

Naturally Boost HGH, IGF-1, Testosterone, and Insulin with this Beta 2 Agonist Broadbean Soup Recipe!

Follow the recipe below exactly...it is no ordinary Broad Bean soup recipe...this special one includes the pods. This is critical because the study which proved the broad beans contain pharmacologically active L-dopa used a Broad Bean Pod mixture...not just the beans. In fact the pods contain the highest concentration of L-dopa compared to the actual bean. Also make sure that the Broad Beans you select are young...because the young ones contain the greatest amount of L-dopa. Don't skimp on the cream either...the hormones which we are going to boost will be aided by the animal fat of the cream. (the body manufactures the hormone testosterone from Cholesterol) So on the surface it may look like an ordinary soup recipe...but behind the scenes a bit of clever pharmacology is taking place. So don't change the Recipe! Visit <http://ironpower.biz> for more information

Ingredients for "Youth Soup" or "B2 Broth"!

900 g fresh young Broadbeans
1 small Onion, peeled and chopped
4 cloves Garlic, peeled and chopped
100 ml Olive Oil
1 litre water (approx)
100 ml Whipping Cream
1 small bunch of Mint, picked and sliced

Method

- * Pod the broad beans, keeping their pods. Wash these well then chop them into small pieces.
- * Sweat the Chopped onion and garlic in the olive oil for about 2 minutes.
- * Add the shells of the beans then sweat for a further 3 minutes until soft.
- * Cover with the water then bring to the boil.
- * Simmer rapidly for about 5 minutes then add half of the beans
- * Boil for a further five minutes then purée and strain through a fine sieve.
- * Blanch the remainder of the beans for 1 minutes then add to the puréed soup along with the cream.
- * Reboil, add the sliced mint and serve.

Serves 4

Have a serving of the soup just before (about half an hour) training...this will supercharge your bodies release of HGH, IGF-1, testosterone and insulin. Put the rest in the fridge for 3 more workouts...or even before bed...because during sleep is another time the pituitary gland in the brain releases HGH into the body. (Although it's preferable to take before training...since you will be able to eat after your workout to realise the full value of elevated hormonal levels) As soon as you've finished your training, slam down a Synstack <http://ironpower.biz/synstack.htm> whey protein shake and a glass of Powerstack http://ironpower.biz/products_powerstack.htm creatine drink. This will optimally take advantage of the high concentrations of the circulating HGH, IGF-1, testosterone and insulin hormones in your bloodstream to maximise your bodybuilding efforts. Do not neglect this...to **take advantage of the high levels of HGH, IGF-1, testosterone and insulin, you must eat...**and a fast acting highly bioavailable and easily digestible whey protein is the best form of protein to take at this time. Taking creatine at this time also dramatically increases the muscle cells uptake of this potent muscle builder...not to mention creatine can also help boost HGH in its own right...For more info on that...<http://ironpower.biz/2004/11/creatine-boosts-hgh-igf-1testosterone.html>
Visit http://ironpower.biz/products_gh_stack.htm for GH Stack, a popular natural bodybuilding supplement university proven to boost HGH and IGF-1 by 701% and 300% respectively

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