



[Looksmx] GTFIH sauna-maxxing is REAL: HGH increase

[Looksmx] GTFIH sauna-maxxing is REAL: HGH increase

Thread Modes



lacuna cortex
Mega Super Poster



Posts: 2,737
Threads: 574
Joined: Aug 2017
Reputation: **5,316**
Tinder Matches: 1000+
Dates: 100+
Kisses: 100+
Slay Count: 50+ Slayer
Relationships: 20+

08-04-2017, 10:33 PM (This post was last modified: 08-04-2017, 10:38 PM by lacuna cortex.)

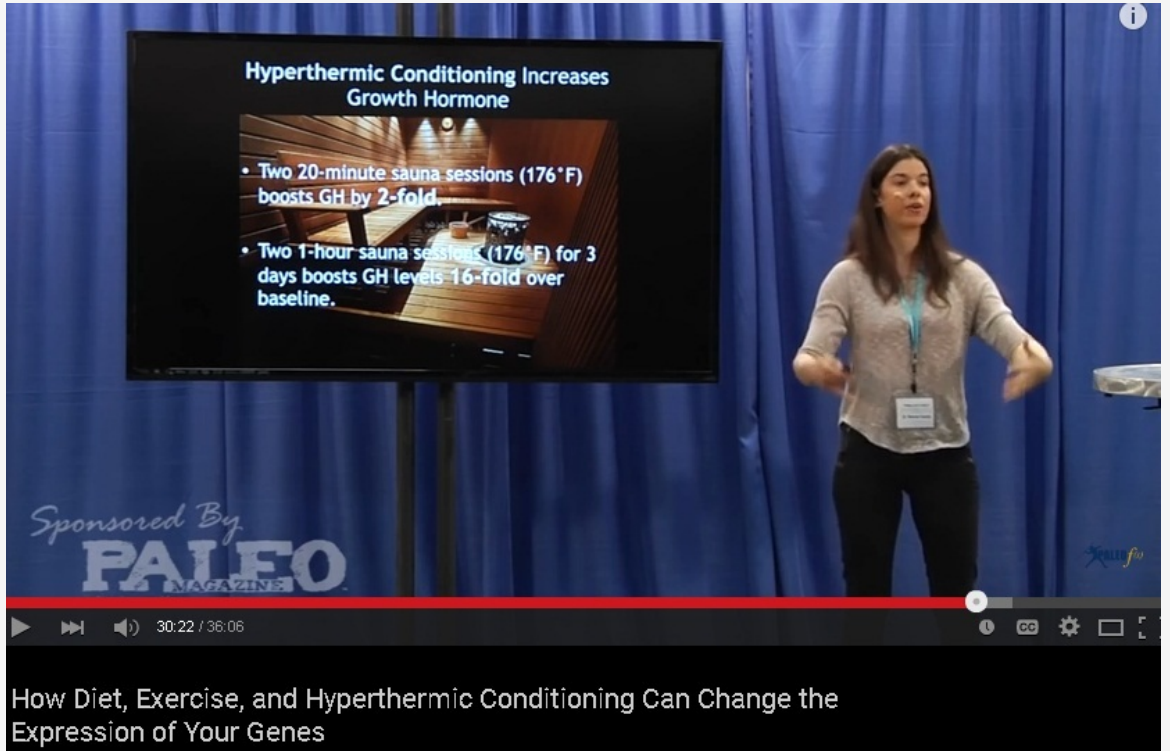
#1

STICKY THIS THREAD PERMANENTLY:

I have to thank @**choicebyforce** for awaring me on this literal breakthrough... sauna-maxxing is the real deal boyos....

1 hour in a sauna can increase HGH production 16-FOLD.

From this day forward, everyone will treat sauna-maxxing with equal respect as gymcelling, and, in conjunction with the latter, you will literally be able to feel the ascension (for those who still haven't gone through puberty/developed masculine features LOL)



heat stress drives HGH production into overtime; you're literally overclocking your body by sauna-ing every day.



Find

Reply



celzor
Super Poster



Posts: 1,090
Threads: 261
Joined: Nov 2016
Reputation: **2,752**

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08-04-2017, 10:40 PM

#2

Can't afford sauna, will just inject peptides instead

Reply



The Hideous Cabal
Faps to Blacked.com



5k Reps

Posts: 3,706
Threads: 636
Joined: Sep 2016
Reputation: **9,482**

08-04-2017, 10:43 PM

#3

Acta Physiol Scand. 1986 Nov;128(3):467-70.

Endocrine effects of repeated sauna bathing.

[font=arial, helvetica, clean, **** j[url], Huttunen P, Hirvonen J, Väänänen A, Tuominen M, Vuori J.[/font][[/color]

Abstract

Ten healthy male and seven female volunteers were exposed to dry heat (in a Finnish sauna 80 degrees C) 1 h twice a day for 7 days. The levels of ACTH in plasma, cortisol, TSH, thyroid hormones, testosterone, gonadotropins, prolactin and GH in serum and urinary excretion of catecholamines were determined before the experiment, and on the first, third and seventh days.

Females participated only in prolactin studies. During the experiments there were no statistically significant changes in serum thyroid hormones, TSH, testosterone, FSH and LH levels. Serum cortisol and plasma ACTH decreased and urinary catecholamine increased slightly at the end of the experiment (P less than 0.05). Serum GH and prolactin in males exhibited 16- and 2.3-fold increases (P less than 0.01), respectively. In females serum prolactin rose over four-fold (P less than 0.01). The GH rise in response to hyperthermia declined after the third day but prolactin remained elevated at the end of the experiments in males. The release of prolactin in females was also high and may be associated with the transient amenorrhoea that occurred in five out of seven subjects after the experiment. The increased release of prolactin and perhaps that of GH may be associated to the heat-exposure-induced dehydration.

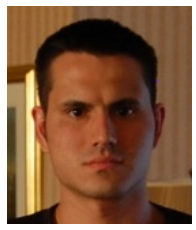
PMID: 3788622 DOI: 10.1111/j.1748-1716.1986.tb08000.x

<https://www.ncbi.nlm.nih.gov/pubmed/3788622>



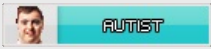
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Reply



Br0sk1

No idea where I am



Posts: 3,708
Threads: 168
Joined: Sep 2015
Reputation: **9,909**
Tinder Matches: Zero
Dates: 2
Kisses: 3
Slay Count: 1
Relationships: 1

Find

08-04-2017, 10:56 PM

#4

Legit thread, boyo. We should make sure our sons sauna max to become high HGH, tall, robust slayers.

Reply



The Hideous Cabal

Faps to Blacked.com



5k Reps

Posts: 3,706
Threads: 636
Joined: Sep 2016
Reputation: **9,482**

08-04-2017, 10:57 PM

#5

Pinhead Wrote: →

(08-04-2017, 10:52 PM)

The Hideous Cabal Wrote: →

(08-04-2017, 10:43 PM)

Acta Physiol Scand. 1986 Nov;128(3):467-70.

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PMID: 3788622 DOI: 10.1111/j.1748-1716.1986.tb08000.x

<https://www.ncbi.nlm.nih.gov/pubmed/3788622>

high inhibcels at it again
would expect nothing less from this forum

What you talmbout?



Find

Reply

08-04-2017, 11:02 PM

#6

7.2/10

7.4/10

7/10

IJustWantToBeAn8
Scarmaesthetic Crew

Posts: 5,067
Threads: 991
Joined: Apr 2016
Tinder Matches: 500
Dates: Zero
Kisses: 50
Slay Count: 10
Relationships: Zero

Find

The Hideous Cabal Wrote: →

(08-04-2017, 10:57 PM)

Pinhead Wrote: →

(08-04-2017, 10:52 PM)

high inhibcels at it again
would expect nothing less from this forum

What you talmbout?

He's just a bittercel

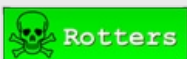
Reply

08-05-2017, 12:14 AM

#7



lacuna cortex
Mega Super Poster



Posts: 2,737

Br0sk1 Wrote: →

(08-04-2017, 10:56 PM)

Legit thread, boyo. We should make sure our sons sauna max to become high HGH, tall, robust slayers.

legit legit I'm going to build a sauna near a lakehouse for my progeny... they will sauna minimum one hour every day or else they get spanked tbh tbh

Threads: 574
Joined: Aug 2017
Reputation: **5,316**
Tinder Matches: 1000+
Dates: 100+
Kisses: 100+
Slay Count: 50+ Slayer
Relationships: 20+



Find

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TheEnlightenedGymc
el

Ultra Super Poster



Posts: 4,490
Threads: 517
Joined: Jul 2017
Reputation: **9,040**

08-05-2017, 12:53 AM (This post was last modified: 08-05-2017, 12:54 AM by TheEnlightenedGymc.)

#8

The Hideous Cabal Wrote: →

(08-04-2017, 10:43 PM)

Acta Physiol Scand. 1986 Nov;128(3):467-70.

Endocrine effects of repeated sauna bathing.

[font=arial, helvetica, clean, **** j[/url], Huttunen P, Hirvonen J, Väänänen A, Tuominen M, Vuori J.[/font][[/color]

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Ten healthy male and seven female volunteers were exposed to dry heat (in a Finnish sauna 80 degrees C) 1 h twice a day for 7 days. The levels of ACTH in plasma, cortisol, TSH, thyroid hormones, testosterone, gonadotropins, prolactin and GH in serum and urinary excretion of catecholamines were determined before the experiment, and on the first, third and seventh days. Females participated only in prolactin studies. During the experiments there were no statistically significant changes in serum thyroid hormones, TSH, testosterone, FSH and LH levels. Serum cortisol and plasma ACTH decreased and urinary catecholamine increased slightly at the end of the experiment (P less than 0.05). Serum GH and **prolactin in males exhibited 16- and 2.3-fold increases** (P less than 0.01), respectively. In females serum prolactin rose over four-fold (P less than 0.01). The GH rise in response to hyperthermia declined after the third day but prolactin remained elevated at the end of the experiments in males. The release of prolactin in females was also high and may be associated with the transient amenorrhoea that occurred in five out of seven subjects after the experiment. The increased release of prolactin and perhaps that of GH may be associated to the heat-exposure-induced dehydration.

PMID: 3788622 DOI: 10.1111/j.1748-1716.1986.tb08000.x

<https://www.ncbi.nlm.nih.gov/pubmed/3788622>

"In men, the most common symptom are due to **low testosterone** levels **caused by prolactin** leading to **decreased** libido, erectile dysfunction, and impotence; in some men, **high prolactin** levels and **low testosterone** levels will also **cause** breast enlargement and tenderness, but this is less common."

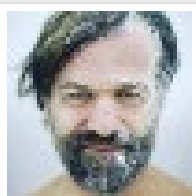
<https://www.urmc.rochester.edu/neurosurg...inoma.aspx>

Yo how about fuck no.

BBasically, you're sacrificing test for hgh

Find

Reply



08-05-2017, 01:13 AM

#9

Enjoy your decreased testosterone levels, Imfao. Heat kills test. Your balls hang outside your body to keep a lower temperature than the rest of your body.

Take a cold shower for fuck sake. It has the same growth hormone boost but it boosts test too instead of fucking it up.

Wim Hof

Senior Member



Posts: 315
Threads: 46
Joined: Jul 2017
Reputation: -270

WHAT HAPPENS ONE HOUR AFTER DOING THE WIM HOF METHOD



- 1 FIRST 30 - 60 SECONDS**
PUMPS YOUR BODY WITH VITAL OXYGEN
Deep breathwork for 30-50 cycles leads to toxic carbon dioxide leaving your system and vital oxygen flooding your body, alkalizing your system for various health benefits.
- 2 1 - 3 MINUTES**
STILL BREATH > STILL MIND > INNER PEACE
The retention phase lasting around 1-2 minutes, lowers the oxygen tension in your blood. This signals your brain to awaken every cell and blood vessel in your body, acting like a reset switch bringing you back into harmony.
- 3 2 - 3 MINUTES**
ENERGY RUSH
Your body signals that you now need more oxygen. Inhaling deeply makes fresh oxygen rush into your lungs, giving a sudden euphoric rush of vitality to every organ in your body, especially your brain. A controlled release of adrenaline gives you a natural 'high'.
- 4 3 - 20 MINUTES**
FEELS GOOD? LETS DO IT AGAIN!
As you repeat the process you now feel more relaxed but alert with more energy and a pleasant glowing feeling inside. A bit like a strong cup of coffee or energy drink, without any of the jitters, cravings or side effects. Special stretching and strengthening exercises creates a more toned and fitter body.
- 5 20 - 25 MINUTES**
COLD IS YOUR NEW WARM FRIEND
Cold therapy using cold showers or ice baths, tricks your body, switching on your survival mode. This improves metabolic efficiency, boosting vital health markers, increasing your growth hormone and testosterone levels, lowering inflammation, releasing endorphins and happy hormones like dopamine.
- 6 30 - 60 MINUTES**
VIVA LAS VAGUS
With further practice you can control your vagus nerve and autonomic nervous system. Potentially a complementary treatment for severe diseases, free of charge and with absolutely no negative side effects.
- 7 60 MINUTES & BEYOND**
ASTONISHING LONG-TERM BENEFITS
Control your immune system, change your core body temperature, create super human strength and stamina, sleep deeply, burn fat, reduce inflammation, have more energy and switch off stress at will. People have also reported relief and even complete recovery from autoimmune and inflammatory diseases.

IF YOU PRACTICE HARD ENOUGH YOU MAY BE ABLE TO BEAT ONE OF WIM HOF'S 26 WORLD RECORDS!

For the full article including citations please visit:
therenegadepharmaclist.com/WimHofMethod

RENEGADE PHARMACIST
Design by Creativethr3p 2015

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08-05-2017, 01:17 AM

#10



lacuna cortex

Mega Super Poster



Posts: 2,737
Threads: 574
Joined: Aug 2017
Reputation: 5,316
Tinder Matches: 1000+
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Wim Hof Wrote: →

(08-05-2017, 01:13 AM)

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so cold showers actually aren't a meme?





Find

Reply

08-05-2017, 01:23 AM

#11



TallWhiteCel
Senior Member



Posts: 908
Threads: 213
Joined: Dec 2016
Reputation: **252**

lacuna cortex Wrote: →

(08-05-2017, 01:17 AM)

Wim Hof Wrote: →

(08-05-2017, 01:13 AM)

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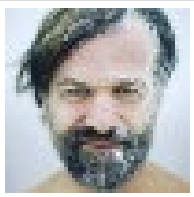
ITT Wim Hoff Method legit?! 😬😬

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Reply

08-05-2017, 01:25 AM (This post was last modified: 08-05-2017, 01:26 AM by Wim Hof.)

#12



Wim Hof
Senior Member



Posts: 315
Threads: 46
Joined: Jul 2017
Reputation: **-270**

lacuna cortex Wrote: →

(08-05-2017, 01:17 AM)

Wim Hof Wrote: →

(08-05-2017, 01:13 AM)

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Yea dude. Look up "Wim Hof Method" if you're interested. He has a great interview with Rhonda Patrick on youtube.

Cold showers increase brown fat which we're born with, but it diminishes as we age from lack of cold exposure. All mammals have it.

It increases skeletal hypertrophy:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3713216/>

TallWhiteCel Wrote: →

(08-05-2017, 01:23 AM)

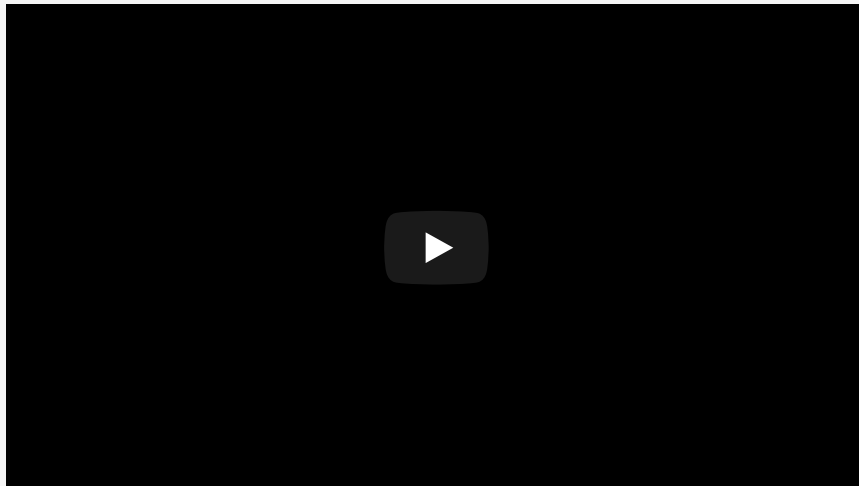
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ITT Wim Hoff Method legit?! 😬😬



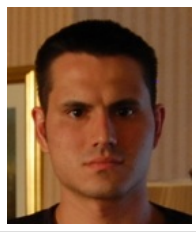
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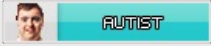
For the full article including citations please visit: therenegadepharmacist.com/WimHofMethod

RENEGADE PHARMACIST
Design by CreatineHog 2015



Br0sk1

No idea where I am



Posts: 3,708
Threads: 168
Joined: Sep 2015
Reputation: **9,909**
Tinder Matches: Zero
Dates: 2
Kisses: 3
Slay Count: 1
Relationships: 1



lacuna cortex Wrote: →

(08-05-2017, 12:14 AM)

legit legit **I'm going to build a sauna near a lakehouse for my progeny...** they will sauna minimum one hour every day or else they get spanked tbh tbh

Good idea, however I don't think you need to be mean to get your kids to use the sauna. Most kids like saunas anyway, and you can also use positive reinforcement to entice them to go in if they don't really feel like it (buy them a game console if they go in the sauna for an hour a day in a several month period, etc.).



dough

most likely to end up in prison



Posts: 9,818
Threads: 3,188
Joined: Jan 2017
Reputation: **8,926**
Kisses: 1
Slay Count: 1



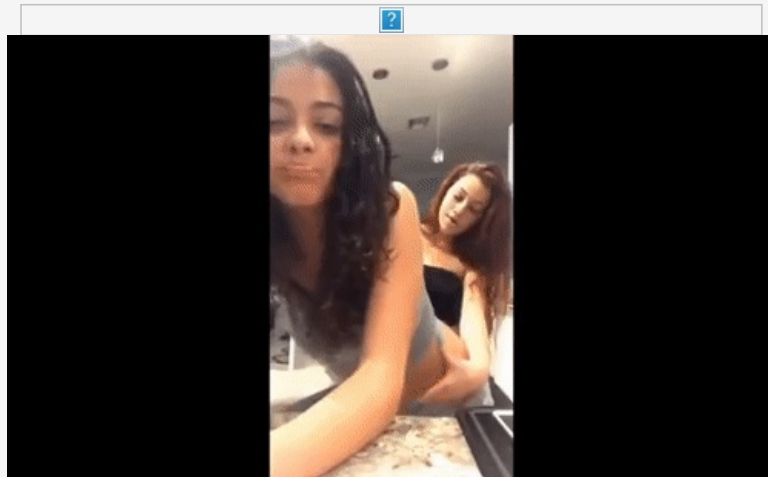
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strong pseudoscience. nuts hang outside body because of sperm not testosterone.



post snot again and I'll take away your right to a signature



MasterTurtle

I grew wrong



Posts: 2,685
Threads: 170
Joined: Mar 2017

I shower in very hot water for an hour everyday ever since i was young, is this why i'm 6'3 even though my parents are 5'3 and 5'6 ??

Though i have very broad shoulders, i only have 6'5 inch wrists + 22' skull circ lol. Shouldn't GH have made my bones bigger all around and not just taller???

lol at cold showers claim too, basically you just need to bathe and not be disgusting incel filth

Reputation: **2,784**
Tinder Matches: 250
Dates: Zero
Kisses: 2
Slay Count: Virgin
Relationships: Zero

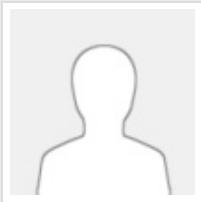


I love you
You love me
We are happy family

Started minox 31st jul

Find

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Rigor Mortis ●
Gone Rotting



Posts: 8,636
Threads: 637
Joined: May 2016
Reputation: **18,243**

08-05-2017, 06:55 AM

#16

TurtleBelleh Wrote: →

(08-05-2017, 06:51 AM)

I shower in very hot water for an hour everyday ever since i was young, is this why i'm 6'3 even though my parents are 5'3 and 5'6 ??

Though i have very broad shoulders, i only have 6'5 inch wrists + 22' skull circ lol.
Shouldn't GH have made my bones bigger all around and not just taller???

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fuark. im 5'10.5" , same as my dad, and my mom is 5'7" . my dad wrist and skull mogs me even tho he was born at half my weight, and my mom has the same wrist size as me.

ill just use saunas since they help me relax, and take some cold showers after (i like going to each sauna and then between them rub some ice on my body from the ice fountain and take a cold experience shower)

Find

Reply



MasterTurtle ●
I grew wrong



08-05-2017, 07:04 AM

#17

Rigor Mortis Wrote: →

(08-05-2017, 06:55 AM)

TurtleBelleh Wrote: →

(08-05-2017, 06:51 AM)

I shower in very hot water for an hour everyday ever since i was young, is this why i'm 6'3 even though my parents are 5'3 and 5'6 ??

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Tinder Matches: 250
Dates: Zero
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ill just use saunas since they help me relax, and take some cold showers after (i like going to each sauna and then between them rub some ice on my body from the ice fountain and take a cold experience shower)

Does wrist and skull grow as you age tbh?? I can't really imagine my dad having 7'5 inch wrists his entire life
lmfao

Legit about the dad mog tbh, i don't think i've ever met someone who mogged their dad. It seems like every generation is getting worst other than the few who developed to their fullest i.e. athletes since young.

I love you
You love me
We are happy family

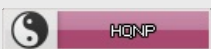
Started minox 31st jul

Find

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Sub_Zero ●
Mega Super Poster



Posts: 3,705
Threads: 145
Joined: Jun 2016
Reputation: **7,640**

08-05-2017, 08:10 AM

#18

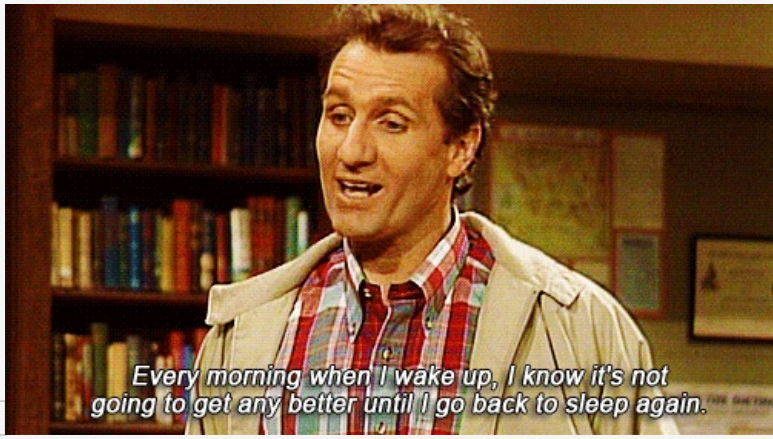
Let's see

Do as a piece of shit ugly russian with an ice fetish



Or do as a DOM fighter with a hot wife





Find

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Narcissnus
Senior Member



Posts: 387
Threads: 6
Joined: May 2016
Reputation: **2,269**

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08-05-2017, 10:20 AM

#19

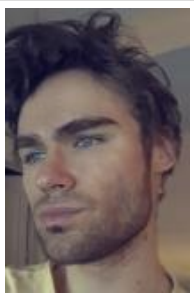
While I doubt that occasionally using the sauna is going to kill you, higher levels of HGH are generally a bad thing to aim for. Also, Rhonda Patrick is retarded, and has a super reductionist, magical thinking way of studying human health and nutrition.

The softest force in the universe
can overcome the hardest of objects.
Something without substance
can pass through the space between atoms.

That's how I know
about the power of doing nothing.

The silent teachings
and the power of doing nothing
can only be understood
by a few people.

Reply



Maxim
Super Poster



Posts: 1,299
Threads: 0
Joined: Sep 2016
Reputation: **370**

Find

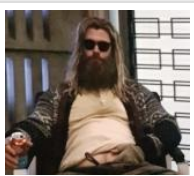
08-05-2017, 11:05 AM

#20

For those who dont have saunas, What about just saunaing your face? (boiling a pot of water and holding your head over it with a towel). Does this open pores and exfoliate? I feel like i get a HGH boost from long warm showers as well.

INFP Crew
Aura and Your-Life-Is-A-Dream theory maxxng

Reply



Leans
Slayer



Posts: 6,701
Threads: 582
Joined: Mar 2016
Reputation: **6,423**

08-05-2017, 01:57 PM

#21

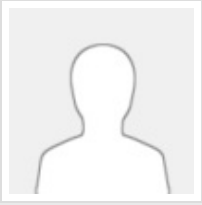
Too much info... I need simple cliffs.

Are cold showers good? Does it raise testosterone in any significant way? Yes or no?

Saunas are good I'm sure. I take them whenever I can.

Find

Reply



Theo Von Copecel The

3rd Member



Posts: 78
Threads: 7
Joined: Jul 2017
Reputation: 160

Find

08-05-2017, 02:04 PM

#22

Leans Wrote: →

(08-05-2017, 01:57 PM)

Too much info... I need simple cliffs.

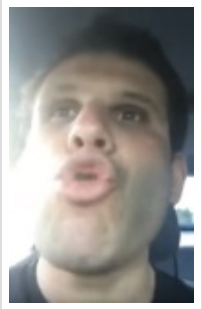
Are cold showers good? Does it raise testosterone in any significant way? Yes or no?

Saunas are good I'm sure. I take them whenever I can.

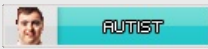
Sauna's and cold showers are going to do nothing at all for the way you look apart from maybe clearing up your skin.

Inject roids or HGH or rot, cold therapy can be good for dealing with stress though and giving you a stronger mindset to withstand being uncomfortable.

Reply



lookz Newbie



Posts: 0
Threads: 0
Joined: Jul 2015
Reputation: 511

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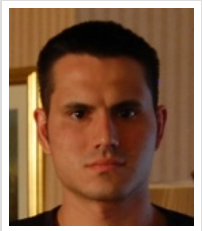
08-05-2017, 02:14 PM

#23

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4034215/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5025014/>

Reply



Br0sk1 No idea where I am



Posts: 3,708
Threads: 168
Joined: Sep 2015
Reputation: 9,909
Tinder Matches: Zero
Dates: 2
Kisses: 3
Slay Count: 1
Relationships: 1

Find

08-05-2017, 02:49 PM

#24

TurtleBelleh Wrote: →

(08-05-2017, 07:04 AM)

Does wrist and skull grow as you age tbh?? I can't really imagine my dad having 7'5 inch wrists his entire life Imfao

Legit about the dad mog tbh, i don't think **i've ever met someone who mogged their dad**. It seems like every generation is getting worst other than the few who developed to their fullest i.e. athletes since young.

I know a number of guys. For example, my good friend and his brother are both 6'2" and maybe 6'1" respectively and reasonably proportioned, while their father is a 5'7" manlet. The dad may be better proportioned and might have bigger wrists and ankles, but I haven't noticed that

Reply



08-05-2017, 02:54 PM

#25

Br0sk1 Wrote: →

(08-05-2017, 02:49 PM)

TurtleBelleh Wrote: →

(08-05-2017, 07:04 AM)

MasterTurtle ●

I grew wrong



Posts: 2,685
Threads: 170
Joined: Mar 2017
Reputation: **2,784**
Tinder Matches: 250
Dates: Zero
Kisses: 2
Slay Count: Virgin
Relationships: Zero



Does wrist and skull grow as you age tbh?? I can't really imagine my dad having 7'5 inch wrists his entire life lmfao

Legit about the dad mog tbh, i don't think **i've ever met someone who mogged their dad**. It seems like every generation is getting worst other than the few who developed to their fullest i.e. athletes since young.

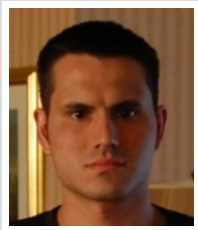
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Forgot to specify it but i meant mogged their dad's wrist size, i think wrist size increases as you age.

Or am i coping.

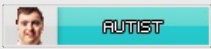
I love you
You love me
We are happy family

Started minox 31st jul



Br0sk1 ●

No idea where I am



Posts: 3,708
Threads: 168
Joined: Sep 2015
Reputation: **9,909**
Tinder Matches: Zero
Dates: 2
Kisses: 3
Slay Count: 1
Relationships: 1



08-05-2017, 02:58 PM

#26

TurtleBelleh Wrote: →

(08-05-2017, 02:54 PM)

Forgot to specify it but i meant mogged their dad's wrist size, i think wrist size increases as you age.

Or am i coping.

You may not be, but we'd need to see some studies. My dad's wrists are also far larger than mine (although he's fat, so that might inflate the thickness). In any event, his wrists are wider than mine as well.

He also has very thick ankles and calves, but doesn't store much fat there.



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