



Fresno Family Practice
CENTER

Human Growth Hormone and Using Trans-D Tropin

Is It Right For You?

What is it?

Human growth hormone, as the name implies, is what stimulated your body to grow when you were going through puberty. It is produced in your brain in a small gland that is situated right in the middle of your skull...the pituitary gland. The pituitary gland will release hGH when it is stimulated by another hormone from the “master gland”, the hypothalamus. This hormone is human growth hormone releasing hormone (hGHRH).

Why do I need it?

You may wonder why you need it now if puberty has long since past you by. Well, you still produce hGH, only you need it at much lower doses. This important hormone is secreted at various times during the day and night and signals your body to heal and maintain itself. Unfortunately, as we age, these levels of hGH continue to drop. The older you are, the lower the serum levels of hGH. This is considered a “normal” change, since it happens in everyone. However, researchers began to wonder would happen if we supplement the aging body with hGH. What they found was amazing! If you supplement someone with hGH to serum levels that approximate a 30-year-old individual, age-related changes begin to reverse themselves. Energy levels climb, libido rises, mood elevates, lean body mass rises, loss of body fat occurs, bone density increases, skin begins to thicken back to its elastic youth.

What happens if you stop taking it?

Some people have asked me what would happen if they decide after a few years of taking hGH to stop it. Would they need to be “weaned” off it? Would there be a withdrawal associated with it? Simply...no. Any age-reversing effects that occurred are still present, but the age clock just begins to run again.

What is available to you?

There are three classes of hGH available to you so let me go through them quickly.

1. **Oral supplements.** You can find them in health food stores or sold over the Internet. Very plainly, they don't work. No way, no how. Any elevation in hGH levels that can be measured may be statistically significant, but they are not *clinically significant*. In other words, we could perhaps see an increase in

serum levels with these oral supplements, *but they do not elevate the serum levels enough to make any significant changes*. A good rule of thumb here...if you can buy it without a prescription, it won't work.

2. **Injectable hGH.** This was the original form that most of the research was done on. It is no longer extracted from human cadavers (thankfully!), but is now bio-engineered from genetically altered yeast. It is human, just not made from humans (like human insulin that diabetics use worldwide). It must be injected nightly and it is expensive. The dose must be adjusted by body weight and possible side effects of carpal tunnel syndrome must be watched for. The standard cost of the injectable hGH ranges from \$300 - \$500 per month and is available only by prescription. I currently use this with great results.
3. **Transdermal hGHRH (Trans-D Tropin®).** This is the product that I have used and recommend. This is an analog (look-alike) polypeptide (protein) that is rubbed into the skin three times a day. Your body absorbs it and once it gets into the bloodstream, it goes to the pituitary gland. There it binds to receptors and causes release of YOUR hGH. Ninety minutes after the initial dose of Trans-D Tropin®, serum levels of hGH rise by 400%. There is no concern about carpal tunnel syndrome or diabetes. There is no need to vary the dose by weight, since it causes release of your own hGH and not just injecting it into your system. The price is more reasonable at \$175/month and the dose is the same for everyone. It is available only by prescription.

What you should expect with use

When you choose to use Trans-D Tropin®, you will be given a written protocol on how to use it. It is simple but there are a few rules to follow. You will note two side effects almost immediately. You will crave water and protein. Do not suppress those cravings. Watch your cholesterol intake with the protein and try to go more for the fish and vegetable proteins but do not deny yourself this. You are craving protein because the Trans-D Tropin® is building lean muscle on your body.

If you are an athlete, you will notice other changes within 72 hours. If you are a couch potato, it may take up to two weeks. These changes include increased energy and physical endurance. If you do resistance training (which you should), you will notice an increase in the amount of weight that you can lift and a quicker recovery time. If you do not regularly exercise, Trans-

D Tropin® use will leave you with a feeling that you must exercise. I have experienced it and I can't describe it. It isn't uncomfortable, but it does make you want to exercise, which relieves those feelings.

Skin changes take longer and the worse your skin is the longer it will take to revert back. However, you should begin to notice changes within two months.

Remember to drink plenty of water. A good rule of thumb is to drink one half of your body weight in ounces of water. For example, a 200 lb man should drink 100 oz of water daily. Remember that there are 8 oz of water to a cup. This is a minimum amount and there are some experts who say that that is not enough. Unless you have a heart or kidney condition, you should not limit your water intake.

Should you take it?

Only you can answer that question. There are multiple factors to consider. Finances are one of them. This is not covered by insurance, since it is considered a life-style medication. It is, however, tax-deductible since it is a prescription. If you are not sure, then I would ask you: what is your health worth to you? Using Trans-D Tropin® will help you cosmetically appear younger, but more importantly, it will improve your level of functioning and your feelings of well-being. It will strengthen your body and immune system. With all of these positive physical and mental benefits, the real question is, "Why aren't you using it?"

When should I start this?

I have had a number of young people (the older I get the higher that number becomes) ask me about using hGH for exercise performance and when should they start using Trans-D Tropin®. Trans-D Tropin® can be started at approximately 30 years of age. Actually, this is the best time to start it. You won't notice as many cosmetic changes at first, since there aren't many to change. However, your exercise performance and lean body mass will change. If you wish to really see how well it works, make a commitment to use it for five years. At the end of those five years, compare yourself physically (both cosmetic appearance and exercise endurance) to your friends and peers who are your same age but not on it. I think you will be very pleased with the results. You see, for those of us who are older, the increase in hGH will cause reversal of changes with some dramatic results but there is still damage there that can't be repaired. But by using Trans-D Tropin® before these age-related changes occur, these changes are either averted or modified to a lesser extent.

Fibromyalgia patients appear to benefit from this greatly, as well, so age is not as much of a considera-

tion for them. Research has shown that fibromyalgia patients have low hGH levels to start with and benefit from hGH supplementation. They also report an increase in their levels of functioning and a decrease in symptoms over a period of time. It did not cure the fibromyalgia; it only made the symptoms less severe...sometimes to the point that the person forgot that they had fibromyalgia. But then a stressor would come up or illness and they would get a "fibro flare". They would come in asking what was going on, not realizing that they still had fibromyalgia and it was flaring. They thought it had completely disappeared.

What else should I do?

Though this hormone therapy is amazing, don't expect to be able to do whatever you wish and have this cover the "multitude of your sins" to your body. It may be amazing, but it isn't a miracle.

Diet is very important and I cannot stress enough that a good, low glycemic index diet has been shown repeatedly to be the healthiest way of eating. A high protein, low carb diet can be done to lose the weight, but a low glycemic index diet is necessary to keep the weight off. This is best outlined in a book by Jennie Brand-Miller, Ph.D., Kaye Foster-Powell, B.Sc., M. Nutrition, and Johanna Burani, M.S., R.D., titled, *The Glucose Revolution Life Plan* (ISBN: 1-56924-609-2). You can get it at any bookstore or on the Internet (www.amazon.com). This diet is excellent for anyone. I discuss it more in-depth elsewhere in this booklet.

Exercise is vital to a healthy body. This exercise should include both a cardiovascular portion (aerobics) and resistance, i.e., weight training. In addition, if you really want to be on cutting edge research findings, add Tai Chi to your daily regimen. This ancient Chinese martial art, now an exercise form, will complement the rest of your exercise training.

Both men and women also need hormone replacement therapy at times. Testosterone replacement therapy is a complement to Trans-D Tropin® and not an equivalent medication. In other words, men who are on hGH supplementation probably would benefit from testosterone replacement as well. Only laboratory tests would be able to tell for sure. Look for more information elsewhere in this booklet on hormone supplementation.

Oral supplements are also important. Look elsewhere in this booklet for information.

Final Considerations

There are many things for you to consider before deciding whether you should take Trans-D Tropin® or not. The one final consideration I want to stress to you is that this is not a new cosmetic cream and it is

not a wonder drug. Therefore, it will take time for this product to repair, if at all, any of the major physical problems that you have. To take one or two bottles, as directed, and then say, "Well, it doesn't work for me...my [insert your ailment] is not any better. I feel better but it must not be the Trans-D Tropin." It is not a question of IF it works, it is a question of how long it will take to correct whatever ailment you are seeking to either reverse or at least partially repair. The more complex the problem, the longer it will take to do its repair. You can get improvements in energy and mood within two weeks. If you lift weights, the amount that you lift will increase within two weeks. But my eyesight did not improve until I had taken it for over 12 months. An elderly patient in my practice, who originally started Trans-D Tropin to help with energy, found that the "aches and pains of old age" disappeared when she took it. More exciting, however, was that over a period of many months, her wet form of macular degeneration that was causing almost total blindness in her right eye began to fade away. Now she is able to see out of her right eye completely (though it is a little warped field of vision) and a recent angiogram revealed that it had stopped bleeding and had changed from a wet form to a dry form. This did not happen overnight. Let me repeat myself...if you want to try it, give it time to work...at least 6 months. Write down your ailments and take a photo of yourself, especially your face, in the afternoon and without makeup. Six months later, take another photo of yourself and look over your list that you had made. If you do not notice a significant improvement in your photo or the list of your ailments has not changed in significant amounts or intensity, then stop the Trans-D Tropin.

The History and Development of Trans-D Tropin

V-SAB Medical Laboratories, Inc., an FDA registered laboratory, completed the research on the long anticipated and world's first and only trans-dermal growth hormone releasing hormone (GHRH) analog. After 4 years of clinical research following the perfection of the innovative technology utilized, the new therapeutic agent was made available to the medical community in July 1999.

This astounding new GHRH analog administered by a trans-dermal route (through the skin), is known as Trans-D Tropin® and was assigned its National Drug Code (NDC # 65448-2115-1) by the FDA in December 1999. Although all natural, Trans-D Tropin® is

available only by prescription through doctor's offices or select pharmacies.

Trans-D Tropin® has been clinically shown to objectively raise endogenous (the body's own) hGH (human growth hormone) levels. The results of a multi-centered, double blind, placebo controlled, cross-over study conclusively demonstrated the efficacy of Trans-D Tropin® and definitively showed an increase in endogenous hGH levels. The data collected was found to be more than statistically significant with the subjective response in study patients to be highly impressive.

Growth hormone levels were measured by hGH radio immuno-assay testing. The study data tabulated to date reflects an increase of 462.4% in hGH levels within 90 minutes of using Trans-D Tropin® compared to baseline during initial usage. After 2 weeks of using Trans-D Tropin® regularly, the endogenous hGH levels increased by 815.6% from baseline to 90 minutes. At week 5, the endogenous hGH levels increased by 1754.2% from baseline to 90 minutes after Trans-D Tropin® application.

Previous to the advent of Trans-D Tropin®, the only effective method of increasing hGH was via a parenteral route (intra-muscular injections). This increase was due to the introduction of exogenous (outside the body) recombinant, synthetic hGH. All other substances such as secretagogues including sublinguals, oral sprays, homeopathics, powders, amino acid stacks, pills, tablets and effervescents have never been clinically proven to increase hGH levels.

In addition to an increase in endogenous hGH levels within 90 minutes of usage, other changes in serum parameters were also noted while using Trans-D Tropin®. These included a consistent decrease in IGF-1 levels, which has begun to re-establish fundamental principles of endocrinology that are well supported by published studies, clinical observation, original research, as well as basic principles of physiology. In addition, a dramatic decrease in glucose levels (especially in diabetics) and a decrease in cortisol levels were noted within 90 minutes of using Trans-D Tropin® compared to baseline levels.

Trans-D Tropin's® active constituents are all natural amino acids, combined using an extraordinarily unique and technologically advanced process already highly sought after by several pharmaceutical companies. Combined with the proprietary and innovative trans-dermal delivery mechanism, Trans-D Tropin® has now set a precedence by which all other "GH increasers" will be measured in the future.