

Will The Real Fitness Hormone Please Stand Up!

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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!

Will The Real Fitness Hormone Please Stand Up!

By Phil Campbell, M.S., M.A., FACHE, AGE 50

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WILL THE REAL FITNESS HORMONE PLEASE STAND UP!

New Medical Research shows high-intensity exercise can increase the body's natural production of the fitness hormone by 530%!

By Phil Campbell, M.S., M.A., FACHE

When I completed the research phase for a health and fitness book in 2002, the bio-medical research was complete enough to draw hard conclusions about the type of fitness program that would make your body increase anti-aging, anti-MIDDLE-aging, and athletic performance improving HGH growth hormone – THE FITNESS HORMONE. However, the research didn't specifically test high-intensity sprints -- until now!

NEW LANDMARK RESEARCH

In a new study, researchers compared HGH growth hormone levels in several ways -- resting (for a baseline measurement), after a 6 second cycle sprint, and after 30 second cycle sprint. Researchers also measured growth hormone for hours afterwards to see how long HGH stayed in participant's bodies after exercise, (The time course of the human growth hormone response to a 6s and a 30s cycle ergometer sprint, 2002, Stokes).

THE RESULTS ARE INCREDIBLE!

The 6 second sprint method did move HGH some, but didn't come close to the body's potential to release this powerful hormone. The 30 second all-out effort sprint experiment increased HGH by 530% over resting baseline and 450% over the lesser intensity sprint.

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Like earlier research studies, HGH stayed elevated for 1.5 to 2 hours after the sprinting program. And according to the researchers at the University of VA, the HGH released during exercise targets body fat for up to two hours after training. (Impact of acute exercise intensity on pulsatile growth hormone release in men, 2000, Pritzlaff).

This new research became the essence of my book; how to increase HGH through specific types of fitness training, and how to keep the fitness hormone in your body for two hours after training going after body fat.

The Synergy Fitness anaerobic sprint workout can be performed in many different ways — cycling, swimming, skiing, running, XC skiing, or even power walking. It can be performed in the gym on an elliptical trainer, stationary bike, recumbent bike, or a treadmill.

What ever the method, the goal is to reach all FOUR critical HGH–release benchmarks during fitness

training. This workout multi–tasks aerobic and anaerobic training during the same workout, and it takes about 20–minutes. (Details in Chapter 8, Accelerating Growth Hormone Release with Anaerobics)
www.readysetgofitness.com

MAY BE THE MOST POWERFUL HORMONE IN YOUR BODY

HGH may be the most powerful fitness improving, anti–aging (and anti–middle–aging), body fat reducing, muscle toning, hormone in your body. And the FITNESS HORMONE can be increased by 530% with specific types of anaerobic fitness training. Natural is almost always better. And increasing the Fitness hormone naturally through exercise is the NATURAL choice!

Thanks for reading!

Free Newsletter on this topic at www.readysetgofitness.com

More Information: National Library of Medicine links:

National Library of Medicine:

Phil Campbell, M.S., M.A., FACHE, AGE 50, is the author of "Ready, Set, GO! Synergy Fitness for Time–Crunched Adults"

. His book an free newsletter reports on exciting

new medical research that shows high–intensity exercise can increase the body's natural production of the fitness hormone by 530%!

Menopause Hormone Bounce

By Sandra Lovelace

Women who are experiencing irregular periods, night sweats and all the other lovely symptoms that go along with menopause may feel they're doing a crazy dance called the menopause hormone bounce. Their moods may bounce up and down like a rubber ball due to the menopause hormone changes.

While some fluctuations in estrogen and progesterone hormone levels does occur during menopause and makes a woman feel as if they're bouncing, menopause hormone levels are truly decreasing. In the early or perimenopause stage as it's often called, the changes may be slight, then level off. This is likely to be followed by another drop in hormone levels. It's this dropping and leveling off, then dropping and leveling off that causes a woman to feel as if she's undergoing menopause hormone bouncing.

When seen this way, the ups and downs of menopause hormone levels is more understandable and explains why women often feel as if they're at the mercy of their hormones. They are. The constant decreasing and adjusting involved in menopause hormones is not something that can be controlled without the use of Hormone Replacement Therapy (HRT). HRT smoothes out the menopause hormone levels and keeps many of the more unpleasant menopause symptoms and conditions from wrecking havoc with a woman's life.

HRT is not for everyone, though. Only women who are experiencing extreme menopause hormone problems should opt for HRT treatment. Even then, HRT isn't recommended for long-term use. HRT is, however, necessary for women who have an induced menopause hormone condition due to surgery. Though HRT may be somewhat controversial, it is still one of the most reliable and effective treatments for menopause hormone problems and should be considered by any woman who is going through a dramatic menopause.

Women who have milder menopause hormone conditions may be helped by herbal remedies for menopause. Many herbs such as black cohosh, St. John's Wort and valerian have been found to offer relief for many menopause hormone problems. Before taking anything, a woman should see her doctor and have a good physical examination and make sure that any medicines or herbs are safe for her particular menopause hormone symptoms. Never take a label's word for it that it's safe. Get your doctor's advice first because the last thing you want to do is add to your menopause woes!

Sandra's blog can be found at

.

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