



## Grow Young with HGH

By Ronald Klatz, Carol Kahn

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Grow Young with HGH, Ronald Klatz, Carol Kahn, This guide describes a way to lose fat, gain muscle, enhance sex life, decrease wrinkles, prevent disease and reverse the ageing process by stimulating the body's human growth hormone (HGH). It shows that ageing and its side-effects can be reversed by taking HGH or stimulating the production of this natural hormone. HGH can also be obtained through exercise as well as by safe dietary supplements, and has been shown to increase bone density, increase cardiac output, lower blood pressure, tighten ageing skin, enhance sexual performance and improve memory. The book explains in lay terms how HGH therapy works, provides a self-test for readers to determine their HGH needs, and presents a consumer's guide to obtaining HGH naturally and through supplements.



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