

MODULE 3 | LESSON 5

SLEEP, EXERCISE AND HGH

Katie Rodriguez, Nutritional Consultant



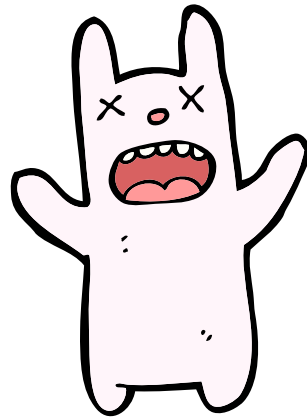


HUMAN GROWTH HORMONE (HGH)

- Natural testosterone booster
- Cell growth
- Cell regeneration
- Tissue repair
- Organ repair

HGH Production Factors

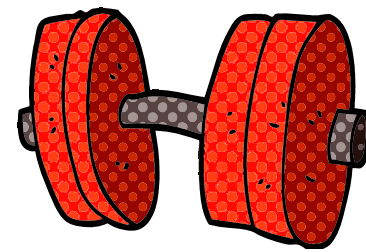
HGH PRODUCTION + RELEASE



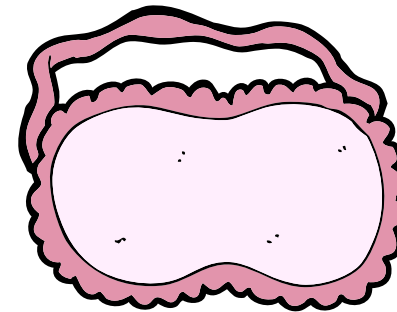
Stress Relief



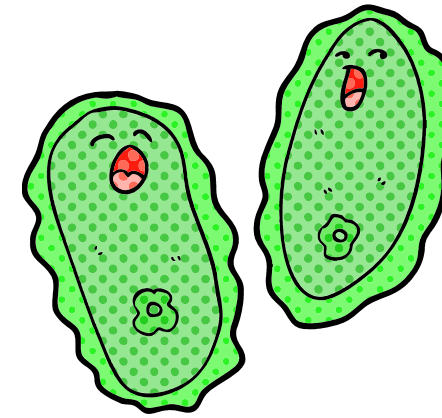
Adequate Exercise



Appropriate Sleep



Cellular Regeneration
(and HGH Release)



www.museandme.com



Priority #1:

MASTER YOUR DIETARY
PLAN OF ACTION

Priority #2:

FOCUS ON A FEASIBLE
WORKOUT ROUTINE

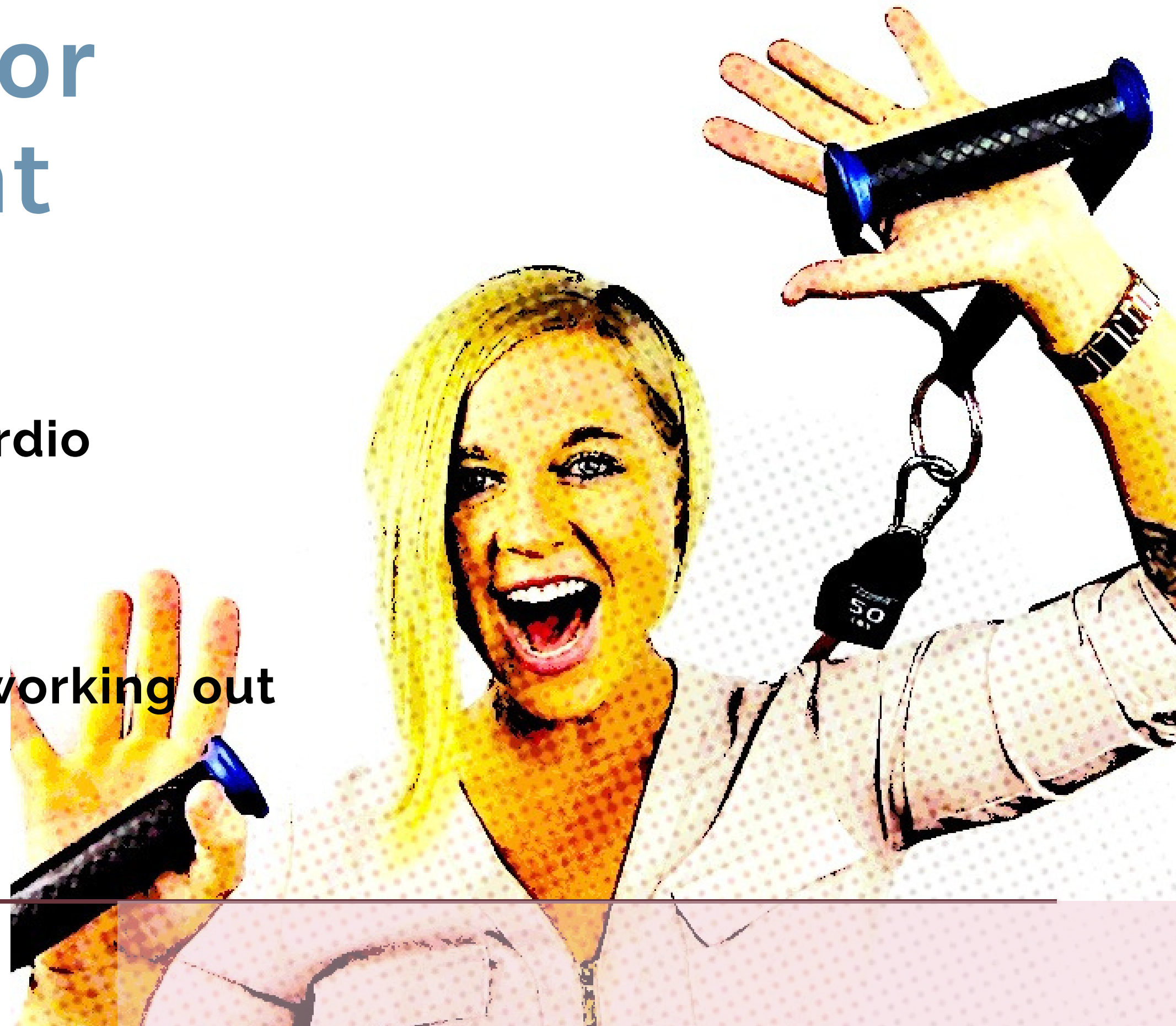
3 Common Exercise Misconceptions

1. You can exercise your way out of a bad diet
2. Cardio: the answer to weight-loss
3. Low-carb diets prompt atrophy



5 Exercise Tips for Burning More Fat

1. Practice fasted workouts
2. Weight-train prior to doing cardio
3. Change up your routine
4. Wait to eat after working out
5. Don't booze the night before working out





TIP #1

Practice Fasted Workouts

You actually increase your level of HGH with fasted workouts. Eating prior to a workout (especially carbohydrates) will spike insulin which in turn reduces HGH.



TIP #2

Weight-train Prior to Doing Cardio

Weight training actually depletes glucose stores faster, meaning you'll begin burning fat in less time.



TIP #3

Change up Your Routine

Workouts that promote muscle confusion are the most effective when it comes to weight loss and strength training because they force the muscles to adapt and evolve.



TIP #4

Wait to Eat After Working Out

Waiting to eat after working out increases HGH. This is known as the afterburn effect. The afterburn effect can burn up to 400 more calories if you wait one hour to eat after working out.



TIP #5

Don't Booze the Night Before Working Out

Alcohol raises cortisol and decreases testosterone which means muscle repair will be slower and metabolism will be negatively effected.

SLEEP IS VITAL TO IMMUNE FUNCTION,
METABOLISM, MEMORY, LEARNING,
HEALING, AND REGENERATION.

5 Bedtime Hacks for Better Sleep

- 1. Don't eat within 3 hours of bedtime**
- 2. Lower the temp to 67 degrees or below**
- 3. Use light-blocking blinds to keep the room dark**
- 4. Practice “unplugging” an hour before bed**
- 5. Try meditating or visualizing before bedtime**

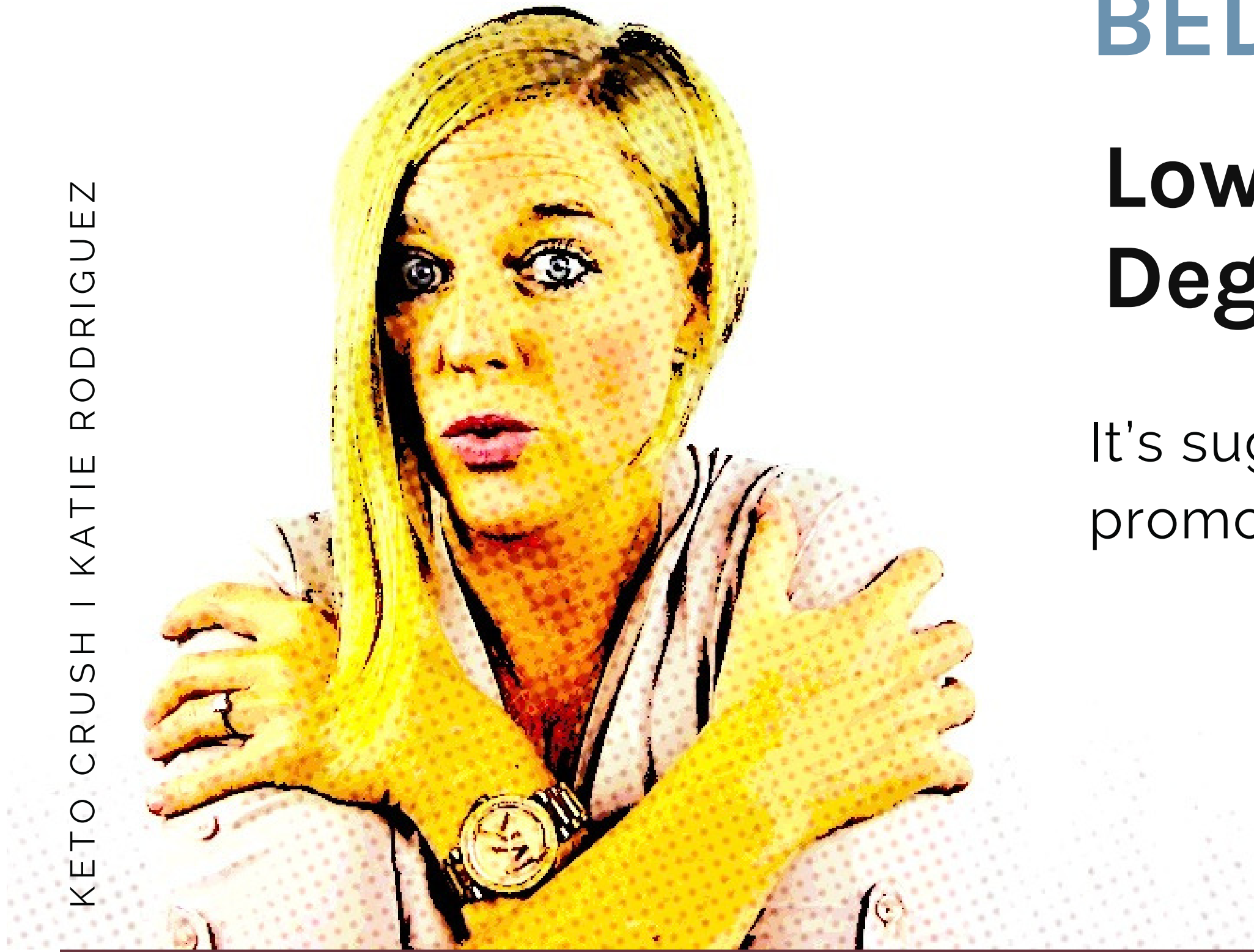




BEDTIME HACK #1

Don't Eat Within 3 Hours of Bedtime

Your natural surge of HGH generally occurs 30-70 minutes after falling asleep. However, eating prior to bed stimulates insulin, which naturally overrides HGH secretion.



BEDTIME HACK #2

Lower the Temp to 67 Degrees or Below

It's suggested that 60-67 degrees promotes optimal sleep patterns.



BEDTIME HACK #3

Use Light-blocking Blinds to Keep the Bedroom Dark

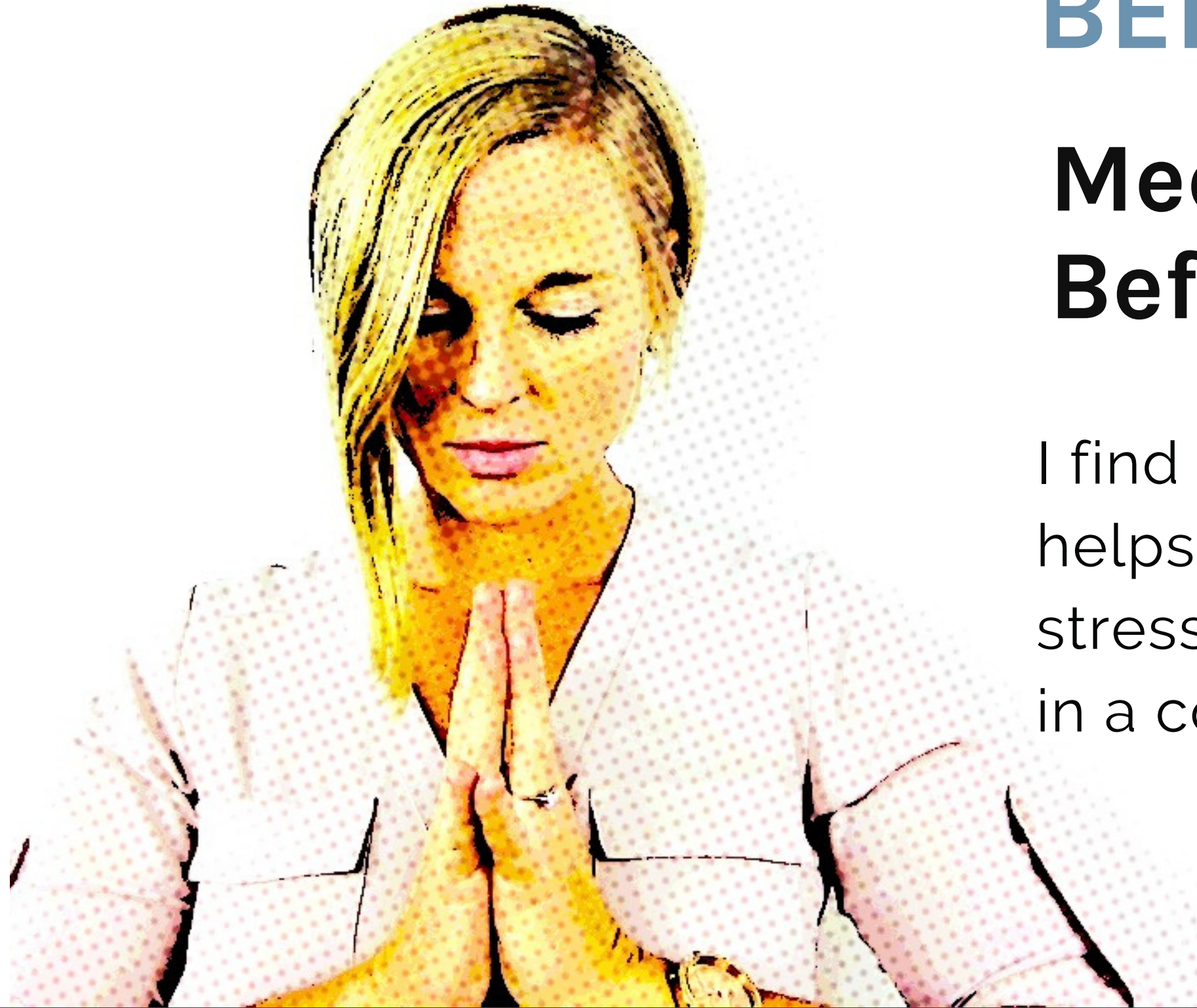
It's suggested that 60-67 degrees promotes optimal sleep patterns.

BEDTIME HACK #4

Practice “Unplugging” an Hour Before Bed

Unplugging simply means detaching yourself from electronic devices. Get away from the blue light and open a book, bet you can't make it five pages before drifting off.





BEDTIME HACK #5

Meditate or Visualize Before Bedtime

I find meditating or visualizing at night helps me wind down and relieve stress. This practice naturally puts me in a cozy dream state.

3 Natural Supplements to Boost HGH Levels

- 1. Deer Antler Velvet**
- 2. GABA**
- 3. Maca Root**

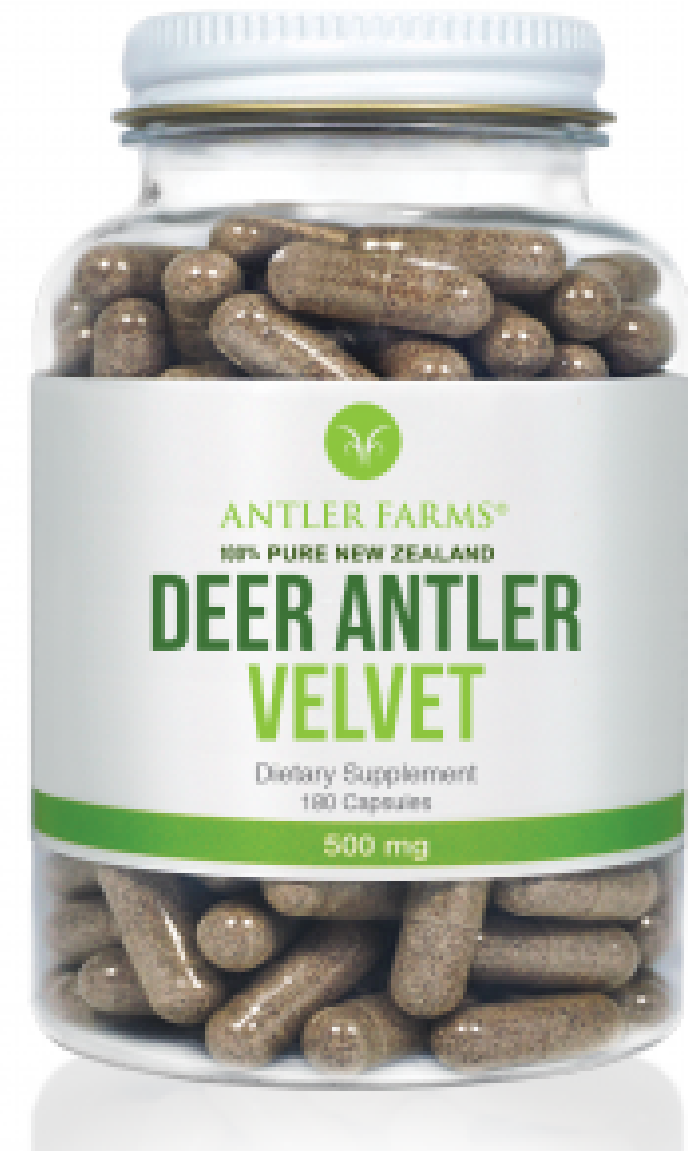


HGH Supplement

DEER ANTLER VELVET

Deer antler velvet has been harvested for centuries and traditionally used to increase strength, boost the immune system, and counter the effects of stress.

<https://www.antlerfarms.com/>



HGH Supplement

GABA

GABA is often taken as a sleep aid due to its calming effect on the brain and central nervous system. And as we discussed, improved sleep aids in the production and release of HGH.

<https://www.nutrabilio.com/>



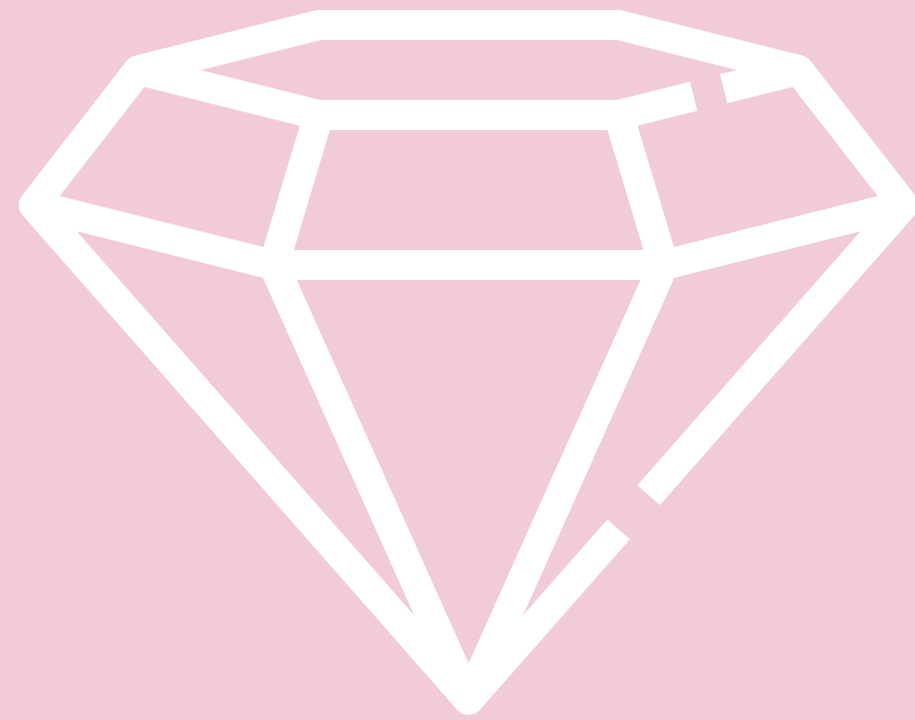
HGH Supplement

MACA ROOT

Maca is said to stimulate and nourish the hypothalamus and pituitary glands which are directly responsible for the production of HGH.

<https://navitasorganics.com/>





ACTION STEP:

**Focus on Improving EITHER
Exercise or Sleep**

I suggest starting with one of the tips mentioned today—whichever one resonated with you. Try implementing it into your daily routine, if you find it goes over with ease, you can always add another.

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