



## Article Side

The Effects of Exercise As Well As Sleep on Human Growth Hormone Production by [Milo](#)

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There are many studies out there that prove that Human Growth Hormone is very effective, so I won't waste your time talking about how great it is. It is very good for anti-aging and athletic purposes. If your body is Human Growth Hormone deficient, you will suffer from a lowered immune system, higher fat gain, and less energy. After your teen years, your body is done producing large amounts of HGH and it continues to decline as the years pass. It declines so much that you only produce half the amount of HGH when you are 60 compared to when you are 20 years old. Luckily, there are ways to naturally help your body produce HGH.

Even if you don't want to supplement with HGH, there are ways to naturally raise HGH levels. The most effective way to raise HGH levels is through injections, but that requires a prescription. Many people use injections for serious health issues that other medications won't help. You can get real HGH over the counter through homeopathic Human Growth Hormone supplements if injections aren't an option for you. Supplementation does help, but it isn't totally necessary. Exercising is one of the best ways to help your body produce more Human Growth Hormone naturally. Also, you have to make sure you get enough sleep, which is another time that your body naturally produces HGH.

Exercising is very good for health, and that basically goes without saying. Exercising causes a 2 hour time period, called the recovery period, where your body produces higher levels of HGH than usual. Entering this state means that you just got done working out. There are many workout programs out there that promise to aid in the increase of HGH creation during the recovery period. Most of them incorporate both weight training and cardio. The most important thing to keep in mind is the consistency with exercise is how you can maximize Human Growth Hormone production over time.

The only thing that you want to consume during the recovery period is water and lean protein, like a chicken breast. It is possible to raise HGH levels just by what you eat as well, so remember that. However, that is not what this article is focusing on, so you should do some more research on that if you chose to go down the diet route.

Make sure to not underestimate how important sleeping is for HGH creation. Your body produces high amounts of HGH when you are asleep to aid in the recovery of the damage done during the day before. If you get quality sleep, that is all you have to worry about. If you get your 8 uninterrupted hours of sleep, that is all you need. You can aid the quality of sleep with cheap naturally supplements like melatonin.

Raising your HGH production naturally is as easy as exercising more and getting enough rest. You can even see results that are close to Human Growth Hormone injections if you choose to add in Human Growth Hormone supplements, like HGH oral sprays.

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If you are interested in HGH supplementation, such as homeopathic Human Growth Hormone, look

at 21st Century HGH. They manufacture their own a [Deer Antler Spray](#). You can also go to this other a [HGH Related Piece](#).

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