

Muscle Up! Or Lose Your Health and Shape It Takes "MUSCLE" To Reach Optimal Health

New patented research shows how to gain and sustain lean muscle naturally and quickly—without the risks of anabolic steroids.

Those who have been around for thirty or forty years and more have no doubt noticed that general populations—especially in western countries—from childhood onward look entirely different from lean populations of years gone by.

Check out crowd photos from earlier days and take note of the contrast between bodies of yesteryear and those of the twenty first century.



Even if they aren't overweight or obese, most modern individuals have loose flab, bulges and sagging around their arms, chest, middle and belly.

Ever wondered why?

It's very simple, really. It's muscle that keeps us lean, and from childhood on we aren't building muscle the way we used to. Remember the old adage, "use it or lose it"? That saying actually originated from the understanding that muscles require exercise. Race horses are exercised

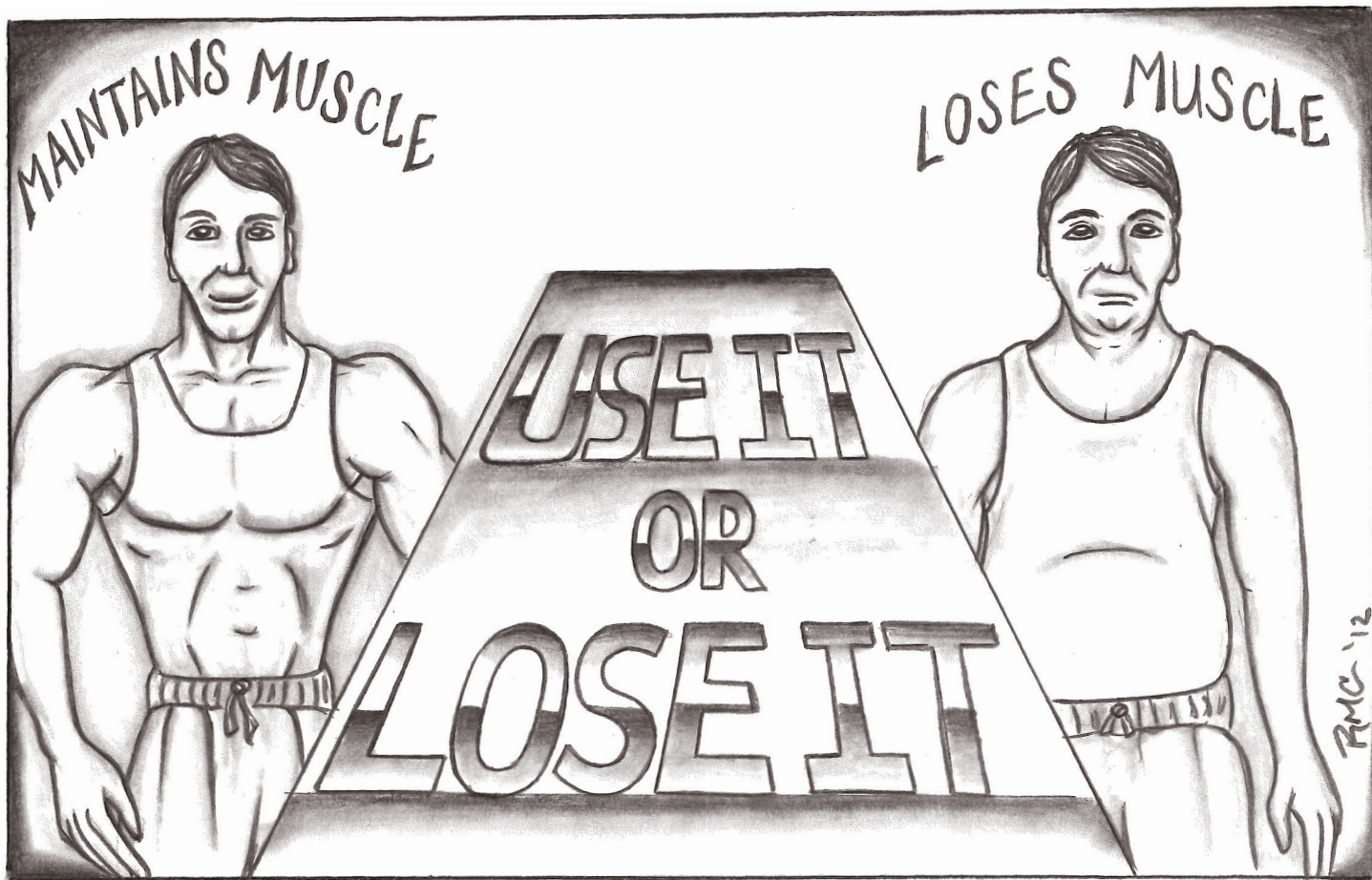
constantly to keep them in 'optimal' shape. Top performing athletes realize that they would soon become 'has beens' without regular exercise. The human body, like the bodies of all live creatures, are intricate power machines that break down with lack of use.

Sadly, it seems that many of today's humans and domesticated animals are the only creatures that have lost the instinct to use their bodies as nature intended.

As we look around at our fellow men and women, we can see that too many of our miraculous 'machines' are being very poorly maintained—even abused. Americans are losing muscle at an accelerating rate, particularly after the age of thirty. We are losing it because we aren't using it or feeding it properly, and that lost muscle is turning to fat and flab. In fact, we gain a pound of disease-causing fat for every pound of muscle we lose. Age, a lack of weight-bearing muscle movements (exercise or heavy work) and a lack of health-building nutrient intake combine to wreak ugly and painful havoc on our health and shape.

The average person loses two to three pounds of muscle every year after the age of thirty. In exercise physiology this process of age-related muscle loss is known as **sarcopenia**.

Average Americans who have not changed their eating and exercise habits will have lost four to seven pounds of muscle before the mid-thirties. That means he or she is burning up to 3,500 fewer calories per week! There are 3,500 calories in a pound of fat. You don't need to be an



expert to figure out why so many people look the way they do today.

Here's what happens to us as we lose that muscle:

Believe it or not, a mere pound of strong, active muscle burns from fifty to one hundred calories per day. A pound of fat only burns three calories! As muscle begins to leave our bodies, metabolism, the calorie-burning mechanism, slows in rhythm with the muscle loss. We are referring to our 'resting metabolism,' the rate at which our bodies burn calories to perform essential functions such as breathing, pumping blood and digesting the foods that aren't used to make fat.

Most people continue to consume the same amount of calories for a while and outwardly the added fat may not show until suddenly we notice our shape has begun to take on a new, undesirable form, and our energy level is not what it used to be.

More fat will make us look larger even if our total body weight stays the same, because

one pound of fat takes up twenty percent more space on our skeleton than a pound of muscle. Fat doesn't support the skeleton's posture, and in addition to taking up more space, body parts start to sag.

The most damaging kind of fat is called intra-abdominal or visceral fat. Unlike the subcutaneous fat just under the skin, the visceral form of



fat is found deep inside your body surrounding your organs. This type of fat secretes harmful substances that raise blood sugar, contributes to inflammation of the arteries and lowers life expectancy.

Almost everyone experiences a lowered metabolism and puts on unhealthy fat after their twenties, even those who improve their diet... *...they just don't realize that the major reason is due to a loss of muscle!*

We have consulted one on one with thousands of people, ranging from teenagers to busy housewives and Olympic and professional athletes—helping them to understand why it is essential for everybody to actively work to sustain and strengthen their muscles. It is essential not only because muscle is packed harder than fat and keeps us looking lean and fit, but because it is vital for optimal health!

Let us consider what our muscles do for us:

Muscle protects the body's posture, helping the bones stay in alignment. This is very important because if our posture or skeletal alignment is even slightly off, the body can experience a variety of problems, from lower back and neck pain to nerve dysfunction (spasms, cloudy thinking and anxiety) and even digestive issues.

These problems are usually warning signals to get our attention and motivate us to find out what's causing them before they develop into something serious. Keep in mind that a continued loss of muscle eventually leads not only to slumping posture, weaker bones and stiffer joints, but contributes also to serious conditions such as a dysfunctional immune system, heart disease, diabetes and many other afflictions.

Work to keep muscle on your frame and you will metabolize more fat even when you are kicking back on the sofa. When our skeletal frame has the right amount of muscle for each individual body and we maintain it, we not only look and feel better, but we are giving ourselves excellent health care protection as well.

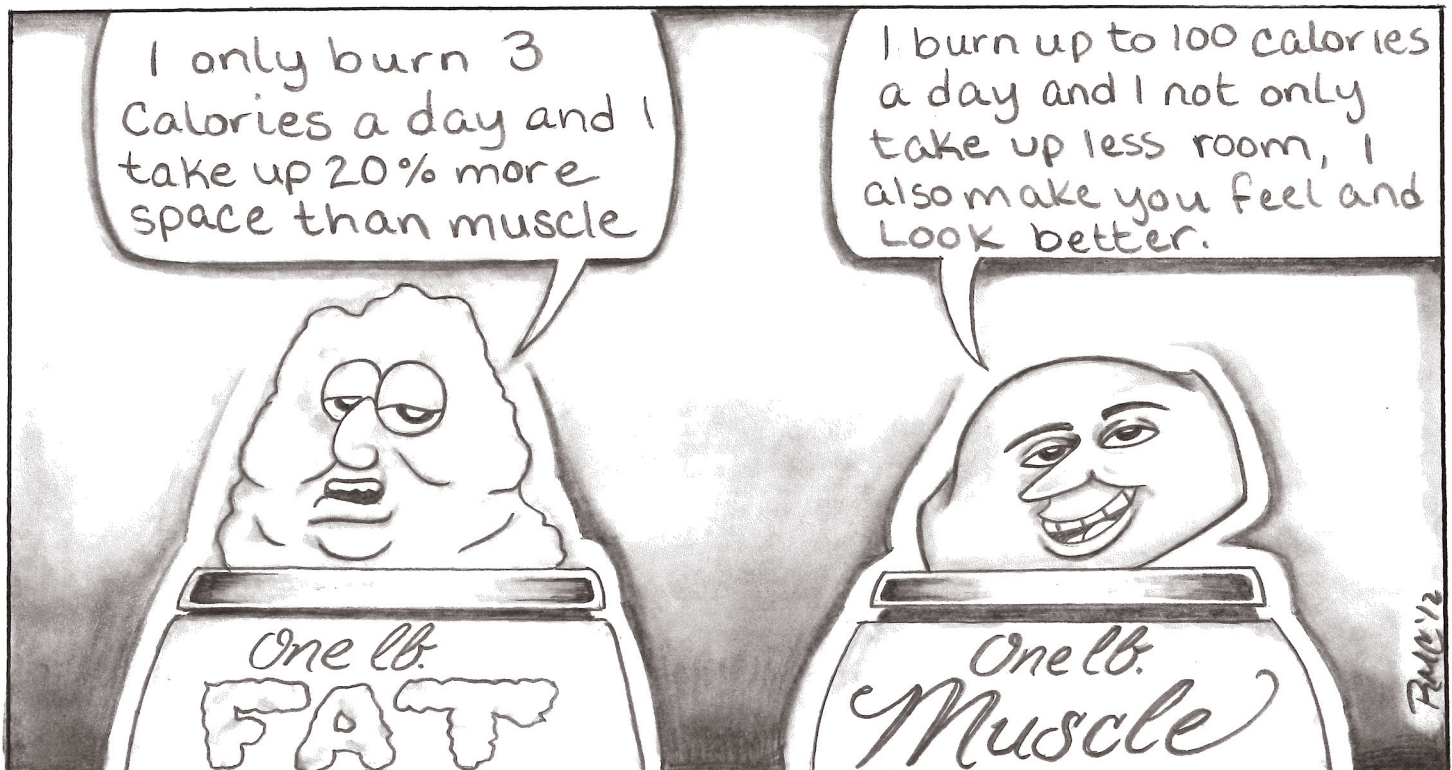
Consider:

Lowered risk of Diabetes:

Strong, healthy muscle helps to reduce the risk and severity of diabetes by increasing the body's sensitivity to insulin. This eases the workload of the pancreas.

Lowered risk of Colon Cancer:

People with active muscles have half the colon cancer risk of those with insufficient muscle.



Lowered risk of Osteoporosis:

Strong muscles are the driving force that tells the body to send the nutrients to the bones for strengthening. Calcium will not go only to our bones unless our muscles send the stimulus for the brain to direct it to them.

Less Back and Neck pain:

Strong muscles support our posture. Our pivot points at neck and waist will have less pressure being put on the discs that reside between the vertebrae. Chiropractor adjustments will hold longer with stronger muscles.

Increased Libido, Mood and Energy Levels:

A study of over 30,000 people showed improvement of sex performance, moods and daily energy levels when muscle was added or kept on their body through proper exercise and nutrition.

Better Brain Function:

Strong, healthy muscles keep our brain active by sending electrical signals on a more constant basis. Muscle gives our brain a greater blood supply through exercise. Research shows this shield's the brain's grey matter from damage.

Lowered Risk for Depression:

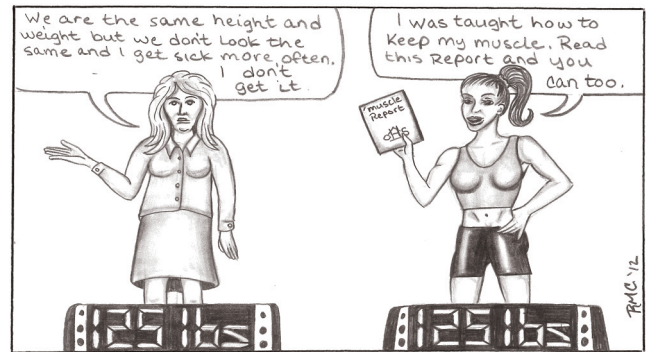
Strong muscles that are provided with the nutrients they require are just as effective as antidepressant medications in treating moderate depression... without the often dangerous side effects! People who have lost muscle and start to gain it back, see improvements in mood and cognition. Strong, healthy muscles boost self-confidence at any age.

Increased Posture and Movement:

Posture and the ability to do basic movements such as getting in and out of bed or chairs doesn't necessarily decrease with age. It is the lack of muscle that we allow to slip away that causes instability and diminished ability to perform basic movements.

Increased Longevity:

People who exercise and maintain their muscle/strength have a longer span of active life. They are half as likely as people who lose muscle due to sedentary habits to die early deaths.



Other factors that cause muscle loss:

There are other factors that can cause our bodies to lose muscle besides a sedentary life and age. These must be addressed in order to ensure we keep our muscle levels at their optimum.

Surgery: Research shows that during surgical procedures, our bodies often lose muscle. This occurs from the actual cutting of the muscle and/or the use of anesthesia and drugs that increase hormone cortisol in the body that decreases muscle tissue.

Illness: When we get sick our bodies will frequently break down muscle in order to supply needed energy, particularly if there is insufficient nutrient intake.



Low Calorie Diets: Dieting the wrong way is one of the main culprits contributing to muscle loss. Low calorie diets of less than 1,200 calories a day do NOT create fat loss. The body actually holds on to the fat because it is the densest form of energy (9 calories per gram versus 4 for proteins and carbs). The body will begin to break down muscles and use them. Low calorie diets create a vicious cycle. The more muscle we lose, the lower our metabolism—which means we have to restrict our intake more and more to stay slim.



High Protein Diets: Believe it or not, high protein diets like Atkins, cause muscle breakdown (catabolism). If we eliminate carbs excessively our bodies become accustomed to using protein as

energy and **not for muscle!** This causes catabolism, which means the **body is eating itself!** Catabolism can result from too few calories, too little protein intake... or too much. **Balance is the key.**

THE SILENT STEALER OF MUSCLE

There is a silent culprit that plays a major role in muscle loss. After the age of twenty-five, males and females alike quit secreting certain anabolic (muscle growth) hormones that enable the body to create muscle easily. Most people do not realize that this **"silent stealer"** arrives on the scene at so young an age. They may improve their diet and begin an exercise program expecting to get the quick results with muscle gain and fat loss they once had. Then they come to the grim realization that their bodies aren't responding very quickly. They get sore, discouraged, and even quit. The reduction of these natural anabolic hormones is the cause.



But read on for the good news!!

THE FIX - Steps to Sustaining and Building Muscle

1 Resistance Exercise

Perform a resistance exercise routine three times a week. As we have discussed, muscles become stronger and burn more calories when they are used. There must be an increasing resistance applied to them in order for the body to prioritize sending the nutrients to build muscle. If you are a novice at resistance training or have joint problems, the Optimal Fitness Program is for you. Optimal Fitness is a safe posture perfect exercise program that can be done at home. Ask for a free copy of this routine or ask your health professional for a good routine for you.

Note:

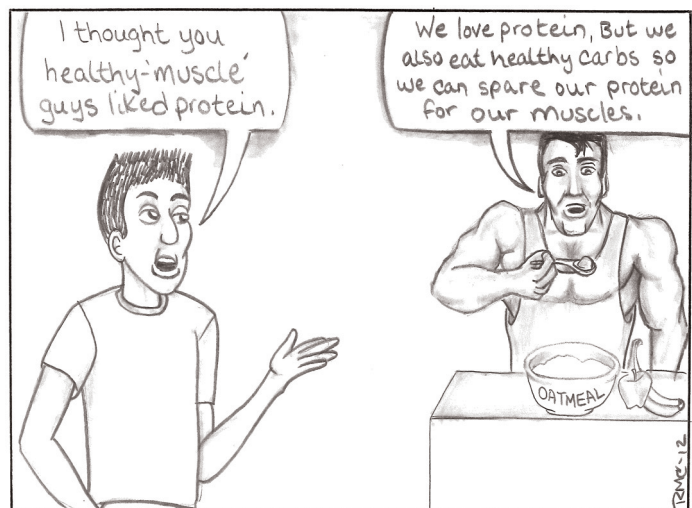
University-proven techniques are available for advanced resistance programs for building muscle. These can help even the most avid lifter! For the type of muscle that is most metabolically active, here are pointers from the world's top professional strength coaches:

- A. Do a full-body routine (not a body part a day).
- B. Train heavy every other day so that the body can recover and get stronger.
- C. Perform super-sets. For example, this means that you do one exercise for chest like bench or push-ups and then immediately perform a pull-up or pull-down for your back. You don't rest until both exercises are completed. There are many different super-set programs you can look up or design yourself.
- D. Do slow controlled movements with the weights.
- E. Do explosive movements like sprints or jumping without weight.

These tips are only for our advanced resistance trainers that are looking to put on a considerable amount of additional muscle. The optimal fitness exercise routine is more than enough for most people. A complete advanced muscle mass program called Opti-Mass is also available.

2 Balanced Diet

Eat a balanced diet that eliminates most processed foods. Research is very conclusive that our bodies require a balance of nutrient-dense carbohydrates (whole grains, fruits and vegetables), proteins (lean meats, beans and legumes) and healthy fats (cold processed oils, avocados, flax seeds, coconut, etc.). If all the macronutrients are available to the body, it is far easier to sustain and/or build muscle. Top athletes and bodybuilders who take in extra protein, also increase their complex carbohydrates such as brown rice and vegetables to keep balance in their bodies. The most proven ratio of foods for optimal health is sixty percent carbohydrates, twenty percent protein and twenty percent fat. A great diet plan using these ratios with only clean foods is available in the **Nutrition Guide**. Ask for a copy if you need specific help (while supplies last). If you don't need to lose body fat, just increase the amounts of food in the plan.



3 Proper Sleeping Habits

Get proper sleep. Exercise stresses muscle fibers. After exercise, it is only through supplying the right nutrients and getting adequate sleep that the muscles actually maintain and increase their strength and health-promoting actions. Our bodies utilize a very specific time to do the majority of their muscle and tissue maintenance. This is

during restorative sleep....and not just eyes closed sleep. If you are tired during the day, have problems with memory, or you just know you aren't getting seven or eight hours of good sleep a night, you need to make changes to ensure you get vital muscle sustaining and building sleep. If you need help with your sleep plan, ask for the free **"REM Sleep Special Health Report"** for comprehensive research and a step-by-step plan to improve sleep naturally. **Note:** Prescription sleep drugs often have undesired side effects.

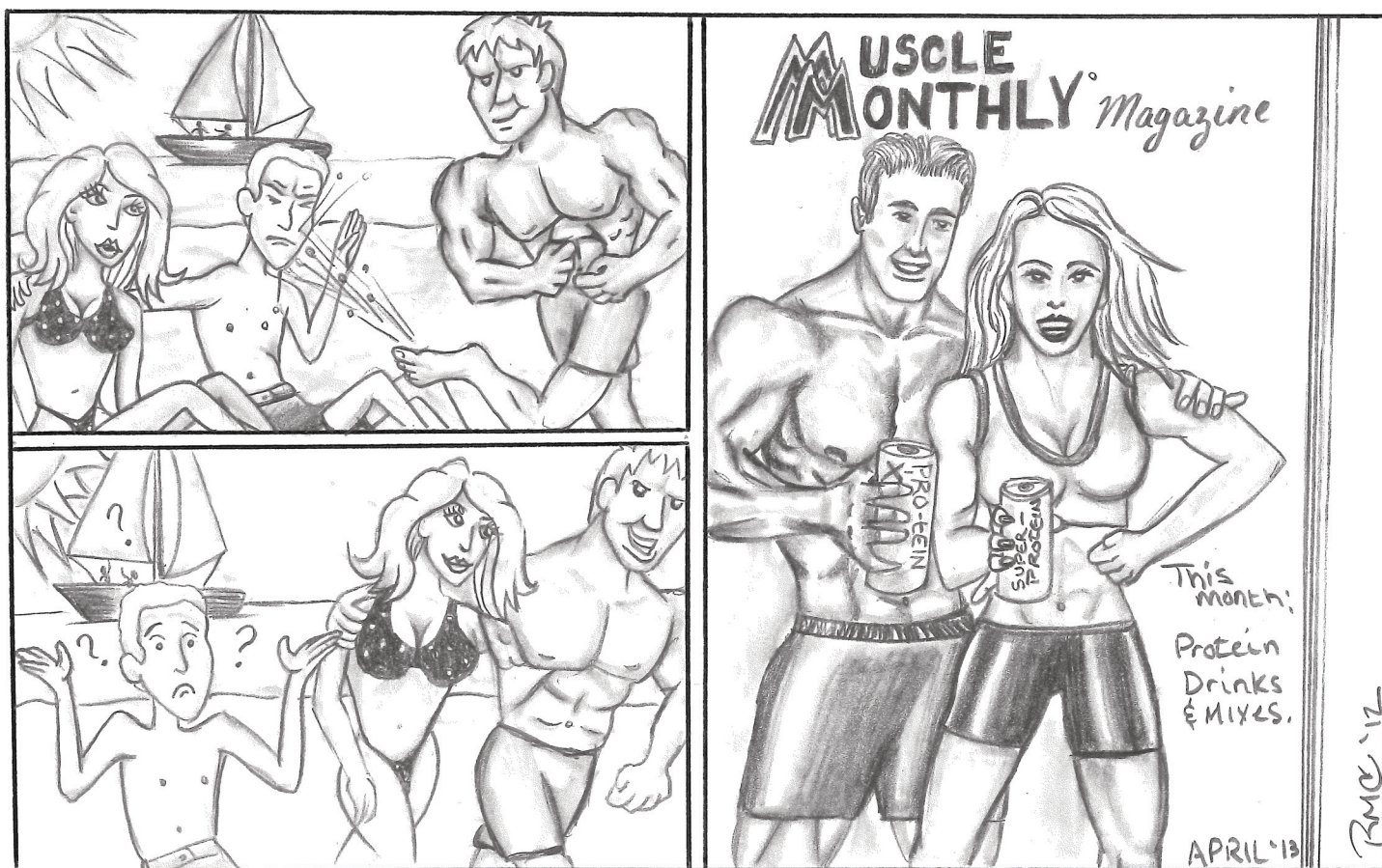
4 Muscle Building Nutrients

Certain nutrients are anabolic (muscle-building). Take in the right type of nutrients at the right time. When followed correctly, this step can dramatically speed up muscle-building results when following the other three steps.

There is extensive research on food nutrients that help increase anabolic hormones to where they should be in order to help maintain

and build muscle. The problem is that the industry has used this information to promote inferior forms of these nutrients and have created a web of hype, misinformation and scams. The business of 'muscle' is a trillion-dollar industry, and grocery markets and superstores display numerous 'muscle' magazines filled with expensive ads promoting muscle-building formulas and exercise equipment. It is tough to determine who or what to believe when it comes to muscle recuperating and building supplements. Looking at the research, patents and safety of nutrition, exercise and supplements in order to make sound choices will save you money and help you sustain and gain lean muscle tissue for optimal health and longevity.

This report will make one product recommendation and thus it is very important for us to proceed with specific facts, references, patents and research. There is no use explaining the research, then not give you the ability to immediately take advantage of it.



Cutting to the chase, here are the top performing anabolic nutrients to sustain and build muscle:

- Patented Creatine (Magnesium Creatine Chelate and creatine monohydrate)
- Branch Chain Amino Acids (leucine, isoleucine and valine delivered in enzyme protein matrix)
- Patented Magnesium (amino acid chelated)
- Chromium (two forms; amino acid chelated and polynicotinate)
- Patented Glutamine (stabilized magnesium glycyl glutamine)

If you check the references you will notice just a few of the myriad of university research studies that show the validity of these nutrients in helping your body sustain and increase muscle.

The big problem is that the industry uses many inferior forms of these nutrients and recommends extremely high amounts. High dosages are recommended because it takes a great deal more of an inferior form of a nutrient to get results....and the companies earn greater profits because you have to buy more!

We have all heard of 'Anabolic Steroids.' These are prescription only drugs that create an anabolic environment for your muscles—but they come with possible severe side effects. You want to be anabolic through natural food nutrients that promote muscle health and not steroid drugs that deteriorate health.

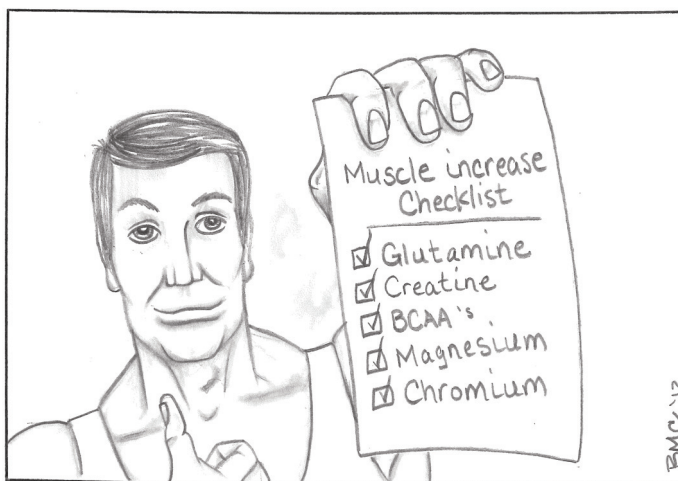
We have provided that ability exclusively to Physicians' patients, Olympic and Professional athletes for more than two decades. The athletes are drug tested and must be drug and steroid free. You now have access to this research patent and product.

A U.S. patent was issued to our formulation team showing that a **specific form and combination** of the five nutrients, Glutamine, Creatine, BCAAs, Magnesium and Chromium help sustain and build muscle **BETTER** than prescription anabolic steroids such as testosterone.

This is an incredibly bold statement from a very small company that doesn't spend any money on high-priced ads and marketing. The only way to cut through the hype was to go through the painstaking process of proving conclusively to the U.S. Patent Office that the natural whole food 'Muscle Rx' formula could truly help people sustain and build muscle better than steroids.

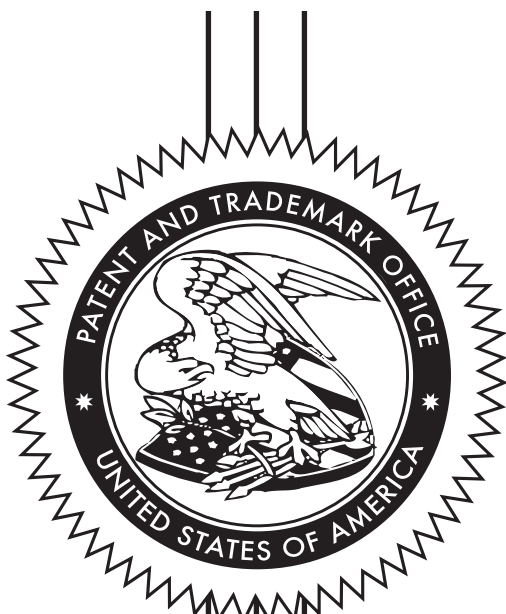
In order to obtain a U.S. patent on the Muscle Rx formulation (formerly known as Opti-mass), double-blind studies were required to prove the nutrient's effectiveness. Scientific studies were completed comparing certain nutrients and their muscle-building power to prescription steroids. In addition, studies were required showing what specific forms of the nutrients worked best at specific dosages.

After years of documentation, all the studies were completed with both men and women proving conclusively under U.S. Government scrutiny, that the Muscle Rx formulation when combined with basic resistance exercise and proper diet, out performs prescription steroids (specifically testosterone) at building strong, healthy muscles.



This patent (number 5,888,553) was obtained only after a thorough check ensuring that no other person or entity had ever proven this result. The entire patent can be found on the Internet at www.ohsMuscleRx.com. Pertinent highlights follow:

*The
United
States
of
America*



United States Patent

Number: 5,888,553

NON-STEROIDAL ANABOLIC COMPOSITION

ABSTRACT

A non-steroid containing anabolic nutrient formulation for the building and sustaining of muscle mass in humans or other warm blooded animals that enables the body to synthesize and maintain muscle at a mass and in a manner optimally suited to the genetic makeup of that person or animal.

Background of the invention:

It is well-known that both negative energy balance and muscle catabolism are consequences of physiological stress that often accompanies protein calorie malnutrition, strenuous physical exercise, physical trauma, burn injury, surgical trauma, malnutrition, maldigestion, malabsorption, hyperthyroidism, chemotherapy, radiation therapy, anorexia, cachexia, short bowel syndrome, old age, sepsis and other conditions. It is also known that maintaining a positive metabolic energy balance can help to alleviate such problems.

Athletes in particular, have a need to maintain and/or build muscle mass compatible with their genetic makeup to optimize their strength, body tone and physical abilities. Ideally, this would be accomplished using the body's own resources rather than prescription anabolic steroids with their risk of negative side effects.

Objects and brief summary of the invention:

It is the object of the present invention to provide an anabolic nutrient formulation for the building and sustaining of muscle mass in humans or other warm-blooded animals which enables the body to synthesize and maintain muscle at a mass and in a manner optimally suited to the genetic makeup of that person or animal.

Other objects of this invention include (1) provide a nutrient formulation that disperses anabolic nutrients at a cellular level to promote maximum muscle growth, size and balance consistent with the natural genetic processes and systems of the body, (2) to provide a nutrient formulation that contains, at a minimum, the nutrients chromium, magnesium and glutamine in a bioavailable form. These must be in amounts sufficient to elicit an anabolic response in the body to promote the growth of muscle mass that can be effectively supported by the organs of the body, (3) to optimize mass muscle development and maintenance at amounts that can be supported by the natural genetic makeup of an individual while maintaining reduced but sufficient cortisol levels balanced with endogenous (produced from within) anabolic steroids.

An 'effective amount' shall mean the amount of each nutrient required to bring about the desired anabolic response, and may vary considerably according to the individual and his or her genetic makeup, size, weight and environment. The ranges contained herein are adequate to allow one skilled in the art to determine the formulation to be prepared for any given individual.

Energy nutrition as a balanced formula of carbohydrates, protein and fats will preferably be consumed to provide caloric intake on a daily basis, based on body weight. Additionally, digestive enzymes, metabolic aids, antioxidants and an appropriate balance of vitamins and minerals are also helpful. Finally, an adequate exercise protocol rounds out the daily routine for optimal results.

Example one:

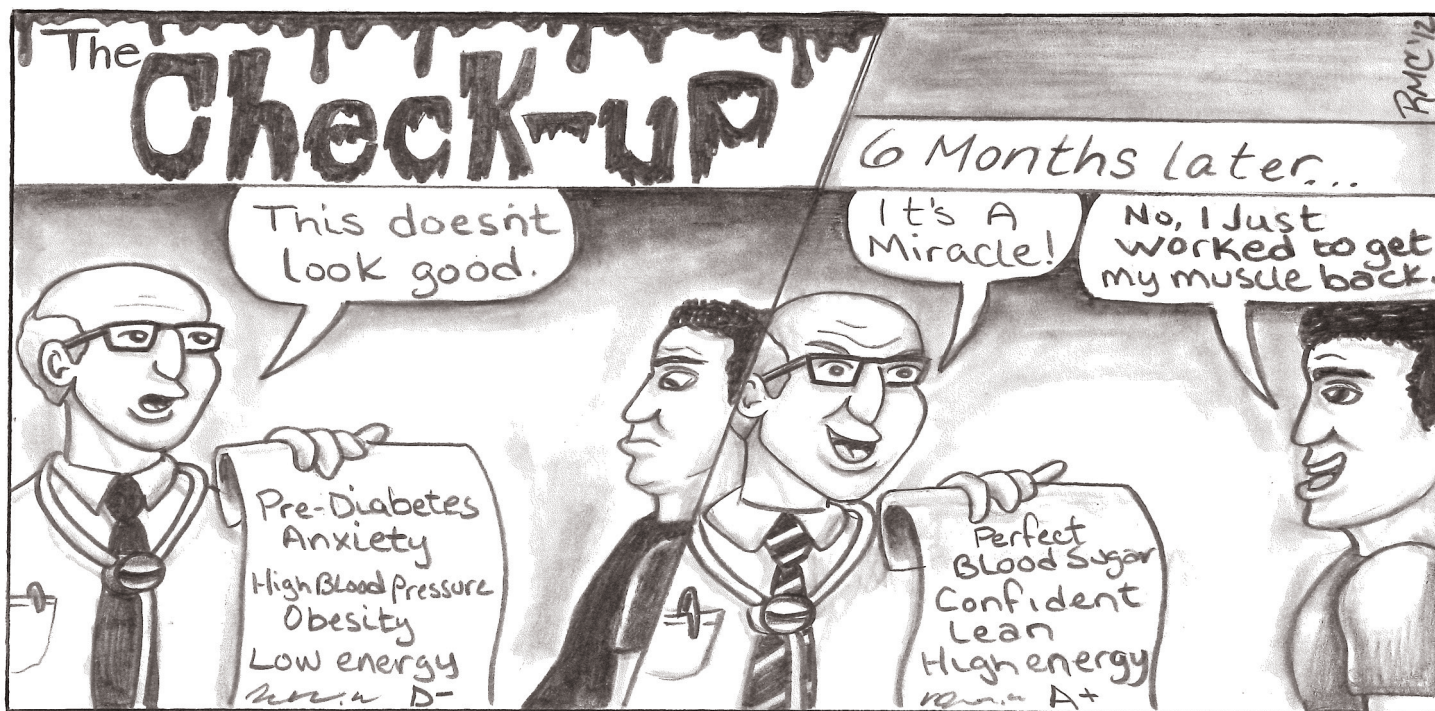
A mixture was formulated containing 400 mg of stabilized MgGlyxGln Chelate (x and $y=1$); 100×10^{-3} mgs of chromium amino acid chelate (about 20% w. chromium), 2000 mg of creatine monohydrate, 2,000 mg of branched-chain amino acids and 15 mg each of calcium and magnesium amino acid chelates. This mixture was administered daily to participants during an eight week study.

Three other groups of participants were administered 2,000 mg of the anabolic steroid testosterone instead of the above formulation.

The purpose of the study was to compare the effectiveness of a non-steroid anabolic supplement with anabolic steroids in a muscle mass and body building program. At the end of the eight-week study the participants taking the non-steroidal composition gained an average of 3.2 kg of lean body mass during the eight-week study, which was over a pound more than the steroid group.

No detrimental effects of cardiovascular risk factors as measured by blood pressure, total cholesterol, HDL cholesterol and triglycerides were noted with the group taking the non-steroidal composition.





Muscle Rx uses and dosages (300 capsule bottle)

It is important to note that the amounts used in the double-blind studies that proved the muscle-sustaining and building results are what are recommended here:

To sustain muscle (aging, diet, metabolism, etc.)—take five capsules before resistance work and five after. On non-workout days take five before bedtime.

To build muscle (stronger muscles, shape, more muscle)—take five capsules before workout and five after. Take five capsules in the morning and five at night on off days.

Surgery (with Doctor approval)—take three capsules three times daily at meals one week before surgery (anti-catabolic). Take five capsules morning and night for two weeks following surgery.

Illness—Take three capsules morning, noon and night while sick and three capsules morning and night for two weeks after major symptoms have disappeared.

Intimacy—Take eight capsules one to two hours before intimacy. Muscle Rx naturally increases the anabolic and sexual hormones to the levels present during the early twenties. Many people buy Muscle Rx solely for this purpose!

Animals—3-5 capsules a day based on size of animal. Greatly helps muscle and strength maintenance in aging animals (30 lbs and under (3), 40 lbs + (5)).

Muscle Re-cap:

The decline of muscle in the human body is one of the primary reasons that metabolism slows, causing obesity, poor posture, joint pain and lack of energy. The reduction of the body's anabolic hormones keep us from sustaining and building lean calorie-burning strong muscle.

Following a basic, balanced whole food nutrition program, along with consistent resistance exercise is very important for muscle health.

The Muscle Rx formula, along with diet and exercise can sustain and increase your muscles at the same rate and even better than anabolic steroids. Muscle Rx is one hundred percent safe and conforms to all drug testing protocols. It is manufactured in a GMP Certified Facility.

Muscle Rx is used for sustaining and building muscle, illness, surgery and increased sexual hormones. A U.S. patent on the formula shows the truth behind the claims, unlike other highly advertised formulas on the market. Muscle Rx utilizes not just a formula patent, but specific patented nutrients-chromium, magnesium, creatine, glutamine and DDS1 Acidophilus (Patent Numbers 6, 114, 379 4, 830, 716 - 5,292,538 - 5,292,729) from Albion Laboratories and Patent # 3,689,640 from Nebraska Cultures.

Increased metabolism, stronger muscles that take up to twenty percent less room than fat, frame-supporting, energy-increasing, and longevity-promoting muscle are all waiting for you. ***You no longer have to put in many more times the amount of work to get the same results you did in your twenties!***

Start a healthy muscle promoting eating plan like the fitness or Opti-mass plans. Do a resistance (weight) exercise program three times a week for at least thirty minutes. Take Muscle Rx as recommended, based on your desired results.

Ask your health professional for more information and for a free copy of the optimal fitness nutrition and exercise plan.

Muscle Rx is available through the health professional or person who gave you this report.



REFERENCES

- 1) Human Anatomy and Physiology "College Edition" 2003.
- 2) Chiropractic Definitions and Function.
- 3) University of Massachusetts "Insulin Levels and Muscle".
- 4) Wayne Wescott, Ph.D Strength Training.
- 5) University of Michigan - Heart Disease and Muscular Composition.
- 6) American Journal of Clinical Nutrition "Muscle Loss and Fat Gain".
- 7) Sarcopenia Laboratory Studies at Tafts University.
- 8) Faduto MT, Young AP, Hickson RG: Glutamine in Red Skeletal Muscles. Am J Physiol, 1992, 262: C214-220.
- 9) Hickson RO, Czerwinski SM, Wegrzyn LE. Glutamine and Muscle Atrophy. Am J Physiol, 1995, 268: E730-E734.
- 10) Welbourne TC. Increased Growth Hormone after Glutamine Ingestion. Am J Clin Nutr, 1995, 61: 1058-1061.
- 11) Young et al. J of Parenteral and Enteral Nutrition, 17: 422-427 (1993) Glutamine Improves Nitrogen Balance.
- 12) Wayne Wescott Ph.D Strength Training.
- 13) Best Body at 40+ - Author Jeff Csatri 2010 Rodale Inc.
- 14) National Institutes of Health Study Conducted At The University of Pennsylvania "2006".
- 15) Toler SM. Nutr Rev 1997; 55: 21-25.
- 16) American College of Sports Medicine.
- 17) Greenhaff PL. J Nutr Biochem 1997; 8: 610-618.
- 18) Greenhaff PL et al. Am J Physiol 1994; 226: E725-E730.
- 19) New York University School of Medicine.
- 20) Optimal Fitness 2nd Edition 2008.
- 21) Chromium Absorption, Dr. DN Mowat, University of Guelph.
- 22) Chromium Research Studies, Dr. Walter Meitz.
- 23) Greenhaff PL. Int J Sport Nutr; 5: 94-101.
- 24) Journal American Medical Association - Low Calorie Diets and Muscle Loss.
- 25) Thomas CL. *Taber's Cyclopedic Medical Dictionary* 1993; 17: 465.
- 26) Western University Study. Magnesium, Creatine, and Glycine.
- 27) Roth E, et al. Clin Nutr 1992; 1: 25-41.
- 28) United States Patent 5,888,553 Non-Steroidal Anabolic Composition.
- 29) Rowbottom, et al. Sports Med 1996; 21: 80-97.
- 30) Parry-Billings, et al. Med Sci Sports Exerc 1992; 24: 1353-1358.
- 31) Najji, 1995.
- 32) Fox A. J Long Res 1996; 2(5): 28-30.
- 33) Welbourne TC. Am J Clin Nutr 1995; 61: 1058-1061.
- 34) Furst P, et al. J of Parenteral and Enteral Nutrition 1990; 14(4): 118S-124S.
- 35) DeWayne Ashmead H. Albion Labs Int. Conf., Jan. 1998.
- 36) Wagenmakers AJ. Int J Sports Med 1992; 13(S1): S110-S113.
- 37) MacLean DA, et al. J Physiol (Lond) 1996; 493(3): 909-922.

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.

OHS-DG/HG