



# 8 Ways to Increase Growth Hormone Naturally

by Kelly DuBois

Growth Hormone is the "Fountain of Youth" hormone and the effects on our system are tremendous:

- Builds stronger bones
- Promotes fat loss
- Increases protein synthesis
- Stimulates optimal maintenance of all internal organs
- Stimulates the immune system
- Increases muscle density
- Supports the pancreas' ability to make insulin
- Improves the sleeping pattern and increases REM stage sleep
- Improves sexual performance

GH levels decrease as we get older. After the age of 30 it declines by 25% every 10 years, so by the time you hit 60 you are at 25% of original capacity. The good news is that there are things we can do to improve the status of our Growth Hormone naturally.

## 1) AVOID FOODS THAT SPIKE YOUR BLOOD SUGAR

When blood sugar is elevated the hypothalamus signals the pituitary gland to shut off production of GH and the pancreas is triggered to release insulin. High insulin shuts down GH production.

## 2) LIFT HEAVY WEIGHTS

Strength Training has been proven to stimulate more GH production than any other type of exercise.

### 3) PERFORM COMPOUND LIFTS

When Strength Training, focus on multi-joint movements like Squats, Lunges, Deadlifts, Push-ups, Pull-ups and Dips.

### 4) EAT HEALTHY FATS

Healthy fats promote Testosterone production and Testosterone increases GH levels. Choose foods like fatty fish, avocados, olives, grass-fed beef, pastured eggs, grass-fed butter, coconut oil, olive oil and red palm oil.

### 5) SUPPLEMENT WITH VITAMIN D3

Vitamin D supports testosterone production.

### 6) MANAGE YOUR STRESS

When you're stressed, Cortisol is released and Cortisol inhibits GH production. GH is the fountain of youth hormone and Cortisol is the aging hormone.

### 7) KEEP THE SUGAR OUT OF YOUR POST WORK-OUT PROTEIN SHAKE

GH levels are elevated after a work-out and you want to keep them that way for as long as possible. Consuming sugar within 2 hours, post work-out will stimulate somatostatin which turns off GH.

### 8) KEEP YOUR REST INTERVALS SHORT

When Strength Training, your rest intervals should be just long enough to allow recovery so you can perform another quality set. Working with an ATP deficit maximizes GH out-put. Keep your rest intervals between 30-90 seconds.