

## The Effects and Benefits of Wachstumshormon

Wachstumshormon, or growth hormone, is a protein hormone, which is secreted by the somatotroph cells of the anterior pituitary gland. This hormone, also referred to as somatotropin, is responsible for growth stimulation and cell reproduction in both humans and animals. Wachstumshormon has anabolic effects upon the tissues of the body. The best-known effect of this hormone is height growth, which occurs during childhood. However, wachstumshormone serves metabolic functions as well. These include the increase of calcium retention, as well as that of bone mineralization; the creation of new muscle cells, which results in an increased muscle mass; stimulation of internal organ growth (except for the brain) and an increase in protein synthesis. Wachstumshormon can also help in fueling homeostasis, promoting lipolysis, which helps reduce adipose tissue, as well as in reducing the quantity of glucose that the liver uptakes. Other metabolic functions that wachstumshormone serves include stimulation of the immune system and contribution to the maintenance and good functioning of pancreatic islets.

When wachstumshormone is naturally produced by the pituitary gland, all its effects may go unnoticed, as they are seen as normal. However, once you experience a decline in wachstumshormon secretion, you will probably also notice a decline of muscle tone, an increase in body fat, as well as deterioration of skin, hair and nails, as they are composed of proteins. Furthermore, recent research has demonstrated that the growth hormone plays an important part in many functions of the body, such as proper functioning of liver, stomach, bowels and glandular systems, as well as in the sexual function.

In other words, be it the direct interaction with cells and body tissues or the contribution to the functions of our bodies, wachstumshormon is essential for your health and vigor. Until recently, the wachstumshormone augmentation treatment was rather expensive and unaffordable. However, over recent years, pharmaceutical and natural supplement companies have come up with more affordable solutions for growth hormone stimulation. The supplements available on the market today help your body increase its levels of wachstumshormone to those of a young and vigorous person.

As has been said before, wachstumshormone boosters are responsible for stimulating the secretion of growth hormones in humans. These boosters can decrease body fat and restore muscle mass, increase energy, normalize blood pressure, improve the level of cholesterol in your blood, as well as your memory. Nowadays, people use wachstumshormone boosters either for fighting the aging process or for muscle building. Active people, such as sportsmen, resort to human growth hormone boosters in order to enhance their performance. These boosters are widely used by people over the age of thirty, since this is the stage in life when the decreased in natural production of wachstumshormone occurs.

Growth hormone boosters can be purchased either from a drugstore or online, from a specialized web site. You can find wachstumshormon boosters in the form of homeopathic capsules and pills, sub-lingual sprays, or anti-aging supplements.

All in all, there comes a time when the proper functioning of the organs in our body requires special attention, and what better way of solving aging problems than helping your body produce essential substances and hormones naturally, when it can no longer do so by itself?

### About the Author

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