

HGH (human growth hormone) is the master hormone of youth. People with an age-related deficiency of HGH become overweight, flabby, frail and lethargic; lose interest in sex, have trouble sleeping, concentrating and remembering things. Increasing the levels of growth hormone in an individual can reverse these and other negative effects of aging in humans. There are three major ways to increase the growth hormone levels in adults. The first is giving back to the body what it loses as it ages with bio-identical HGH in medically-monitored dosages. The other key ingredients are to stimulate the body's own release of growth hormone with cardiovascular activity and resistance training.

Cardiovascular activity is defined as an activity that increases the heart rate for a prolonged period of time. Cardiovascular activity burns calories, helps in weight loss, and increases circulation and oxygenation of blood. It also decreases blood sugar levels, which decreases insulin levels, therefore increasing the effectiveness of growth hormone. It increases REM sleep (rapid eye movement) which is when growth hormone is naturally produced.

Resistance training is defined as an activity that recruits more muscle fibers than one's average daily activities. Resistance training is typically done with weights, but exercise tubing, core training or a pool workout can be used. It increases lean muscle mass, metabolism, bone density, improves posture and reshapes the body. Resistance training directly stimulates the release of growth hormone by the anterior pituitary gland.

To get the most out of your workouts, and to avoid hitting a plateau, change your routine about

every three weeks. This can be done by varying the duration, speed, intensity, apparatus and order of the routine. Alternating exercise modes will provide your body with a new stimulus just when the current mode has started to become less efficient and burn fewer calories.