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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

GABA: An Inexpensive, Natural, and Effective Way to Increase HGH

By Danielle Sims

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Suppose you can turn back the hands of time to 10 years ago. You would look younger, have more energy, and be slimmer. HGH (Human Growth Hormone) is a chemical produced in the pituitary gland of the brain. HGH is reported to decline starting at the age of 25. Some of the many benefits of increasing this hormone in the body are:

- oLose fat, gain muscle
- oIncrease energy level
- oEnhance sexual performance
- oIncrease cardiac output
- oRemove wrinkles
- oEliminate cellulite
- oIncrease memory retention
- oImprove sleep quality
- oImprove skin elasticity
- oIncrease exercise endurance
- oIncrease bone mass

HGH supplements can cost from \$49.95 all the way up to several hundred dollars for a one month supply. Recently, an amino acid called GABA has been shown to help increase HGH when taken internally. You can enjoy the benefits of HGH without paying a high price.

What is GABA?

GABA (Gamma aminobutyric acid) is a gamma neurotransmitter (A neurotransmitter is a substance that transmits nerve impulses across a synapse. A synapse is a region where nerve impulses are transmitted across axon terminals.).

It's in high concentration in the hypothalamus, so it plays a significant role in hypothalamic-pituitary function. The pituitary gland is the master endocrine gland affecting all hormonal functions of the body including Growth Hormone.

A study from the First Medical Clinic at the University of Milan in Milan, Italy showed "In all of the 19 subjects studied, compared with 18 controls, plasma growth hormone levels were significantly increased (above 5 mg/ml) by acute oral administration of 5 g of GABA "

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The hypothalamus is a region of the posterior section of the brain and is the regulating center for visceral (instinctive) Functions such as sleep cycles, body temperature, and the activity of the pituitary gland.

There have been literally hundreds of clinical studies on GABA and numerous studies on GABA's ability to elevate growth hormone levels.

This study showed over a 5 1/2 fold increase in plasma growth hormone levels 90 minutes after GABA administration. That is a significant increase unmatched by any other nutritional means.

GABA's growth hormone elevating effects is said to rival that of potent pharmaceutical compounds.

Maximum Results

To benefit from GABA's ability to increase growth hormone levels and fat burning capabilities, you can

start by taking 3–5 mg per day. HGH is released within 90 minutes of falling asleep so if GABA is being used for fat loss it should be taken immediately before bed. Taking GABA before bedtime will also help improve sleep cycles leading to more restful and also has a calming affect. If GABA is being used for it's calming properties or any of it's other positive benefits it may be taken anytime.

The powdered form of GABA is ideal since it will be absorbed in the quickest amount of time. Mix the powder in 8 ounces of water or juice. This dosage should be taken at night, 30 minutes before bedtime.

Where can you purchase GABA?

You can find GABA at your local health food store or vitamin store. Be sure to purchase the powdered form for immediate absorption. You may have also seen the ads that are popping up all over the internet for a product called Dream Shape (<http://www.cara2.com>). This product is 100% pure GABA powder. They offer a free 2 week trial size of Dream Shape. If you decide to continue with the product, then they will send you a month supply every month and charge you \$29.95 each month.

You can also get high quality 100% GABA powder at a discount supplement store online. Affordable Supplements (<http://www.affordable-supplements.com>) online store carries several name brand 100% GABA powders at a substantial discount. Their prices range from \$13.95 – 16.95 per 1 month supply.

GABA is a great addition to any weight loss and diet program. The added benefit of the anti-aging affects of increased HGH levels is a definite plus.

Danielle Sims explored her library of alternative health, herbal books, and aromatherapy books and created a blueprint for making her own body wrap formulas at home. For more information visit Danielle's website

Some Dangers One Can Expect From Taking Extra HGH

By John Maxim

HGH (Human Growth Hormone) has become a popular supplement for those wishing to increase their body mass and strength. But as with all shortcuts in this area, there comes the natural dangers and side effects usually not listed by those selling HGH products. The number one, best way to get HGH is naturally, through a good weight-training program. The second best way is through prescription HGH, approved only by your doctor, which has been approved by the FDA (which are normally by injection only, not pills or sprays). Trouble is, most of the over the counter HGH supplements are not FDA approved and provide the most risk and most dangers for those taking them.

Prescription HGH injections (not those prescribed over the web, by a doctor in Brazil) work well, but as with all drugs, come with side effects. The most obvious one is that since the prescription injections are so strong and provide you with more HGH than your body needs, your body will essentially decide that it has enough HGH and stop making it naturally. So injection HGH should be taken only with a doctor's advice or a doctor's supervision. But let us talk about the possible dangers if you come across fake or counterfeit HGH supplements. If the FDA or DEA doesn't approve it, it is probably a fake. If it is cheap, it is probably a fake too. A years worth of HGH injections can cost about \$10,000. But do you really want to take the "cheap" way out when dealing with your health and body?

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.

John's blog is online at

.

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