

**ANTI-AGING  
BREAKTHROUGH**

# Homeopathic Growth Factors

Human growth hormone creates lean muscle, boosts the immune system and strengthens the skin. Now, a high-tech version of homeopathy promises the same anti-aging effects and may even help treat AIDS.

BY CAROLYN  
DEMARCO, M.D.

In recent years, one of the most exciting advances in medicine has been the use of human growth hormone (HGH) to reverse many of the signs of aging. But up 'til now, few people could afford access to this hormone, which costs up to \$800 per month. The hormone must be injected once or twice daily and be closely supervised by a medical doctor. The good news is that an unusual marriage of technology and homeopathy may make the benefits of this hormone available to everyone.

Human growth hormone is the most abundant hormone made by the pituitary gland in the brain. It hits its peak during the rapid-growth phase of adolescence, then steadily declines as we age. HGH stays in the bloodstream for only a few minutes. However, this is long enough to stimulate its uptake by the liver, where it stimulates production of insulin-like growth factor-1 (IGF1). IGF1 is responsible for most of the actions of human growth hormone,

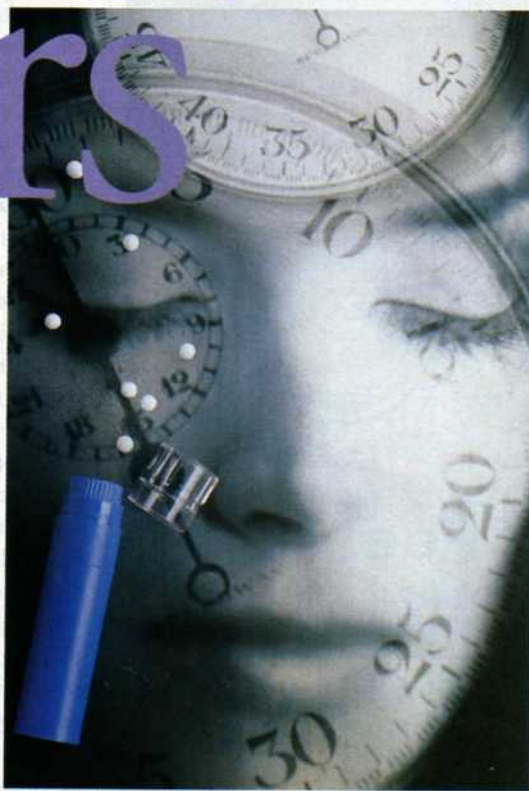
such as stimulating muscle development, strengthening cartilage, increasing bone density and increasing mental clarity.

Until recently, HGH was hard to obtain and very expensive—it could only be obtained from human and animal cadavers' pituitary glands. HGH itself was reserved for the treatment of children who failed to grow to normal height. Growth factors were and still are even more difficult to obtain.

In the mid-1980s, two drug companies were able to produce HGH through recombinant DNA technology, making it widely available for research and treatment. (HGH is no longer taken from cadavers.) Recombinant DNA technology means that special DNA is inserted into the DNA of yeast and bacteria, which causes the organisms to reproduce a large supply of

growth hormone, identical in structure to the body's own growth hormone. The FDA now allows American doctors to use HGH for anti-aging treatment, and a booming business in rejuvenation clinics is well under way. However, HGH still must be injected by a doctor.

In July 1990, a landmark study was published in *The New England Journal of Medicine*. Daniel Rudman, M.D.,



**PHYSICAL AND MENTAL ENERGY?  
SUPPORT WEIGHT LOSS?  
REDUCES CRAVINGS?  
PURE HERBAL  
DIETARY SUPPLEMENT?**

.....IT'S

## **THIN TAB Naturally!**



**Feel The  
Difference!**



AVAILABLE AT **GNC LiveWell** AND  
OTHER FINE HEALTH STORES  
EVERYWHERE.



HEALTH AND NUTRITION SYSTEMS INT'L, INC.  
3750 INVESTMENT LANE - SUITE 5  
WEST PALM BEACH, FL 33404  
561-863-8446

injected 21 men between the ages of 60 and 80 with supplemental HGH, three times a week for six months and compared the results with nine men in a control group. The men receiving HGH all showed a marked improvement in health and appearance. They gained an average of 8.8 percent in muscle mass, lost an average of 14 percent body fat and increased their skin thickness—without changing their diets.

Rudman commented that the changes in body composition reversed approximately 10 to 30 years of aging. As a result of this study, The National Institute of Aging has funded nine clinical studies on growth hormone, which are now in progress.

The main side effects of HGH come from overdosing. These include edema, carpal tunnel syndrome and joint aches and pains. Scientists are divided on whether HGH might increase cancer risk by promoting growth of tumor cells.

Barbara Brewitt, Ph.D., a Seattle-based scientist with a longtime interest in the mind-body connection, combined the leading edge of recombinant DNA technology with homeopathy. Brewitt has developed a line of homeopathic growth factors made from recombinant technology. She has also developed a homeopathic growth hormone product. Her line is now available at some natural health food stores. (Since the products are so new, it may be a while before they are widely available.)

Brewitt took five growth factors made by the recombinant DNA technology and prepared them in the classical homeopathic manner. The homeopathic growth factors and growth hormone seem to awaken the immune system and have an anti-inflammatory and anti-

depressive effect. "Homeopathic growth factors represent a new class of medicines. They combine modern biotechnology and molecular biology with basic homeopathic principles formed two centuries ago," says Brewitt.

The advantage to this new breakthrough is that you don't have to go to a doctor to receive the benefits of growth hormone, IGF1 and other growth factors. While all forms of growth hormone and growth factors come from the same sources, the homeopathic versions are diluted with infinitesimal amounts of recombinant DNA. Homeopathy is a form of medicine that uses infinitesimal doses of natural substances to stimulate the body's own immune system.

Growth factors, which contain one of several growth factors, including IGF1, are being marketed to help enhance mental clarity, endurance and body harmony and reduce pain, inflammation, fever, PMS and menopause symptoms. Homeopathic growth hormone, which contains actual human growth hormone, assists in the development of lean body mass and muscle strength while also optimizing energy and endurance and boosting the immune system.

"The concept of homeopathic growth hormone represents a major breakthrough in reduction of health-care costs for both healthy and chronically ill individuals," says Brewitt.

Preliminary studies done by Brewitt on homeopathic growth hormone with healthy people show benefits in the area of enhanced functioning of the metabolic, immune and nervous systems. People who took one tablet, three times daily for two to four weeks, showed an 8 to 23 percent increase in IGF1 levels in the blood. This indicates a physiological activity by growth hormone. Some participants also experienced an elimi-

**Homeopathic growth hormone, which contains actual human growth hormone, assists in the development of lean body mass and muscle strength while also optimizing energy and boosting the immune system.**

