

This is [Google's](#) [cache](#) of <http://longerhealthylife.com/formula.html> as retrieved on Feb 24, 2008 05:26:09 GMT. [Google's](#) cache is the snapshot that we took of the page as we crawled the web. The page may have changed since that time. Click here for the [current page](#) without highlighting. This cached page may reference images which are no longer available. Click here for the [cached text](#) only. To link to or bookmark this page, use the following url:
<http://www.google.com/search?q=cache:ex78cbakkwQJ:longerhealthylife.com/formula.html+tyler+parr+alcar&hl>

Google is neither affiliated with the authors of this page nor responsible for its content.

These search terms have been highlighted: **tyler parr alcar**

GH & Improving Your Health: **Formula**

MENU

[Introduction](#)
[GH and Aging](#)
[GH Effects](#)
[Protection](#)
[Formula](#)
[Sources & Refs](#)
[Why Works?](#)
[Feedback](#)

Be forewarned, this technique is **very powerful**. Using more of the components than suggested will provide you with far too much **Growth Hormone (GH)** release. This is not to be ignored, I am really not kidding at all. One person who insisted on trying this without understanding how powerful this is, immediately told me that this is 'way too powerful'. Get it right to begin with, too much **GH** release is not in your interest. I remind you that this information is purely for your personal use, this technique is Patent Pending 2000 by **Tyler Parr**, with all rights reserved.

Our formula consists of two parts: 1.) a method to increase your natural **growth hormone (GH)** output and 2.) protection against optional cell divisions by intake of bioflavonoids or polyphenols 3-5 hours after your largest meal. This is a balanced, carefully crafted system that is carefully designed to maximize benefit and minimize risk. **DON'T DO ONE WITHOUT THE OTHER.**

1.) Enhancing Your Own 'Natural' GH Secretion Technique

GH secretion increase is obtained by a "just before nightly sleep" oral intake of a mixture of 500 milligrams of **acetyl-L-carnitine (ALCAR)** along with between 20 and 30 milligrams of L-ornithine. Both genders need to take this mixture just before going to sleep at night (also at least 3 hours after last eating), **it will not have any effect if taken at any other time of day** *(See Note below) ! Eating within 3 hours of this 'at sleep' intake of this mixture will compete with uptake of these compounds and

largely prevent any GH elevation. Premenstrual women are slightly more sensitive to the amount of L-ornithine, **and have an optimum around 20-25 milligrams of L-ornithine** (along with the 500 milligrams of **ALCAR**). Postmenopausal women and all men have optimums around 25-30 milligrams of L-ornithine along with the 500 milligrams of **ALCAR**. I have found little variation with age, but suggest a starting point of 25 milligrams of L-ornithine and 500 milligrams of **ALCAR**. This can be adjusted up or down (more or less L-ornithine component) by your own feedback response (too much, too little), but should never go over 30 milligrams of L-ornithine. **You cannot improve your health by taking more, you may even injure it. You also cannot hurry the gradual process of return to healthier status, it takes almost a year to** reverse much of the physiologic declines of age (that remain reversible).

There are two easy ways to make this mixture up:

A.) Use a milligram balance to weigh out the 25 milligrams of L-ornithine (or 20 or 30 milligrams) and dissolve this in a small glass of water that is taken with a 500 milligram capsule of **ALCAR** (or 2 capsules of 250 milligrams of **ALCAR**).

Since most people don't have access to milligram balances, there is another way.

B.) Using a small tightly capped plastic container, empty the contents of 500 milligrams (mg) **ALCAR** Capsules into the container as described below:

**FOR 20 milligrams
L-Ornithine**

**& 500 milligrams of
ALCAR**

Empty 25 capsules of 500 mg **ALCAR** (save the entire empty gelatin capsules) (or 50 capsules of 250 mg **ALCAR**) Empty 1 (one) 500 milligram L-ornithine capsule (throw away that gelatin capsule) Close container and shake strongly (**must shake strongly each time use!**)

**FOR 25 milligrams
L-Ornithine**

**& 500 milligrams of
ALCAR**

Empty 20 capsules of 500 mg **ALCAR** (save the entire empty gelatin capsules) (or 40 capsules of 250 mg **ALCAR**) Empty 1 (one) 500 milligram L-ornithine capsule (throw away that gelatin capsule) Close container and shake strongly (**must shake strongly each time use!**)

**FOR 30 milligrams
L-Ornithine**

**& 500 milligrams of
ALCAR**

Empty 17 capsules of 500 mg **ALCAR** (save the entire empty gelatin capsules) (or 33 capsules of 250 mg **ALCAR**) Empty 1 (one) 500 milligram L-ornithine capsule (throw away that gelatin capsule) Close container and shake strongly (**must shake strongly each time use!**)

To get approximately 500 milligrams of this mixture **after vigorous shaking**, scoop up mixture to fill the empty (former **ALCAR**) gelatin

capsule(s) (1 of the 500 mg capsules or 2 of the 250 mg capsules) and recap. Take the refilled capsule(s) with a small glass of water just before sleep. You can also weight out approximately 525 mg of this mixture ** (See 2nd Note below) and fill an empty large gelatin capsule that can be purchased in a health food store. Please excuse the inconvenience of this preparation, but now you know why we believe you will be glad to buy the inexpensive commercial product which will be marketed later. For now, you get a chance to gain the benefits of better maintenance. Do not drink alcohol when taking these mixtures as the **ALCAR** inhibits your metabolism of alcohol .

PLEASE NOTE THAT YOU CANNOT BE TAKING OTHER AMINO ACIDS (or any other Food or supplements) DURING THE 3 HOUR FAST THAT MUST PROCEED TAKING THIS AT SLEEP - THEY WILL COMPETE WITH UPTAKE OF THESE AMINO ACIDS. TAKE ONLY THIS ! (OTHERWISE IT WON'T WORK !)

2.) Protection against optional cell division

Obtain from your health food store or mail order supplier the Twin Laboratories products of 'Wine and Grape Polyphenols' and/or 'GreenTea polyphenols' (or merely ground green tea in gelatin capsules). See the menu section on [Sources & Refs](#) for more information. We suggest these because they seem dependable standards available around the country. Other sources of 500 milligrams of polyphenols or bioflavonoids will also work, but you must be careful to ensure that they are properly balanced for our goals. Some bioflavonoids (eg. citrus bioflavonoids) do not inhibit tyrosine kinases as we wish (and thus are of no use for this process) and some other bioflavonoids (eg. quercetin) are too potent as inhibitors. I strongly suggest the Twin Laboratories products or the Green Tea polyphenols until you get a feel for this system. I suggest one week of using each source in succession - greater diversity of sources here means greater protection. This 500 milligrams of Bioflavonoids or polyphenols is taken 4-6 hours after the largest meal of the day. You should notice that your skin will noticeably cool off within an hour after taking these bioflavonoids or polyphenols. Older or frail individuals may even experience a chilling drop in temperature, if you are experiencing chills or shivering, then you must decrease the amount of polyphenols you are taking. There is some individual variation that you will have to evaluate for yourself. This cooling of your skin temperature is a reflection of the down regulation taking place in your cells that blocks cell divisions and lowers your metabolic rate. The best way to protect yourself is to eat only a single meal a day and then use the bioflavonoid/polyphenols to prevent cell division after the 4-6 hours of luxurious protein synthesis, but since most people eat several meals a day, take these compounds 4-6 hours after your largest meal. **Never take the bioflavonoids or polyphenols within a hour of taking the ALCAR + L-ornithine mixture, this will create an unpleasant interaction.**

You may start the growth hormone (**ALCAR** + L-Ornithine) supplement at 25-30 mg L-ornithine for a month before beginning this protection via bioflavonoids. This will allow you to confirm that you are actually getting increased effects of the GH supplementation, but then start taking the bioflavonoid protection. Don't worry if you miss a day with the bioflavonoids or the GH enhancer, it is the long term we are concerned with. This is at least a year long process to greatly improve your health, then continuing to maintain that improvement for as long as possible.

Notes:

* - Premenopausal women have large ovary generated estrogen release spikes during the day that in turn drive **GH** release, thus, premenopausal women could take this mixture during the day (3 hours from last meal) and augment the estrogen caused **GH** release. This method works for some women, **but is quite variable due to the variations in when the estrogen spikes occur. Because we want a reliable (same - day to day) GH output**, this technique for premenopausal women shows too much variation for reliability (something we don't want with GH output !!!). Ingesting this mixture 1 hour before **very (extremely!) vigorous** exercise to augment the magnitude of GH release (doesn't work with moderate exercise), will also work in both genders, but again is too variable and requires too much physical activity for most people. Both of these options work, but not as well as the 'just at night time sleep' option. As this mixture does not trigger GH release, it only augments normal triggered release, the best time to ingest this mixture for both genders is just at sleep after 3 hours of no food intake. The reason for this is that it acts to greatly augment the very reliable first **GH** release at 1.5 hours into night time sleep.

** - An inexpensive gram scale balance that can reliably weigh out 500 mg +/- 20 mg for the final mixture is available for about \$30 (US) from Edmund Scientific. This will allow very reproducible amounts of this mixture to be taken per day. This cannot be used to measure the 20-30 milligrams (mg) of L-ornithine (as in **A** above) because it is too inaccurate to be trusted for such small amounts. You can also invent other creative means of getting the 20, 25, or 30 milligrams of ornithine by various methods of subdividing a large amount, but beware that ornithine is a complete bacterial food with carbon, nitrogen, oxygen, and hydrogen atoms that will grow bacteria if they get a chance.

Edmund ScientificPhone 1-609 547-3488
101 E. Gloucester Pike
Barrington, NJ 08007

(Portable Tripple Beam balance Cat # 30360-28 \$24.95)

[Next PAGE](#)