1999.

For one, this prediction may be due to the fact that baby boomers are running out of energy. But, most of those who frequent coffee shops range from teens to individuals in their twenties.

A majority of the present society is inactive and malnourished. They are incapable of creating the energy that they need to go through the day. They are deceived into believing that vitality can come from a cup of coffee. However, caffeine causes stress, rather than giving you energy.

The truth is, caffeine increases the levels of Cortisol, the major stress hormone of the body, plus, it decreases DHEA, an important anti aging hormone.

Likewise, it reduces the brain's panic threshold. Instead of allowing us to easily manage an event or situation, it lets us respond in a fight-or-flight manner. It raises our blood pressure, builds tension and increases our glucose and fat levels.

In response to caffeine intake, our adrenals become busy in pumping stress hormones instead of dealing with other im-

portant health problems. Most people who consume large quantities of caffeine are more prone to allergy, chronic fatigue and autoimmune disorders.

Caffeine-related negative effects generally appear in the fourth and fifth decades of life. A lot of my friends show exactly the same distressing tale of sitting in a desk in midafternoon. They've simply hammered down the 4th mug of coffee, however they can hardly ever keep their eyes open.

Their mental abilities are fogged in however the heart is thumping. Quite simply: they have reached the stage where coffee no more supplies a lift; this merely jacks up the central nervous system: which makes them feel worn out and hyper simultaneously.

Caffeine is really a strong drug. We all know that it's not safe; on the other hand: it plays a role in an array of health problems. If you're a typical caffeine user, chances are generally high that this has effects on the quality of your life.

You most likely rely on the "stimulating lift" to energize your body and then clear the mind. Additionally you may depend on the caffeine and relevant compounds present in pain and allergy drugs. Actually, if you are like most Americans, you find it tough to cope with the daily lifestyle without caffeine.

LETTING GO OF CAFFEINE

Life after caffeine doesn't have to become dull, dreary or maybe lethargic. Actually breakthrough investigation in human metabolic process and brain biochemistry makes it feasible for you to definitely enjoy better energy and alertness with out caffeine than you experienced whenever you were "on" the drug.

You have got to find out about [supplements](#) I suggest that may greatly enhance your metabolic efficiency and as a result

the manufacture of energy in each and every cell within your body.

Keep in mind, caffeine just produces a false emergency in your system which transmits panic out of your adrenals all through your mind and body.

However, the particular supplements I recommend, in comparison: supply important nourishment that the body requires to produce energy that is genuine, authentic energy.

These nutrients have been in extremely short supply in the typical American diet: so when tissue levels are renewed, profound changes could be experienced in your physical appearance, and the way you feel and experience life. An ideal program for restoration includes several crucial procedures:

- 1. Learn to de-stress your life.** This by itself could enhance "high levels" dramatically.
- 2. Use human growth hormone supplements** if required to boost the levels to prime peak.
- 3. Optimize your own body's manufacture of energy** by using anti-oxidants and multi-vitamins.
- 4. Make use of your newly found energy** to workout and enhance your level of fitness.

Moving away from THE BEAN

If you have chosen to see what every day life is without the metabolic stress and also damage coming from caffeine: I really encourage you never to do it cold turkey. The withdrawal effects consist of almost paralyzing fatigue and splitting headaches.

It's recommended to wean your self from the habit gradually. If you are an eight-cup-per-day person, lower your consumption by a maximum of single serving every couple of days. It will take you a couple weeks to get down to a couple of cups each day. And through this time around it is advisable to begin taking vitamin antioxidants, multi-vitamins and human growth hormone releasers.

EFFECTS OF CAFFEINISM

Do you experience any of the following, on a recurrent or frequent basis? Answer with a YES/NO.

1. Energy swings, periods of fatigue
2. Mood swings, periods of depression
3. Headaches
4. Gastrointestinal distress, cramping, diarrhea
5. Constipation
6. Premenstrual syndrome, menstrual irregularity
7. Painful and or sensitive lumps in the breast
8. Insomnia
9. Clenching the jaw or grinding the teeth during sleep
10. Anxiety
11. Irritability, including inappropriate "fits" of anger
12. Involuntary movement in the leg (restless leg syndrome)

13. Irregular or rapid heart rate
14. Light headedness
15. High blood pressure
16. Ulcers
17. Anemia
18. Shortness of breath
19. Difficulty concentrating and/or memory loss

20. Ringing in the ears

21. Coldness in the extremities, especially fingertips

Key: If you have five to six "yes" answers: caffeine is a problem for you. If you have seven to nine "yes" answers: caffeine is a major problem. If you have ten or more "yes" answers: your caffeine intake represents a serious health risk that may decrease your life expectancy.

The two-cup level is an important threshold. From there to zero is the crucial obstacle, and that should take you another two weeks: gradually reducing your intake or substituting with decaffeinated coffee.

Another strategy that works well is to substitute two cups of tea for the two cups of coffee. In fact, one or two cups of green or black tea a day appears to be quite harmless and may even confer some anticancer benefits.

SAY A BIG NO TO THE DANGEROUS SUGAR

Always remember, all the calories are not same and sugar calories are considered to be one of the worst types of calories.

Sugar is considered to be a nutritionally worthless type of calorie and also the intake of sugar increases the blood insulin level in a human body. Insulin is considered to be an anabolic or a tissue building hormone and just a small increase in the level of the insulin will send a powerful message to each and every cell in the human body for storing calories.

Excess production of insulin levels is also very much responsible for low levels of DHEA.

Sugar is the one that triggers the hunger mechanism in a human body. Let us find out how this functions.

How does a human being feel hungry? Well, appetite is controlled in a body by the glucose level in the human blood. During meals, all the complex carbohydrates such as grains, fruits, vegetables and beans get broken down into small particles of glucose and it gets absorbed into the bloodstream.

Glucose acts as a fuel to enter all the functions of the human body which includes growth repair, functioning and movement of the brain. When the level of blood glucose reduces to a low or normal range, the hunger mechanism begins to get stimulated. This usually takes place in a 4 or 5 hour cycle.

When the sugar is refined, it completely throws off this cycle. Unlike the complicated carbohydrates that requires enough time for digestion, simple sugar begins to release glucose in the blood stream very fast.

In fact it has been found out that when humans eat a high sugar food, the levels of glucose in the human blood increases within a span of only 50 seconds.

The human body acknowledges the attack of sugar like a metabolic emergency and then begins to secrete insulin thereby driving the glucose from the blood and into the body cells.

When this happens, the level of blood glucose in a body falls very quickly and creates another metabolic emergency. Well, by now you will realize what will happen next.

You will feel completely tired as well confused for all your body muscles and the brain begin its search for glucose and even your hunger mechanism begins to stimulate although you might have just finished eating your food about 20 minutes back.

When this happens, it leads to craving for food, you begin to gorge on anything what you find to eat and you will have a constant feeling of not being in total control of yourself.

A good weight-loss program therefore will limit refined sugars and place more emphasis on protein and natural carbohydrates such as whole grains: beans, and vegetables.

Fruits are fine if eaten as whole fruit. The difference: however between an apple and a glass of apple juice is remarkable. The apple provides chewing satisfaction, fiber: and significant hunger satisfaction. Its a sensible snack.

Apple juice contains concentrated fruit sugar and no fiber. It can easily throw you into the sugar-insulin roller coaster you're owing to avoid.

Adequate protein can also help put the brakes on the insulin roller coaster. High-carbohydrate meals such as pasta (usually served with bread) can raise insulin levels almost as much as sugar does. Try adding some protein at the beginning of the meal in the form of a low-fat or nonfat dairy product such as cottage cheese or use a protein supplement.

Alcohol is metabolized by the body very much as sugar is. It not only raises insulin levels but also inhibits fat-burning enzymes. Try to get those alcoholic beverages out of your diet and lifestyle.

Chapter 10 - The importance of a varied diet

You will be surprised to know that our ancestors consumed a wider assortment of foods than a majority of men and women in the modern times. This holds true for the rest of the surviving hunter-gatherer groups.

The Kalahari Bushmen of Africa, as an example, eat about 75 different wild plants. It is not likely for them to die of hunger like what happened to the Irish in the 1840's potato famine.

Diversity is one of the top principles of optimal nutrition. This is since you can get nutrition from a certain food which you can't get from another. Though there are lots of food choices in the US, there is not much of a variety. According to surveys, an average American eats 11 food types at the most.

How is that possible? Everybody says that our diet is more varied. However, speaking about grains as an example, all we have is wheat, which comes in the form of bread, crackers, cereal, cookies, sandwiches, pasta, cakes and biscotti.

Now, you have an idea. We have the tendency to eat what our mothers prepare. We eat what we like. We undergo a food routine that continues until we are convinced that there is a wide range of foods in the place we live in. Variety comes with a reason and it is not just for show. A diverse diet guarantees optimal nourishment for a long and healthy way of life.

Think like A Cave Person

There are lots of nutrition books that picture the simple act of eating as something that is complicated. However, you don't have to be genius to understand what good nutrition is. You just have to think like a cave person. Try to figure out what they ate and the manner of eating it.

Did they use a microwave? Did they consume margarine or refined carbohydrates like Gummi bears? Did they drink alcohol? Of course, they did not.

Likewise, they didn't grow their crops in depleted soil or harvested them before they were ripe. Moreover, they didn't store their food for a long time, after transporting it for thousands of miles.

The more you try to live the way a cave person did, the more your health will benefit from it. If you recall the evolutionary time-line that extends the length of a football field, less than an inch of this stands for modern food.

Most people's systems can't adapt to processed foods. When we eat these, our metabolism gets confused and makes it hard to recover. This leads us to an important question with regards to agriculture.

KEY FACTORS IN THE PALEOLITHIC DIET

In the Paleolithic diet 60 percent of the daily calories come from complex carbohydrates such as fruits, vegetables: and whole grains. Fats and proteins contribute 20 to 25 percent each.

PALEOLITHIC DIET PREFERRED FOODS

Fresh vegetables and fruits: five servings per day Whole grains: beans: and cereals: five servings per day Dairy products (milk, cheese, etc.): one serving per day Meat: eggs, chicken: and fish: two servings per day Water: eight glasses per day

- Eat as many foods as possible in their raw natural state.
- Avoid refined and processed foods of any kind.

- Limit servings of animal fat and full-fat dairy products.
- Obtain quality protein from meats not treated with additives or hormones as well as fresh or frozen fish.

How about The 4 Essential FOOD GROUPS?

The true Paleolithic diet of our ancestors had the 2 basic food groups instead of the 4 essential food groups. The ancients got meat and fish as being the 1st group and fruits and vegetables as being the second. They took neither milk products neither breads and cereals: which we all know as the third and fourth food groups.

On the other hand, when it comes to adapting the Paleolithic diet for modern day use: it is not feasible to totally get rid of these food types because we have come to rely on them a lot.

I suggest consuming breads and cereals which are full of fiber and limiting use of milk products to 1 serving daily. The high degree of fat in milk products is exactly what you are trying to steer clear of.

WHEN IN doubt, Take in Veggies

Veggies undoubtedly are a cornucopia of vitamins, complex carbohydrates, minerals, essential fats, as well as protein. You cannot go wrong consuming veggies. A lot of nutrition comes with them that you could go on them with nothing else for a significant period of time.

GO MEDITERRANEAN

When the concept of a *Paleolithic diet* simply leaves you cold, a *Mediterranean*-style weight loss program is a great alternative. The focus is on vegetables: fruits: and whole grain products: along with moderate levels of fish: chicken, and

steak.

Other aspects of the Mediterranean diet consist of immune-stimulating and heart-health items for example essential olive oil. (that helps reduce serum cholesterol): garlic (that reduces platelet aggregation and reduces blood pressure level): tomatoes and tomato sauce (that have higher amounts of lycopene: a powerful anti cancer carotenoid).

High in essential fats, olive oil has been shown to reduce levels of cholesterol in the blood, and those that eat extra calories in the form of this oil appear to gain very little, if any, excess weight from it.

No one knows what ingredients are most responsible for their excellent health, but surveys show that some Mediterranean people enjoy protection against heart disease equal to or better than that of American vegetarians.

Mediterranean people are also very social: and studies show that community builds immunity. The region's legendary sunshine also makes an important contribution to overall health and well-being.

The Mediterranean diet can provide an easy transition between a diet of highly processed foods and the Paleolithic diet. As in all things: the key is moderation.

Above all: remember that eating is one of the great pleasures in life.

The true secret to the Mediterranean Diet is vegetables, lots and lots of vegetables. Begin by adding 2 servings of vegetables to your diet this week. Keep including them and replacing unhealthy and junk foods (such as potato chips) with vegetables.

Chapter 11 - Make your food selections a first level of defense

Adopting a proper food selection or diet program should be your primary step in any serious anti-aging program.

While maintaining a trim, ideal weight might sound merely vain or narcissistic, various medical studies through the years strongly indicate that excessive or unnecessary weight contributes to cancer, cardiovascular disease, and diabetes mellitus.

Maintaining an ideal body weight can go a long way toward preventing or at least lowering the probability of such negative health factors.

The *Paleolithic* and *Mediterranean* Diet have been deemed most effective for anti aging and longevity.

The *South Beach Diet*, *Zone Diet*, and *Modified Atkin's Diet* strive to reduce simple sugars, while increasing proteins and healthy fats.

These diets often prove useful as **low-glycemic** or in supplying the healthiest form of carbohydrates. Medical professionals can measure the impact that carbohydrates have on blood glucose levels, using a system called the "[glycemic index](#)."

WHY SHOULD YOU ALWAYS EAT ORGANIC SUPER FOODS

1. As a smart consumer, you must be aware of the residue of synthetic chemicals such as pesticides and herbicides that are present in the fruits and vegetables you buy. Washing the produce with water does not totally get rid of these residues. These chemicals can cause health issues like *Parkinson's* dis-

ease, which is a *neurodegenerative* disorder.

2. Organic super foods have advanced *phytochemical* levels. Medical science studies documented these nutrients as essential to healthy living and longevity. Plants produce phytochemicals as a defense mechanism against insects, disease and stress. When synthetic chemicals are used in the development of these plants, they give out reduced levels of essential phytochemical nutrients.

Why I Emphasize the Value of Certain Foods

Whenever I have the chance, I urge people to take vegan diets or something close to them. This allows you to eliminate or lessen the amount of animal product intake. You can, however, take reduced quantities of broiled or baked fish, fowl and lean meats on certain occasions.

Diets for weight management and cancer patients can benefit from the nutritious vegetables, particularly, carrots, cabbage, cauliflower, broccoli, beans and Brussels sprouts. Desired foods, which consist of natural digestive enzymes, include papaya with pappain and pineapple with bromelain.

Always try to avoid fried foods, salt, flour, simple sugars and preserved or cured meats such as hot dogs, Spam, salami, bologna, sausage, pepperoni, canned meats and the like.

Among other primary foods that I highly recommend to treat or prevent certain aging-related conditions:

Citrus foods: While also helping to prevent cancer, citrus foods containing bioflavonoids, terpenes, limonene, and citrus pectin aid the cardiovascular system while serving as antioxidants.

Red grapes: These fruits contain plant flavonoids called "pycnogenol," also present in pine bark extract. Red grapes serve as one of the strongest antioxidants, also helpful in strengthening bone and cartilage tissue while enhancing immune function.

Hawthorne berries: This food and extracts from such fruits help strengthen bones, tendons, cartilage, and cardiac muscle, while serving as a natural treatment for hypertension.

Green tea: Three or four cups per day have long been known to Asians as helpful in preventing cancers-even common killers like lung cancer. *Flaxseed Lignan* fibers: An excellent hormone regulator, this food source helps protect against breast and prostate cancers.

Healthy oils: Selections such as corn, olive, canola, and soy are monosaturated, which is important in the production of good cholesterol. Oat bran and wheat germ: These natural foods help lower "bad cholesterol," while increasing "good cholesterol."

Green "super foods": These selections include wheat grass, rye grass, barley grass, and blue green algae, nutrient and trace elements, and are an excellent source of making the body more alkaline than acidic. These foods also combat acidosis, a hallmark of inflammatory conditions and cancer. Remember that active cancers lower the body's PH and promote acidity, a condition that favors cancer growth

Soybeans: We know that this excellent anti-aging food, which is high in protein, remains a delight to people who prefer to avoid eating meat. The chemicals in soy contain strong antioxidants, hormone regulators, and cancer-prevention qualities, especially in battling breast and prostate cancers.

Many people eat soy products, thanks to the cancer-therapeutic properties of these foods. (Be sure to avoid genetically

modified soybeans by purchasing only certified organic products!)

Healthy dark chocolates: Derived from natural cocoa, chocolate without sugar or milk products serves as an essential antioxidant.

Foods You Should Eat

While all these various health food opportunities might seem limitless, in summary your food selection list should include:

raw or lightly cooked whole grain cereals

raw or lightly steamed vegetables and sprouts raw or fresh fruits, including the skin

*lightly cooked beans, lentils, and peas preferably unsalted
raw nuts and seeds*

low-fat dairy products, especially low-fat cultured yogurt

occasional lean meat, fish, or poultry, usually limited to one or two times weekly

Foods You Should Avoid

The list of foods and drinks to avoid remains extensive:

Fit Over 40

alcohol especially whiskey, scotch, vodka, and gin
bacon and cured meats

canned or frozen fruits

canned soups

fried foods in any form

all types of gravies

whole milk ice cream

salted peanuts

processed cheese products

processed luncheon meats saturated fats

soft cheeses

soft drinks and sodas

tuna that is canned in oil

canned or frozen vegetables with salt additives
white or brown sugar

white flour products

white rice products

white vinegar

fruit syrups

Aspartame and other synthetic sweeteners

high fructose corn syrup, which appears not only in many soft drinks but also in thousands of other processed food products.

Avoid foods high in fat content, including cake, cookies, doughnuts, ricotta cheese, cream cheese, crescents, regular crackers, breaded or fried fish, whole milk ice cream, butter, mayonnaise, sour cream, de-boned or chuck steaks, dark meat from turkey or chicken, bologna, salami, hot dogs, and sausage.

Chapter 12 - Eating right kinds of carbs

THE RIGHT INTAKE OF CARBS (CARBOHYDRATES) CAN ENERGIZE A PERSON'S WORKOUT WHILE THE WRONG INTAKE OF CARBS CAN KILL THEM.

During the past 10 to 20 years, all of us have been assured by **The American Heart Association**, *USDA Food Pyramid* along with all food manufacturers that consuming a high carbohydrate low fat food intake is the best to avoid any major heart diseases & attain maximum health.

We all have been made clear in our minds that fat is always bad whereas intake of carbohydrates which can come in any form is good for a healthy lifestyle.

In fact we are used to eat any food that contained carbohydrates without even thinking whether the food intake was really healthy (vegetables & fruits) or whether they were unhealthy foods which were processed and manufactured by leading food manufactures just for making good profit.

Most of the fruits and vegetables which we consume are always rich in carbohydrates and they get digested in a human body slowly and enter the blood stream in small units and in the process increase our blood sugar.

Man made carbohydrates are the ones we usually find in grains that undergo processing which in turn remove almost all the natural fiber & nutrients of the grain, thereby making it easily digestible in a human body & rapidly absorbed by our body.

These carbs have high level of **glycemic indexes** (a measure which show how fast food intake can raise a human's blood sugar level) thereby maintaining sugar levels in our blood stream and pushing blood sugar level & insulin levels sky high, hence causing continuous drops in blood sugar levels.

When blood sugar level drops, hunger returns, making us crave to eat whatever possible without the need to even check the contents of the food intake.

This cycle is repeated for a countless number of times, throughout the day and night all over America by none other than ourselves by bringing in the *high-carb-low-fat* mindset.

LEARNING THE GLYCEMIC INDEX

Glycemic index usually decides the speed of a particular food at which it eventually raises blood sugar level. Glucose is the main ingredient of the index mainly because it is the 2nd fastest sugar which can get into a human body's blood stream where as the primary fastest is maltose.

Glucose is often given value of 100 where as the rest of the carbohydrates are provided their values based on the value related to glucose and depends upon the speed at which they are able to reach our blood.

Remember, the lower the index level, the longer is the time taken to reach blood stream. Diabetics have often used glycemic index successfully in the past many years mainly because it helps in controlling patient's blood sugar level.

It has also been noted that those who wished to reduce weight & prevent cravings have taken the help of index. The aim is that when our body's blood sugar & insulin levels remain low, our body is less prone in converting sugar to body fat and our craving for food is reduced or even totally eliminated.

This is one of the best way many patients have tried using the formula to stay and remain fit for a very long period of time.

CARBS & FOOD ADDICTION

Sadly, carbs are found in almost all forms of bulk diets. More than 75% of Americans often overreact to carbs and produce plenty of insulin inside their bodies.

The result of this is suffering from fluctuations in blood sugar levels & baseline level of insulin is often higher than normal which over a period of time will build an addiction for sugar & highly refined carbohydrates which eventually leads to obesity along with severe health complications.

Despite all this, we still love sweets & refined carbohydrates and our urge for these foods only keeps on increasing. On an average, we eat about 20 teaspoons sugar daily. That means 320 calories per day or approx. 117,000 calories per year, which means our body fat accumulates to almost 33 pounds.

And remember, that this sugar intake is apart from the natural sugar which is often found in vegetables, fruits, milk etc. This is only the sugar which we add to our food which are raw, cane sugar, brown, white, high fructose com syrup or com syrup, honey, molasses, sorghum syrup & fruit juice concentrates.

Whatever we name it, it is the same white sugar or table sugar which includes 4 calories for every single gram and no nutrients.

You can find a glycemic index list of some of the common foods we eat. Foods that have a high index (greater than 60) include ice cream, white breads, all white flour products, bagels, white potatoes, bananas, raisins, potato chips, alcoholic beverages, white rice, and pastas made with white flour.

Low glycemic-index foods (under 45) include most fruits and vegetables, whole wheat or whole grain foods, regular oatmeal, sugar-free peanut butter, high-fiber sugar-free cereals,

Fit Over 40

yams, brown rice, sugar-free dairy products, grains, legumes (with the exception of baked beans and fava beans), new potatoes, nuts, and most veggies.

The evidence is overwhelming that the overfat/obesity and type 2 diabetes epidemics are a direct result of our obsession with *high-glycemic* carbohydrates.

It is absolutely critical that the carbohydrates you eat be mostly those with a low glycemic index to ensure the maintenance of low levels of blood sugar and insulin.

We should limit our intake of *high-glycemic carbs* to only immediately before or immediately after a high-intensity weight-training workout. This will shuttle muscle-building nutrients quickly into muscle tissue and promote growth and strength.

Studies held at **The University of Wisconsin** have proved and demonstrated that only fat or fat in combination with salt or sugar triggers a powerful neuron-chemical effect on a human brain and thereby making it to release some kinds of natural chemicals which are similar to that of the deadly drugs such as morphine and heroin which activate the pleasure center in the brains and promotes addiction.

Dr. Ann Kelly who is a renowned professor of psychiatry and Neuroscience who is also the senior author of the above study believes that fat is considered to be the main addicting culprit, and the addiction is on the higher side usually when it gets combined with either salt or sugar.

This study has clearly proved that fast food is also considered to be addictive and is also the basis of plenty of obesity campaigns and lawsuits filed against the fast food industry.

In fact, *Mr. John Banzhaf III*, a lawyer and famous for his continuous campaign against the tough tobacco industry, used some of the research materials of Dr. Ann Kelly as a founda-

tion for the campaign.

He has threatened the 6 top fast food giants across the world, they are McDonalds, Wendy's, Pizza Hut, Burger King, KFC (Kentucky Fried Chicken) and Taco Bell.

The best way to beat the ever growing carbohydrate addiction is to encourage an ultra low carbohydrate eating plan. This plan is very easy to follow and promote and we can personally confirm to everybody that their hunger will be well under control and even their food cravings that occurs very often including obsessive eating habits will come to a dead end.

As per this plan, all individuals must ensure the taking of carbohydrates which is less than 30 grams per day and the balance carbohydrates has to be replaced by a high quality protein diet which contains the least amount of saturated fat.

"The HGH Diet" plan significantly differs from Dr. Atkins low carbohydrate diet that encourages consuming unhealthy saturated fats which are mostly found in bacon, dairy products and red meats and I strongly believe that all these fats have to be completely avoided since they have been proven to instigate heart diseases.

Alternatively you will replace all the unhealthy fats with that of the disease fighting vital monounsaturated fats and fatty acids.

The main reason why a low carbohydrate diet can do such an excellent job of controlling the eating and craving for food habits in humans is because of the fact that it effectively controls the blood sugar and the insulin levels and thereby prevent the corrupt cycle called *Hyperinsulinism* or high insulin levels which is then followed by a low level of blood sugar which is considered to be the root cause of food craving, processed carbohydrates and sugar addiction.

Just within few couple of days period on a low carb diet after a person begins this procedure, his or her craving for breads, sweets, bagels and pastas will slowly begin to reduce. And after about a week's period, such cravings will completely come to a halt and disappear and they will realize that their energy levels and endurance will dramatically increase.

Complete a whole month's session and then start adding healthy carbohydrates or low glycemic index such as vegetables and fruits into your diet.

THE BEST CARBOHYDRATE RELATED FOOD ARE THE HIGH FIBER FOODS

Fiber as we all know is very important for a human body specifically when we wish to lose our body fat without losing muscle mass and it also helps improve your overall health.

On an average it has been found out that American man consumes about 10 grams to 12 grams of fiber every day whereas the recommended quantity is about 25 grams to about 50 grams of fiber every day.

On an average preferable intake can be about 35 grams of fiber. As per the study which was published in the **American Heart Association Journal** released in the year October, 1999, it was clearly proved that a higher consumption of fiber will reduce not just obesity but also it will help in reducing the levels of high blood pressure and other heart disease risk factors including the risks of various types of cancer.

Some of the experts also believe that fiber can play a more significant role in risk of heart disease rather than the total or saturated fat intake.

All this is done by the Dietary fiber as it remains most of the times undigested in a human being's gastrointestinal tract. This will provide bulk to all the foods that are consumed and

Fit Over 40

hence the undigested food remains for a longer period in the stomach which makes the person feel as their stomach is full and in the process delays hunger for food and even cravings for food. Once the food reaches intestines it will move along at a very fast rate and can be easily assimilated.

Chapter 13 - A word about Protein and Fats

PROTEINS BUILD muscles

One of the most important parts of the human diet are protein and amino acids. They build muscles, help us develop and repair our tissues. You need the sufficient amount of protein to make the most of your hormones, to enhance lean body mass and to reduce excess body fat.

Most amino acids are found in high-quality proteins such as lean meat, fish, turkey, soy products, egg whites, low fat cottage cheese and soy products. There are, also, high-protein vegetables for vegetarians and vegans for their muscle building needs. These are beans, soybeans and tofu.

To make sure that you are getting the high quality protein that your body needs without the extra fat or cholesterol, you can enhance your diet by adding protein rich nutrients like sports bars, meal-replacement drinks and protein powders.

Men who are active in exercise will benefit from these. If the protein they consume is not sufficient, they may deplete essential amino acids whenever they undergo intense training. Moreover, high quality proteins and essential amino acids enable us to get used to high-intensity training and they influence our response to exercise in a positive way.

HEALTHY FATS GIVE YOU A FEELING OF SATISFACTION

Fats, in their healthy alternative, satisfy your appetite right after you eat. They build hormones, guarantee the integrity of your cell walls, protect your organs and distribute nutrients to the different parts of your body.

Eating fats is not bad. It depends on the type of fats that you consume. It may be hard to evaluate the several kinds of diet-

ary fats. The healthy kinds of fats are found in natural foods like *fish, nuts, olives and some animal proteins*. This is the exact opposite of those found in processed foods.

KNOW YOUR FATS

SATURATED FATS

Saturated fats are solid at room temperature. Butter, cheese, and cream are all high in saturated fat, as is the fat on meat, and the so-called tropical oils (coconut, palm, and palm kernel oil).

Saturated fats increase the amount of "bad" cholesterol (*low density lipoprotein, or LDL* - remember, "V equals lethal") in the blood, which can lead to atherosclerosis, heart disease, erectile dysfunction, and the restriction of blood flow.

When saturated fats are incorporated into your cell membranes, the membranes tend to become rigid and less flexible, which in turn can affect their receptor mechanisms. This may explain why saturated fats are associated with insulin resistance and type 2 diabetes. In addition, diets high in animal fat are associated with colon cancer.

This form of fat has been clearly shown to be the key factor in causing coronary heart disease in a 25-year study involving seven countries. Saturated fats have recently been shown to interfere with athletic performance because they cause high insulin levels, leading to carbohydrate cravings, weight gain, impaired muscle growth, fatigue, and loss of endurance.

Many of these negative effects could be prevented by simply changing fatty foods with "healthy fats"-monounsaturated fats. This can not just avoid the growth and development of significant diseases but will enhance your performance in and out of a fitness center.

**Picking PROTEIN SOURCES: FREE
RANGE/ORGANIC/GRASS-FED**

Organic refers to the lack of chemicals contained in the growing of the plant or raising of the animal. Free-range animal meats have a much better ratio of fine to bad fats when compared with traditionally raised animals which are provided grains to fatten these up more quickly.

Grass consists of omega-3 essential fatty acids, that have anti-inflammatory properties, while grains include a lot more omega-6 essential fatty acids, that have a proinflammatory effect.

Nonorganic meats include particular levels of antibiotics as well as bovine growth hormones. Hormone-free animal and milk products are suggested in my diet plan.

TRANS-FATTY ACIDS Or HYDROGENATED FATS

Hydrogenated (or partly hydrogenated) fats tend to be liquid oils which have been synthetically saturated by using hydrogen to produce a solid fat having a longer shelf-life.

Margarine is one type of this extremely unnatural kind of fat. The manufacturing process begins with healthy oils and winds up having a product that is unhealthy for you.

Hydrogenated and partially hydrogenated fats not just are saturated, but additionally include trans-fatty acids, a kind of fatty acid that isn't produced in your body and it is hardly ever present in nature.

Trans-fatty acids are located in all foods that are fried, plus commercial brands of liquid oils, that are extracted by using

heat.

They enhance serum amounts of "bad" cholesterol (LDL) and reduce the "good" cholesterol (high-density lipoprotein, or HDL-remember, "R" equals healthy), and therefore are greatly related to heart disease. They've been proven to detrimentally affect metabolic procedures in heart tissue.

Trans-fatty acids are likewise integrated into cell membranes despite the fact that they aren't normal parts of human tissue. When this happens, they hinder the working of cell membranes, which makes cells stiffer and obstructing natural biochemical path ways. As a result, the cells become undernourished and start aging.

Besides, Trans Fatty Acids have been linked to some really serious life threatening diseases like heart disease and even cancer.

Hydrogenated and partially hydrogenated oils are utilized greatly in packaged foods, including peanut butter, baked goods, margarine, mayonnaise, and chocolate.

If you're seriously interested in reducing fat intake, particularly dangerous fats, you will need to make sure of keeping away from these extremely bad fat options.

MONOUNSATURATED FATTY ACIDS

Monounsaturated fats are usually liquid at room temperature, but may solidify in the refrigerator. Monounsaturated fats contain a high proportion of oleic acid, a fatty acid that can be synthesized by all mammals, including humans.

Monounsaturated oils include *olive oil, peanut oil, avocado oil, and canola oil*. Because they aren't harmful, they can be considered healthful.

Long-term consumption of these oils (especially olive oil) in several southern European countries is associated with low overall mortality rates and low incidence of coronary heart disease.

Olive oil is 72 percent monounsaturated; canola oil (actually extracted from rapeseed) is 65 percent monounsaturated; and peanut oil is 48 percent monounsaturated.

Canola and peanut oils are likely to contain chemical residues from the way the plants were raised. Avocado oil is extremely expensive. Your best choices are olive oil- preferably Cold-pressed and unrefined "extra-virgin" and avocados.

POLYUNSATURATED FATTY ACIDS

Safflower, sunflower, corn, sesame, and soy oils are all *polyunsaturated fatty acids (PUFAs)*. Even though they are cholesterol free and low in saturated fat, these oils can still cause problems by creating oxidation products that form free radicals that damage DNA, alter cell membranes, and promote cancer.

The breakdown of polyunsaturated fatty acids produces more oxidants than the breakdown of other types of fats.

Safflower oil is the most unsaturated vegetable oil, and as such can cause significant immune suppression. This is surprising news to many consumers who were told that polyunsaturated oils were part of a healthy diet.

ESSENTIAL FATTY ACIDS

Omega-3 and omega-6 fatty acids are both essential fatty acids that the body cannot make, so it is up to us to make

sure we eat foods that contain them.

Many Americans (especially those who follow low-fat diets) suffer from an essential fatty acid deficiency. We now know that this deficiency is detrimental to our physical and mental well-being, causing serious diseases, including atherosclerosis (Plugging of arteries), strokes, coronary heart disease, erratic heartbeats leading to sudden cardiac death, rheumatoid and degenerative arthritis, skin problems including wrinkles, loss of vision, and degenerative brain diseases.

There are three main types of omega-3 fats-*EPA (eicosapentaenoic acid)*, *DHA (docosahexaenoic acid)*, and *ALA (alpha-linolenic acid)*. EPA and DHA are the "marine" omega-3s found in fish. ALA is found mostly in plant oils.

These essential fatty acids are required to make a family of hormones called *eicosanoids*- substances that are potent mediators of many biochemical functions that play a crucial role in coordinating a number of physiological functions such as blood clotting, blood pressure, blood vessel dilation, heart rate, heart rhythm, muscle and bone growth, and immune response.

Most authorities believe that EPA and DHA are the omega-3 fats that play the greatest role in promoting health and preventing disease.

ALA (found in flaxseed) is an indirect source of EPA and DHA. However, we can convert only less than 15 percent of ALA into EPA and DHA, so most experts think flaxseed is a poor way to get adequate amounts of EPA and DHA.

Good sources of Omega-3 essential fatty acids in food are nuts, soybean, canola oil, walnut oil, Fish, especially cold water fish such as salmon, bluefish, herring, tuna, cod, flounder, mackerel and shrimp are also good sources.

Chapter 14 - 2 SECRET Anti Aging Tips

If you want to take just 2 secrets from this book, here are they - **Avoid Muscle Loss** and **Resolve Hormone Deficiencies**.

According to medical studies, people experience a visible depletion of energy and muscle mass as they grow older. This disease, which is known as *sarcopenia*, cannot be avoided.

Experts are convinced that as you grow older, you cannot do anything to prevent the loss of strength and muscle tissue. However, I think that this does not make any sense. Hasn't anyone heard about exercise?

Avoiding muscle loss and energy as we grow older is what The HGH Plan is all about. Sarcopenia is one of the deadly effects of aging. It greatly affects the quality of life, causing disability to aging people.

Sarcopenia starts as early as your 30s. The adverse effects resulting from loss of muscle tissue can influence every part of your life. When you don't have a life consisting of exercise and a healthy diet plus you don't correct your hormonal deficiencies, muscle loss can accelerate at a rate of 3% to 5% every 10 years from your 30s or 40s. This can even increase to 10% to 20% each decade after.

Not only this, an average Male American can gain 1 pound of body fat each year from 30 to 60. They can lose half a pound of muscle every year over the same time frame. From 60 onwards, the body fat increase replaces muscle mass. Muscle mass is lost at the greatest percentage of 25 to 30, from ages 50 to 75.

Sarcopenia is caused, mainly, by aging, degenerating and dying mitochondria, which are minute organelles found within our cells, particularly those in our muscles. Our whole energy, which comes in the form of **ATP or adenosine triphosphate**,

is created in these key sites. You inherited your mitochondria from your mom so you know whom to thank.

When your mitochondria age, they are no longer able to produce ATP and muscles cells die. If only you can replace the dying mitochondria with new, young ones, you can avoid strength and muscle loss even as you grow older.

The HGH Plan is all about this and it focuses on exercise (such as resistance training), diet and supplements that will recharge your mitochondria, body cells, metabolism and enhance your strength and muscle mass.

The HGH Plan focuses on the perfect combination of nutrition, the right kind of exercise, and restoration of healthy hormone levels to help you replace your old dying mitochondria with new wild-type mitochondria-the term scientists use (very appropriate, I might add) for young, healthy mitochondria, no matter what your age is today.

This is the "fountain of youth, "in my opinion, and you'll learn more about it soon. Stay tuned and make sure you have subscribed to my blog at www.thehghblog.com.

Resolve Hormone Deficiencies

Unfortunately, most doctors devote little, if any, time to teaching patients about preventing disease. That's because most doctors do not know how to incorporate preventive medicine into their own lifestyle, let alone into their medical practice.

Despite all the research pointing to the impact lifestyle has on disease prevention, medical schools continue to churn out doctors who know little if anything about how to prevent disease and preserve vitality through appropriate exercise, proper nutrition, and balanced metabolic/endocrine functions.

This is particularly evident when it comes to men's health. An October 2008 paper on low testosterone and its association with type 2 diabetes reported that androgen deficiency is a clinically under diagnosed endocrine disorder affecting a "significant number of men in the United States and can affect up to 50 percent of men diagnosed with type 2 diabetes."

Investigators in a 2004 study estimated that low testosterone deficiency affects 13.8 million men. Yet fewer than 10 percent of these men were receiving treatment.

Getting back your lost important hormones levels can be a crucial step in anti aging and longevity. Refer to **Chapter 4**, and Read the guide to increasing hgh levels via ***natural hgh releasers***.

Chapter 15 - The "How" of Resistance Training

Do not restrict yourself to believing that weight lifting, costly machines, or fitness center membership is the one and only way to try and do weight training. Push-ups, jump squats, lunges, and rock climbing are generally examples of workouts that offer weight training.

For those who have any health problems, ask your physician which kind of weight training is better to satisfy your requirements and capabilities. You may also work with a fitness instructor to create a strength-training program that'll be effective and safe for you.

Strengthening the Whole Body

I recommend doing a total body workout three to four days a week. It is crucial to work out your entire body in a way that stresses and strains every muscle throughout the week. In that way, you will be achieving the advantage of burning more calories than you would by just performing one muscle group per day.

Training the whole body throughout a workout, especially a circuit workout, will cause the heart to work harder to pump blood and oxygen to the muscles that are executing the work. This results in a higher heart rate, which translates to a higher caloric expenditure.

A perfect resistance training agenda mainly includes strengthening each and every part of our body muscles such as arms, legs, back, core, shoulders etc. Most of them think that the core is equivalent to abdominal muscles. That is not true.

The 'core' actually contains many muscles which are required to stabilize our spine & pelvis including the entire torso. All these muscles are required to provide a great foundation system that is required for all the movements in extremities.

You can get complete training of all these muscles by doing various exercises but with adequate frequencies (i.e. how many repetitions of each set is required), its duration (i.e. how long are you able to hold at a particular pose), and intensity (i.e. the amount of weights you will require to work which you can sufficiently hold)

You must undergo a regular training program which is about 3 or 4 days per week so that you can attain the best after effect results for the body.

Do not make a 7 day work out per week since our body requires sufficient rest. Hence, it is suggested to opt only for 3 or 4 days a week. Follow the rules below for a better body buildup.

- * Regular training is very important and has to be considered as key component in your exercise program. People can begin exercising 5 times a week.

- * Always train yourself as though your whole life depends on the training, and for that matter it does.

- * Always train yourself as though you are 10 years younger than your actual age which can pump your body. If you are 30 years old, train as though you are 20 years. While working out, set the bar at a higher altitude and never at a comfort zone.

- * Try to achieve extra highs with a 'no pain, no gain' attitude.

- * Your muscles must pain once your training program is complete, otherwise it is of no use. Good pain means that your body is responding to your exercise regime. Pain must be just a sore pain and not any sharp/ extreme pain. The pain must actually be sufficient for you to get a great feeling that you

have completed a successful work out.

Performing regular exercise

All exercises are always measured in sets & repetitions. Repetition means a complete movement pertaining to a particular exercise. The repetitions are carried out in 3 phases.

1- Eccentric contraction – Such contraction occurs when people resist the gravity pull by not conceding weight fall on their chest eg. a bench press.

2- Isometric contraction from muscle – This type of contraction occurs when muscle remains static & the weight does not move at all.

3- Concentric contraction – This is the portion of weight lifting where muscle shortens to allow exertion of force as opposed to the weight (for e.g. when we push barbell upwards against gravity force).

The speed or tempo is the term used with which repetitions of an exercise is decided by fitness goals. In case you have not been working out continuously during the past; you must try to increase and grow your muscular stamina before focusing mainly to develop strength. **TheHghPlan** will focus on both stamina and strength enhancement.

For e.g. if you have set your goal to increase strength, the rhythm must be slower in order to allow muscle & ligaments plenty of time to increase size. To reach a good tempo, it is sufficient for a 4-2-2 rhythm, which is in short, a four second count through an eccentric portion along with a two second count through an isometric portion and a two second count through a concentric portion. In order to gain strength, a 2-2-2 rhythm will be appropriate.

The set

A set is made up of continuous repetitions one after the other. In case you are a beginner, begin with simple training where you are able to bear the weight, which will be having higher repetitions and few sets.

This method of exercise will help build your muscular endurance & enable nervous system learn correct movements & also help to recruit all the necessary correct muscles with each exercise, thereby decreasing all the risks of any injury.

The best way to set your body fit is to continue 500 repetitions over a period of time for a specific exercise. Care must be taken to rest in between and not continue exercising, exercise only till a point where you are comfortable.

Once you gather sufficient strength to sustain the weight all across your joints, nervous system and your muscles get stabilized, you can then proceed to go for muscle failure. At this point, you have the chance to cover up other parts of body training which includes strength training, wherein the maximum repetition is between 6 and 8 repetitions and includes 3 or 4 sets.

Chapter 16 - Making Aerobic Training work to increase your growth hormone levels

Once you understand which exercise you are going to decide on, and the rate at which you may carry it out safely and effectively, you need to select the intensity at which you will train. Listed here are various forms of exercise training that can be put into practice in your cardio workout.

Most fitness experts will agree that one of the best workouts to increase high levels is *high-intensity interval training*. You can opt for the type that you like and will regularly perform. The most critical point to cardio training is to just do it. And keep doing it. If you get tired of a particular type of exercise, don't stop exercising entirely. Just switch to a different exercise or another form of training.

- **Continuous training:** Continuous training is cardio training that includes no rest intervals. It can be high intensity, moderate intensity, long slow distance, or *fartlek training*. Continuous training usually means working at 60 to 80 percent of maximum energy for at least 20 minutes, three to four times a week.

- **High-intensity continuous training:** This is continuous training at 85 to 95 percent of your maximum energy. This is a great way to develop your cardiovascular endurance. However, you need to mix this with some slower-paced training, such as **LSD** or **fartlek** at least once or twice a week to avoid over training and exercise burnout. You also need to have a good aerobic base and medical clearance before you start high-intensity continuous training.

- **Long slow distance training (LSD):** This form of aerobic endurance training is used in running and cycling, when you train at a talking pace. If you can't talk, you are going too fast. I do not believe this form of cardio is a good way to improve your cardiovascular conditioning and get rid of body fat.

- **Fartlek training:** Fartlek means "speed play" in Swedish. This is a form of conditioning in which the intensity or speed of the exercise varies. This type of training stresses both the aerobic and anaerobic energy systems. It consists of a 5- to 10-minute warmup, followed by a steady, hard speed for a mile or two, followed by fast walking for about 5 minutes, then sprint work until tired, followed by easy running, then full speed uphill for 100 yards, followed by fast walking for 1 minute, and so on.

Fartlek training is a great way to get into tip-top shape and burn off lots of body fat. You must make sure your aerobic conditioning is great and you have passed your stress test with flying colors before you start this kind of training.

The Best of the Best: High-Intensity Interval Training

High Intensity Interval training (HIIT) is a type of training which is gaining a lot of popularity these days. This is one exercise that is getting more popular among busy men as this kind of exercise helps in enhancing the performance of a human body with small training sessions which hardly lasts from just about 4 minutes to 35 minutes. This training helps build the main muscles of a human body such as the legs, arms and back for all individuals who wish to drop their body fat and in the process enhance the effective potential of their pulmonary and cardiovascular systems.

In The HGH Plan I have planned to promote the HIIT sessions which lasts for about 20 minutes to about 25 minutes which comprises of a 5 minute warm up session and a 5 minute cooling session as these are the best ways for achieving lungs and heart protection and even burn the body fat. This is exactly what I have been doing continuously and I can assure you that this kind of exercise is greatly benefiting people.

HIIT anyway is not meant for everyone. This exercise is meant mainly for healthy people as there is a bit of hard work that is required. In case patients are suffering from any cardi-

ovascular issues or any other type of health related issues which restricts their ability to continuously exercise or in case the patient is relatively new to aerobic training then HIIT probably is not the right kind of exercise for them, but definitely they will have enough capacity to handle this kind of exercises as time passes by.

This kind of exercises is also not advised for the de-conditioned until they have completed the stress test and their bodies are able to produce enough Cardio efficiency.

This kind of rigorous training is potent in causing fat loss as compared to the longer duration or the steady state of Cardio training exercises which have been mentioned above. HIIT enables patients benefit from **Excess Post-exercise Oxygen Consumption (EPOC)** which takes place when their system keep continuing to take more oxygen even after they have finished their exercise in order to replace the anaerobic work which has been carried out during their high intensity bouts of exercises that they have just completed.

That is the reason why we see people breathe or pant heavily after a sprint or running race until they are able to completely replace the debt of oxygen which has been created in their body. By filling this oxygen debt back into the body, it will gradually allow them to return back to resting state, thereby maintaining their metabolism rate high when it returns.

Whenever you do HIIT exercise, you definitely have an extra value for your efforts, because *EPOC* also offers an optimistic impact on resting metabolism. One particular experiment discovered EPOC increased resting metabolism by thirteen percent 3 hours right after workout, and 4 % after of sixteen hours. An additional study shown a rise in resting metabolism which continued for twenty four hours.

The phrase HIIT implies high-intensity work alternated along with rest or durations of low-intensity work. These types of bursts of high-intensity training are in the particular anaerobic

zone (80 to 90 % of maximum heartbeat). Throughout the durations of low intensity, your heartbeat returns right down to around 50 % of your maximum heartbeat.

I really believe that one more excellent method of cardio exercise for a lot of guys is a combination of both moderate-intensity and HIIT. You could do 2 or 3 35-minute HIIT sessions and 2 or 3 50-minute moderate sessions per week. Blending these up could make cardio much more fascinating.

Enhanced Exercise Threshold

The majority of kids heal very quickly from minimal cuts, scrapes, sprains, as well as bone cracks, whilst mature individuals mainly lack such healing power. To the young, many of these apparently remarkable recoveries derive from vast amounts of hgh their bodies produce.

To the delight of the many seniors, our medical results show that recovery rates from injuries improve markedly amongst mature individuals who make use of injectable Human growth hormone or hgh releasers.

A lot of them insist that they experience less aches right after minor sporting activities. Before taking Human growth hormone, individuals who attempted to resume these activities made a sharp cutback in these workout or quit altogether. Unexplainable aches, strains, as well as sprains became too hard to endure.

Mature women using human growth hormones are rarely mistaken for bathing beauties in Miss America contests. Nor can older men expect that by merely taking HGH they will soon end up looking like Charles Atlas strolling down Muscle Beach. But here is the good news. Studies regularly and consistently show that over a period of time mature people who use injectable HGH grow in overall muscle structure.

Fit Over 40

Just as in nature during their young adult years, an increase in muscle mass for seniors also generates a decrease in body fat. Love handles around the waist decrease in size or disappear.

On occasion, posteriors shrink, while the thighs and neckline also tend to firm up. Such structural changes can make the person look far more attractive. Non-fatty increases in structural mass connote overall good health. They proclaim, "I feel better than ever."

Chapter 17 – Increasing Testosterone in A Natural Way

While some of the experts in the field are questioning the effectiveness of the following T supplements, these have definitely given me an advantage. In addition to this, when you increase your hormonal levels, these may cause some acne and a little bit of aggression.

Lastly, if you are prone to male pattern baldness or prostate problems, you have to closely monitor these health issues if ever you want to continue the use of these products.

Testosterone Booster #1 – ZMA

This anabolic mineral formula, which was developed using the latest scientific research, is made from *Zinc*, *Magnesium* and *Vitamin B-6*. There is clinical proof that this purely natural product has helped trained athletes by means of considerably increasing anabolic levels of hormones and strength of muscles. Usually, when athletes undergo hard training, their body is drained of essential minerals.

Studies prove that taking *Zinc (30 mg)* and *Magnesium (450 mg)* daily can raise testosterone levels by 30%.

Testosterone Booster #2 – Tribulus Terrestris

This Bulgarian herb has the tendency to raise free and total testosterone levels. As a result, it enhances your sex drive and at the same time, builds your muscles. This is made possible by means of a rise in levels of **Luteinizing hormone (LH)**. This gives a sign to the body to boost its production to testosterone.

Since centuries ago, this herb has been effective in treating headaches, premature ejaculation, light headedness and water retention. In addition to this, research shows that it has

characteristics that allow it to protect both the liver and cardiovascular system.

This herb comes in a product known as **Tribex**, which is produced by **Biotest labs**. Another valuable herb known as **Avena Sativa**, also, comes from this product.

Testosterone Booster #3 - Avena Sativa

Avena Sativa is famously called wild oat which is a type of annual grass that is developed for digestible grains. Avena Sativa has the effect to help increase free levels of testosterone i.e. the testosterone which can be made use of by the body. While it is not very clear under which mechanism it exerts its actions, it has been suspected to occur through the increase in the levels of Lutenizing Hormone, similar to Tribulus.

Because of the cooperation between Avena Sativa and Tribulus, we are able to find plenty of supplements that boost testosterone made available in the market having stacked both these two herbs. One of which is produced by a company known as **Nutrex** which includes both the herbs in their product and have named it **Vitrix**.

Their brand also includes the product which contains **Eurycoma Longfolia Jack**, the next on this list.

The recommended intake of **Vitrix** is 3 capsules two times every day which has to be taken on an empty stomach only from Monday up to Friday.

Testosterone Booster #4 - Eurycoma Longifolia Jack

Eurycoma Longifolia Jack is a type of plant which has its reputation of having aphrodisiac properties. This plant is famously referred to in Malaysia as **Tongkat Ali**. Studies have also proved that *Eurycoma Longifolia Jack* helps in increasing levels of testosterone by provoking the production of Luteinizing hormone and also helps in freeing bound testosterone. This can also help a patient recover completely from a tiring workout, strengthen their immune system, reduce their body fat and even improve their mental acuity.

There are a few products which I have used and which contain this herb. Those I believe have really helped me are **Alpha Male** and **Vitrix**.

RELIABLE SOURCES FOR PRODUCTS AND INFORMATION

Univera Life Systems 100 Technology DR Suite 160

Broomfield CO 80021

888-864-8372

<http://www.maxcell.com>

Genf20 Plus – HGH Releaser

Leading Edge Health

c/o 129 Roweland Drive

Johnson City, TN

37601

United States of America

Advanced Physicians Products

831 State Street

Suite 280

Santa Barbara, CA 93101

800-220-7687

FAX: 800-438-6372

Teeccino Caffeine-Free Herbal Coffee

P.O. Box 42259

Santa Barbara, CA 93140

800-498-3434

Michael Bennett Pharm.D,

Xechem, Inc.

908-249-0133

FAX: 908-247-4090

NEWSLETTERS

The University of California at Berkeley Wellness Letter

P.O. Box 420148

Palm Coast, FL 32142

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Wheat Ridge, CO 80033

303-422-3436

Institute of HeartMath

P.O. Box 1463

14700 West Park Avenue

Boulder Creek CA 95006

408-338-8700

FAX: 408-338-9861

Preventive Medicine Research Institute

900 Bridgeway Fl

Sausalito, CA 94965

800-775-PMRI

415-332-2525

Satchidananda Yoga Ashram

Box 172

Route =1

Buckingham VA 23921

800-858-9642

804-969-3121

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Living _Arts

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Dept. YJ205 Venice, CA 90291

800-254-8464

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<http://www.relaxation-musics.com/>

<http://www.nativeremedies.com/products/calm-with-in-cd-soothing-music.html>

<http://www.mindmovies.com/>

Anti aging diets

[Paleolithic Diet](#)

[Mediterranean Diet](#)

MALE HEALTH PROBLEMS

Impotence Institute of America

119 S. Ruth Street

Nfarille, TN 37801

800-669-1603

The Male Sexual Dysfunction Clinic

4940 Eastern Avenue

Baltimore, MD 21224

410-550-2329

Testosterone Supplements

[ZMA](#)

[Tribex - Tribulus Terrestris](#)

[Vitrix](#)

[Alpha Male](#)

Thank you for reading!

- David

www.thehghblog.com



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