

Growth Hormone Optimization

Basic info about **Human Growth Hormone (HGH)**

- HGH is secreted by the anterior pituitary gland.
- It's responsible for the growth of bones, muscle, and other tissues.
- Improves sleep
- Boosts collagen which is responsible for tight and youthful skin.
- Anti-aging in general
- Controls metabolism
- Stimulates other hormones and processes in the body for healthy function.
- It's known as the fat-burning hormone
- Burns fat while building muscle
- Improves sleep
- Mental clarity (People with generally low HGH have a higher risk of developing Alzheimer's)

Intro

The amount of Growth hormone in the body can be measured by levels of **IGF-1** (Insulin Growth Factor). Growth hormone has a profound effect on all the cells of the body, more than any other hormone because it is the cell generator.

HGH or **Human Growth Hormone** is secreted by the anterior pituitary gland in the brain and it plays a vital role in your body. It is responsible for your bodily function.

HGH instructs your skeletal bone and muscle to grow larger and stronger whilst speeding the conversion of excess fats into energy.

How can we boost Human Growth Hormone?

We can boost **HGH** by making small lifestyle changes and habits whilst improving the timing in which we do things such as when to: keep blood sugar low, how we exercise, and when to eat and avoid carbs just to name a few.

The fundamentals to focus on in order to improve HGH levels is to exercise intensely. There are two different ways you can exercise in order to stimulate HGH dramatically.

Interval sprints & Heavy weightlifting

Interval sprints contain fast, short, and full-intensity sprinting. **10 sec 100% speed of 5 sets** where you allow your pulse to go down to baseline between each sprint to effectively **regenerate muscle ATP**. 3-minute rest is recommended.

(This also goes for heavy-weight training, especially compound exercises)

A study done by the **National Institutes of Health** observed a **530% increase in HGH** over resting baseline by doing 30 sec all-out sprints. Like earlier research studies, HGH stayed elevated for up to two hours.

You might think that if HGH only stays elevated for 2 hours after exercise then it won't be able to make a difference for your physical health, appearance, and physiological

health. That is not true, by continuously stimulating HGH multiple times a week your body will adapt and your cells/ body will undergo processes and changes. Growth Hormone will also be significantly higher the night you sleep after an intense workout. You will get 2 hours of an intense spike during the day and during the night, that is plenty enough.

There are a few things people do and eat that **suppress** their **HGH** levels/ production after an intense workout which results in them not getting the results and health benefits that they want. I will reveal it to you later so just stick around.

When it comes to heavy weight lifting training there is a specific way to train that boosts the anabolic hormones and as a result, builds muscle faster; Compound exercises such as Weighted dips, Weighted pull-ups, and squats. Keep in mind that workouts longer than 90 minutes will negatively affect hormones due to empty muscle glycogen which spikes **cortisol** which **reduces Testosterone** and **Hgh**

There is a muscle group that **stimulates** the most **HGH** and **Testosterone** by far. Leg days (Especially heavy barbell squats!) I (Isak) personally mainly do squats on leg days. I do 6 very heavy sets where I stay around the 3-6 rep range.

Squats are so intense that they will **trigger** a huge HGH spike while you do them, up to 2 hours and even more after your exercise, and even release huge amounts of HGH while you sleep (but only if you know what to do and what not to do before bed to promote the most **HGH release** as possible.)

An insanely useful tip revealed by a pro bodybuilder is to actually go and buy **Haribo gummy bears** and bring them to your gym and eat them right after your workout (I'm talking within 5 minutes post-workout).

The reason for that is that Haribo gummy bears contain **Dextrose**. Dextrose is the **fastest absorbed sugar** there is, and it's the **closest thing to glucose** that exists.

Eating around 15 of these dextrose-filled gummy bears will ensure to replenish your glycogen stores, and fuel your muscles with sugar which is extremely important for hormones and for building muscle while staying shredded. Doing this will instantly get rid of the huge cortisol increase that appears when exercising at high intensity. Eating these will ensure that the Anabolic hormones stay high and elevated for longer.

FRUCTOSE NOT GOOD AFTER WORKOUT write about this **ISAK** or you will always be mediocre u pussy

Fasting

There was a study that found out that after 3 days into a fast, HGH levels increased by over **300%**. After 1 week of fasting, HGH increased by a whole **1,250%**! Other studies have found similar effects, with HGH being doubled or tripled after fasting for just 2–3 days.

I don't recommend fasting often, I would personally say do a 3-day fast once or twice a month for this huge HGH boost but not only for that. It **detoxes** your body and **improves every single cell** in your body. It cleanses your whole body and mind which results in a better functioning body overall.

How to maximize HGH during your sleep

Avoid eating 1-2 hours before bed. You need to have **low blood sugar** to **maximize** Growth Hormone, especially before you sleep. You can consume animal protein and other nutrition supplements before bed, in fact, some supplements have been shown to **increase** HGH during sleep : **L-arginine** and **L-lysine**: The results showed that oral administration of a combination of

two amino acids (1200 mg 1-lysine plus 1200 mg 1-arginine) provoked a release of pituitary somatotropin and insulin. This phenomenon was reproducible and the growth hormone secreted in response to this stimulation had biological activity. The effect appeared to be specific to the combination of the two amino acids; neither of the amino acids demonstrated appreciable stimulating activity when administered alone, even at the same doses.

Source: <https://pubmed.ncbi.nlm.nih.gov/6790230/>

You can use a dosage higher than 1200mg, in fact, the most optimal dosage lies around 6000-12000mg. A low dose won't improve your HGH levels, but with a high enough dosage, you can expect a 60% increase in HGH while asleep consistently.

Keep in mind that HGH levels did not really increase alongside with exercise. So if you don't exercise then this is the perfect supplement for you, but if you do exercise then you can simply supplement this the days you aren't working out.

Supplementing a GABA supplement which is a non-protein amino acid that acts as a neurotransmitter sending signals to your brain. It is originally used to help improve sleep. But one study discovered that supplementing on a GABA supplement increased HGH by a whole **400%** at rest/ baseline and by **200%** with exercise!

Sleep is the most important factor when it comes to hormonal health. But a lot of people are still getting suboptimal sleep. So I am going to teach you how to optimize sleep to benefit your hormone levels.

During the night your pineal gland produces melatonin, a hormone and antioxidant that helps you to fall asleep and have a higher quality of sleep.

I would advise against taking melatonin as a supplement as you should optimize your lifestyle first.

Things that decrease melatonin:

- Fluoride. (brush teeth with water or coconut oil)
- Stress/Cortisol. (keep calm)
- Artificial blue light. (wear blue light blockers)
- EMF exposure (turn your wifi router off at night.
- Fasting (eat some fructose before bed)
- Folate, magnesium, and zinc deficiencies.
- Caffeine (no coffee)
- Vitamin D before Sleep (don't take Vitamin D supplements right before bed)

Things that increase melatonin:

- Optimizing your circadian rhythm.
- Minimizing light during sleep and in the evening. (keep room dark)

- Sufficient sunlight exposure during the day.
- Sufficient exercise during the day. (tired body = tired brain)
- Sufficient protein intake (2g/kg bodyweight).
- Earthing/grounding during the day.
- Sufficient magnesium.
- Eating pineapple natural raises melatonin levels.

The circadian rhythm is your sleep-wake cycle, the internal clock of the body. When the circadian rhythm is not in check it results in suboptimal sleep, which will affect your hormones.

The circadian rhythm regulates when which hormones are released: cortisol and testosterone to wake you up in the morning, melatonin to help you sleep at night. The circadian rhythm determines when these hormones are released

This is why going to bed early or sleeping for 10+ hours won't always mean good sleep, You have to wake up and go to sleep at times which align with your circadian rhythm

The most important influence on circadian rhythm is light.

You were designed to wake up when the sun rises and go to sleep after the sunset. Your body would know when it is day and night because of the light it is exposed to at that time of the day. If there was almost no light it was night, blue light meant it was daytime and red light meant there is a sunrise or a sunset.

Seeing the sunrise and sunset every day is one of the fastest ways to obtain a correct circadian rhythm. But you should also limit blue

light exposure after sunset, because this hacks your brain into thinking it is still daytime, lowering the levels of melatonin in your body, so you will be less tired at night, resulting in you having a harder time to fall asleep.

In the modern world we are always using some kind of electronic device that emits blue light. The best would be to stop being on your phone at night, but that isn't really an option anymore in the modern world.

Best ways to limit blue light exposure: Blue light blocking glasses, candles or red light instead of blue light, activating the blue light filter on your phone or install a program like f.lux.

So for you to have an optimal circadian rhythm you have to use light to your advantage:

Limit blue light exposure after sunset, watch the sunrise and sunset daily and try to keep your room dark during sleep(not pitch black).

Temperature also influences circadian rhythm but plays a smaller role as opposed to light. It is very simple try to keep your room cold when you are sleeping.

One of the things I also like to do to help me sleep besides wearing blue light blocking glasses and go to bed early is drinking a sleep cocktail. This cocktail consists of a few ingredients:

1. Chamomile tea made with mineral water
2. Honey

3. Glycine

4. L-Theanine

5. Magnesium Bicarbonate

This cocktail is very good and helps you to sleep like a baby.

Grounding

Grounding has a lot of beneficial effects to the production of growth hormones and has many beneficial holistic health benefits.

Grounding (or earthing) means the direct connection of the human being with the earth's surface. This can be walking barefoot outside, sitting/lying on the earth or swimming outside. Our body is electrically positively charged. Besides natural charging (electrostatic charge) many electrical charges arise due to [artificial electric fields](#). Mobiles, computer, [WLAN](#) and electrical installation in the house belong to them.

With the grounding, the body gets in connection with the earth's surface (negatively charged), a compensation occurs and the body discharges. As primals, walking barefoot was completely normal but in modern age it is rarely seen. Carrying shoes with synthetic- or rubber-soles, walking on asphalt, carpets, concrete and plastic bottoms further intensify the missing discharge.

Why grounding increases HGH production::

- Increases ATP production

- Lowers hormones harmful for HGH production
- Increases bloodflow
- Activates PSNS
- Increases beneficial neurotransmitters for HGH
- Lowers free radicals
- Lowers stress
- Improves sleep

Grounding is very important for the production of HGH so don't forget to do it!

Sunlight and hormones

Our ancestors used to worship the sun, and for a reason, it is one of the best ways to improve your health and hormones.

Sunlight plays an important role in maintaining human health and well-being. It is essential to our survival as it provides us with energy and contributes to our environment.

How does sunlight increase HGH production?:

- Regulates circadian rhythm
- Decreases stress
- Increases thyroid hormones
- Increases Steroid hormones
- Increases ATP production

- Improves sleep

Decreased exposure to sunlight causes decreased levels of all steroid hormones. In addition, increased exposure to sunlight causes an increase in all steroid hormones.

The last thing you want to be doing when you are in the sun is rubbing sunscreen on yourself, just wear more clothes or a hat, but NO SUNSCREEN, as all the chemicals in the sunscreen get absorbed through the skin, and those chemicals are absolutely terrible for your hormones.

Instead of using sunscreen full of chemicals, you should:

- Get fat soluble vitamins like: A, D, E and K
- Get more minerals, especially Copper
- Stop drinking alcohol and smoking
- Stop eating PUFA rich foods such as seed oils.
- Stop wearing sunglasses
- Get good sleep

The sun is a source of life for humans and contributes to our hormonal health!

Vitamin D is also one of the gifts we get from the sun:

Vitamin D is a hormone made of cholesterol that is essential for maintaining healthy blood vessels and bones. The body makes

vitamin D when sunlight enters the skin and turns it into a form known as vitamin D3. Vitamin D is found in animal products such as fish, egg yolks, and dairy. Apart from that, people supplement their diets with vitamin D to stay healthy. There are many health benefits of vitamin D; it has a positive effect on the immune system, healthy muscle function, and even weight loss. In addition, sunlight plays an essential role in producing vitamin D in the body.

Vitamin D is produced in the skin when the sunlight hits it. The active form of vitamin D is called 7-dehydrocholesterol and is created in the human skin. The skin is where most of the production of vitamin D takes place. During summertime, people make more vitamin D from sunlight compared to wintertime.

For your body to make enough Vitamin D, you also have to be eating enough cholesterol like all other steroid hormones.

Increasing your Vitamin D levels will get you a step closer to primal hormone levels as more Vitamin D is equal to more growth hormone.

Nutrients for Growth Hormones

It is very important to get the right amount of nutrients for your body to produce growth hormones.

Amino Acids / Protein

Very important to know is that HGH is a protein. So it will need enough amino-acids to be created in the first place.

Amino acids are found in protein, they are what protein consists of, you have different types of protein that each contain different amino acid profiles.

To get the most amino acids you would need to eat the foods with the best absorption rate of protein and amino acid profile.

The best foods to eat for protein:

- Ruminant meat
- Fish
- Eggs
- Dairy
- Poultry
- Bone broth
- Bone marrow
- Other animal products

You'll see on this list that I only included animal products, that is because animal products are by far the foods with the best amino acid profile and protein absorption rate.

Vitamins and Minerals

Okay for HGH production almost every vitamin and mineral in the book is needed.

So I recommend to not just rely on supplements but on foods too so you can get the maximum amount of vitamins and minerals.

Best foods for nutrients that increase HGH production:

- Beef liver (High in Vitamin A, B-vitamins, Vitamin D, copper, iron, zinc etc.)
- Oysters (High in B-vitamins, Vitamin D, copper, iron, zinc, iodine etc.)
- Egg yolks (High in Vitamins A, D, E, K, B-vitamins, Choline, Zinc, Iodine)
- Fruits (High in Vitamin C)
- Egg shells (Grind em up for a great source of Calcium)
- Raisins and Apricots (High in Boron)
- Bone broth (Elite Amino Acid profile)

Hormones that influence HGH production

Hormones play a big role on the release of HGH so I will discuss the most important ones.

Somatostatin

Somatostatin is a hormone your body creates to inhibit HGH and IGF-1.

Inhibiting Somatostatin can actually increase your HGH and IGF-1 levels.

How to inhibit Somatostatin levels:

- Stimulate the Splanchnic nerve (More on this later)
- Melatonin (Talked about it in Sleep)
- GABA (More on this in Neurotransmitters)
- Norepinephrine (Increased by Dopamine, Acetylcholine and Amino acids)
- Caffeine (Drink tea or coffee)

Ghrelin

Ghrelin is a peptide that increases HGH production.

Ghrelin naturally rises when you are feeling hungry.

Best ways to increase Ghrelin:

- Fasting
- Vitamin D

Insulin

Insulin is an antagonist of HGH, when Insulin levels rise, HGH levels will drop. Though that Insulin is essential to create IGF-1 right now we will talk on how to decrease insulin.

Ways to decrease Insulin:

- Eat less carbs, mainly starches.
- Apple cider vinegar
- Cinnamon

Thyroid hormones

Thyroid hormones are essential for the production of HGH, getting higher levels of Thyroid hormones will leave you with more HGH.

How to increase Thyroid hormone levels:

- Get enough Iodine (High in shellfish, liver, eggs and dairy)
- Vitamin A (High in Beef liver and Egg yolks)
- Selenium (Oysters)
- Vitamin D (Get sunlight)
- Oxygen (Start doing Buteyko breathing)

Estrogen

Estrogen is mainly made in fat tissue.

Estrogen increases HGH but lowers IGF-1 so you want to lower Estrogen for the best growth hormone effects.

The best way to decrease Estrogen is to just lose weight.

Neurotransmitters

Neurotransmitters are very important for HGH levels, so they will be talked about too.

Acetylcholine

Acetylcholine is a neurotransmitter that will increase HGH levels and is based on Choline.

Increasing your intake of foods rich in Choline will boost Acetylcholine very effectively.

Foods high in Choline include:

- Liver
- Egg yolks
- Fish roe

The second best way to boost Acetylcholine levels is by going into the PSNS (more on this later)

GABA

GABA is a neurotransmitter that can boost your HGH levels a lot.

Just supplementation of GABA can already increase HGH by 400%

But instead we wanna maximize it naturally.

How to increase GABA;

- Chamomile
- Seafood (For taurine and glycine)
- Bone broth (High in collagen)
- Fermented dairy (Kefir, Yoghurt, Cheese)
- Supplement Progesterone
- Supplement Phenibut
- Meditate or pray

Dopamine

Dopamine will also increase HGH levels.

Ways to increase dopamine:

- Eat nutrient dense (Liver, Oysters, Kidney, Raw milk, Egg yolks)
- Lower stress (Grounding, sleep and less screen time)
- J*ck off less (Decreases dopamine receptor activity)

Body composition

The way your body is built will also affect how much HGH you produce.

For example if you have lots of fat on your body it will inhibit how easily your body will produce HGH.

While if you were to be 12% bodyfat you would have much more HGH and less Insulin

Best way to lose fat:

Bodyfat has everything to do with how the body uses energy. That's why you'll always hear: Calories in = Calories out But the body uses more than just calories for energy, it uses ATP.

ATP requires calories to be made but also needs other stuff.

ATP is the energy currency of your body and is made in the mitochondria.

ATP is a product of Oxygen + Calories, the healthier your mitochondria the more ATP you'll get. If the body has no problems with creating ATP it will store less fat. Improve ATP production:

- Buteyko breathing (More Oxygen levels)
- Eat less starch
- Eat Nutrient dense (Liver, Eggs, Oysters etc.)

- Get sunlight

Hormones also play a role on bodyfat. Certain hormones speed up metabolism resulting in the body using more calories, while other hormones have the exact opposite effect. Hormones that slow down metabolism:

- Insulin (Spiked by carbs)
- Cortisol (The stress hormone)
- Estrogen (Antagonist of Testosterone)
- Prolactin (Spiked by f*pping)

Luckily for you there are also hormones that will burn fat for you even when being sedentary. Most of these hormones listed will also increase muscle mass which will also make it look like you have less fat. Hormones that decrease your bodyfat: Thyroid hormones (Get Iodine from Oysters) Testosterone and DHT (More Cholesterol) Growth Hormones (Sprints) Acetylcholine (Derived from Choline)

This is one of the main rules of fatloss, to eat less then you burn. But instead of focusing to eat less, I recommend to burn more, so you still get your nutrients.

Best ways to burn calories:

- Sprints (Increases calories burned in rest too)
- Chess (Brain uses tons of ATP)
- Swimming (Body regulates temperature)

- Sports (Sports are a fun way to burn calories)

Even though you have some fat there are also things you can do to look less fat. More muscle mass will make you look like you have less fat, even though it is just an illusion. Bone structure can also make you look skinny even though you are not. Bone structure is improved by Growth Hormones.

Autonomic Nervous System

The autonomic nervous system switches between the Parasympathetic and Sympathetic nervous state.

The Parasympathetic state is most optimal for the production of Growth Hormones.

The Parasympathetic nervous system is boosted by:

- Slow and correct breathing (More on this later)
- Grounding
- Lowering stress
- Singing or humming

Breathing

Breathing is very important for your levels of Oxygen, CO₂ and Nitric Oxide.

By far the best way of breathing to favor hormones is Buteyko Breathing.

Buteyko Breathing increases blood levels of Oxygen, increases blood levels of Nitric Oxide and improves CO2 tolerance.

Oxygen boosts HGH production by boosting the health of your Mitochondria which is essential for hormonal health.

Nitric Oxide improves bloodflow and is produced when breathing through the nose.

If you want to learn Buteyko breathing, I suggest you download the app: 'Advanced Buteyko Institute'

One of the Buteyko exercises you can start with goes as follows:

- Exhale fully
- Pinch your nose
- Hold until you have an urge to breathe
- Breathe only 20% of full capacity
- Breathe normally for 10 seconds
- Repeat several times

Pituitary Gland Meditation for Height Increase

Yes, you read it right. There is a thing called Pituitary Gland Meditation that helps you to increase height at any age by stimulating your pituitary gland and commanding it to release the height growth hormones. Even the science has proved that this meditation results in stimulation of pituitary gland and release of height growth hormones in your body. This means that the effectiveness of Pituitary Gland Meditation is backed by science.

Role of Pituitary Gland in Height Increase

Do you know what role does Pituitary Gland plays in height growth? Pituitary Gland is a pea-sized gland that is present in the bony hollow structure inside our head called pituitary fossa. It has two parts: One is called anterior pituitary and another is posterior pituitary.

The pituitary gland is known for releasing the certain hormones inside our body that are responsible for the growth of human height. We call these hormones the pituitary gland hormones which stop getting released at the certain age, for e.g. 18-20 for girls and 19-22 for boys.

If we can command our Pituitary Gland to release these hormones again, we will be able to grow our height at any age. But how it happens, you might be thinking. Read on.

Location of Pituitary Gland

The picture below depicts the exact location of the pituitary gland in your body. This will help you stimulate your pituitary gland better.

How to practice Pituitary Gland Meditation for height increase?

Pituitary Gland Meditation is something that requires a strong sense of concentration, consistency, and patience. If you lack in any of these three things, you shouldn't even try this meditation. The good results will come with proper and disciplined practice.

Before starting, you should know that the Pituitary Gland Meditation will need you to believe that you can truly get the desired results with this meditation at the first place. If you don't believe in something, you will not achieve that thing. So start your practice with a strong and an abiding faith that "YOU CAN."

We have divided the whole practice in time span to make it a bit easier for you.

Make sure that you have measured your height by marking it while standing against the wall. This will be helpful to track the progress you have made with this meditation.

Following are the steps that will tell you how to grow your height with Pituitary Gland Meditation:

Day 1-5: Prep-up for the practice

Follow the steps below for preparing for the practice. You will be actually meditation in this practice. We are calling it preparation because this will help you achieve strength for more focused meditation. Here are the steps:

1. Take a paper and draw a black point on it.
2. Paste the paper on the wall so that you can sit against the wall and look at the circle without

having to move your face up or down. It should be straight to your eyes.

3. Now sit against the wall and start staring at the point without blinking your eye.
4. Keep staring until the circle becomes invisible to your eyes.
5. Continue for 2-3 minutes.

Note: You can blink your eyes if they start to fill with water.

Day 6-8: Make your focus more strong

The whole meditation process involves the same steps but with the increasing difficulty. Follow the steps below for next three days practice after first five days.

1. Draw a circle of very small radius around the point you have been staring on before.
2. Keep staring at the point until it becomes invisible to you.
3. Continue the process until you see a greenish-yellow light on the paper.

Note: It may take 5-6 minutes for you to see the greenish-yellow light.

Day 9-15: Taking your focus to the peak

During these days, you will be focusing on the pea-sized circle, which you'll have to make invisible with your focus. Follow the steps below:

1. Draw another circle making sure that the size of it doesn't exceed the size of a pea. Make this circle around the previous circle you have drawn.

2. Keep staring at the point until it becomes invisible to you.
3. Continue the process until you see a greenish-yellow flame on the paper.

Note: This can be hard to achieve. You may or may not see the greenish-yellow flame on the first day. Just practice for 12-15 minutes. If the target is not achieved, stop the process and continue the next day.

Day 15-21: Commanding your pituitary gland

From the day 15 to day 21, your job will be to command your Pituitary Gland to increase your height. Following are the steps to help you out:

1. Concentrate on the pea sized circle and think of it as your pituitary gland.
2. Close your eyes while staring at the circle and make sure you continue to see the greenish-yellow flame with the closed eyes.
3. Now that is your pituitary gland and commands it to release the height growth hormones.

Tracking the progress

After 21 days, you can re-measure your height by standing to the point that you had marked on your wall 21 days ago. Mark your current height and compare the two points. You will definitely see a difference there.

You can practice this meditation for 3-4 months to grow 3-4 inches in height. I have seen many people around me who have benefited with this meditation.

Some useful tips for practicing Pituitary Gland Meditation

1. Be consistent with your practice. Do it daily and devote proper time to it.
2. Don't force yourself to focus or think a particular way. Keep it smooth and easy.
3. Be patient. It might take some time to show the effective results.
4. Be positive all the time. Don't let the negativity influence your thoughts.
5. Practice concentration whenever you get time to make this meditation more effective.

Also don't forget to include calcium rich food in your diet. **If meditation is not possible in your buisy schedule then try theses accupressure techniques.**

We Increase Height after 25 through Acupressure

Most of people will think it's a pseudoscience, but the answer is definitely yes! In this article, you will learn how you can increase height naturally by stimulating certain pressure points in your body. Here are some valid reasons why acupressure works in height growth:

1. It Helps In Pituitary Gland Stimulation

Pituitary Gland is the most important gland that controls your height. It is a pea-sized gland located at the base of your brain, which is essential for releasing many chemicals to help your body function properly. This gland is also responsible for releasing height increase hormones.

You can stimulate pituitary gland through acupressure techniques. The acupressure point for stimulating pituitary gland is located at in your hands. Hence, you can exert pressure on that pressure point to enable pituitary gland to release more hormones to increase height.

2. Helps Your Bones and Muscles Grow Stronger

There are certain acupressure points for height on your body that helps your muscles and bones grow stronger. Only strong bones tend to grow taller. Hence, you can press some points on your hand to stimulate the energy flow and make bones stronger.

3. Keeps You Away From Digestive Disorders

Your body has to be overall healthy in order to grow taller. Digestive system too plays a vital role in helping your body grow taller efficiently. There are many acupressure points in your body that helps your digestive system healthy and keeps you away from the disorders like bloating, indigestion, as well as troubled bowel movements.

4. Helps in Stress Relief

According to the studies, stress can obstruct the height of your child as it can restrict your body from functioning properly. Acupressure can help you relieve stress and grow more efficiently.

Acupressure Points for Height Increase

Thumb Point for Stimulating Pituitary Gland Meditation

The most important point that helps you release the energy to your Pituitary Gland is at your thumb. Just exert a little pressure on the pad of your thumb. The pressure should be very gentle.

This helps in increasing the flow of energy to your pituitary gland and makes it release height growth hormones.

Toe Point

The acupressure point on the pad of your toe also increases the flow of energy to your pituitary gland resulting the activating the hormones responsible for height growth.

How often you should press acupressure points for height?

You should press your toe and thumb acupressure points twice a day for the best results. Practicing it in the morning with free mind makes it more effective.

For how much time you should do it

It is advisable to press your acupressure points for height for 15-20 minutes for growing taller.

Does it really work?

I can't say it works 100%, but it does 80 percent of the times. There are many height increase products in the market that works solely on the technique of Acupressure.

Tips for practicing acupressure for growing taller

- Be positive about the whole process
- Be consistent and practice it daily
- Practice acupressure for at least 15 minutes and twice in a day

Supplements

Supplementation can be very helpful to boost Growth Hormones.

Best supplements to take to boost Growth Hormones:

- Ashwagandha (Lowers stress and stimulates Pituitary)
- L-Arginine
- Creatine
- Phenibut
- Zinc
- Collagen powder

IGF-1 Conversion

Now all these tips in these book have absolutely skyrocketed your HGH, but HGH is not even the most powerful growth hormone.

You need to create IGF-1, IGF-1 does much more and is much stronger then HGH.

Now what you wanna do is very simple.

IGF-1 is produced when HGH and Insulin is high.

But if Insulin is high, HGH will be low.

That's why your HGH should be high first for the optimal effect.

I recommend you to do a lot of these things in the book so your HGH levels will be high, then right after sprinting or doing any kind of training with high intensity, you want to be spiking

Insulin in 5-30 minutes, because right after exercise your HGH will be the highest.

As mentioned earlier in the book you need to be eating something very sweet, my favorite is milk with white sugar.

Then after you spiked Insulin you will have huge IGF-1 levels and you will reap immense amount of benefits.

Now it is important that you don't use Fructose to spike Insulin because this will cause your hypothalamus to release Somatostatin, which we have mentioned earlier in this book.

The End

This is the end of the Ebook. Tons and tons and tons of researching have gone into writing this Ebook, so please don't forget to leave a review behind it would help me a lot.

If you have any questions regarding this Ebook send a message to @_aestheticprimal_ on Instagram.

And good journey ahead maximising your Growth Hormones!

Written by: Aesthetic Primal and Isak

