

ghr

# 15 REPORT

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## GHR15 Interview With Dr. Don Johnson

*GHR15 Still Dominating the Anti-Aging Industry Market*

*Dr. Don Johnson, is a doctor in orthomolecular medicine and the president of the American Anti-Aging Society. He and his colleagues have made tremendous advances in helping us fend off some of the adverse affects of aging -- the greatest advance being the formulation of GHR15. The following is a condensed transcript from a recent national radio interview with host Tom Cormier*

**TC:** Since our program first aired, *over a million people* have seen for themselves how this great product can make them feel as much as twenty years younger -- and it's all based on sound, clinical science.

"The difference between a young person and an old person is the amount of circulating human growth hormone. By increasing HGH, all of the wonderful things that happened to you when you were younger are going to happen again."

**DJ:** A day doesn't go by when someone doesn't call me and say "*I can't believe the results I'm getting*". I understand that -- because on occasions, I have not taken it for several days and I could tell

the difference. It's so important for people to feel well all the time -- and they can do that by taking GHR15 on a regular basis.

**TC:** It's true. And the letters we get indicate exactly what you're talking about. None of them are solicited -- and I am amazed how absolutely dedicated these people are to taking GHR15. Why is that?

**DJ:** *Because it works!* You can take vitamins and minerals -- which I highly approve of -- but you don't see immediate results. With GHR15 your going to see *immediate* results. Some people in a matter of a day or two, some people in a week, the longest probably two weeks. But they *will* see changes. The thing that I hear often in my practice is that a person starts taking it and before long, the spouse starts taking it too. They look younger, they feel better, their libido is increased. Once they start GHR15 and see how good they feel, they don't stop.

**TC:** It would be *very* hard to stop something that's going that good! Some of the conditions we see in our letters are very common. They all seem to have the same conditions that improve as a result of taking GHR15 -- and some of them are uncommon too. It's incredible how it affects different people in different ways -- but in either case, it always positive.

**DJ:** Almost everyone sees a change in energy; in the way they sleep; in their mood. I have people calling me up all the time telling me about very, very severe conditions which they no longer

*(Continued on page two)*

"I'm writing to tell you what a great product GHR15 is! I started taking it in April 2000 and did not notice much of a change, so I quit taking it. Then on my 50th birthday I had some pictures taken of me. A few weeks later when I saw these photos, I was shocked to see how heavy I really was. With much persistence from my friend, I went back and started taking GHR15 again and today, 7 months later, I've lost over 30 pounds and went from a size 14 to size 6. I sleep better than I have in years. I feel better than I have in years. This is truly a miracle."

Mary, Florida

I heard the advertisement on the radio and ordered three months' supply. I am really impressed with the product and I have shared it with my friends who really appreciate knowing about it!

Joan, Texas

# Dr. Johnson

(continued from page one)

have. They get better. They feel better.

It was reported in the New England Journal of Medicine, from the time we're twenty until we're 62, we lose 80% of our circulating growth hormone. This is the reason we age. Aging is actually a disease -- but it can be reversed. GHR15 causes a normal and natural release of your own growth hormone, thereby making you feel younger, better, while repairing tissue that has degenerated over time.

**TC:** That is amazing. Let's talk about the Rudman study for a second here. It was only the beginning, and it set you and your colleagues off to the races to find a way that we could stimulate our own growth hormone levels and keep them raised for a longer period of time in our bodies. You found a way.

**DJ:** Dr. Rudman was using actual injections of human growth hormone. Very, very expensive -- from \$1,200-\$1,500 per month -- which is not necessary. We know now, that by using a growth hormone releaser, it can do the same thing for a fraction of the price -- just as well as injections. Even a couch potato is going to see change.

**TC:** These people definitely look younger. They've lost fat, restored hair growth, regained hair color, reduced wrinkles, improved skin texture and elasticity, elevated their mood, improved their sleep, restored their sex drive, increased their energy, restored bone and muscle mass. It's a *youth* hormone -- if you had your youth hormone running past age 35, you'd have these things *still* going on.

**DK:** That's exactly right. What you're describing here is a younger person.

The difference between a young person and an old person is the amount of circulating human growth hormone. By increasing HGH, all of the wonderful things that happened to you when you were younger are going to happen again. It happens in *every* case. It's not a question of *if*, it's a question of *how soon*.

**TC:** That's the neat part about it. We have not really found anybody it has not worked for. If it will help open that gate to allow your own natural HGH to continue to flow at a reasonable level, then your going to feel a lot better.

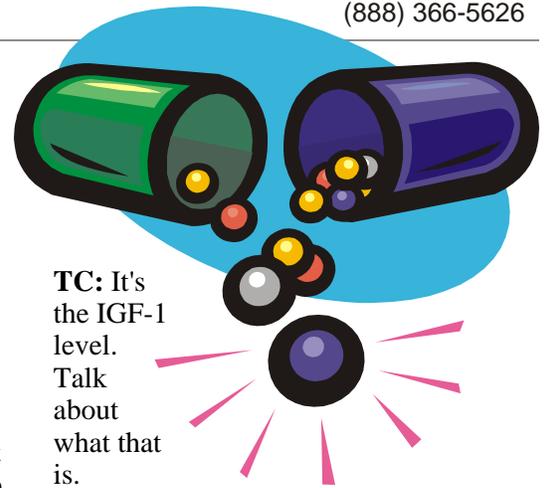
**DJ:** Scientists have always known that you have to put women on estrogen after menopause. Why do they do that? Because they feel better, they look better. Everything seems better because that hormone is re-supplied. We've been very slow on the uptake of HGH. Everything that we have done so far has not only been proven, but it's safe.

**TC:** Our customers back up everything. With the onslaught of baby boomers turning fifty, I've got to believe that GHR15 is certainly at the right place at the right time.

**DJ:** It really is. Our diets and our lifestyles haven't been what they should be. We need all the help we can get -- and GHR15 *is* the help that we can get. I don't know of anybody that didn't improve by taking GHR15.

**TC:** We've never had a product that caused all these letters to come in from so many different kinds of people -- and they seem to say the same thing.

**DJ:** The big difference between taking injections and GHR15 is that with injections you're forcing something and it's very hard to get the right dosage. With GHR15, the body only releases what's required. If you take four capsules at night, it is not going to put too much HGH in your system.



**TC:** It's the IGF-1 level. Talk about what that is.

**DJ:** You can't measure HGH itself, so they measure IGF-1 which is HGH converted in the liver. Testing is important if you want to measure the effectiveness.

**TC:** After years of research you figured out a way that showed the exact stacking of amino acids in specific scientific ways that was able to then prove that it does, in fact, enhance the pituitary to release HGH.

**DJ:** ...and there's nothing synthetic put into your body. One of the reasons we get old is because tissues dry out. When we get wrinkles and we look older, it's because the fluid in our tissues is no longer there. By taking GHR15, the fluid comes back.

**TC:** It seems by the letters we receive, there are some things that everybody notices -- most noticeably, the sleep. Obviously the energy level goes up. People talk a lot about the weight loss aspect. My wife and I lost 25 pounds each.

**DJ:** In some people, they'll actually build more muscle. They'll lose the fat, but they will actually gain more muscle.

**TC:** So it may not actually equal weight loss?

**DJ:** It's fat loss. Fat is where the danger is.

**TC:** You really do have something special here. Thank you very much for all you've done for the advancement of the anti-aging discipline.

END

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

Thomas Edison

# HGH in the News

## Sweet Syringe of Youth - Forbes Magazine

"Hal Katz never wants to feel old. So, five months ago the 4-year-old owner of a small auto insurance company in Baltimore, Maryland, started taking daily injections of growth hormone. He has lost weight without changing his diet and feels more energetic than he has in years. As an amateur weightlifter, Katz can bench-press as much as 297 pounds, compared with 220 pounds before beginning the treatment." 12/11/00

## Dipping Into the Fountain of Youth - American Medical News

"Some doctors say science has discovered what Spanish explorer Juan Ponce de León never could: the fountain of youth. And for people who want to take a sip -- or in some cases, to dive right in -- there are now plenty of places to seek eternal youth without having to embark on an exhaustive search. In recent years, hundreds of anti-aging clinics have sprouted up across the country with the tantalizing promise of enabling people to live decades longer and healthier." 12/04/00

## Skin Care and Aging - NIAMS

The simplest and cheapest way to keep your skin healthier and younger looking is to stay out of the sun. Sunlight is a major cause of skin changes we think of as aging--changes like wrinkling, looseness, leathery-dryness, blotchiness, various growths, yellowing, or pebbly texture. Still, one-third of all adults sunbathe even though they know that sunlight can hurt their skin. Over time, the sun's ultraviolet (UV) light hurts the fibers in the skin called elastin. The breakdown of these fibers causes the skin to sag, stretch, and lose its ability to snap back after stretching. So while sun damage may not show when you're young, it will later in life.

# Gene Mutation Extends Lifespan

Mutating a single gene can double the lifespan of fruitflies from 37 days to between 69 and 71 days, while maintaining a high level of functioning and fertility. This finding of a research team led by Stephen L. Helfand was supported in part by the National Institute on Aging (NIA), part of the National Institutes of Health (their study is reported in the December 14 issue of *Science*).

The gene complex was named Indy as a joking reference to the tag line from Monty Python and the Holy Grail, "I'm not dead yet." This is the third mutation in the fruitfly genome that is reported to extend lifespan. According to Helfand, the Indy gene is associated with the way that the body stores and

uses energy.

"What is interesting about this line of research is the recurrence of the link between metabolism, caloric restriction and longevity. This study points to the possibility that if you genetically alter metabolism, you can alter lifespan," said Dr. David Finkelstein, research director for metabolic regulation research at the National Institute on Aging.

"While there is an 80 percent homology between the fruitfly and human genomes, we are still many steps away from understanding how caloric restriction may affect human lifespan," Finkelstein said.

*Source: National Institute on Aging*

"Before taking GHR-15, my IGF-1 blood level was at 169, however, after 3 months it rose to 225. I've been noticing some great improvements while on this product."

Sylvia, Oregon

"As an optometrist, I've always been taught that cataracts are irreversible. However, my personal experience with GHR15 has given me a whole new prospective. I've had cataracts on my eyes for the last five years. After taking the GHR15 for seven weeks, according to what I can see, my vision has improved in the daylight, nighttime, and reading. I have cancelled my cataract surgery now that most of my symptoms are eliminated."

Milton, New Jersey

I enjoy the fact that I experienced no leg cramps anymore. For three straight months, my breathing has improved to point that I don't need to take any of my asthma medication -- which was \$200 a month."

Cameron, California

## GHR15 Re-Seller Prices Lowered!

If you have ever thought about selling GHR15 yourself, now is the time to act. Prices on bulk quantities have dropped to as low as \$13.50 per container!

Since the introduction of GHR15 in the beginning of 1998, sales have risen to a unprecedented level. In response to the many calls we have taken inquiring about re-selling this product, a re-seller program is available to distribute GHR15 and our other health products throughout your given marketplace.

Re-sellers have access to bulk purchase discounts, brochures, tapes, and other support materials. For more information, contact Jon Fleming at (800) 468-7171, ext. 1 or see our re-seller program page on the internet at <http://www.ghr.com>.

## Preferred Customer Program Saves \$\$\$

For a limited time, you can join our Preferred Customer Program and receive three containers of GHR-15 for only \$149.95, with free shipping and handling for as long as you're in the Program. ***That's a savings of \$96.85 over the regular cost of purchasing and shipping three bottles!***

If you need more than a three-month supply, additional containers for ***Preferred Customers*** are available for only \$30.00 after the initial order of three on every order. This is a great way to share GHR15 with your friends and family at a discounted cost! Call (888) 366-5626 to order.

For Customer Service  
or to order GHR15, call  
(888) 366-5626  
[www.ghr.com](http://www.ghr.com)

# Letters to GHR-15

"I am astounded at the effect of seven weeks with GHR15. The earliest, most profound change was an increase in energy and feeling of well-being. That has continued to increase, prompting this letter. Today, I feel as though I am 25 instead of 51. The visual effects have been startling! My arm muscles have become larger, tighter and stronger with very, very little effort. I have noticed a decided increase in muscle size and decrease in fat in my upper torso and my legs. Every muscle feels stronger and more compact. Wrinkles have nearly disappeared, and this week I noticed that I had

"I am astounded at the effect of seven weeks with GHR15."

little need for my reading glasses anymore, something I thought was an incurable problem. My sleep is better than ever, and I am observing new hair growth in opposition to decades of balding. I shave my head and have noticed a distinctly greater area of scalp that has to be shaved since starting with GHR15. This week, I am starting my 80-year old mother on this product, as I have had absolutely no side effects from using it. No way would I ever ask for my money back!!!"

### Charles

"Thank you! Thank you!! Thank you!!! I have had a chronic disabling problem with lack of energy and multiple daily black outs due to chronic low blood pressure problems. My lowest BP on record was when I was pregnant with my 4th child: 74/undetectable!

However, I began taking GHR15 in

early August 2000. Within two weeks I realized I was not having anymore black outs! I am now able to do things "normal" people can do

"Thank you for giving me my life back. I have four wonderful children and a wonderful supportive husband, and I'm so thankful I am now able to enjoy them."

without passing out! I haven't even had head rushes or anything! In fact, I have no symptoms of any disease at all anymore!

Thank you for giving me my life back. I have four wonderful children and a wonderful supportive husband, and I'm so thankful I am now able to enjoy them. Recently I've tried to make it a habit to walk around a little lake in our area every afternoon with the family. What a wonderful activity I am now able to enjoy! I'll be taking GHR15 for the rest of my life, not because I want to extend my life, but because I want to enjoy life to it's fullest with the people I love.

Thank you for developing and marketing this wonderful lifesaving product. It has given me my life back!"

### Jane



Your comments are welcome. Please write to the GHR-15 Report, P.O. Box 629000, El Dorado Hills, CA 95762 or e-mail [dcross0201@sprynet.com](mailto:dcross0201@sprynet.com). To read more letters from our customers, see our web site at <http://www.ghr.com>.