



## Feel Young, Look Young, *Stay Young*

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### Frequently Asked Questions

researcher, trying to put together your own combination of amino acids will probably not be effective. GHR Platinum stacks these amino acids and combines them with other ingredients that ensure the most effective stimulation of the pituitary gland with the highest results.

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### Forever Young: Tips for Preserving Your Health

to the rule? Perhaps, but maybe not. The fact is that we are living longer thanks to a combination of factors. According to the US Census, the number of people age 85 and over alone will more than double over the next 25 years.

Further, it's estimated that there will be more than 800,000 people 100 and over by 2050. While all of us hope to live into our 80s or 90s or longer, our biggest concern is having a healthy long life. Preserving and even improving your health depends in large part on the choices and habits that you develop now and continue into the future.

A study of aging funded by the MacArthur Foundation bears this out. It found that environment and lifestyle contribute far more to a healthy old age than genetics, and that the importance of healthy habits only increases as you age.

Source: careTALK

### HOW TO USE

**For best results:** In order to feel the most measurable results, it is recommended that you consistently use this product a

full three months. Gradual benefits can be felt from days to months. Take 4 capsules at bedtime three(3) hours after your evening meal on an empty stomach. **GHR Platinum** is taken for five days and the you take two days off. To help you remember more effectively, try taking the product during the weekdays and then go off during the weekends.

If you're unable to take product before bedtime, take 4 capsules before vigorous exercise with at least 2 - 3 hours after a main meal. The last option is to take the capsules upon waking up and then wait 1 hour before you resume eating.

The 2 days off allows your body to feel the maximum benefit from **GHR Platinum**. Otherwise, your body may get use to the product and become less sensitive to the ingredients.

Monday	ON
Tuesday	ON
Wednesday	ON
Thursday	ON
Friday	ON
Saturday	OFF
Sunday	OFF

### Boost your Brain with B Vitamins

The B Vitamins are perhaps the most essential nutrients for helping to keep your mind sharp. Your body uses B vitamins to turn food into mental energy and to manufacture and repair your brain tissue. "Deficiencies in thiamin, niacin, and

vitamins B6 and B12 can all cause mental dysfunction," says Vernon M.D., author of "Reversing Memory Loss."

It's not easy to get additional amounts of vitamins B6 and B12, because it's harder for the body to absorb them as you get older.

So, it's a good idea to try to get more than the DV of both of these nutrients.

Source: Age Erasing Secrets, Kevin Ireland.

### Why Do Professional Athletes Want Growth Hormone Therapy?

Major League Baseball players, PGA golfers, professional wrestlers, Olympic runners and other professional athletes are keenly interested in increasing their growth hormone levels. Particularly those who are entering their 40s and don't exactly feel as they did when they were 18.

The benefits that interest professional athletes most is the fact that the increase of Growth Hormone has proven to provide more energy and endurance, increased muscle strength, improved mental alertness, increased oxygen uptake, and quickens the body ability to recover from physical activities.



# Feel Young, Look Young, *Stay Young* GHR Newsletter

NaturesTech, Inc. V.100 No. 1

### The *Increase* of GHR Aging Symptoms

Dr. Daniel Rudman published his clinical findings on the effects of Anti-Aging and Human Growth Hormone (HGH) in the New England Journal of Medicine. The results were exciting and startling!

Working with volunteers aged 61 and up, at the Medical College of Wisconsin-Milwaukee, Dr. Rudman used HGH to replicate what is created naturally in the body's own pituitary gland.

The initial observed results: Six months

of HGH injections reversed the aging symptoms from 10 to 20 years in the patients who received the HGH! However, in the control group that didn't receive HGH, the normal aging symptoms continued.

Since Dr. Rudman's initial findings, over 20,000 studies worldwide have

proven the benefits of HGH therapy.

More recent studies have found that the expensive injections of synthetic growth hormone are not the only way to increase HGH. Newer science

has found that certain amino acids put in the right ratios and molecular weight will help your body naturally release its own Growth Hormone!

“Since Dr. Rudman's initial findings, over 20,000 studies worldwide have proven the benefits of HGH therapy.”

“*I have a lot more energy and I'm a happier person. I feel like my young self again!*” Steve, Sacramento, CA

### Forever Young: Tips for Preserving Your Health

The numbers are astonishing. More than 60,000 people in the United States are over the age of 100, and there are enough people over the age of 110 for them to have their own term: supercentenarians.

What's the secret of their long lives? And, more importantly, are they exceptions

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### Keys to *Maximize* Your Benefits on GHR Platinum:

**Be Consistent.** Don't give up. Religiously take the product and you'll get much better results. Also, keep in mind, new benefits can be felt even several months after starting GHR Platinum.

**Take on empty stomach.** You need a minimum of 2 hours, but for optimal absorption, wait 3 hours after your main

meal before taking GHR Platinum right before going to sleep.

**Regular exercise.** Studies show that vigorous exercise helps release more Growth Hormone. Please consult your Physician before starting a new exercise routine.

**Reduce Toxins.** Excessive smoking, sugar consumption, and alcohol can inhibit the ability to release your Growth Hormone. Eat more organic foods. Drink plenty of water. Use a toaster instead of a microwave. Eat healthier.

**Sleep.** Deepen your sleep. HGH is released during the deep REM stage of sleep. Tips: Darkening your room,

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# GHR Newsletter

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## Keys to Maximize Your Benefits on GHR Platinum

getting a new mattress, stick to a regular bedtime, log a to-do list, and talk about anxieties before going to bed.

**Laugh.** New research finds that laughing stimulates Growth Hormone. Tips: Rent a comedy, tell a joke, tickle your loved ones.

**Realistic Expectations.** There are many benefits you can physically feel, but don't forget the benefits you may not clearly notice, like the neutralizing of free radicals, protecting irreplaceable nerve

cells in your brain, strengthening your immune system, lower cholesterol and blood pressure, etc.

**Start GHR Platinum today!** The sooner you start, the sooner your body can benefit.

## About the Doctor



NaturesTech Inc., is committed to providing the latest and most advanced natural Growth Hormone Releasers and Anti-Aging Complexes. Dr. Randall West, D.O. and his team of specialists

have recently formulated the all new **GHR Platinum** formula that helps fight the three common contributors to aging symptoms!

**GHR Platinum** is advertised on Nationwide radio stations through a show called "Natural Solutions" with Dr. Randall West, D.O. and host star, Richard Johnson.

Board certified Osteopathic Physician for over 25 years, Dr. Randall West specializes in the new sciences of preventive and anti-aging medicine.

## Lack of Sleep Alters Hormones, Metabolism, Simulates Effects of Aging

"We found that the metabolic and endocrine changes resulting from a significant sleep debt mimic many of the hallmarks of aging," said Eve Van Cauter, PhD, professor of medicine at the University of Chicago and director of the study. "We suspect that chronic sleep loss may not only hasten the onset but could also increase the severity of age-related ailments such as diabetes, hypertension, obesity and memory loss." Source: University of Chicago Medical Center

## Reader's Digest RD.com The End of Aging?

*Breakthrough science may keep us all from growing old*

The November, 2003 Issue of Reader's Digest featured the headline "The New Pill That Can End Aging" promoting the powerful anti oxidant and energy producing benefits of taking *Alpha Lipoid Acid* combined with *Acetyl L Carnitine*. (A combination of ingredients found in **GHR Platinum**.)

## Feel Young, Look Young, *Stay Young*

### Frequently Asked Questions

#### What is GHR Platinum?

**GHR Platinum** is an all natural anti-aging supplement designed to fight three major contributors to the aging process. It helps increase the growth hormone, neutralizes free radicals, and helps protect irreplaceable brain cells.

#### Why do I need this product?

Life is much more enjoyable with improved health. Each day that passes by, we are not getting any younger. **GHR Platinum** provides several natural nutrients that

#### Do I have to take the FULL dosage each day in order to get these benefits?

Yes.

#### What can I expect from this product?

Here are some benefits that our customers have felt after three months of **GHR Platinum**:

- Increased muscle strength/size
- Loss in body fat
- Reduced joint pain
- Increased energy levels
- Improved sleep
- Restored hair growth and color
- Wrinkle disappearance

hormone levels are, the longer it will take to see a difference. The lower the growth hormone level, the quicker you see results.

Also, Dr. West recommends for people who want to feel their optimal potential to use **GHR Platinum** for at least a full six months. After that, you would need to consistently use the product to maintain your benefits.

#### Are there any known drug interactions with GHR Platinum or side effects?

No.

#### How long do I take this product?

As long as you are interested in naturally

## What are the *benefits* of each ingredient in GHR Platinum?

**Amino Acid Blend** Out of the 191 amino acids in the Growth Hormone chain, scientists have found that specific amino acids stacked in the right ratios and molecular weight stimulates the release of your body's own natural Growth Hormone. GHR Platinum contains a proprietary blend of these specific stacked amino acids.

**Acetyl L-Carnitine** Helps improve overall cognitive function. It's been known to PREVENT the loss of nerve cells in the brain and can actually REVERSE the aging symptoms of the brain.

**Alpha Lipoic Acid** A powerful antioxidant known to neutralize free radicals that damage our cells and helps prevent nerve damage. It also dissolves toxic substances in the liver.

**OPC(known as Oligomeric Proanthocyanidins)** A grape seed extract that is 50 times more effective than vitamin E and 20 times more effective than vitamin C as an antioxidant.

**Phosphatidyl Serine** Proven to help REGENERATE damaged nerve cells and improves overall mental cognition.

**B1** Helps increase energy. Aids digestion. Essential for transmission of certain nerve signals in the brain.

**B2** Increases energy. Metabolizes carbohydrates and protects against free radical damage.

**B5** Increases energy. Known as an effective weight reducing agent. Aids in wound healing and also know to lower bad cholesterol levels.

**B6** Maintains a healthy nervous system. Regulates body fluids.

**B12** Vital for normal nerve cell activity, DNA replication and the production of red and white blood cells.

**Anterior Pituitary Peptides and Hypothalamus** Helps the body release more Growth Hormone when combined with the HGH releasing amino acids.

“ I started taking the GHR formula because I am pushing 50 and was concerned about sex drive and weight gain. Since I have always been an active person and had relatively constant weight, I was more concerned about loss of puffy flab and increasing muscle mass. The first thing I noticed after 1 week was the ability to rest more soundly and increased stamina at work without coffee. Now 7 months later, I am enjoying taking in the thighs and butt on my slacks since my muscles are more pronounced and the skin is silky and blemish free. My hairstylist says that my hair has been growing twice as fast with fewer white hairs. My husband and I both notice the curves are more pronounced and I generally feel more relaxed about my physical appearance and appetite. For body shape improvement and sex drive, reduced joint and muscle pain after exercise, I would recommend this to everyone. ” Nancy, Portland, OR

helps revitalize and rebuild our body from a cellular level. These ingredients have been clinical proven to help reverse many aging symptoms.

Also, as we age, our bodies become less efficient at absorbing vitamins and minerals from food. Most foods that come from a can, a box, out of the microwave, fast food, and most foods from restaurants contain tremendous amounts of excessive free radicals that destroy our healthy cells.

If you regularly drive in traffic, live in a area is poor air quality, deal with high stress or receive medical treatment including medications, you especially need these rich nutrients.

- Improved exercise endurance
- Increased skin thickness
- Elevates the mood
- Improved memory
- Improved mental alertness
- Increased sexual potency
- Resistance to common illness
- Increased bone density
- Controlled cholesterol

#### How long do I need to be on the program before I see results?

Although you may feel some benefits within days to weeks, it is imperative to consistently take **GHR Platinum** for three months in order to feel more measurable results. Usually, the higher your growth

maintaining a healthy growth hormone, antioxidant, and mental cognition level, you should continue on this product.

#### How much weight can I lose?

Studies have shown that by increasing the growth hormone level, you can lose up to 14.4% of body fat and gain up to 8.8% in muscle mass over a six-month period.

#### Couldn't I make this product myself by going to a nutrition store?

Most nutrition store sources of amino acids don't have sufficient quantities and balances to be effective growth hormone releasers. And unless you are a medical

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