

## Reverse the clock and build back your brawn with this MVP of the anti-aging game

by Alicia Potee

Don't tell me you haven't wondered: If a substance like human growth hormone (HGH) can help break home-run records, what could it do for me? After all, it's as well known to be a fountain of youth as it is to be a dirty sports-star secret. As popular with the anti-aging sect as it is with modern pro-athletes, it's clear that there's something to it—something big.

But it's a fleeting thought, I'm sure. Usage restrictions and outrageous prices—not to mention the purported health risks of hypertension, diabetes, and even cancer that come with the injections—have probably left a bad taste in your mouth. Back to the old drawing board, right?

Wrong. The truth is, you don't need expensive and dangerous injections to turn the clock back with growth hormone—not if you can get your body to release more of it, safely, on its own.

### The search for a solution to our body's "inevitable" breakdown

The current controversy surrounding HGH injections might have been avoided if Barry Bonds and his fellow ballplayers had just read the October 1998 issue of the *Members Alert*. If you've been with HSI for a while, you might remember that issue as the first time we told you about a product called Symbiotropin Pro-HGH (now simply called Symbiotropin). And while growth hormone was the latest weapon in the anti-aging arsenal then, I'm sure that no one expected the kind of uproar that would come with it.

Human growth hormone, also known as somatotropin, is a product of the pituitary gland that does exactly what it sounds like it does—it stimulates growth. The list of growth hormone's specific virtues could go on for pages. But some highlights include its abilities to build and maintain muscle and bone mass, repair damaged cellular DNA, and ensure proper cell division. With high levels of growth hormone present, your cells are able to communicate and function at their peak performance. And what that translates to is this: a body with the kind of strength and energy that you probably haven't seen

the likes of in years.

That's because levels of human growth hormone in your body fall dramatically as you age. By the time you're 80, your growth hormone production will be 20 times lower than it was when you were 25 to 30 years old. In fact, the average rate of decline after those formative years is about 14 percent annually. Is it coincidental that these decades also bring about a decline in lean muscle mass, skin elasticity, energy, and sex drive? Well, many doctors and researchers certainly don't think so.

Studies on the relationship between growth hormone levels and youthful, robust health have been cropping up in respectable journals across the globe for over 15 years now. And the first one to set off all the buzz was published in the *New England Journal of Medicine* in 1990.<sup>1</sup> While this study did demonstrate a correlation between human growth hormone injections and an increase in lean muscle mass accompanied by a decrease in fatty tissue in men over 60, it also wrapped up with a few unsettling results—including incidents of insulin resistance, arthritis, and heart disease.

For this reason, the medical community at large won't endorse the use of growth hormone injections as a means to kick aging into reverse—it's impossible to weigh the risks against the benefits until much more is known. But if the risks could be eliminated altogether, well... that just might be the end of aging as we know it.

### Boosting quality of life from the inside out —without any of the risks

Symbiotropin is an all-natural formula that acts as a growth hormone *secretagogue*. As opposed to mimicking the hormone itself, the ingredients in this product (a blend of amino acids, proteins, and botanical extracts) stimulate your pituitary and hypothalamus glands to release stores of growth hormone back into your body—while at the same time enabling it to use those stores more efficiently. With absolutely no side effects (and costing only a fraction of the price of growth hormone injections), it's hands

down the safer, smarter option. But does it actually work?

According to the scientists who put the formula to the test in a study of 36 people, the answer to that question is an undeniable yes—in fact, the secretagogue actually worked *better* than the injections it was intended to replace. And since we last told you about this study in the *Members Alert*, another promising one has come to our attention.

This study consisted of 25 people (16 female, nine male) between the ages of 41 and 78, with an average age of 59. Each was given a questionnaire to establish his or her score on the QoL-AGHDA (quality of life-adult growth hormone deficiency assessment). All of the patients scored low, indicating that their quality of life was severely reduced as a result of their growth hormone deficiency.

After they used Symbiotropin for three months, however, change was in the air. Upon reassessment, the patients revealed a statistically significant improvement in overall quality of life—with especially positive feedback from the women in the study.<sup>2</sup> And it's well worth mentioning that this turnaround came completely free of any adverse reactions.

### **Drug companies jump on the bandwagon —a little too late**

There's no denying the initial impact of growth hormone on the human health market—but if you think that it's old news by now, think again. Recent news reports revealed that drug giants Merck and Pfizer are both developing their own versions of a somatotropin secretagogue.<sup>3</sup> Of course, I probably don't need to remind you of the catch here—it might be a step in the right direction, but synthetic, lab-created ingredients are still the rule of thumb with these businesses. And with that manmade material often comes an unpredictable boatload of kamikaze side effects.

For those willing to take that chance, the drugs appear to have delivered the goods (though you'd best keep in mind that they're still experimental—and have yet to be observed in the long-term). In a group of men and women between the ages of 65 and 84, those who took the drug gained an average of 3 pounds of muscle mass and demonstrated increased balance, strength, and coordination.

No doubt, the usual suspects are looking to capitalize on the needs that the resounding boom of the

over-60 population presents—but chances are, they'll be hard-pressed to license their latest inventions.

Until the FDA acknowledges aging as a disease, drug companies would have to get pretty creative to sell the concept of eternal youth—and that would certainly be an ironic change of pace for an industry that thrives on creating illnesses just to “cure” them. For now, I'd say we should consider ourselves lucky—clearly, Big Pharma goes where the money is, and it usually doesn't care who gets hurt in the process.

Taking all track records into consideration, there's no telling what kind of byproducts would likely pop up (and even more likely, long after the pills had already been sold to every Tom, Dick, and Harry at what would no doubt be a *very* hefty price).

Meanwhile, Symbiotropin continues to safely work wonders under the radar for doctors and patients everywhere. HSI Medical Advisor Dr. Martin Milner uses it in his own practice with astounding success—it has been particularly effective, he tells me, in helping patients with a sluggish pituitary gland resulting in conjunction with hypothyroidism, adrenal insufficiency, or a history of too many hormone medications.

Symbiotropin comes in effervescent tablets that you dissolve into water (think of it as an anti-aging Alka-Seltzer) and take on a stomach that's been empty for at least two to three hours—this encourages rapid absorption, as the blood sugar and insulin increases that come with eating can interfere with your growth hormone production. For similar reasons, you should avoid supplementing with vanadyl sulfate—it mimics insulin and will inevitably limit your results.

One common protocol, which Dr. Milner often follows with his patients, includes taking the product for five days, at night before bed. Follow this by a rest period of two days in order to stimulate your own pituitary production of growth hormone. This uses the 40 effervescent tablets per container in a 30-day period.

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*Citations available upon request and on HSI website*

**Symbiotropin**, Center for Natural Medicine Mail Order and Online Dispensary, Ph. (888)305-4288; [www.cnm-inc.com](http://www.cnm-inc.com) or [www.naturalmedicineweb.com](http://www.naturalmedicineweb.com). One box of 40 effervescent tabs costs US\$75.00, three boxes cost US\$210.00, plus shipping.