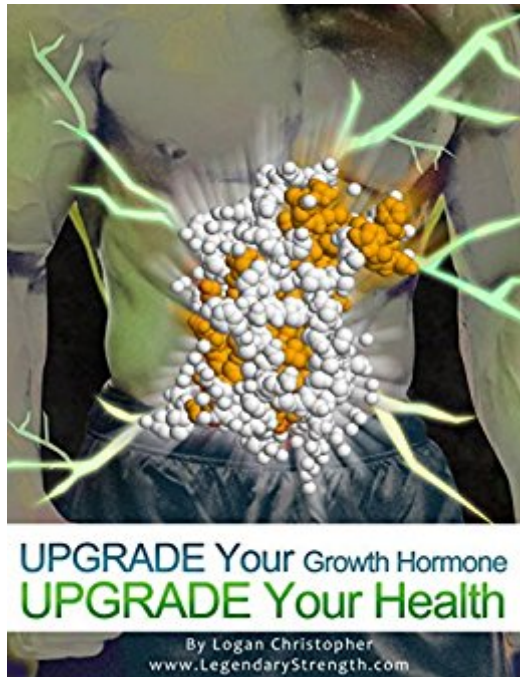




Ebook Directory
the best source of ebook

The book was found

Upgrade Your Growth Hormone (Upgrade Your Health Book 6)



Synopsis

Growth hormone got its name as its active in growing children and at puberty. But beyond the age of 30, like testosterone, it begins to dropoff. Yet research has proven that when at optimal levels it works to increase just about every health marker.* Increased Fat Loss* More GH typically leads to better Testosterone* Better Sexual Function* Improved Insulin Sensitivity* Lowers Cortisol* Improved Muscularity* Better Skin and Collagen Production* Better Use of Protein* Improved Sleep Quality* Improved Recovery* Strengthens Bones and Bone Marrow* Immune Protection* Lessens Pressure on the Liver* Better Concentration and Memory* Increased Energy* Restoring Lost Hair* Increased Cardiac Output* Better Vision* Normalized Blood Pressure* Enhances Availability of Vitamin D* Helps Depression* Longer Telomeres

More growth hormone basically means younger. But forget expensive injections and the risks of side effects. Within Upgrade Your Growth Hormone you'll learn everything you need to know to trigger your body's own production. While the main focus is growth hormone, you can't talk about just one hormone.

Growth Hormone (GH) Insulin-Like Growth Factor 1 and 2 (IGF-1 and IGF-2) Growth Hormone Releasing Hormone (GHRH) Growth Hormone Inhibiting Hormone (GHIH) Various Growth Factors The Four BIG Factors in GH Release#1 Sleep#2 Fasting#3 Exercise#4 Secretagogues Each one of these is broken down by the science and what works to show you specific steps to follow to optimize the results. You'll discover what you need to do and what you need to avoid in Upgrade Your Growth Hormone.

Upgrade Your Growth Hormone The Relationship of Growth Hormone to Testosterone* Differences Between Men and Women* Blood Testing Levels (and why blood testing may NOT be the best option)* The Health of Your Glands* Minerals and Vitamins to Support Your Pituitary* The Liver as an Endocrine Organ* Why "Growth" is Misleading and the Best Way to Think about GH* Important: Growth Hormone is CATABOLIC in this Way* The Most Critical Part of Sleep for GH* How Exercise Might Make Up for Lack of Sleep?!* Ghrelin, the Hunger Hormone, and How it Triggers GH Release* Intermittant Fasting vs. 24 Hour Fasts vs. Longer Fasts* Carbs vs. Fat. Which is better for GH?* The #1 Factor in Training when it comes to Growth Hormone* When to go Explosive and When to go Slow* My Absolute Favorite GH Exercise* 12 Other Great Exercises* Three Different Training Methods Awesome for GH* Ideal Training Time and Frequency* Specific Amino Acid Dosages and Stacks to Use* 11 Amino Acids and Their Effects on GH* Getting these Amino Acids from Food* Niacin's Effects on GH* 3 Top GH and IGF-1 Herbs* Few Know that This Practice Can Boost GH as Much as 16-Fold* The Dietary Growth Hormone You Need to Avoid* And Much More

Stacking the Odds in Your Favor We'll go further to show you how

stacking these tips and tricks can lead to even greater GH boosts than by any one tactic by itself. But we also show how some common practices to do this may be wrong! Growth Hormone Action Checklist Finally we break it down into 25 action steps you can take found at the end.

Book Information

File Size: 2432 KB

Print Length: 56 pages

Publication Date: June 28, 2015

Sold by: Æ Æ Digital Services LLC

Language: English

ASIN: B010M9CMGI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #141,875 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #15

in Æ Æ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System #34 in Æ Æ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System #105 in Æ Æ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health

Customer Reviews

I been following Logan since the days when he was selling products on his website, I follow his Youtube channel as well where he used to be very active and in recent times he has totally stopped posting. I bought this book after I saw his post on FB and I thought given its written by Logan there is going to be a lot of valuable information. However, for the price this book is not worth at all. I wouldn't pay more than \$3 for this ebook. Logan has written this book to make quick cash and to sell his other books/products. Every second paragraph he talks about how we can learn more about certain topic by buying his other book. Every single time he talks about something there is no information unless you buy his other books. This is repeated throughout the book, where he talks about certain topic and then instead of sharing info he asks you to buy that book. This book is basically promotion to all his other books which in turn promotes his other books. The information in this book can be

found on numerous blogs in fact if you perform a search right now you will find blog posts that share much more valid/scientific and useful information than this book. I have bought Logan DVDs and eBooks in the past however this was 100% disappointment for me. When I asked Logan to issue me refund because this book was not worth even 0.1% to the price he is charging he never responded back. I am fascinated how Logan will answer your queries if you send him an email before you purchase however he disappears once you have bought and you are not happy with the purchase. If you still think it's worth it then get it and you will see everything I have stated is true and the book is not worth a penny. I am very sad that Logan has dropped his standards to this level to make quick money.

A good introduction on the subject. The author makes it easy to understand.

[Download to continue reading...](#)

Upgrade Your Growth Hormone (Upgrade Your Health Book 6) Hormone Reset Diet: The Ultimate Cure to Balance Your Hormones and Lose Weight (Hormone Therapy, Hormone Cure, Hormone Secret) Hormone Diet: The Hormone Reset Diet, Balance Hormones, Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal fatigue diet, adrenal fatigue, Hormone Balance for Men: What your doctor may not tell you about prostate health and natural hormone supplementation. Ayurveda: ASHWAGANDHA: The Miraculous Herb!: Holistic Solutions & Proven Healing Recipes for Health, Beauty, Weight Loss & Hormone Balance (Ayurveda, Natural Remedies, Hormone Reset Book 1) The Hormone Solution: Naturally Alleviate Symptoms of Hormone Imbalance from Adolescence Through Menopause Men's Hormones Made Easy: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT: Bioidentical Hormones, Book 8 Men's Hormones Made Easy!: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT! Program 120 Male Handbook B: A Referenced Guide to Testosterone, Thyroid, HGH Human Growth Hormone, High Blood Pressure, Hypertension, Impotence, Osteoporosis, ... Medicine Patient Handbooks for Males) Doping: Human Growth Hormone, Steroids, & Other Performance-Enhancing Drugs Secrets about Bioidentical Hormones to Lose Fat and Prevent Cancer, Heart Disease, Menopause, and Andropause, by Optimizing Adrenals, Thyroid, Estrogen, Progesterone, Testosterone, and Growth Hormone! The Wisdom of Bioidentical Hormones in Menopause, Perimenopause, and Premenopause: How to Balance Estrogen, Progesterone, Testosterone, Growth Hormone; Heal Insulin, Adrenals, Thyroid;

Lose Belly Fat Growth Hormone Deficiency - A Medical Dictionary, Bibliography, and Annotated Research Guide to Internet References Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications 100 Tips For Hair Loss: How to Deal With Hair Loss and Assist Your Hair Growth (hair loss, hair growth, alopecia, grow hair, baldness, balding) Start Here: The World's Best Business Growth & Consulting Book: Business Growth Strategies from the World's Best Business Coach Detox Diet: 21 Days To Rapid Weight Loss, Cleanse Your Body And Upgrade Overall Health(Lose Up To 21 Pounds, 5 Inches Belly In 3 Weeks With Fast & Delicious Recipes)(Vegetarian, Ketogenic, Low Carb) IODINE: The Secret To Your Body's Ultimate Health, Hormone Regulation, Endocrine System, Vitality & Well Being Face to Face: Praying the Scriptures for Spiritual Growth: 2 (Face to Face / Spiritual Growth) How Innovation Really Works: Using the Trillion-Dollar R&D Fix to Drive Growth: Using the Trillion-Dollar R&D Fix to Drive Growth (Business Books)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)