

# feeling youthful

The Human Growth Hormone (HGH) is considered to be the ultimate anti-ageing factor and affects almost every cell in the body. Its primary purpose is that of stimulating growth during childhood and adolescence. Once the growth period is over, the primary function of HGH becomes that of cell regeneration and repair, helping to regenerate skin, bones, heart, lungs, liver, kidneys as well as a number of other organs.



The Human Growth Hormone is a protein hormone, composed of amino acids, that is released by the pituitary gland. HGH is a unique hormone, in that although the amount **released** decreases year by year as we age, the pituitary gland can actually maintain the same levels of HGH, regardless of age. The challenge is to stimulate the aging pituitary gland into **releasing** adequate HGH. A lack of HGH may contribute towards certain symptoms such as, increased body fat, decreased muscle strength and mass, aged appearance of the skin and increased LDL cholesterol.

The Quick Loss Program is designed to stimulate the release of Human Growth Hormone by ensuring an adequate amount of protein is consumed at each meal. A vital component of stimulating the Human Growth Hormone is to give the body enough time to digest the last meal to ensure that the protein consumed is broken down into amino acids which in turn stimulate the pituitary gland to release the Human Growth Hormone. The Human Growth Hormone then enters our circulation where it arrives at other cells, particularly the liver which then releases IGF – 1. It is this substance that then triggers regeneration and repair. For this reason it is important to give our body enough time between meals for this process to occur, hence the 5 hour breaks between meals on the Quick Loss Program.

Various studies have demonstrated that by stimulating the release of Human Growth Hormone we can benefit from the following;

- Enhanced skin thickness and elasticity
- Decreased body fat
- Increased lean muscle mass
- Improved cholesterol levels
- Increased bone density
- Improved energy levels
- Improved mood and the overall feeling of well being
- Restoration of immune function