

NEWSLETTER April 2021

A Healthier Living with SomaLife

Be more energetic with SomaLife pharmaceutical-grade supplements.



You Are What You Eat!



Besides raising HGH levels directly by injection, or by the use of secretagogues, there are still other ways to enhance HGH levels in the body. And although they may not demonstrate as dramatic an effect as shown by injections or secretagogues, these methods are capable of bringing about increased levels of HGH. Where these enhancers are used in conjunction with each other, and most particularly with the use of secretagogues, you have the recipe for attaining excellent HGH levels, without the use of injections.

Since most of the secretagogues consist of amino acids, which are the building blocks of protein, we would do well to include sufficient quantities of complete proteins in our diet. Foodstuffs like meat, poultry, fish, tofu, and cottage cheese are all excellent sources of protein and have been promoted lately with diets like *The Zone*, *Protein Power* and *Dr. Atkins Diet*.

Besides the amino acids already mentioned,

there are some B vitamins that have also demonstrated the capacity to act as HGH releasers. These include vitamin B6 and niacin.

You Are What You Eat.

This expression was making the rounds some years back, and there is a great deal of truth in it. If we do not embrace a good, all-round diet, our health in general suffers, and this will reflect itself in many ways, including our manufacture and output of HGH. Therefore, in addition to taking secretagogues and ensuring an intake rich in protein, one would be wise to effect a diet that considered all aspects of nutrition.

You Are As Much As You Eat.

This statement might hold another bit of "food for thought". That is, the more we eat - over and above an optimal limit - the more we will pack on as fat. Even if it is food that is good for us. And these extra pounds of fat will, especially when occurring in abundance, have a deleterious effect on our health. In addition to the expected hazards to our health (increased risk of heart attack, diabetes, etc.), one study showed that fat, along with age, correlated significantly with reduced levels of HGH in the body. To put it another way, the study indicated that the levels of HGH tended to be affected by these two factors (age and obesity), so that lower levels of HGH tended to be found in older subjects of similar weight groups, as well as in overweight subjects of similar age groups. In view of this finding, for people who are overweight, cutting down on the food intake

will provide not only the normal, expected benefits, but will also confer the bonus of promoting higher HGH levels in the body. As well, there is a happy cyclical interaction at work here: the more fat that is lost, the higher the HGH levels a person can expect to have; and the higher the HGH levels a person has, the greater the tendency to drop the fat.

Marlies White, CEO and CoFounder
Amazon #1 Best Selling Author



QUOTE OF THE MONTH

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon."

— Doug Larson

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ANNOUNCEMENTS

What if you could stay young as old as possible?

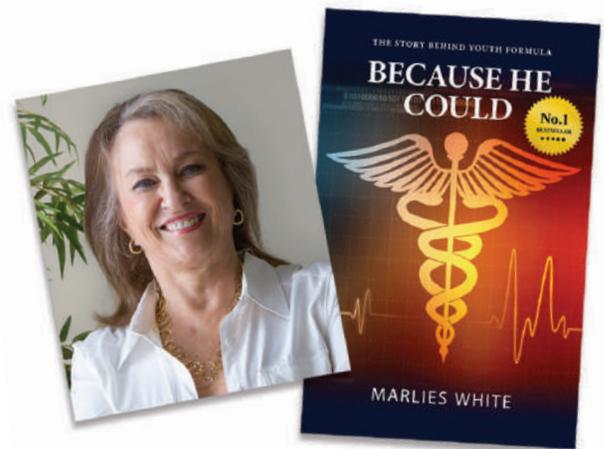
The fountain of youth has been long sought after, but a brilliant doctor was able to bring us one giant step closer with the development of an incredible anti-aging formula – because HE could. But bringing this formula to the world was not without its challenges, and overcoming them took a lot of determination, perseverance, and dedication. This book shares the story of one woman's mission to continue her husband's legacy and help people around the world slow the aging process.

A testament to the power of **Youth Formula** herself, Marlies demonstrates that age does not have to slow you down, and that it is never too late to step into your power and take control of your future. Now in her seventies, she has stepped out of her husband's shadow and is ready to show the world what she has achieved – because SHE could.

For Marlies, sharing the health supplements that support your immune system has been a passion that has not dimmed over the past 22+ years. She knows how important it is for you to be able to invest in your health!

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