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GUEST

Dr. Ronald Klatz: Join the Anti-Aging Revolution

The 700 Club

CBN.com – HORMONE THERAPY
 A sixty-year-old man becomes Mr. Physical Fitness USA. A 50-year-old college instructor regains the face and figure of her modeling days. These are only some of the reports of the aging people who claim to have been helped by supplemental doses of human growth hormone (HGH). HGH is a hormone that is naturally present in the human body when we're young, but tends to disappear as we age. People who have taken supplemental HGH have found it to produce striking improvements in their health, energy levels, and sense of well being. People with age-related deficiency of HGH become overweight, flabby, frail, and lethargic; have trouble sleeping, concentrating, and remembering things; tire easily; and in general, lose their zest in life. With HGH, all these signs of aging can be reversed. HGH therapy may prevent or reverse many of the most common diseases and conditions of aging. Some of the benefits of HGH include:

- 1) helps the heart (improving cardiac function and protects against cardiovascular disease)
- 2) restores lung function (increases the ability to exercise, and improves the quantity of blood the heart has the capacity to pump)
- 3) builds bones (increases bone density of the lower spine, increases in calcium,



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osteocalcin, and collagen)

4) improves brain and nerve conditions (raises energy levels, improves slow-wave sleep, and elevates mood)

5) rejuvenates skin (makes people look younger ...better toned and sagged less)

6) resculpts the body (reducing body fat and increasing lean body mass)

7) strengthens the immune system (manufacturing new antibodies, increasing production of T cells and IL-2, and increased production of new red blood cells).

ANTI-AGING

According to Dr. Klatz, there is no magic pill for a healthy body. Instead, you must incorporate proper nutrition, appropriate exercise and necessary anti-aging medicine or hormone therapy into your lifestyle to create a fully lived, long, and healthy life. Sixty percent of Americans aged sixty-five and older are engaging in anti-aging interventions, most notable of which is nutritional supplementation (dietary supplementation). Nutritional supplementation of vitamins, minerals, amino acids, and other nutrients as an adjunct to our diets becomes essential to our wellness. Dr. Klatz encourages everyone to receive a personalized, specialty anti-aging regimen designed specifically for him or her by a qualified medical professional. He also recommends a diet high in fish protein, 2-4 servings of fruits and 3-5 servings of vegetables. He says, "the more you can stay away from processed foods, the healthier you will be." Just remember that there is no substitute for watching what you eat and reducing fat, and perhaps calories, in your daily diet. With exercise the body can increase the release of all hormones and increase cell sensitivity to hormones. High-intensity exercise such as weight lifting or resistance exercises, two to three times per week, will raise your

Physician

Founder/President of the American Academy of Anti-Aging Medicine Inc., Chicago, IL

Inventor of 100 plus scientific patents

Appeared on CNN, USA Today TV, ABC News, NBC News, Good Morning America, Oprah, etc.

Senior Editor of *Longevity Magazine*

Cofounder/Vice President the National Academy of Sports Medicine

M.D. Central America Health Sciences University

D.O., College of Osteopathic Medicine and Surgery

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Free Fact Sheet

HGH levels. Lower body workouts seem to be most effective with regard to HGH, so reserve half of your workout time to leg lifts. [🔑 A Younger You at Any Age](#)

Being fat is not a benign lifestyle choice. The excess body fat is like a huge magnet that attracts such diseases as type II diabetes, heart disease, high blood pressure, and some forms of cancer. The American Heart Association has now upgraded obesity from a risk factor to a contributing factor for heart attack. But for most people, taking weight off and keeping it off is about as easy as falling up. About 90 percent or more dieters gain back all the pounds they lose. HGH may well prove to be the answer not only in reducing body fat, but also for many of the problems that accompany obesity. Dr. Klatz cautions that HGH is not a remedy for weight loss. In fact, most often people taking HGH do not see the results on their scale. Instead studies have shown that HGH can improve glucose metabolism, lower blood cholesterol, and triglycerides, and lower blood pressure.

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