

# HGH SECRETOGOGUES

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## *The Next Generation of Nutritional and Botanical Supplements for Naturally Raising HGH Levels*

**HGH Secretogogues by Dicken Weatherby, ND  
Dr. Dicken Weatherby Naturopathic Physician**

One of the main reasons we experience the negative effects of aging is the gradual loss of a hormone called Human Growth Hormone. This is the hormone that is responsible for helping us burn calories, build muscular and trim bodies, enhance our immune system, boost our energy, and repair our tissue. Sadly the levels of HGH begin to decline as we get older and the negative effects of aging begin to creep up. What if we could prevent that from happening? What if there were nutritional and botanical agents that could naturally boost the secretions of HGH from our own pituitary glands? Well there are and this special report will tell you all about them.

My name is Dicken Weatherby. I am a Naturopathic Physician Board certified by the State of Oregon. I am the coauthor of 5 books on alternative medicine. I lecture to alternative and complementary medical practitioners internationally. Let me be your guide to some of the most exciting developments in longevity and anti-aging. This special report will tell you about some of the latest breakthroughs in nutrition and botanical medicine. Scientific studies have demonstrated that certain nutritional and botanical agents work via various biochemical pathways to stimulate your own pituitary gland to release its own HGH. This is far safer than injecting synthetic HGH and allows the bodies natural mechanisms to regulate how much HGH is being secreted and when. Before we get into the details of these powerful nutritional and botanical agents, I would like to take an opportunity to discuss this incredible hormone and its effects on the physiology of your body.

### **Introduction**

Most people as they are growing up do not appreciate the truly amazing blessings of youth until it is too late. The physiological changes of aging- weight gain, loss of memory and coordination, skin changes, sexual dysfunction, immune deficiency, low energy levels and a general decrease in well-being are often perceived as the inevitable effect of the biological clocks incessant ticking.

### **What is Human Growth Hormone (HGH)?**

Human Growth Hormone (HGH) is produced in the anterior pituitary, a gland located deep in the brain. It is a protein composed of a string of 196 amino acids synthesized and released by specialized cells called somatotrophic cells. HGH is the hormone directly responsible for the incredible growth seen in infants and children. Levels of HGH peak in the adolescent years and gradually decline as we get older. Levels of HGH in our 60s are about 80% less than what they were in our early 20s. The rate of HGH loss is roughly 14% per decade.

HGH release from the pituitary gland is controlled by the hypothalamus, another important gland in the brain. The hypothalamus is able to sense how much circulating growth hormone there is in the body.

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When levels begin to drop it releases HGH stimulating factors that stimulate the pituitary to secrete HGH. If levels of HGH are high the hypothalamus releases substances that inhibit the release of HGH

from the pituitary. In our teens and early 20s HGH is released from the pituitary every few hours in pulses. However, this begins to drop off as we age.

This decline in HGH is known as somatopause and is associated with a number of the symptoms of aging:

1. Increased body fat
2. Decreased level of energy
3. Decreased stamina
4. Decreased muscle mass, bulk and strength
5. Increased risk of osteoporosis: decreased bone mineral density
6. Increased risk of cardiovascular disease: decreased HDL, Increased LDL
7. Decreased immune function
8. Wrinkling skin and graying hair
9. Decreased sexual function
10. Increased weight gain: reduced basal metabolic rate, increased hip to waist ratio
11. Impaired psychological well-being: increased depression, anxiety
12. Impaired cognitive function: memory loss

We do not know the exact cause of somatopause. There is some speculation that it may be due to a decrease in stimulation caused by decreasing precursor levels or an increase in inhibitory hormones caused by increasing stress, toxicity within the body, or blood sugar dysregulation. Fortunately, the release of HGH from the pituitary gland can be restored using specific nutrients to stimulate the release of natural HGH from the pituitary. This can have a dramatic effect on reversing the symptoms of aging, leading to increased levels of energy, improved libido, increased stamina, improved lean body muscle to body fat ratios, tissue healing, a decrease in wrinkles and graying hair.

Until recently these effects were only available to people using injectible growth hormone. Injectible growth hormone is extremely expensive and not without side effects. However, a special blend of botanical and nutritional agents, which is affordable, effective and safe is now available to naturally boost HGH levels in the body.

## **Human Growth Hormone Secretagogues**

It is better to promote the natural release of your own HGH than to replace the deficit with replacement therapy. Research in the field of hormone therapy has shown that the use of precursors or stimulatory agents to increase the natural production of a hormone are often more effective than ingesting the compound itself. Certain nutrients, specialized amino acids, and botanical agents have been shown to naturally stimulate and boost the output of human growth hormone. When taken in a formula these specialized amino acids and botanical agents appear to safely and effectively raise HGH levels. However, the effectiveness of taking these products in an oral form may be compromised by having to pass through the digestive tract and the liver before making their way to the pituitary. We know that a number of things need to be addressed before the pituitary can synthesize and release HGH. Firstly, the pituitary itself needs to be directly stimulated. Secondly, precursors of HGH need to make it directly into the pituitary gland, and thirdly, compounds and factors that inhibit the release of HGH should be eliminated (these include fluctuating blood sugar levels, adrenal stress and weakness, and stress in general). In my opinion the majority of HGH secretagogues fail to adequately stimulate or deliver key nutrients to the pituitary gland because they lack an effective delivery system. The latest HGH secretagogues are

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using a unique advanced liposomal complex coupled with a targeted delivery system. This method bypasses the

digestive tract and the liver to deliver the key nutrients and stimulation directly to the pituitary where they are needed. This direct stimulation targets the pituitary to release its stores of HGH and the key nutrients cause the pituitary to increase HGH synthesis. By combining specialized amino acids and botanical agents in a targeted liposomal form the pituitary gland can be stimulated to release more HGH and the effects of increasing HGH levels mentioned above can be truly appreciated.

## **Specialized Amino Acid Compounds and Botanical Agents to safely boost HGH levels**

As mentioned above, the latest generation of HGH secretagogue blends a number of specialized amino acid compounds and botanical agents into a broad spectrum product that brings a new way to enhance well-being and reverse the decline of health associated with aging. The next section of this special report lists the nutrients and botanical agents that, in my opinion, are the best way to increase your HGH levels.

An effective HGH secretagogue should contain a blend of the following:

1. Alpha glyceryl phosphoryl Choline (Alpha GPC)
2. GABA (Gamma Amino Butyric Acid)
3. Ornithine Alpha Ketoglutarate
4. Branch Chain Amino Acids (L-Valine, L-isoleucine)
5. L-Arginine
6. L-lysine
7. Mucuna pruriens (L-Dopa bean extract)
8. Asphaltumen bitumen (Russian Mumie extract)

### **1. Alpha Glyceryl Phosphoryl Choline (Alpha GPC)**

Alpha GPC is a specialized amino acid compound that delivers choline into the body and enhances the synthesis of phosphatidyl choline, an essential component of the phospholipid bi-layer- the major constituent of the cellular membrane of every cell in the body. Choline is also the building block of acetylcholine, which is one of the major neurotransmitters in the body. The synthesis of acetylcholine can be seriously affected as choline levels decline in the body. Choline levels decline as stress levels begin to rise. As mentioned above Alpha GPC is a major choline donor and has an effect on the phospholipid membrane of cells throughout the body. One of the tissues profoundly affected by Alpha GPC is the anterior pituitary. Alpha GPC has been shown to increase the secretion of HGH by the anterior pituitary. It leads to changes in the cellular membrane of the anterior pituitary thus enhancing the effects of not only HGH but every other hormone produced by the anterior pituitary, which include ACTH, the hormone that stimulates the adrenal glands, FSH and LH, hormones that stimulate sex hormone production, and TSH, the hormone that stimulates the thyroid.

There have been a number of published studies that have demonstrated the following physiological functions of Alpha GPC:

1. Increases the secretion of HGH by the anterior pituitary and Growth Hormone Releasing hormone by the hypothalamus
2. Improves mental focus and cognitive function
  - As we age the synthesis of the phospholipids that are the major component of the cell membrane begin to decline. Alpha GPC enhances the synthesis of phosphatidyl choline in nerves, muscle cells and cell membranes, and contributes directly to improved mental focus and cognitive function.

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3. Increased strength from workouts and training

- As a precursor of acetylcholine, Alpha GPC facilitates the development of more strength from workouts and training. This is also enhanced by the increase in HGH release from the pituitary.
4. Improved lipotropic function of the liver
- The lipotropic function of the liver is essential for removing fat from the liver tissue. Fatty liver is one of the major causes of liver damage and is associated with obesity, diabetes, and heavy alcohol consumption.
- Longterm:
- untreated fatty liver can eventually lead to liver cirrhosis.
  - Alpha GPC causes an increase in blood and tissue levels of choline, which has been demonstrated in studies conducted by the Feinberg School of Medicine at Northwestern university to prevent and possibly eliminate fatty liver.
5. Alpha GPC works synergistically with vitamins B12 and B6, and S-Adenosyl-Lmethionine (SAME) and folic acid to help lower homocysteine levels in the body. Increased levels of homocysteine have been associated with an increased risk of heart disease, stroke, deep vein thrombosis (DVT), gout and Alzheimer's disease.

## 2. Gamma Amino Butyric Acid (GABA)

GABA is a specialized amino acid that acts as a neurotransmitter in the brain. GABA functions in the body to calm the nervous system, improve plasma hormone levels and improve the body's sleep cycle, resulting in a deep, restful night's sleep. In the medical literature it has been considered a natural tranquilizer with uses in autism and epilepsy. It has been shown to have benefits beyond the nervous system, lowering blood pressure and regulating sex hormones. GABA is broken down into a metabolite called GHB or gamma-hydroxybutyrate, which is a potent stimulator of HGH release from the anterior pituitary. Studies have shown GHB's ability to increase HGH levels in the body. One of the studies showed that GHB caused an increase in the pulse of HGH released during sleep. GHB also stimulates protein synthesis, which is necessary for increasing muscle mass, and causes a release of fatty acids from fat cells. This action enhances the ability of HGH to increase muscle mass and decrease body fat levels. The GHB from the breakdown of GABA has profound effects on sleep. The ability of GHB to increase REM sleep and slow wave sleep is linked to an increased release of HGH. Dr. Causer, in his article in journal of Clinical Investigation, noted a twofold increase in HGH secretion following GHB supplementation. It is safer to use GABA rather than directly supplementing with GHB as the body's natural feedback mechanisms are left intact.

## 3. Ornithine Alpha Ketoglutarate (OKG)

OKG is a form of ornithine, an amino acid that supports liver function and increases cell replacement and turnover. OKG has a remarkable ability to stimulate protein synthesis. It also has strong anabolic effects in the body, which is desirable for any type of tissue restoration or repair. It has been used extensively in treating burn victims. The effects of aging are not dissimilar to the processes that happen to burn victims. The tissue breaks down and there is an increased demand for protein synthesis and utilization for tissue regeneration. OKG increases the utilization of the amino acids arginine and glutamine, which has been shown to increase HGH levels.

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## 4. Branch Chain Amino Acids (l-valine, l-isoleucine)

Branch chain amino acids (BCAAs) include the amino acids leucine, isoleucine, and valine. The availability of BCAAs in an exercising muscle decrease the degradation of muscle glycogen and decrease muscle protein breakdown. The increase protein synthesis and have been shown to enhance HGH output. They are a useful energy source in an actively exercised muscle and have anabolic properties in exercising individuals. Valine is burned as a fuel and promotes the growth of new tissue. Valine and isoleucine work synergistically to promote lean muscle growth.

## 5. L-Arginine and L-Lysine

L-Arginine is an amino acid that has a wide physiological effect in the body. It is involved in anabolic processes, protein synthesis, tissue repair, increases sperm count and potency, and enhances immune function. In terms of its anabolic effects it is one of the triggers for anabolic muscle growth, and is a potent stimulator of growth hormone release. It is thought that arginine's role in increasing growth hormone comes from its ability to inhibit somatostatin. Somatostatin is the hormone that increases with age and inhibits growth hormone release from the anterior pituitary. Growth hormone levels will increase when somatostatin levels are suppressed. It has been shown that arginine alone is not as effective at raising growth hormone levels as a combination of lysine and arginine. L-Arginine has a positive effect on the cell-mediated immune system. It has also been shown to enhance the activity of macrophages and other phagocytic white blood cells that remove cellular debris, dead tissue, bacterial residue, etc. Arginine also has a positive impact on tissue repair and has been shown to increase the healing of ulcers both in the gastrointestinal tract and in diabetic foot ulcers, and burns. Other benefits of arginine supplementation include improved cardiovascular health where it has been shown to decrease blood pressure, improve vascular function, and decrease fasting blood levels. Arginine has been shown to increase sperm counts in men and increase sexual health in both men and women. A double-blind placebo study showed that arginine supplementation had a very positive effect on libido in a group of 93 women. Lastly, arginine and lysine in combination have been shown to enhance bone growth. This may be due to arginine's ability to enhance growth hormone activity. Men with idiopathic osteoporosis have shown an increase in bone density with treatment of growth hormone.

## 6. Mucuna pruriens (L-dopa bean extract)

Mucuna pruriens is an herb with a long tradition of use in Ayurvedic medicine in India. Mucuna is the richest natural source of L-dopa. L-dopa is used by the body to synthesize the neurotransmitter dopamine, which is an essential neurotransmitter in the brain. L-dopa has been very well researched and is available in prescription form as the drug choice for treating Parkinson's disease. Dopamine facilitates the transfer of information between the neurons in the brain, helps regulate muscle control, immune function, and sex drive. It is able to cross into the anterior pituitary gland where it causes an increase in growth hormone output. Low levels of dopamine have been shown to cause a decrease in the releasing factors from the hypothalamus. A decline in dopamine occurs as a result of aging. This decline in dopamine prevents the release of hormones from the hypothalamus and pituitary, which decreases the stimulation for testosterone release in both men and women. L-dopa has been shown to increase libido in anorgasmic women.

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Other benefits of Mucuna pruriens include:

1. Reduction in plasma glucose levels (antidiabetic function)

2. Reduces lipid peroxidation (significant antioxidative effects)

3. Renal protection

4. Anti-Parkinson's

Extract of *Mucuna pruriens* can provide natural l-dopa without the side effects of pharmaceutical drugs. This herb is considered non-toxic.

## 7. Mumie (Asphaltum bitumen; Shijalit)

Mumie is a natural product that consists of more than 50 different elements. Found in the Himalayas and the Ural mountains in Russia, Mumie is a compact mass of vegetable organic substances in a tar-like gummy matrix. It has a long tradition of use in Russia and India where it has been used as an anti-stress agent.

Mumie has demonstrated significant adaptogenic activity and has been shown to have the following activities in the body:

1. Increases lean muscle mass and speeds up recovery of muscle tissue

2. Improves post-exercise recovery time in muscle, bone and nerves

3. Improves recovery following both chronic and acute illness

4. Displays significant anti-inflammatory effects

5. Anti-arthritis properties

6. Enhances immune function

7. Has significant positive effects on cognition, general cerebral function, and memory

8. Anabolic activities: promotes muscle and bone growth

9. Positive effects on blood glucose levels: improves insulin secretion and sensitivity, balancing effect on blood glucose levels

10. Tissue healing properties: anti-ulcer

11. Balances endocrine function

## Summary

If you are wanting to get the amazing benefits of products such as these you should look for a formula that combines these ingredients in a form that can deliver them directly to where they are needed. I think the latest breakthroughs in liposomal targeted delivery provides such a mechanism for delivery. Please contact the person who gave you this report to get more information.

Dr. Dicken Weatherby is a Board Certified Naturopathic Physician. He received his Naturopathic Medical Degree from National College of Naturopathic Medicine in Portland, Oregon. He is actively involved in research, writing, consulting, and education, and makes his home in Southern Oregon. Dr. Weatherby lectures internationally and is the coauthor of 5 books on alternative medicine. He can be reached at [Info@AgeWellwithHGH.com](mailto:Info@AgeWellwithHGH.com).