

HGH HUMAN GROWTH HORMONE *Activator*

Frequently Asked Questions

by Arnold Fox, M.D.

What is Human Growth Hormone or hGH?

Human Growth Hormone (hGH) also called Somatotropin is an uncomplicated protein made up of a single long chain of 191 amino acids. It is made and released from the pituitary gland. It is secreted increasingly in childhood and hits a peak just before our 20th birthday. Then it starts a slow and gradual decline so that by the time you are approximately 60 your body is only getting 15-20% of the hGH it gets when you were in your youth. hGH is responsible for the tremendous growth and development we have as children. A certain amount is necessary for us to avoid withering away as we age and a respectable amount is necessary if we want to age robustly.

How do I know if I need to have my hGH raised?

Your hGH level starts to decline before your 20th birthday and by the time you are in middle age your hGH has been steadily reduced and by your late 50's you have only a fraction of the hGH that you had as a youth. There are laboratory tests to measure growth hormone deficiency and there are certain signs and symptoms as we enter middle age, which are a tip-off that we are probably hGH Adult Deficient, such as:

- The apple shape of increased fat about the belly, a lot of it intra abdominal
- A reduction in energy and vitality
- Increasing poor general health
- Increasing poor general fitness
- Decreasing muscle mass along with decreased strength and muscle tone
- Reduced ability to exercise
- Lowering of self esteem, impaired emotional reactions and gradually reduced sexual interactions
- Reduced bone density (reduced minerals in bone) in men and women but especially in women, which increases the risk of bone fractures
- Dehydration
- Increased wrinkling
- Reduced function of the kidneys capacity resulting in reduced excretion of waste productions
- Decreased ability of the heart to perform resulting in fatigue and other problems
- A reason, in some cases, why your LDL-Cholesterol may go up and your HDL-Cholesterol may go down

Is there a way to measure Growth Hormone in my body?

Growth Hormone gets into our blood by pulses mostly in the early hours of sleep, a reason why sleep is so important, especially for growing children. It is also secreted in response to vigorous exercise and other stimuli. It is very difficult to measure growth hormone in the blood because it is secreted in pulses. But when the hormone leaves the blood stream to enter the liver, it is converted to "Somatomedin C"- also called IGF-

1 (Insulin-like Growth Factor-1). IGF-1 is a messenger molecule and carries the hGH message of growth into every cell of the body. IGF-1 is stable and easy to measure, and its measurement is what we use to determine hGH. In other words, Growth Hormone stimulates the production of IGF-1, which serves as a marker in the blood for hGH.

What benefits can I expect from taking your HGH Growth Hormone Activator?

The HGH Growth Hormone Activator serves to have the anterior pituitary release the Growth Hormone, which it makes. As we get older the message from the hypothalamus (the pilot) in the brain seems to not get its message to release enough growth hormone from the hypothalamus to the pituitary. The HGH Growth Hormone Activator reminds "the pituitary to release hGH and should increase the Growth Hormone in the blood as measured by an increase in IGF- 1. Over a period of time various events should occur such as:

- Increased sense of well being
- Increased bone density
- Decrease in body fat
- Increased skin thickness
- Decreased skin wrinkling
- Increased muscle mass
- Sharper vision
- Better mood
- Increased learning and memory
- Increased energy
- Enhanced sexual performance
- Better exercise performance
- Lower cholesterol

Dr. Daniel Rudman in 1990 conducted the landmark scientific studies at the Medical College of Wisconsin and Milwaukee Veterans Affairs Medical Center and published them in the prestigious New England Journal of Medicine. The study was undertaken to see if hGH would produce physiological changes in men who had an Adult Growth Hormone Deficiency. A group of 21 men between the ages of 60 and 80 were injected with hGH three times a week for 6 months. A group of 9 men in the same age range served as controls. All 27 men were given the same diet.

The men receiving the hGH showed a marked improvement in both appearance as well as health. Dr. Rudman reported an 8.8% increase in muscle and lean tissue, a 14.4% decrease in fatty tissue and a 7.1% increase in skin thickness. There was a 1.6% increase in the thickness of the vertebra of the lower back. One sign of aging is thin and less flexible skin due to loss of fluid as we age and due to loss of collagen which is a support structure for the skin. By increasing water content and collagen of the skin, hGH has the ability then to prevent or even reverse the aging and wrinkling of the skin. In these studies of Dr. Rudman, he stated that the studies showed a

reversal of the age by 10-20 years. There have been innumerable studies since Dr. Rudman's landmark study confirming what he found.

We doctors then look at objective findings such as the physical changes in the body as well as measuring IGF-1 in the blood. The subjective findings are what the patient reports to us such as more energy, sense of well being, etc. The improvement in both subjective and objective findings shows us that **HGH Growth Hormone Activator** works.

I noticed that your product is called an HGH Releaser or Secretagogue. What is a Secretagogue?

Secretagogues have the ability to cause the release of the natural hormone from the various glands of the body. In the case of HGH Secretagogue, it causes the release of the secretion of your own natural growth hormone from your pituitary gland into the blood stream where it can do its work. This is safer than administering growth hormone directly since your pituitary has made the Growth Hormone and will release or secrete a safe natural dose of Growth Hormone.

Why should I take your HGH Growth Hormone Activator as opposed to other products on the market?

Because we know it is safe and is based on sound principles, and besides - it works!

What are the ingredients in your HGH Growth Hormone Activator?

Potentially the most advanced natural Growth Hormone Secretagogue on the market today, each *HGH Growth Hormone Activator* caplet contains: Protein peptide Complex* 675 mg; Colostrum, 75 mg; Alpha-glycerolphosphorylcholine, 25 mg; Andrographis Paniculate, 75 mg; Eleutherococcus Senticosus, 30 mg; and Lycium Barbarum, 30 mg.

* Anterior pituitary peptides, sequenced amino acids: L-Glutamine, L-Arginine, L-Ornithine, Glycine, and Inosine. The complex is protected by a natural proprietary Acid Protection process designed to provide transport of amino acids and peptides safely through the acid of the stomach for sequencing, complexing and absorption in the intestine tract, and providing bioavailability to their natural intended target uptake sites.

I understand the best time to take your HGH Growth Hormone Activator is bedtime and first thing in the morning. So when should I take it to receive the maximum benefit?

I recommend it to be taken (and I also take it) first thing in the morning and at bedtime. In addition, exercising vigorously causes a natural release of Growth Hormone so I also recommend taking the Growth Hormone prior to vigorous exercise. As long as we're talking about when to take *HGH Growth Hormone Activator*, here's some other tips:

- There is an inverse relationship between blood sugar elevation and the release of Growth Hormone. The higher the blood sugar, the less Growth Hormone is released. Therefore, avoid sugar rich foods, especially at times you

are trying to raise your Growth Hormone. A handful of chocolate kisses, caramels and/or jellybeans and cake covered with frosting is a good way to keep your Growth Hormone levels from rising with secretagogues. Therefore avoid sugar.

- Growth Hormone is released mostly at nighttime when we sleep, so we should avoid sugar snacks before bedtime. Something sweet can keep your blood sugar high for hours at night even in a person with normal metabolism.
- Don't eat before exercising. I'll bet your mother told you that (mothers are so smart). Eating prior to exercise causes the raising of the blood sugar, and the elevated blood sugar prevents the efficient release of growth hormone.

How long should I continue taking your HGH Growth Hormone Activator? Do I need to stop it for a period of time?

I recommend taking the Growth Hormone secretagogues on a continuous basis. It is merely recommending to your pituitary that it release the Growth Hormone it has produced. The rate of positive results varies in individuals. The famous landmark study on Growth Hormone by Dr. Rudman in 1990 at the VA and University of Wisconsin Medical School ran for six months. Dr. Rudman published his papers in the prestigious New England Journal of Medicine and said HGH turned back the aging by 10-20 years. My patients take the Growth Hormone secretagogues as long as they get good results both subjective (how they feel better) and objective (results that can be measured and quantified). There is no need to stop taking it for periods of time.

Are there any side effects from taking your HGH Growth Hormone Activator?

In my opinion there are no adverse (bad) side effects from Growth Hormone secretagogues and only good effects. There is, for someone who might be allergic to one of the ingredients, a *possibility* of a side effect. I have not seen this occur in clinical practice.

Are there any special diets or exercise programs that would help raise my body's hGH level in addition to taking this product?

As I mentioned in a previous question, sugary foods are to be avoided since they raise blood glucose (sugar) and the higher the blood sugar the less Growth Hormone will be secreted. The body gets its energy from carbohydrates. There are two types of carbohydrates: RC (refined carbohydrates) and CC (complex carbohydrates). RCs are the processed sugars found in soft drinks, candy, cakes, pies, pastries, white bread, french bread, puffed rice cakes, instant rice, sugar coated cereals, snack cakes, pancake syrup, etc. In the USA, our sugar consumption has risen 750% in the past 60 years and the incidence of Type II Adult Onset Diabetes has increased dramatically. A chronic intake of sugary foods leads to blood sugars being higher for an increased percentage of the day and abnormal Glucose Metabolism (AGM). This leads to increased secretion of insulin to counter the AGM. Then both blood sugars and insulin remain high. The excess insulin leads

to increase changing RCs deposited as fat. No wonder in the past 60 years the USA has gradually earned the title as "Land of the Fat".

Furthermore, the excess insulin in the blood stream is injurious to the body, and especially to the arteries, and contributes to increased oxidative and free-radical damage and obesity, of course, plus damage to the eye such as degeneration of the retina, coronary artery disease, strokes (brain attacks), speeded up aging of the brain, Metabolic Syndrome X, high blood cholesterol and fats, high blood pressure and Type II insulin dependant diabetes. This condition is pro-aging and leads to accelerated aging and it interferes with the secretion of Growth Hormone.

Exercise in and off itself is antiaging. A great deal of what passes for aging is nothing more than a lack of fitness. Exercise of a vigorous nature, enough to work up to a sweat such as rapid walking, jogging, wogging (alternating between walking and running), singles tennis etc for 30-45 minutes 3-4 times a week, is important for causing Growth Hormone release from the pituitary. It works!

Resistive weight training is very valuable for anti aging as well. The Baltimore Longitudinal Study has shown that seniors from 70-90 years of age are trainable and can increase protein synthesis, muscle mass and strength with exercise. In my office practice I have shown that even seniors of age 95 can double their strength with even lightweight training. Exercise, in turn, increases Growth Hormone secretion.

Of course, it is important for those who haven't started an exercise program to be checked out by their physicians, especially if they have 2 or more risk factors for Coronary Artery Disease such as being male, having high blood pressure, a high cholesterol and/or abnormal lipid panel, diabetes, a mother or father who died of a heart attack before age 60, a history of fatigue with little activity, a sedentary person over the age of 40, an elevated blood homocysteine level (8 or below is best), a history of chest pains or palpitations, post menopausal women, etc.

Should I be taking any other supplements at the same time that I am taking HGH Growth Hormone Activator?

Yes! Although HGH Growth Hormone Activator does what it is supposed to do, namely affect the release of Growth Hormone from your pituitary (which is anti aging in and of itself). Other supplements, including antioxidants, vitamin and minerals, immune boosting and energy producing supplements are part of an overall anti aging program and, in my opinion, should also be utilized (such as Healthy Steps' Complete Health Multi-Vitamin Minerals and Super Antioxidants formulas).

I am on a very strenuous exercise program and I take a variety of supplements, are there any supplements I should avoid if I am taking HGH Growth Hormone Activator?

All legal supplements are permitted. I believe that HGH Growth Hormone Activator should be taken separate and apart from any supplements so there is no competition in the body's

absorption of HGH Growth Hormone Activator.

I am currently 50 years old. Should I also be taking other hormone supplements such as DHEA? Can I take them in combination with HGH Growth Hormone Activator?

It is my opinion, that the use of hormone supplements such as DHEA, be made by you in conjunction with your doctor. It is easy to measure DHEA blood levels. I do that with my patients. When I find high DHEA levels, I do not recommend the taking of DHEA. The same goes for hormones such as testosterone, progesterone and the various estrogens (estriol, estradiol and estrone). They are easy to measure in the blood.

Now if you are taking DHEA and HGH Growth Hormone Activator, I believe it is best to allow the HGH Growth Hormone Activator to be taken separate and apart from other supplements.

As an active 25-year-old, would I benefit from taking your HGH Growth Hormone Activator?

Growth Hormone peaks before age 20 and then starts its steady decline. As a physician, I rarely find a need for someone who is healthy and active and age 25 who will need HGH Growth Hormone Activator. I have suggested that if there is any doubt, have your physician measure the IGF-I levels in your blood (IGF-I levels give an indication for the need to raise, or lower growth hormone).

Where is the best place to store your HGH Growth Hormone Activator? In the refrigerator?

It is not necessary to store HGH Growth Hormone Activator in the refrigerator. Room temperature-not too hot and not too cold-is satisfactory, The bathroom is not the best place since heat and steam generated by hot baths or showers may be unsuitable.

Are there any medical conditions where people should avoid taking your HGH Growth Hormone Activator?

YES! Pregnant and/or nursing women should not take anything not recommended by their obstetricians. Growing children or young adults still growing should not take it without the approval of their physicians. People who have cancer of the uterus, ovaries, breast and or prostate should not take it without consent from their physicians.

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