



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Amazing 31% Reduction in Body Fat

“Raise HGH 770%, reduce body fat 31%, increase mitochondria 100%, and maybe reduce a few wrinkles in as few as 8 weeks.”

What if I told you, you could raise human growth hormone 770%, reduce body fat 31%, increase the energy producing parts of your cells called mitochondria 100%, and maybe even reduce a few wrinkles in as few as 8 weeks by exercising one hour per week?

Well, a small but impressive study was done with middle age hospital employees in rural Mississippi. They didn't even ask them to change their diet, and yet, with as little as one hour per week, raised exercise induced growth hormone 770% in 8 weeks.

Think of your lean muscle mass as a furnace that burns fats, carbohydrates, and to a lesser degree, protein. As we age, our lean muscle mass shrinks. That

means our ability to burn fuel also shrinks. We can modify our diet but ultimately, we have to find a way to increase the size of the furnace, if we want long term weight loss.

Exercise physiologist, Phil Campbell, and others have found a way to dramatically increase lean muscle mass with as little as one hour of exercise per week, with no changes in diet. Sprint 8 is the name of the program used in this study.

Tabata and Timmons are two other researchers that you may hear about. All of these methods are a type of High Intensity Interval Training, HIIT, for short. But I am a big fan of Sprint 8. Here's how it works: after a 3-minute fast paced warm up, subjects were

directed to expend 30 seconds in an all-out fast fiber recruiting exercise.

Campbell calls it “a type of anaerobic cardio sprint.” By the end of the 30-second sprint, you should be praying you can finish strong. The 30-second all-out sprint is followed by a 90-second recovery period, which is equal to the intensity of walking. So, each cardiac sprint cycle lasts 2 minutes. That's one cycle. It's called Sprint 8 because you work up to 8 cycles of these cardiac sprints. With the 3-minute warm up and 1-minute cool down, each session totals 20 minutes, and to achieve the increased growth hormone levels of 770%, participants in the study averaged 3 sessions per week, which comes out to one hour.

Researchers told the subjects to start with 2 cardio sprints and work up to 8. According to Campbell, if you think you can do more than 8 sessions, you are not doing them correctly. Sprint 8 can be done with cycling, swimming, skiing, running, cross-country skiing, elliptical equipment, power walking, even weight training. Any type of exercise that involves large muscles like the legs and has a 30-second "all out" component qualifies.

Growth hormone is pulsed in our bodies up to 12 times a day. Exercised induced growth hormone will circulate in the body for up to 2 hours. What happens when you increase growth hormone? A reduction in adipose fat, increases in oxygen utilization, tissue repair, muscle strength and growth for starts. It also increases calcium retention and mineralization of the bone, which is very important to treat and prevent osteoporosis.

You can increase the benefits of growth hormone by eating about 25 grams of protein after the workout. You decrease or dampen the growth hormone spike, which we DON'T want to do, by drinking refined sugar drinks which will

raise insulin levels. Your wellness clinician may also suggest a supplement called Gammanol Forte with Frac. Dr. David Brownstein used Gammanol Forte at 2 tablets, three times a day, and found 8 out of 10 women, ages 29-77, had a significant increase in growth hormone after supplementing for 5 weeks.

Gammanol Forte is available through the clinic on this page. Dr. Phil Campbell's book, *Ready Set Go; Synergy fitness for Time Crunched Adults*, expands on the exercise concepts I shared, and videos are also available on the internet with workouts. Most people are not ready for the full version of Sprint 8, but with the help of your wellness clinician, you can chart a course to get back into shape.

The people in the study I referenced earlier weren't ready either, but by the end of the study, they still had profound results. 770% increase in growth hormone and 31% reduction in body fat in 8 weeks is very impressive. I know you've heard this saying before, but with results like these, you can not only add years to your life, but more importantly, you can add life to your years.