

Incredible Exercise Study

"Raise human growth hormone 770%, reduce body fat 31%, increase your mitochondria 100% and maybe reduce a few wrinkles in as few as 8 weeks."

What if I told you, you could raise human growth hormone 770%, reduce body fat 31%, increase your mitochondria 100%, and maybe even reduce a few wrinkles in as few as 8 weeks by exercising one hour per week? Well, a small but impressive study was done with middle age hospital employees in rural Mississippi. They didn't even ask participants to change their diet and yet with as little as one hour per week, exercise induced growth hormone was raised 770% in 8 weeks.

I like to think of our lean muscle mass as a furnace that burns fats, carbohydrates and to a lesser degree protein. As we age our lean muscle mass shrinks. That means our ability to burn fuel also shrinks. We can modify our diet but ultimately we have to find a way to increase the size of the furnace if we want long term weight loss.



Exercise physiologist, Phil Campbell and others have found a way to dramatically increase lean muscle mass with as little as one hour of exercise per week with no changes in diet. The program is called Sprint 8. With an average 770% increase in growth hormone, this is as good, or better than, the drugs people get for 1,000's of dollars a month through anti-aging clinics.

Here's how it works. After a 3 minute fast paced warm up, subjects were

directed to expend 30 seconds in an "all-out" fast-fiber recruiting exercise. Campbell calls it "a type of anaerobic cardio sprint." By the end of the 30 second sprint you should be praying you can finish strong. This all-out sprint is followed by a 90 second recovery period which is equal to the intensity of walking. So each cycle totals 2 minutes. The program is called Sprint 8 because you work up to doing 8 of these cycles. Each session lasts 20 minutes.

To achieve the increased growth hormone levels of 770% participants in the study averaged 3 sessions per week, which comes out to one hour. Researchers told the subject's to start with 2 sprint cycles and work up to 8. According to Campbell if you think you can do more than 8, you are not doing them correctly.

Sprint 8 can be done with cycling, swimming, skiing, running, cross-country skiing, elliptical equipment, power walking, even weight training. Any type of exercise that involves large muscles like the legs and has a 30 second "all out" sprint component qualifies.

Growth Hormone is pulsed in our bodies up to 12 times a day. Exercised induced growth hormone will circulate in the body for up to 2 hours. What happens when you increase growth hormone? A reduction in adipose fat, increases in oxygen utilization, muscle strength and growth for starts. It also increases calcium retention and mineralization of the bone which is very important with our osteoporosis patients. Perhaps even more important is the role of growth hormones in tissue repair. Just think of the potential with our older patients. By increasing strength we also reduce potentials falls.

One of the things you can do to enhance the benefits of growth hormone is to eat about 25 grams of protein after the workout. The best way to dampen the growth hormone spike, however, is to consume refined sugar drinks which will raise insulin levels.

Another addition to consider is a supplement called Gammanol Forte With FRAC. Here's why. Dr. David Brownstein did a

small study assessing growth hormone using IGF-1 as a marker. Using Gammanol Forte With FRAC at 2 tablets three times a day, he found 8 out of 10 women ages 29-77 had a significant increase in growth hormone after supplementing for 5 weeks.

Gamma Oryzanol is a fat soluble antioxidant compound that comes from rice. The molecule also contains small amounts of a water soluble component called ferulic acid. Biotics Research noticed that while the fat soluble component was effective, most of the research pointed to the water soluble component ferulic acid as having the strongest phytochemical properties. In light of this, Biotics added 50 mg of the water soluble ferulic acid to 25 mg of pure gamma oryzanol in Gammanol Forte With FRAC. FRAC indicates the additional ferulic acid.

Campbell's book Ready, Set, Go! Synergy Fitness for Time-Crunched Adults details further the benefits of growth hormones. For me this exercise concept is so life giving. There are so many people metabolically stuck in their thinking and size.

Sprint 8 gives us another tool to motivate patients. Most people are not ready for the full version of Sprint 8 but you can guide them and help them experience a new level of health and energy. Perhaps the hospital employees weren't ready either; but by the end of the study, they still had profound results. 770% increase in growth hormone and 31% reduction in body fat in 8 weeks is very impressive.

Thanks for reading this week's edition. I'll see you next Tuesday.