

Total GHR™

by John Brimhall, D.C., and Stephan Cooter, Ph.D.

Aging is accompanied by decreases in Growth Hormone (GH) levels. After our teenage years, GH levels decline at 14% per decade.

GH plays a key role in growth and repair processes that enhance lean muscle growth, help burn fat, create energy, tissue repair, resistance to disease, and accelerate wound healing.

GH is released during peak exercise, in sleep, in fasting, with reduced food intake, with low blood sugar, and is triggered by some amino acids, vitamins, and minerals. Restrict sugar intake before sleeping, during the day, and do not eat before exercising to maintain normal blood sugar levels that will not interfere with GH release.

Total GHR™ was formulated to provide a combination of nutrients that help release GH, keep blood sugar levels normal, promote sound sleep, and provide powerful antioxidants to help prevent excess free-radical damage to cells.

Pineal supplies whole gland nutrition to support the production of melatonin, which helps improve sleep, shortens the time needed to fall asleep, and improves the quality of sleep.

Anterior Pituitary Peptides help stimulate the release of GH, which increases the breakdown of fat, converting fat into a primary fuel.

Hypothalamus Peptides include Growth Releasing Hormone that sends signals to the anterior pituitary to release GH.

L-Glutamine is a primary brain fuel that helps improve intelligence, prevent craving for alcohol and sugar, helps alleviate fatigue, depression, and impotence.

L-Arginine Pyroglutamate helps release GH, which helps produce energy and trim down excessive fat. Arginine is essential for the normal functioning of the pituitary gland and is necessary for both the construction and release of the pituitary's GH.

L-Glycine helps improve pituitary function. The pituitary is the producer and storage depot of GH. Glycine helps healthy muscle function and promotes normal digestion.

L-Pyroglutamate (Glutamic acid) helps detoxify the brain of ammonia, protect the brain from alcohol poisoning, and reduce the craving alcohol and sugar.

L-Lysine can help concentration, chronic tiredness, fatigue, and hair loss. Lysine is essential for tissue repair, growth, and hormone production. It can help reverse nerve cell loss and remove age pigment in the brain and nerves.

L-Tyrosine helps elevate mood and acts as an appetite suppressant. The color of hair and skin requires tyrosine. Tyrosine can help Parkinson's patients and depression. *Cautions: should be used with caution in anyone with melanoma; Caution: should not be combined with anyone taking MAO inhibitor drugs.*

GABA helps epilepsy, high blood pressure, enlarged prostate, depressed sex drive in men. GABA helps prevent stress-related messages from reaching the motor centers of the brain.

L-Ornithine Alpha Ketoglutarate helps release GH. Ornithine converts into growth stimulant biochemicals and improves immune response to viral, bacterial, and tumor activity. *Caution: should not be taken by people with a history of schizophrenia since symptoms may worsen if ornithine or arginine are used excessively.*

Potassium Aspartate is one of four minerals known to stimulate the release of GH. Potassium helps clear thinking by assisting in sending oxygen to the brain.

Inositol Hexanicotinate can help reduce the rate of human balding and may help reverse graying hair back towards its original color. It is necessary for the growth of muscle cells.

DHEA is produced abundantly during youth, peaking in production about age 25, gradually declining until, by 80 years of age, we produce only 10-20% of the DHEA adrenal hormone we had at 20. DHEA

helps enhance health and longevity, generate testosterone and estrogen, increase muscle mass, decrease body fat, and stimulates the formation of strong bone. Caution: counterindicated in hormone related cancers.

IP6 (Inositol Hexaphosphate) is a powerful antioxidant that helps boost the immune system's natural killer cells. IP6 helps prevent blood clots and kidney stones. Population studies show the people who consume diets high in IP6 also show a lower incidence of colon, breast, and prostate cancers. IP6 can help in tumor regression.

Mono, Poly, and Oligo saccharides are indigestible in humans but fermentable by human friendly flora into fatty acids which help normalize blood sugar and reduce the growth of colon cancer cells.

Inulin adds fiber to the diet without adding calories and stimulates the beneficial growth of friendly bacteria in the intestinal tract and discourages the growth of unfriendly bacteria. This can result in improved bowel habit, increased frequency of bowel movement, improved absorption of minerals, increased production of B vitamins by friendly bacteria, lowered blood sugar, and blood pressure.

Zinc Chelate is one of four minerals that stimulate the release of GH. Zinc helps accelerate healing time, reverse taste loss, promote growth, and mental alertness.

DMAE Bitartrate forms a biological detergent that helps in age pigment removal that can protect against the death of nerve cells and protect against mental deterioration.

Vitamin A Palmitate promotes growth, healthy hair, skin, teeth, gums, and bones. It helps in the removal of age spots, acne, and superficial wrinkles when used externally.

Pyridoxal 5 Phosphate, a portion of vitamin B6, is one of 3 vitamins known to trigger the release of GH during sleep.

Phosphatidylserine helps improve mental functioning in individuals diagnosed with Alzheimer's and helps alleviate depression.

Phosphatidylcholine is necessary to supply nutrients essential to brain function and memory.

Whey Protein provides nutrients essential for muscle tissue, helps during physical stress, recovery from surgery, and prevents muscle breakdown.

Inositol Phosphate helps produce antibodies, improves the quality of sleep, is essential for hair growth.

Folic Acid is needed for energy production and activity of white blood cells. It helps depression, anxiety, fatigue, graying hair, insomnia, weakness, digestion, and memory.

Lipoic Acid is essential for producing energy and our use of blood sugar.

Lycopene is an antioxidant that helps decrease the risk of prostate and other cancers.

L-Taurine helps stimulate the production of GH and helps in digestion. Full spectrum light increases levels of taurine in glands that secrete GH Releaser, and artificial light reduces taurine levels.

3 Acetyl-7-oxo-DHEA retains the benefits of DHEA, but does not convert into sex hormones. It enhances immunity, body composition, memory, mood, and thinking ability.

Magnesium Chelate is one of four minerals known to stimulate the release of GH.

Beta Carotene is a free-radical scavenger that helps reduce photosensitivity and prevent the damaging effects of excess sunlight on skin.

L-Valine helps promote natural muscle building, reverse muscle breakdown, improve sleep, reduce nervousness, emotional upset, and improve mental function.

L-Leucine helps promote lean muscle, build muscle tone, and provides a primary source of calories for muscle energy.

PABA is an antioxidant that protects against the damaging effects of ozone in smog, helps prevent hair loss, darken graying or white hair, and blocks the damaging effects of ultraviolet light. *Caution:* it counteracts the effects of sulfa drugs so should be discontinued during sulfa medication.

Gymnema Sylvestre helps lower blood sugar and helps the pancreas produce insulin.

Compliments Of:

References for all statements are available from Nutri-West, call 307 358 5066

The above statements have not been evaluated by the FDA. The nutritional information, suggestions, and research provided are not intended to diagnose, treat, cure, or prevent disease and should not be used as a substitute for sound medical advice. Please see your health care professional in all matters pertaining to your physical health.