and turn around the pot when confronted with the others who are not treated seem confused, hesitate, find solutions all the time to almost any problem, while sort of sixth sense for many patients, or a capacity to hormone may deeply reduce anxiety and provide a the other with easiness. They also explain why growth at almost the same time, while going from one into our capacity to multitask—doing different activities why it helps considerably to improve our memory and actions of growth hormone on the brain may explain substrate for energy in the neurons. These various growth hormone increases the sugar level, the main nerves, the nerves that calm us down. In the blood, hormone strongly stimulates the parasympathetic increasing their activity. In the nervous system, growth also, and even more, on our minds and moods. In the brain, growth hormone intensifies the number of contacts between the neurons or nerve cells while increasing their activity. In the nervous system, growth hormone strongly stimulates the parasympathetic nerves, the nerves that calm us down. In the blood, growth hormone increases the sugar level, the main substrate for energy in the neurons. These various actions of growth hormone on the brain may explain why it helps considerably to improve our memory and our capacity to multitask—doing different activities at almost the same time, while going from one into the other with easiness. They also explain why growth hormone may deeply reduce anxiety and provide a sort of sixth sense for many patients, or a capacity to find solutions all the time to almost any problem, while others who are not treated seem confused, hesitate, and turn around the pot when confronted with the same problems.

Can meditation help to improve growth hormone effects? Meditation or spiritual practices may help to increase growth hormone. One hour of training, for example, significantly increased the blood concentrations of growth hormone in elderly men. Increases of 5 to 15% can be expected with such practices. This may not seem like much, but for people with borderline low growth hormone levels, it may make the entire difference. These increases in growth hormones may also explain some of the calmness and inner peace felt by practitioners after a session.

What are the side effects of IGF-1? In addition to the rare hypoglycemia, stiffness can occur due to excessively tonic muscle development (muscles becoming hard). Overdose effects of IGF-1 are similar to those with growth hormone excess (muscles becoming hard). Overdose effects of IGF-1 may also explain some of the calmness and inner peace felt by practitioners after a session.


Miyake H, Kanazawa I, Sugimoto T. Decreased serum insulin-like growth factor-I level is associated with the increased mortality in type 2 diabetes mellitus. Endocr J. 2016 Sep 30;63(9):811-818.


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