

How to Apply and Use the NewULife HGH Gel!

INSTRUCTIONS FOR PROPER DOSING OF SOMADERM GEL

Dose = 1 pea size to blueberry size to a full pump.

Apply AM & PM Put 2 blueberry size amounts on the recommended areas! You use it twice a day--morning and night! Use it for 5 days and off 2! I think most people will use it Mon- Fri and off Saturday and Sunday! Whatever days work best for you:)

After writing down all issues & before pictures and posting them, then you start your GEL!

Application Areas: Any thin skin areas of your body such as inside of wrists, inside of forearms, armpits, back of hands, tops of feet and behind the knees. For absorption, it is best NOT to use your fingertips and palms of your hands.

—>**INITIAL “LOADING” Phase:** for the 1st 30 – 90 days.

“LOADING” is simply applying double the amount: 2 pumps AM and PM (larger people can try adding 3 pumps. (We are doing this for 3 months...so are most of our friends -)

CYCLING Use the gel 5 days on, 2 days off OR 3 weeks on 1 week off.

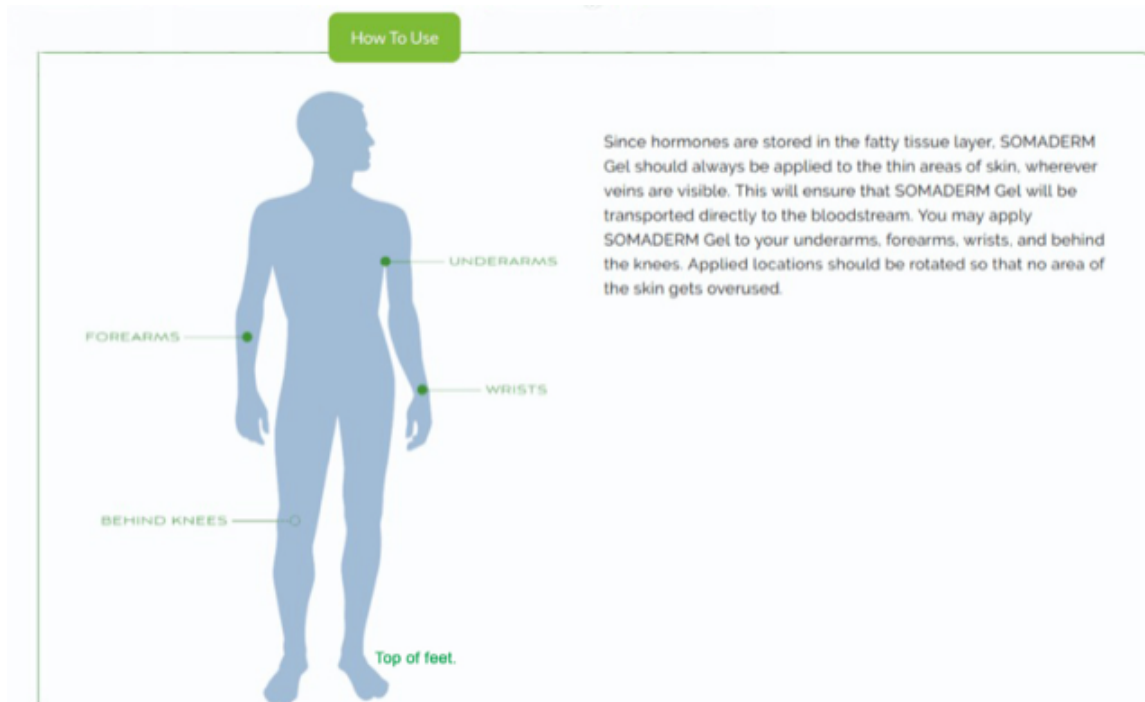
Cycling gives the body a chance to Reset itself. And so people will get the maximum benefits from the gel. Cycling allows the body to turn up its stored hormone production. Over time, the body is allowed to metabolize significant amounts of HGH, stimulating our body’s own natural production. This helps achieve benefits quickly. (the way it was when it was at its peak in our 20s.)

With any hormone therapy, it’s always smart to give the body a rest. And to make sure that the HGH is fully metabolized in the body. Alex, the formulator, states that with ours it is fully metabolized within hours so this is just precautionary but recommended.

—>**Maintenance Phase: Maintenance Phase** Apply a single dose (*Blueberry size dose*) of the gel in the AM & PM. And, **Keep Cycling!**

Please note: Everyone’s body chemistry is different. Some adjustments may need to be made during the loading phase. Sensitive people may want to start slowly with a reduced amount for the first week or two. For tiny women, or people that metabolize medications slowly, they can do a one-day test before starting the product. Apply 1 dose in the AM and 1 in the PM the first day. And then continue with the loading dose on day .

Dr. Vuong, MD Bariatric Surgeon, shows How to Apply the Gel:



<https://www.youtube.com/watch?v=mBVTIOLT7wc>

What if you get a bit of a headache or some other issue? Just slow down, use less or stop for a bit and then ease into it gradually. You may be detoxing a little bit, (which is really valuable). So be sure to drink plenty of good water! As your body's hormones become balanced, old injuries or issues that have not been properly addressed may pop up since HGH can bring it to the surface to support the body to do its magnificent work. If you have something going on, think back to when it happened before. There could be a correlation. (It's a good time to journal any old patterns that it might be the perfect time to release for good! Remember to journal also what you would choose to replace those old patterns with that would lift your life to a higher level.) :)

BEFORES AND AFTERS: When you get your Gel, make sure you take your BEFORE pictures, take measurements and write down concerns you need results with before using your Gel! After writing down all issues & before pictures... then you start your GEL!

WHAT TO DO ONCE YOU GET TO THE BOTTOM OF THE BOTTLE:

PLEASE NOTE: The company is in the process of upgrading the bottles for our Somaderm gel. In the meantime, there will be gel at the bottom of the bottle that hasn't made it to the pump mechanism. Unscrew the top of the bottle and use a long implement to pull out/pour blueberries size gel till the bottle is empty. You thin long plastic knife. Here's a link to Amazon for a tool that reaches in there easily.

https://www.amazon.com/gp/product/B0069VYSFM/ref=ox_sc_mini_detail?ie=UTF8&psc=1&smid=A2N5WL098AAG7C

SO, soon we'll have a better bottle. But till then, we don't want to miss even a smidge of our gel!!!

One more thing: Somaderm and alcohol: :)

A few posts have come up concerning the "lack" of benefits a person is seeing. Homeopathic medicines deal with each body very differently. Some may notice a change in less than 24 hours while others might take 6-9 weeks or more. Much of your response depends on your physical health, home life, work life and stress levels. It's also crucial to stay hydrated (half your body weight in water) each day and limit (significantly) or avoid alcohol. I know. No one likes the last one.

Here's a little more on alcohol + HGH to get a better understanding.

Walk away from cocktails for two weeks, use your gel as directed, and notice a remarkable change! You're chances of weight loss increase! You may see increased muscle tone and you're sleep is likely to improve by leaps and bounds!