

growth hormone therapy

What Can Growth Hormone Therapy Do for Me?

The growth hormone (GH) is responsible for slowing the aging process, which can aid you exponentially in your bodybuilding regimen. As you get older, the growth hormone naturally starts to decline in your body. After 30, the hormone declines about 25 percent every ten years. This means that when you're 60, you have 25 percent of your original levels.

The pituitary gland naturally produces the growth hormone, and it stimulates cell reproduction and growth in the body. It also helps to regulate your body fluids, body composition, sugar and fat metabolism and muscle and bone growth, and it may also help with heart function. Growth hormone therapy can slow down the aging process, and this synthetic hormone was first developed in 1985 and is approved by the FDA.

Benefits of Growth Hormone Therapy

Growth hormone has many benefits for bodybuilders and those desiring a more chiseled physique. The hormone diverts the calories in food away from fat synthesis and toward protein synthesis. Other benefits include:

- promoting and increasing the synthesis of protein muscles, including those in muscle repair and recovery
- improving the duration and quality of your kidneys and heart
- metabolizing body fat as it converts to energy
- improving your sleep pattern, which can lessen your chance of waking up unintentionally and improve your REM-stage sleep
- building stronger bones
- possibly improving your sexual performance
- producing more energy

Growth hormone therapy may even be the better alternative to testosterone, as there are fewer side effects and it isn't androgenic.

How to Stimulate the Human Growth Hormone

In addition to growth hormone therapy, there are certain things you can incorporate into your regimen that will naturally stimulate the growth hormone.

Training

Intense workouts can stimulate growth hormone, as well as events that consume energy and having long stretches of physical exhaustion from exercise. Don't train longer than 45 minutes, or an hour if you slowly increase the length of time over a period of months. After 45 minutes, GH tapers off and your production of cortisol begins.

Sleep

Promote more REM cycles by regulating your sleep pattern. If you stay out late on the weekend, still wake up at your normal time instead of trying to sleep in. If you do sleep in, it may disturb your sleep pattern. Instead, it's better to take a one-hour nap in the afternoon for three days to make up for the sleep you missed. However, the best course of action is to maintain steady sleep hours.

Nutrition

Amino acids are crucial for bodybuilding. In order for the aminos to have the most positive effect possible, make sure clean fats make up 15 to 20 percent of your diet. Vitamin C, Vitamin B3 and antioxidants also help promote GH.

Supplementation

Small doses of growth hormone have many benefits. It's possible to acquire growth hormone supplements over the counter when they are below a certain a concentration. Currently, the growth hormone is sold as a supplement that is suspended in alcohol. You absorb the supplement either under the tongue or through your nose. This small supplement yields high rates, and it won't find its way into the blood through your digestive tract. The supplement can allow your muscles to recover faster, can decrease a buildup up lactic acid and can help you sleep better.

When taken responsibly, growth hormone therapy can have positive results in aiding your training and recuperation.