

## WHAT DOCTORS SAY ABOUT HGH

"The overall deterioration of the body that comes with growing old is not inevitable. We now realize that some aspects of it can be prevented or reversed." Daniel Rudman, M.D., New England Journal of Medicine.

"By replenishing your supply of human growth hormone, you can recover your vigor, health, looks and sexuality. For the first time in human history, we can intervene in the aging process, restore many aspects of youth, resist disease substantially improve the quality of life, perhaps extend the lifespan itself. The "Fountain of Youth" lies within the cells of each of us. All you need to do is release it."

Dr. Ronald Klatz,  
Founder and  
President of the  
American Academy  
of Anti-Aging  
Medicine, and  
author of Grow  
Young with HGH.



"Human growth hormone stops the aging process in the body and reverses many of the problems that are caused by aging such as wrinkling skin, increased body fat, decreased muscle mass, increased cholesterol, decreased stamina and energy, and decreased mental function."

-Dr. Lawrence Dornan  
Member of American Academy of Anti-Aging.

### REVERSES AGING CHANGES IN THE SKIN & PROMOTES THICKER HAIR

HGH Replacement Therapy is the only anti-aging treatment known that actually makes people look younger!



As we age, our skin becomes thinner and loses its firm texture. In the world-renowned study by Dr. Daniel Rudman, elderly men had an increase of skin thickness of 7.1% on average.

Further self-evaluation of 202 people taking HGH for six months showed that 2/3 reported improvement in skin texture, skin thickness, and skin elasticity. Of this group, 61% observed fewer wrinkles and 38% reported new hair growth.

Patients usually started noticing changes within a few weeks of Treatment. Fine lines vanished, deeper wrinkles receded, and facial fat decreased so that puffs of fat under the eyes evaporated, while the facial muscles that lift and hold the skin became stronger. Another result is the elimination of Cellulite over a period of time.

HGH also increases the synthesis of new proteins that lie underneath skin structure. In animal experiments, it increased the strength and collagen content of the skin. Collagen and elastin are the underlying foundation of the epidermis. HGH restored the turgor, or bounciness, that is characteristic of young skin, so the skin bounced back more readily on a pinch test and became better toned and sagged less.

### **IMPROVES MOOD AND SLEEP PATTERNS**

In 1996 a team of Swedish scientists discovered why HGH replacement makes so many people feel good. They found it acts on the brain just like an antidepressant, raising the level of the neurotransmitter B-endorphin, which has been called the brain's opiate. HGH also lowers the level of dopamine, which is associated with feelings of agitation.

Other reports indicate that increased levels of HGH reduce stress, improve focus and concentration, and build self-esteem and self-confidence.

A 1998 report showed that depressed men have a marked decrease in HGH secretion during the first three hours of sleep as opposed to non-depressed controls.



Indeed, higher levels of HGH induced a more restful and sounder sleep. Three different studies in Sweden, Denmark, and England reported that HGH replacement therapy had dramatic, positive effects on patients suffering from low self-esteem, anxiety and depression.

In a report by L. Cass Terry, M.D., Ph.D. to the American Academy of Anti-Aging Medicine in December 1996, Dr. Terry reported that his clinical group of 900 people, 300 of which were doctors, 80% experienced improved attitude toward life, and 67% experienced enhanced emotional stability.

A recent clinical study by Thierry Hertoghe, M. D. showed that HGH therapy decreased depression by 82% and anxiety and low self-esteem by over 70%.

### IMPROVES LIBIDO AND SEXUAL PERFORMANCE

The decline in male and female Libido parallels the decline of HGH released in the body. HGH levels and sexual potency peak during puberty, and decrease throughout manhood until, by the age of 80, 75% of men are incapable of having or sustaining erections.

A clinical study of 302 aging adults showed that HGH replacement therapy improved sexual potency and frequency in 75% of the men. Interviews with people that use HGH for anti-aging therapy indicate that almost everyone, men and women, had improvement in libido and sexual function.

