
Growth Hormone Report



Matt Lovell - *Elite Sports
Nutritionist*

About Matt Lovell



Matt is currently the Sports Nutritionist for the **England Rugby Team** and the **UK Athletics squad** preparing for the 2012 Olympics.

Some other career highlights

- Qualified Personal Trainer
- Studied Nutrition at Institute Optimum Nutrition, London
- Worked in Harley Street, specializing in elite sports, female hormonal health and body composition management.
- Millwall Football Club FA Cup Finalists/ Premiership
- 2002 Started working with England Rugby Team
- 2003 England Rugby team lift the World cup
- Consultant to Gloucester RFC, Leicester Tigers RFC, Wasps, Saracens, London Irish
- Consultant to Mule Bar and Kinetica Supplement Companies

Matt currently runs his own elite performance based company. This is aimed at elite athletes, corporations and individuals that want to improve their health. He has written the popular Fat Loss Program '[Four Week Fat Loss](#)' and '[Regenerate](#)' a muscle building anabolic program.

Why Growth Hormone is important for Building Muscle and Recovery

The clue is in the name ...Growth Hormone. Yes this hormone is vital for GROWTH so if you are wanting to build muscle then it is essential that your body is producing enough of it.

When it comes to building muscle and getting lean it's usually the big T (Testosterone) that gets all the attention. In this report I am going to focus on another ANABOLIC HORMONE that our body produces and to provide you with strategies to help you increase your levels of Growth Hormone (GH) NATURALLY.

Growth hormone is secreted by the pituitary gland situated in the brain which is the hub of most of the body's Hormonal production.

Here are some features of Growth Hormone

Stimulates Bone Growth [1]- important up to the age of about 20.

Stimulates Amino Acid Uptake [2]- enabling you to process protein more effectively and grow bigger in response to training.

Improves Immune Cell Function and Capacity [3] – protecting against infection and keeping you well. Your body will always defend itself from infection and illness first before growing new muscle. So if your goal is muscle bulk then you need your immune system to be functioning well.

Improves Fat Burning [4]- Have you noticed that as you get older it's a lot easier to put on weight, we've all heard of the middle age spread, one of the contributory factors of this is that as you age you produce less growth hormone naturally.

Growth Hormone levels are reduced by

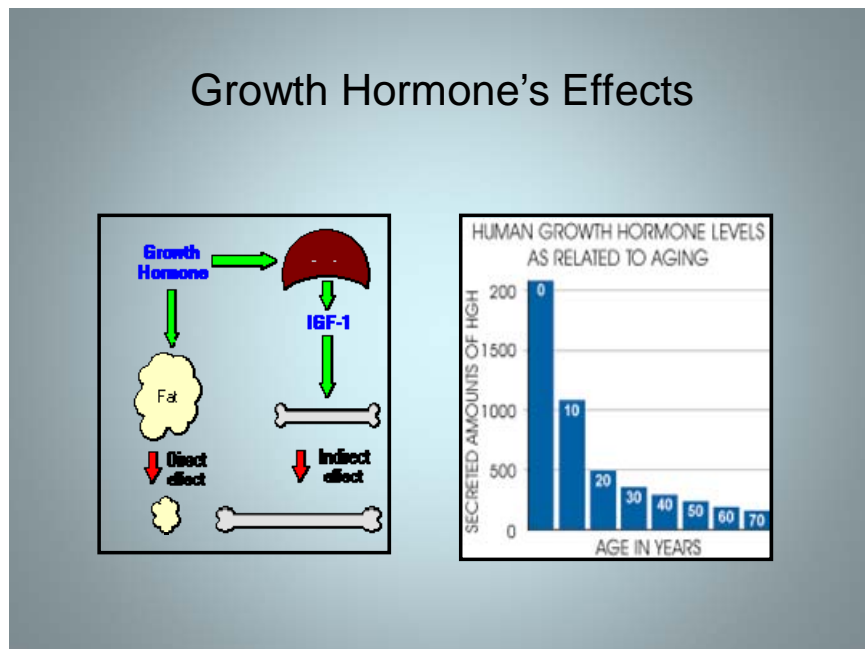
having high levels of body fat [5-6] - it's a bit of a vicious circle as you age you produce less GH which causes you to get fatter. The additional fat causes you to produce less GH which starts makes you fatter still!. It's a treadmill you want to get off as quickly as you can.

It's just another reason to get lean and stay lean.

High Fat Meals Cause you to produce less GH [7]so say goodbye to cakes donuts and other high fat foods if building muscle is your goal.

The following image demonstrates simply how GH works. It's produced by the pituitary and stimulates the liver to produce IGF1 (Insulin like Growth Factor) this shows how it can work indirectly in this instance effecting bone growth.

Growth Hormone can also have a direct effect as it does on Fat Cells.



On the right hand image above you can see how GH levels reduce from massive highs in our early years and teens. When I work with elite athletes I tend to use the strategies with athletes when they get in their mid to late 20's and their GH levels are declining.

Before I talk about nutritional interventions that can help boost your levels of GH naturally let's have a look at some other factors that can help.

Lifestyle

A good night's sleep. Yes what your parents told you as a kid was true 'you need to get a good nights sleep so you can grow big and strong. The majority of your daily GH production occurs 60 minutes after you fall asleep [8].

Afternoon Naps – If you can squeeze in a cheeky afternoon nap then you get 2 chances in a day to produce GH naturally, you might not be able to do that during the week but try it on the weekends if you can.

There are more factors that can help but I don't want to overload you here with too much information.

EXERCISE INDUCED GH Release

To optimize GH release, you really need to exercise hard enough to “feel the burn” and start relying on lactic-acid metabolism. Lactic Acid is the burning in your muscles that you get when you sprint or exercise hard, any style of exercise can produce lactic acid including lifting weights, you just have to do enough reps to get your muscles 'burning'.

One strategy that you can employ if you are training to add mass is to finish off your session with a couple of high rep sets that get your muscles burning (use exercises that target the big muscles like squats, deadlifts and bench press). Choose a weight that you can do about 30 reps with and finish off with 2 sets of these, make sure it really hurts and then do a few more.

This is not for wimps!

In short the harder you train the more GH will be released.

Supplementation for increased GH production.

You have to be careful when supplementing to increase GH, if you take supplements too often there is a danger that you may cause your body to stop producing as much of its GH naturally.

You get round this by cycling your supplementation protocol. You do this by either having the supplements for 5 days on and 2 days off or 4 days on and 1 day off.

It's a similar process as to when you start drinking alcohol, after 1 pint you're all over the place but as you start to drink more you need 3-4 pints to get the same effect. If you take supplements that increase your GH levels you may need to end up having to take more and more to get the same effect.

With a bit of care and sense, don't go nuts on the supplements that help increase GH you will be fine.

The supplements that help you produce more GH are usually formulated from a **blend of naturally found Amino Acids**, you can find some listed in the resource section at the end of the document.

Timing of Supplementation

Take your amino acid blend of GH supplements 20-30 minutes before bed.

Summary

If you are wanting to build significant amounts of lean muscle mass then don't neglect the role that Growth Hormone has to play and introduce some of these tips to improve your results.

Growth Hormone Report Updates

Enter [your details here](#) to receive updates to this report and further information about GH. <http://sportsnutritionvlog.com/growth-hormone/>

RESOURCES SECTION

Supplements that can boost GH naturally.

**White label
natural gh
booster**

[White Label Growth Hormone](#)

<http://sportsnutritionvlog.com/products-page/anabolic/white-label-natural-gh-booster/>



[Four Week Fat Loss](#)

This is my best selling fat loss programme where clients lose on average 10 lbs of fat in a month.

<http://fourweekfatloss.com/order/>



[Regenerate – Muscle Building](#)

This is my 12 week muscle building programme that I've used with professional athletes. This is how some Rugby players stack on 10Kg of muscle in the off season.

<http://sportsnutritionvlog.com/regenerate.html>

 **Sports Nutrition Vlog**
Your Sports Nutrition
Questions - Answered



Matt Lovell
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www.SportsNutritionVlog.com

[Sports Nutrition Vlog](#)

My video website where I share the latest info from the world of Elite Sports.

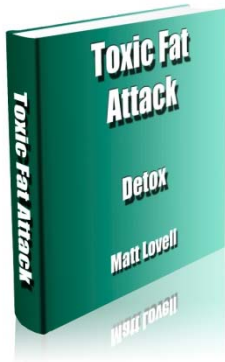
<http://SportsNutritionVlog.com>



[Fat Loss Chef](#)

Do you know the 10 meals that you only ever need to know how to prepare?

<http://fatlosschef.com/you-only-need-10-recipes.html>



[Toxic Fat Attack](#)

Detox is a bigger area than you might think, it's not just about hangover cures. Detoxing your body can improve your PERFORMANCE.

<http://sportsnutritionvlog.com/toxic-fat-attack/>

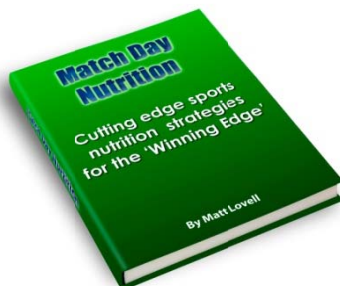


[Inner Circle](#)

Members only area

You get to ask me any nutrition related questions, ideal for Personal trainers and those really serious about their Performance.

<http://SportsNutritionVlog.com/Inner-Circle/>



[Match Day Nutrition](#)

How to get an unfair advantage by eating POWER foods and supplements that BOOST your PERFORMANCE and provide an unfair ADVANTAGE.

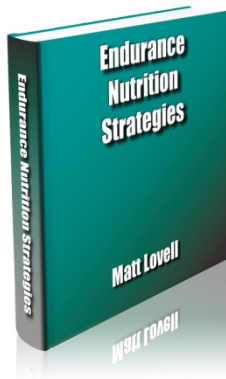
<http://sportsnutritionvlog.com/match-day-nutrition.html>



[Blood Sugar Control](#)

The BIGGEST THREAT to your health is not knowing how to CONTROL YOUR BLOOD SUGAR LEVEL.

<http://ControlBloodSugar.co.uk/>



[Endurance Nutrition Strategies](#)

Nutrition strategies that every endurance athlete needs to REALISE their potential.

<http://sportsnutritionvlog.com/endurance-nutrition/>



[Immunity and Nutrition](#)

More athletes underperform because of this than any other reason, the ability to resist illness can often be the difference between SUCCESS AND FAILURE.

<http://sportsnutritionvlog.com/immunesystem.html>

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