

## Human growth hormone is not for healthy people

Growth hormone-releasing hormone stimulates the synthesis and release of growth hormone. What you do when you take growth hormone-releasing hormone is increase your output of growth hormone, which is made in the pituitary gland the small gland at the bottom of brain that supervises the activity of all other hormone-producing glands, like the adrenal gland and thyroid gland.

Growth hormone is said to increase muscle size and decrease body fat in adults. Growth hormone is definitely known to increase body size, muscle and bone growth in childhood. During puberty, growth hormone is at peak production. Following the pubertal growth spurt, growth hormone production declines by 14 percent for each decade of life. By older ages, not much of it is in circulation.

The reported rejuvenation and muscle-building properties of growth hormone in adults apply only in a few rare instances. For most, it's not recommended as a way to increase muscle size and strength. I assume that's why you want to take the pills. Don't. Growth hormone can raise blood sugar, cause joint pains, lead to male breast enlargement and increase blood pressure.

I find no information that it harms your liver, but I find no reliable information that it's going to do you any good. It's not a wise idea to try to fool Mother Nature.

DEAR DR. DONOHUE: I am currently taking lisinopril and simvastatin. Several months ago, I read an article touting the excellent health benefits of pomegranate juice, so I started drinking it. Recently I read an article saying pomegranate juice might interact with certain prescription drugs used to lower blood pressure and cholesterol. Should I stop drinking this juice?

G.M.

Some exceptional claims have been made for pomegranates and their juice. One is that they promote the death of cancer cells. They're also said to retard the growth of new blood vessels that nourish cancers. They might protect against heart attacks. They possibly prevent the formation of dangerous clots within blood vessels. If all this turns out to be true, there are going to be long lines at the pomegranate counter.

However, pomegranates and their juice appear to share some of the substances that make grapefruit and its juice off-limits to people taking certain medicines. Those substances don't inactivate the medicines. They actually increase their blood levels, so people could get an overdose. ACE-inhibitors popular blood pressure medicines are among the medicines that can be affected. Your lisinopril is an ACE-inhibitor. Do you take your own blood pressure? Has it been lower than usual? If so, it could be due to the interaction of pomegranates and Lisinopril.

Pomegranates might also increase the potential for muscle damage that can come with statin drug use. Statins are cholesterol-lowering medicines, and your simvastatin (Zocor) is one of them. If you've been experiencing muscle pain, it could be from the combination of simvastatin and pomegranate juice.

DEAR DR. DONOHUE: I am 72, weigh 195 pounds and am 6 feet tall. Blood tests have shown my blood glucose (sugar) to be inching up. A three-month average is 103 mg/dL (5.7 mmol/L). More than 40 years ago as a naval aviator, I went on a six-month diet of practically no sugar mainly boiled eggs, sugar-free colas and soda crackers. I had to take a diabetes test by drinking a syrupy-sweet solution. My test was not good. My flight surgeon said my pancreas had become lazy because no sugar stimulated it. He said to eat lots of sugar Hershey bars and pop with sugar in it. I did, and I then took a glucose tolerance test, and it was normal. Should I start adding sugar to my diet?

W.S.

That's an interesting story. I haven't heard the lazy pancreas theory. You don't need a diet change. A blood glucose of 103 doesn't warrant any big changes, and isn't something to lose sleep over. You might want to increase your exercise time.

Readers may write to Dr. Donohue or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475. Readers may also order health newsletters from [www.rbmamall.com](http://www.rbmamall.com).

For many people in our society, there is a muscle, equivalent to have a beautiful body.

In addition, muscle tissue - rather than a p uny, thin body, or fat Body, with love and Pijiu Du completed - was considered more attractive.

That is why people with muscle tissue, can often attract more than heterosexual people who read the document or Thin, fresh dough boy s news. We may be hard to find some strong, good muscular body desirable.

A muscle tissue, which is a healthy body and a healthy heart. Consider the fact that body fat contribute to high blood pressure and the pressure of other cardiac-related diseases. And, you should also know that muscle burns fat. This means that when you create those working on a well-developed muscles, you The body fat is Beinge burned down a well-off, declined the opportunity to plug it to your arteries. Blocked artery and can lead to stroke, heart attack and high blood pressure pressure.

All of these reasons should be good motivation, you at the gym and start working. If you plan to have a good Similar expectations that the Hollywood action star and California governor, Arnold Schwarzenegger, or those who wwe (World Wrestling Entertainment)

John cena, a local gymnasium. Today, a lot of people to a gym, or for the purpose of health Access to a lot of expectations, in order to take care institutions more intimidation and to attract more of the opposite sex. In fact, the muscle tissue of sex appeal more than one agency, which is covered by fat.

However, you start work, do some mental preparation. Bodies of the need for a step-by-step training process, you have to follow a disciplined approach to be successful. There are some things you need to consider when you work. There are things you must remember that, in order to avoid frustration, not the body you want.

If you are the type of people who just want to train in the gym, only when you feel like it. If you are not likely to follow-up your fitness coach s instructions, and then team-building, is not for you. Consider this point, the fitness coaches are professionals, who knows what s best for you, when you in this process to improve Your body. For example, if you can lift heavier weight, but your fitness instructor to allow only You lift the weight lighter than what, you can cancel, there is a reason. Maybe they are conditioning your body get it ready to move to the next level of weight and also to prevent muscle and Bone injuries.

Supplementary bodies - there are many groups in the supplementary, you will be taken. But do not be fooled, many people the wrong body building supplement, as a miracle product, They can simply wait for them to take the muscle growth, did not work. This is not the case. Supplementary bodies, but added that will prepare your body for intensive training.

Added, will help repair the injured muscles, helping, in developept muscle quality, but will also aid the overall muscle performance. Supplement will help you use the muscles, reached a peak level of performance, and prepare your body a series of intensive Team-building exercise.

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Harker Scott is the publisher Several sites, including: Sherlock Holmes pastiches,

## About the Author

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