



Grow Young with HGH: The Amazing Medically Proven Plan to Reverse Aging

By Ronald Klatz, Carol Kahn

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--Dr. Bob Goldman, president, National Academy of Sports Medicine

Discover the Age-Reversing Benefits of Human Growth Hormone

- Lose Fat, Gain Muscle
- Increase Energy Level
- Increase Immune Function
- Enhance Sexual Performance
- Increase Cardiac Output
- Improve Skin Elasticity
- Remove Wrinkles
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- Lower Blood Pressure
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- Increase Bone Mass
- Quicken Wound Healing

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- Sales Rank: #41422 in Books
- Published on: 1998
- Released on: 1998-05-08
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .90" w x 5.31" l, .68 pounds
- Binding: Paperback
- 372 pages

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Editorial Review

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Aging is a disease, physician Klatz and science writer Kahn maintain, as becomes more obvious every time medical science discovers another way to reverse the effects of such severe age-associated afflictions as stroke and heart attack. They stress the benefits of human growth hormone--HGH. Aging typically begins when the body's production of HGH starts falling off, and it has been shown clinically and experimentally that injections of HGH have helped aging people lose weight and increase muscle mass, regain lost strength and endurance, sharpen memory and visual acuity, restore sexual function, and even bring hair back where it had fled. Thus, the first half of their book. The second consists of advice on finding an antiaging doctor, hormone therapy, and boosting natural hormone production through diet and exercise. In the epilogue, Klatz and Kahn predict that in 55 years, "physical immortality will be a reality." Many may scoff at that conclusion, but HarperCollins is betting a 150,000-copy first printing that those bent on getting better, not older, will find what precedes it irresistible. *Ray Olson*

Review

"A practical guide to gaining all the benefits of HGH through diet, exercise, nutrients, supplements, and hormone replacement therapies."-- "Total Health" An outstanding book....Dr. Katz thoroughly reviews one of the most important anti-aging therapies available today: HGH."-- Arthur Balin, M.D., Ph.D., F.A.C.P., executive director, American Aging Association "Want to be healthy, vital, alert, and active on your 100th birthday? Then you "must read this book."-- Dr Bob Goldman, president, National Academy of Sports Medicine

About the Author

Ronald M. Klatz, M.D., D.O., is a leading authority on maximum human performance, advanced biotechnologies, anti-aging medicine, and aging-related diseases. He is president and cofounder of the American Academy of Anti-Aging Medicine (A4M) and is board certified in family practice and sports medicine, and by the American Board of Anti-Aging Medicine. Dr. Klatz holds academic, clinical, or research affiliations with Oklahoma State University, Tufts University, and the Central America Health Sciences University. He is the author of numerous books, including *Grow Young with HGH*; has served as the senior medical editor of *Longevity* magazine and as a contributing editor to the *Archives of Gerontology and Geriatrics*; has been a respected consultant to the U.S. Congress and the General Accounting Office; and is a popular lecturer and television guest.

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Lynn Jordan:

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