Mindluster Platform

About the course Human growth hormone functions and benefits

Human growth hormone functions course, in this course we'll delve into the multifaceted roles of human growth hormone (HGH) in the body. Explore how HGH influences growth, metabolism, and cell regeneration. Learn about its crucial role in muscle development, bone density maintenance, and immune function. Gain insights into the regulation of HGH secretion and its impact on overall health. Discover the potential benefits and risks associated with HGH supplementation. Join us to deepen your understanding of the diverse functions of human growth hormone and its implications for well-being.

Medical Category's Courses

Course Lesson(105)

Lesson 1 : **How To Fix Enlarged Prostate Explained By Dr Berg**

Lesson 2 : **Understanding IGF 1 Insulin Like Growth Factor in Simple Terms â€“ Dr Berg**

Lesson 3 : **What Triggers Human Growth Hormone HGH â€“ Dr Berg**

Lesson 4 : **What Causes Hot Flashes â€“ Dr Berg on Problems Faced During Menopause**

Lesson 5 : **Can A Man Go Through Menopause â€“ Dr Berg on Male Menopause**

Lesson 6 : **What Is Dopamine â€“ Dr Berg**

Lesson 7 : **Men Estrogen Weight Gain Man Boobs â€“ Dr Berg**

Lesson 8 : **What is Tamoxifen It s Uses Side Effects â€“ Dr Berg**

Lesson 9 : **Endometriosis Causes Symptoms Link With Iodine â€“ Dr Berg**

Lesson 10 : **Do Phytoestrogens Increase Estrogen Levels â€“ Dr Berg**

Lesson 11 :
Functions Benefits of Human Growth Hormone HGH beyond Muscle Building â€“ Dr Berg

Lesson 12 : **What Really Causes PCOS Polycystic Ovarian Syndrome â€“ Dr Berg**

Lesson 13 : **Exercise To Boost HGH Human Growth Hormone â€“ Dr Berg**

Lesson 14 : **The 5th Body Type â€“ Dr Berg**

Lesson 15 : **Estrogen Mood Swings Menopause Connection â€“ Dr Berg**

Lesson 16 : **Hot Flashes Causes Signs Remedies â€“ Dr Berg**

Lesson 17 : **Birth Control Pills vs Condoms vs IUD Side Effects Effectiveness â€“ Dr Berg**

Lesson 18 : **The Best Vitamins for PMS Mood Swings â€“ Dr Berg**

Lesson 19 : **How To Tighten Loose Skin with Human Growth Hormone HGH â€“ Dr Berg**

Lesson 20 : **Low Fat Diets Depression Mood Disorder Dr Berg**

Lesson 21 : **Is Menopause Making You Fat â€“ Dr Berg on Menopause Weight Gain**

Lesson 22 :
3 Best Remedy for Low Progesterone â€“ Phytoestrogen Sea Kelp Progesterone Deficiency â€“ Dr Berg

Lesson 23 :
Menopause Making You Look Masculine Dr Berg on Menopause Symptoms Androgens In Females

Lesson 24 : **What is Licorice Root and What Are Its Benefits â€“ Dr Berg**

Lesson 25 :
The Importance of Progesterone for Hot Flashes Relief â€“ Dr Berg On Progesterone Deficiency

Lesson 26 : **Use Inositol for PCOS Polycystic Ovarian Syndrome â€“ Dr Berg**

Lesson 27 :
Another Surprising Cause for Low Testosterone Dr Berg On Hemochromatosis Hormone Levels

Lesson 28 : **Best Foods For Benign Prostatic Hyperplasia BPH â€“ Dr Berg**

Lesson 29 :
How Does Your Body Make Proteins Like Muscle Boost Growth Hormone Carbohydrates â€“ Dr Berg

Lesson 30 : **How Does Hormonal Imbalance Really Occur â€“ Dr Berg**

Lesson 31 : **What Causes Low Testosterone Tips To Increase Testosterone Levels By Dr Berg**

Lesson 32 :
The Ketogenic Diet Women Hormones â€“ Hormonal Imbalance In Women On Keto â€“ Dr Berg

Lesson 33 :
Hidden Side of Clinical Research Trials â€“ Paid Research Studies US Department Of Health â€“ Dr Berg

Lesson 34 : **Do Cruciferous Vegetables Increase or Decrease Estrogen**

Lesson 35 : **Postmenopausal Osteoporosis â€“ Osteoclast and Osteoblast â€“ Dr Berg**

Lesson 36 : **Receding Hairline Causes And Remedies â€“ Dr Berg**

Lesson 37 : **How to Boost Pregnenolone for More Hormone Energy â€“ Dr Berg**

Lesson 38 :
Dairy Menstrual Cycle Female Hormone â€“ High Estrogen Foods To Avoid During Menstruation â€“ Dr Berg

Lesson 39 : **Symptoms Natural Remedies For Pre Post Menopause Estrogen Deficiency â€“ Dr Berg**

Lesson 40 : **Can Dairy Affect Your Hormones Dairy Products Hormonal Imbalance â€“ Dr Berg**

Lesson 41 : **8 Natural Herbs for Reducing Excess Androgen â€“ Dr Berg**

Lesson 42 : **Why Do You Get Acne During Your Period Menstruation**

Lesson 43 : **Understanding the Women Menstrual Cycle and Estrogen Dominance â€“ Dr Berg**

Lesson 44 : **Natural Desiccated Thyroid Why Some People React Badly**

Lesson 45 : **3 Causes of Polycystic Ovarian Syndrome PCOS High Androgens â€“ Dr Berg**

Lesson 46 : **The Connection Between Thyroid Gland Estrogen â€“ Dr Berg**

Lesson 47 : **What Is Hormonal Imbalance â€“ Dr Berg**

Lesson 48 : **The Importance of Cholesterol for Your Muscles and Testosterone â€“ Dr Berg**

Lesson 49 : **Can Meat Beef Spike My Estrogen Levels**

Lesson 50 : **How to Fix Your Low Estrogen Levels**

Lesson 51 : **Dr Berg explains 3 Hormones that Affect your Body Shape Weight Loss**

Lesson 52 : **Hair Cortisol Analysis Gone Wrong By Dr Berg**

Lesson 53 : **Why Does Insulin Cause PCOS Polycystic Ovary Syndrome â€“ Dr Berg**

Lesson 54 : **Long Term Side Effects of Birth Control Pills It s Alternatives by Dr Berg**

Lesson 55 : **What Are Hormones And How do Your Hormones Work â€“ Dr Berg s Webinar Part 1**

Lesson 56 : **What Are Hormones And How do Your Hormones Work â€“ Dr Berg s Webinar Part 2**

Lesson 57 : **What Are Hormones And How do Your Hormones Work â€“ Dr Berg s Webinar Part 3**

Lesson 58 : **The Iodine Estrogen Connection MUST WATCH**

Lesson 59 : **Postmenopausal Estrogen Comes from Your Own Fat**

Lesson 60 : **How Ketones Affect Hormones and the Endocrine System**

Lesson 61 :
Consequences of High Estrogen in Men â€“ Estrogen Dominance Effects in Men â€“ Dr Berg

Lesson 62 : **Estrogen The Good the Bad and the Ugly â€“ Dr Berg**

Lesson 63 : **The Real Cause of Prostate Enlargement â€“ Dr Berg**

Lesson 64 : **Why Estrogen Dominance After Menopause â€“ Dr Berg**

Lesson 65 : **How To Increase Testosterone in Men â€“ Dr Berg on Boosting Testosterone**

Lesson 66 : **The 6 Fat Burning Hormone Triggers Explained By Dr Berg**

Lesson 67 :
Using DIM for High Androgens to Help with Facial Hair Cystic Acne and Alopecia Dr Berg

Lesson 68 : **Men Using DIM for High Estrogen Low Testosterone Dr Berg**

Lesson 69 : **Fasting Affects Your Hormones Greatly**

Lesson 70 : **Why Do Fat Men Have Low Testosterone**

Lesson 71 : **Hormones Out of Balance This is Why Dr Berg On Hormonal Imbalance**

Lesson 72 : **Testosterone Therapy Spiking Estrogen Why**

Lesson 73 : **Do I Have High or Low Cortisol â€“ Confusion Clarified on Cortisol Levels by Dr Berg**

Lesson 74 : **White Button Mushrooms Are the Best Testosterone Booster Food â€“ Dr Berg**

Lesson 75 : **Difficulty Getting Pregnant â€“ Dr Berg s Advice On Fertility Vitamins**

Lesson 76 : **7 Ways to Boost Testosterone Naturally â€“ Dr Berg**

Lesson 77 : **Male Menopause Andropause 5 Key Tips**

Lesson 78 : **Is it Okay to Take Testosterone Boosters Long term OKAY**

Lesson 79 : **Does Keto and Fasting Increase Stress Hormones**

Lesson 80 : **Why Liver Damage Makes You Estrogen Dominant MEN**

Lesson 81 : **Alcohol and the Endocrine System OKAY**

Lesson 82 : **Ignore Hunger Waves While Fasting**

Lesson 83 : **Why Did I Get PCOS Polycystic Ovarian Syndrome**

Lesson 84 : **How to Overcome Infertility**

Lesson 85 : **Boost Your Serotonin the Happy Hormone**

Lesson 86 : **DHEA and Menopause**

Lesson 87 : **Hair Loss Menstrual Cycle and Hormones**

Lesson 88 : **Belly Fat Destroys Testosterone**

Lesson 89 : **Male Version of PCOS**

Lesson 90 : **Low Fat Diets and Sex Hormones**

Lesson 91 : **Zinc Controls Many Key Hormones**

Lesson 92 : **Premenstrual Dysphoric Disorder PMDD**

Lesson 93 : **Eat Steak and Eggs to Boost Testosterone**

Lesson 94 : **Fix Your HORMONES with the Right FOOD**

Lesson 95 : **The 1 Missing Factor with Low Testosterone Is**

Lesson 96 :
The Serious SSRI Selective Serotonin Reuptake Inhibitor Side Effects Sexual Side Effects

Lesson 97 : **7 Ways to BOOST Human Growth Hormone HGH Dr Berg**

Lesson 98 :
The Ultimate Hormone Balancing Solution The 1 Absolute Best Way to Balance Your Hormones

Lesson 99 : **The 1 Best Remedy for Hot Flashes and Menstrual Problems**

Lesson 100 : **1 Food to Boost Testosterone**

Lesson 101 : **Eat Onions and Boost Testosterone**

Lesson 102 : **Glandular Therapy vs Hormone Therapy Which Is More Effective**

Lesson 103 : **The DOPAMINE Myth**

Lesson 104 : **Boost Growth Hormone As You Age**

Lesson 105 : **Watch This BEFORE Taking Testosterone Dr Berg**

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