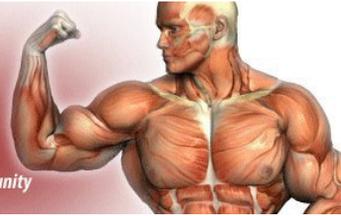




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Human Growth Hormone Secretagogue Stack

Special Report: By Gareth Thomas



Hi from Gareth at <http://www.FreeFitnessGuru.com>

DISCLAIMER: I am not a doctor or nutrition scientist and am sharing my knowledge and personal opinions in this report. Please consult a medical professional before taking any form of medication or supplement regime. I take no responsibility for any actions taken by any person as a consequence of reading or acting upon the information in this report.

This is a special report I decided to make having come across a product claiming to contain HGH and HGH precursors.

The product looked great, many of the purported advantages of HGH supplementation or enhancement are very appealing.

- **Increase Muscle Mass and growth**
- **Improved sleep**
- **Reduced stress**
- **Anti depressant**
- **Increased energy**
- **Improved cholesterol profile**
- **Improve immune system function**
- **Strengthen nails and hair**
- **Improve cardiovascular and respiratory functions**
- **Decrease body fat**
- **Reduce wrinkles & age spots**
- **Restore hair condition and color**
- **Improve memory**
- **Improve vision**
- **Enhances effects of exercise**



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That's quite a list of benefits and the list on the sales page was very similar. As a bodybuilder and health enthusiast I could not help to become excited.

Now I already have researched HGH in the past but I did not want to be injecting myself with hormones.

So, when I came across the term "secretagogue" that changed things somewhat.

A secretagogue is a pro-hormone stimulant that causes the body to naturally produce and secrete its own hormones at a greater level.

[Heres some more Formal Information...](#)

What Is Growth Hormone?

GH is a hormone released by the pituitary gland. It generally releases the hormone in bursts. GH levels are high during puberty and then fall off. They remain stable during mid-adulthood (the 30s) but then decline progressively through old age. By the time many people reach 60, GH levels are very small. One third of the 60+ adults produce NO GH at all!

What Does It Do?

Why should we care about our GH levels? GH is important in repairing damaged tissue, promoting cell regeneration, enhancing muscle growth, burning fat, and supports healthy blood pressure and cholesterol levels.

Low GH levels could very well be the reason some of us age faster than others. Of course, heredity and life style choices factor into that.

Human Growth Hormone is responsible for the regulation of insulin, protein synthesis, transportation of amino acids across cell membranes and fat metabolism. Clearly, these are processes that are of relevance to serious bodybuilders.

Users have reported higher energy levels, enhanced libido and greater cardiac output. In addition, superior immune function, lowering of blood pressure and improved cholesterol levels have been documented. Add in



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other potential benefits like improved sleep, shorter recovery times, quicker regeneration of damaged muscles and you can begin to

understand why some experts are excited by the possibilities offered to bodybuilders.

HGH levels decline with age and by the age of 60 most people will have approximately 80% less growth hormone in their system than when they were 20. Signs of reduced HGH include increased body fat, increased anxiety, social isolation, poor general health, and lack of positive well being.

Growth hormones are essential to youthful characteristics. Studies of its amazing effects in the elderly population, supports its primary role in improved longevity and the betterment of the quality of life. Scientists have now discovered a relationship between this decline of HGH in the body and aging.

In fact, the decline of HGH levels is found to be directly responsible for many of the most common signs of growing old, such as wrinkling of the skin, gray hair, decreased energy, and diminished sexual function.

- One of the most dramatic effects of HGH is on the connective tissue, muscle, and healing potential of the skeletal system.**
- HGH replacement in adults may have a beneficial effect on lipids and cardiovascular health.**
- Growth hormone therapy results in profound changes in body composition. Fat mass is reduced while lean body mass increases.**
- HGH offers improved skin elasticity.**
- HGH can normalize blood pressure.**
- HGH increases immune function.**
- HGH will give you a sharper memory and concentration.**
- The growth hormone keeps the cells in as healthy a state as possible.**



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- HGH will enable you to regain your zest for life.
- The growth hormone can enhance sexual performance.
- HGH replacement therapy gives the mind a profound sense of well-being.
- It is able to regenerate heart, liver, kidneys, and lung cells.
- HGH is known to improve your cholesterol.
- HGH offers a deeper, more restful, sleep.

Is There a Natural Way to Increase My GH Level?

That depends upon your age and present GH level. Factors that help with GH production are a low-fat, high protein diet, exercise, plenty of sleep and avoiding stress. If you are over 40 and feeling sluggish, chances are you may benefit from a GH supplement.

Human Growth Hormone Secretion

Synthesis and secretion of HGH is controlled by many factors such as exercise, nutrition, sleep, stress and sometimes even by growth hormone itself. The control, however, are wielded by two hypo-thalamic hormones (Growth hormone-releasing hormone or GHRH and Somatostatin or SS) and one hormone present in the stomach (Ghrelin).

Functions of HGH

Human growth hormone contributes in the building up of the human body. HGH has two different types of effects on the human tissues and the human system as a whole – direct and indirect. The direct effects are the upshot of the growth hormone binding its receptor to the target cells. Indirect effects are stimulated by an insulin-like growth factor-I (IGF-I), a hormone secreted by the liver and other tissues in response to growth hormone action. In fact, most of the growth promoting effects of HGH are the consequence of IGF-I acting on the target cells.



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Thus, it is apparent that HGH or Somatotropin plays a vital role in major physiological processes, including growth and metabolism.

HGH & Growth

The major role of growth hormone in effecting body growth is to stimulate the liver and various other tissues to secrete IGF-I. IGF-I. This, in-turn, it provokes proliferation of Chondrocytes (cartilage cells), resulting in bone growth.

HGH & Metabolism

Human growth hormone has been found to have important effects on protein, lipid and carbohydrate metabolism. These effects in some are direct, others indirect and a few showing mixed effects.

Although height growth is an all-too-manifest effect of HGH on the human system, it has several other specific and essentially functions. These functions range from protein synthesis to building muscle mass, calcium retention to mineralization of bones, stimulating the immune system to maintaining fuel homeostasis, etc.

This is all about real human growth hormone. Biosynthetic human growth hormone, also known as recombinant human growth hormone and abbreviated as rHGH was first used for remedial use in the U.S. in 1985. Since then, the biosynthetic variety of HGH has nearly sidelined the pituitary-prompted human growth hormone, especially in therapeutic use.

Natural Ways To Raise Levels Of HGH

The most effective is to get an early night and get into a strict sleep routine. The human growth hormone is released naturally in your body in the first part of your sleep. So by ensuring you get a good night sleep you'll optimize the release of HGH and increase tissue growth and repair. If you aren't getting enough sleep, you're 'shooting yourself in the foot', as you're actually inhibiting the release of HGH and thus the growth of your muscles.

HGH levels are also increased naturally when you workout, as weight training has a beneficial effect on the HGH levels, so getting down the gym



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will help in itself. As you get older counteract lower HGH levels by training harder and getting more sleep, also ensure that you have a good diet.

HGH Augmentation

There are three delivery systems that add HGH into the system: homeopathic sublingual sprays, pharmaceutical injections, or pills that stimulate the release of HGH from the pituitary gland. With all three choices the goal is the same: to raise the measurable IGF-1 levels in the body in order to gain the youthful benefits.

SO WHAT ARE THE SECRETAGOGUES ?

Well its good news – for the most part they are several common Amino Acids.

The bad news is that the body adapts to these nutrients and an 8 week cycle at the maximum must be used.

Human Growth Hormone Pills:

When you buy a pill form of HGH you should know right up front that there is no HGH in the product. Read the ingredients. There are only stacked amino acids and other assorted stimulants. Even though the product name might be “HGH Releaser,” or “HGH Precursor,” there is no HGH in the product. It works by stimulating your Pituitary Gland into producing more HGH.

The good news is that it actually works. The bad news is that it only works for 4-8 weeks. Then your Pituitary Gland stops being stimulated.

You may get better results if you DON'T take your GH releaser every day. It turns out that the body can develop a tolerance to GH supplementation. It depends upon your age and GH levels but every other day to only 2 or 3 times a week should be sufficient. It might also be helpful to change supplementations. Use the oral spray for a month or two, change to the



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nutritional supplements and then take a break from both for a month. Again, this would be part of your own personal experimentation.

Another important consideration is the use of aspirin or antihistamines. They have been shown to block the GH release and should not be taken within 8 hours before or after you take your GH supplement.

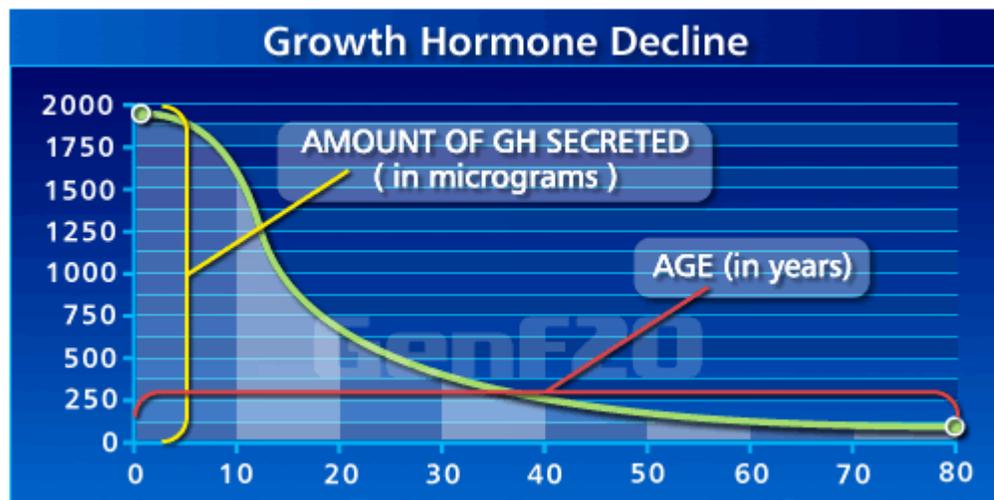
Fat or a fatty meal will also severely decrease the release of GH. Be careful what you eat before and after your supplementation.

There are reports that taking stacked amino “growth hormone pills” can raise cortisol levels in your body, which is extremely unhealthy.

The Physician's Desk Reference Manual rates different forms of absorption by the body and yields eye-opening information. It says that when you swallow a pill, less than 10% of the nutrient actually gets into the blood stream. The other 90% is processed as waste by the gastrointestinal tract.

Oral absorption through the mucosa (the lining of the mouth) is the preferred choice of medical experts because the body absorbs 90% of the nutrient into the bloodstream. That's a huge difference. What was not a big difference to us, but was still very interesting, was that oral absorption (90%) was higher than intra-muscular injection (80%).

The natural balance needs to be maintained within the body.





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As you can see in the graph above, the secretion of HGH greatly decreases during the teen years. It just gets worse after that and all the benefits of this hormone decrease also.

Well the good news is that with correct supplementation HGH levels can be raised back to high levels. The pituitary gland is able to produce more of the hormone thanks to the secretagogues.

The HGH Stack Ingredients

Rather than paying several hundred dollars for a few months supply we are going to be cunning and make our own stack from simple and inexpensive supplements.

- **Arginine Pyroglutamate**
- **GABA (gamma aminobutyric acid)**
- **Arginine Alpha Ketogluterate**
- **L-Ornithine**
- **L-Glutamine**
- **L-Glycine**
- **L-Lysine**
- **L-Valine**
- **L-Tyrosine**
- **L-Isoleucine**
- **MSM (methylsufonymethane)**
- **Ornithine Alpha Ketogluterate**

Cool so next we need to figure out the correct amount of each supplement to combine synergistically into our HGH stack.

Daytime Formula

3 gm L-Glutamine
4 gm L-Arginine
2 gm L- Ornithine
5 gm L-Glycine
2 gm MSM



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Night Time Formula

3gm L-Glutamine
3 gm GABA
3gm Arginine Pyroglutamate
3 gm L-Lysine
2gm L-Glycine
2 gm MSM

Additional Supplements

These can be added to the night time formula for better results

L-Tyrosine
Ornithine Alpha Ketogluterate
L-Isoleucine
L-Valine
Arginine Alpha Ketogluterate

Where to Obtain the Supplements

One of the first places that comes to mind is Ebay.

Lets do a quick price check there: **Please note I only Checked "Buy It Now"**

L-Glutamine: 1 kg for under \$30
Arginine Pyroglutamate: not available
GABA: 1 kg for under \$30
Arginine Alpha Ketogluterate: 1 kg for under \$50
L-Arginine, L-Ornithine blend: 1.5 kg under \$70

Look I think you get the picture – you can get a 1 kg pack – that's 2.2 lbs of any ingredient for the same price as a small bottle retail.

But Ebay is not the only place to buy this stuff.

There are also wholesale and OEM bulk suppliers who will sell to you.



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Try the following websites...

<http://www.PureBulk.com>

<http://www.Nutrabio.com>

<http://www.Nutrimart.com>

<http://www.nutritionmanufacturer.com>

...OK take a spy around on Google and I'm sure you will find more.

How to Take the Stack

Now we have to take a quick look at the way to consume the HGH secretagogue stack for optimum results.

Once you have determined the formula you wish to use mix the ingredients with water – don't use milk or fruit juice.

Take the stuff on an empty stomach. Don't eat for 2-3 hours prior. OK that could be a problem – but not if you take it first thing in the morning and last thing at night.

An even better plan may be to awaken an hour before rising in the morning – take your HGH drink and go back to sleep for an hour.

Then you can go about your normal daily routine.

At night you could try and awaken an hour or two after hitting the sack to take your drink – but this could be more difficult for many people.

That is however the best way to do it as it must be taken a couple of hours after your last meal for the day.

And remember – no carb drinks, just mix it with water.



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Cycling Your Stack

Remember these amino acids will stimulate the pituitary for 4 to 8 weeks max – then you must stop supplementing for another 2 months.

You can experiment with different cycles like 2 weeks on and 2 weeks off but I don't have data on this yet and will pass the information on when I get it.

Sprays and Injections:

Synthetic HGH (Somatrophin) is available to us now in two forms. One is through a costly doctor's pharmaceutical prescription, and secondly at a reasonable price through a homeopathic oral spray.

The FDA has approved oral sprays for over the counter sales. They are generic in nature. There is only one "recipe" that works and all the companies use this recipe.

While HGH bodybuilding injections work rapidly to release the benefits of this fountain of youth and vitality formulation, their milder counterparts, like HGH pills, powders (athletes and weightlifters alike are known to take powders mixed in milk or water before and after training sessions for that extra pep) and sprays, usually take 3 months to 6 months to show the results the shots would in one third the time.

Homeopathic HGH oral spray contains real pharmaceutical HGH and purportedly gets 60%-80% of the same effects of growth hormone injections. It is much less expensive (about \$75 per month) than injections (Grimsley was caught with 14 doses that he paid \$3200 for) and no needles are involved.

It should be noted that the Federal Drug Administration does not allow any nutritional product (HGH pills) to claim that it can "cure" any disease. However, the FDA does approve Pharmaceutical drugs and Homeopathic preparations to claim they can cure a particular disease and the testing to achieve this status is quite rigorous as we all know.

So, a doctor is permitted to prescribe Human Growth Hormone to a patient for anti-aging even though it is approved by the FDA only as a cure for



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dwarfism. The Pharmaceutical manufacturer is not permitted to suggest it's use as an anti-aging therapy, only as a treatment for dwarfism, and one company ended up paying substantial fines and penalties for doing just that.

There are side effects associated with prolonged use of HGH, as well as the possibility of an overdose. One of the rarer side effects caused by HGH is Creutzfeldt Jacob Disease, which is a rare brain condition that has a high percentage of fatalities. While the disease rarely occurs during periods where HGH production is naturally high, studies have shown that artificial use of the compounds can cause the disease to take root. It has also been

observed that this, along with other side effects, are more likely to appear if one uses the recombinant DNA variety of HGH. To put it simply, the HGH sprays that are chemically derived from natural growth hormones are more likely to have side effects than the ones that merely replicate the chemical composition and structure of those hormones.

There are also numerous other side effects associated with the use HGH, though most of this information is compiled from consumer reports and experiences. Some have reported minor things, such as muscle spasms, in areas where the HGH use has been focused. Others have complained of cramps whenever exposed areas were physically exerted. Some have reported minor instances of sexual dysfunction after initial use of HGH, bringing about questions about possible effects on one's sexual health. Finally, there have been reports that prolonged use of HGH can bring about aggressive tendencies similar to the ones caused by continued use of steroids.

Some typical dangers of any HGH product are a higher risk for developing forms of cancer and even diabetes. Some people even reported a resistance to their insulin. Carpal tunnel syndrome, while common for anyone who uses a computer daily, can become inflamed. Some female patients of HGH report gynecomastia (enlarging of the breasts). Since HGH helps repair bones too, taking extra HGH can cause acromegaly, which is an unusual growth in bones of the wrist and hands. Also on the feet and ankles.



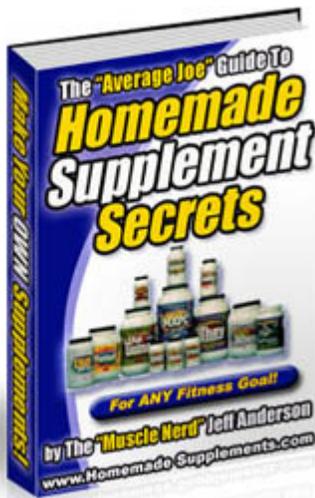
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OK folks that's all for this simple report – **Take action and save yourself a great deal of money** – Also you will end up with a better blend of ingredients than the retail supplements.



If... However this report has got you interested in making your own supplements Then you really will love this ebook by The "Muscle Nerd", Jeff Anderson.

Of all Jeff's ebooks this is my favorite by far – **because it saves me money.**

Not only that it puts me in control of my nutrition – **I can make the supplements I want.**



[CLICK HERE for "Homemade Supplement Secrets"](#)