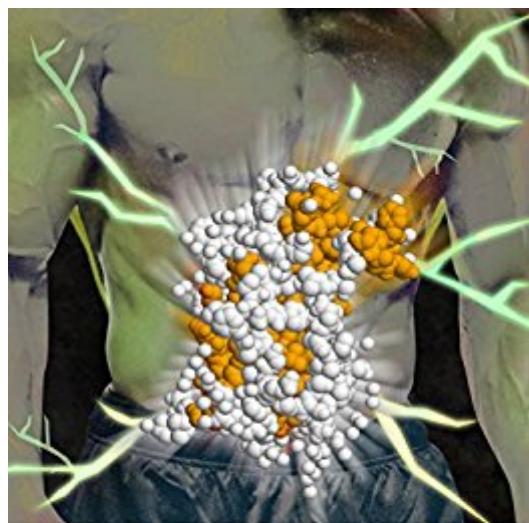


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Upgrade Your Growth Hormone (Upgrade Your Health Book 6)



UPGRADE Your Growth Hormone
UPGRADE Your Health

By Logan Christopher
www.LegendaryStrength.com



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 TelomeresMore 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 " SecretagoguesEach 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 HormoneThe 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 "œGrowth" 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* Intermittent 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 MoreStacking the Odds in Your FavorWe'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 ChecklistFinally we break it down into 25 action steps you can take found at the end.

Book Information

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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 sadden 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.

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