

Penile Enlargement - The Penile Ballooning Method (you should [also have to know how to screw up your penis?](#)) or [Examples](#), [More Exmaples](#), or [More and More Examples](#)

News Reports: [Penile Pumping](#) and [Penile Exercises](#) or you like this link [the penile enlargement examples!!!!](#)

Enlarge Your penis?

Yes! it is possible! The best time for self practice of penile ballooning is in the morning upon wakeup and still in the bed when the bloodstream contains a high level of androgen hormones and HGH without external stress. Generally, you can practice penile ballooning in any positions; a supine or sitting relaxation position is better than a standing position although I usually prefer a semi-squatting (horse-riding) position with a body-weight loading on the leg muscles and joints. However, jumping out of bed or standing up may result in quickly going limp by redirecting the blood flow from your penis and testicles to your skeleton muscles and joints to support the body weight for some androgen-deficient men. In this regard, he will have to boost androgen hormone level first. Spontaneous erection is essential to penile ballooning. Natural spontaneous erection can occur when androgen hormones, HGH, and dopamine function run high without external stress upon the morning wake up, and when oxytocin (requiring a dopamine nervous burst) runs high with stress hormone norepinephrine acting on the sympathetic nervous beta-adrenergic receptors during lovemaking with a testosterone and DHT level over 500 ng/dl and 50 ng/dl, respectively. Both occasions are the best time to practice penile ballooning. However, HGH is essential to activation of the stem cells in the erectile tissues for regrowth with prostaglandin E-2 while release prostaglandins E1 and E3 and nitric oxide are necessary for penile tissue and nervous relaxation and flexibility. All the chemistrial factors are to activate gene **Cytokeratin 16 and Transform Growth Factor Beta-3 (TGFbeta3)** for fine-tuning or suppressing pain and inflammatory responses as well as for avoiding collagen protein release that leads to scarring penile erectile tissues, nerves and blood vessels for deformation and erectile dysfunction as common results of mechanically penile stretching, pumping and weightlifting. Excessive prostaglandin E2 and stress hormone norepinephrine are the common factors for stimulation of the collagen protein release. Don't be fooled by temporary penile tissue inflammation due to excessive prostaglandin E2 and stress hormone norepinephrine as penile enlargement. It is a sign of penile tissue hardening for erectile dysfunction.

OK. here is my Penile Ballooning secret:

Step 1: Have a spontaneous erection.

Step 2: Stimulate the vagal nerves in the pubic bone (pubis) and superior side of the penile shaft to continuously maximize the erection for expansion from the initial spontaneous erection to the 2nd or 3rd stage erection. This vagal stimulation is to power up the dopamine-hypothalamus-pituitary axis for promoting the NOergic and oxytocinergic nervous function that drive both the parasympathetic and sympathetic beta-adrenergic nervous erectile mechanism. You also need sufficient androgen hormones, with serum testosterone and DHT level over 500 ng/dl and 50 ng/dl, respectively, for an initial erection, and 600 ng/dl and 60 ng/dl, for a sustaining erection. Spend about 5 minutes in this step.

**** Note: Intercourse with Dr. Lin's [3-point excitation love position](#) is the most effective way for stimulating the vagal nerves in both the pubis and the superior side of the penis. Or, use [the high-attack angle love position](#) can provide a powerful stimulation for the superior side of the penis. Alternating both love positions can increase the penile size by intercourse itself. That is, you can use the vagina to balloon your penis! Both love positions also stimulate the women's vaginal nerves from the clitoris, G-spot and Epicenter (the superior side of the cervic and the vaginal anterior fornix) for women to achieve a powerful orgasm.*

Step 3: Compress or squeeze the penile shaft the force the blood toward the glans for internal erectile tissue expansion and promote prostaglandins release. Spend about 2 minutes in this step.

Step 4: Massage your testicles to increase your testicular function. Spend about 1 minute in this step.

Step 5: Repeat step 2-4 until you are about to ejaculate; then pull down your scrotum and testicles and slightly pinch both groins and penile shaft to induce endorphin to knock ejaculation urgency. Spend about 1 minute in this step.

Step 6: Repeat Steps 2-5 for 3-5 times, for about 20-30 minutes.

You can not do penile ballooning without a spontaneous erection and you also have to last for 20-30 minutes without ejaculating.

Important notes for Dr. Lin's Penile Ballooning Method:

Rejuvenate your neuro-endocrine action to emulate your puberty state and reduce your stressors cortisol and epinephrine release first. That is, have a frequent spontaneous, long-lasting erection to upregulate your DHT and 5-alpha reductase receptors in your erectile tissues, increase your hGH production to activate the penile somatic stem cells, boost the release of beta endorphin, and activate the genes cytokeratin 16 and transformation growth factor beta-3 for embryonic scar-free healing and cellular growth! Please read the following links first:

On superior penile size and growth for sexual orgasm and the limitation of the erectile angle with penile size - the cantilever beam theory and the deflection induced tissues scarring

==> <http://www.actionlove.com/cases/case16713.htm>

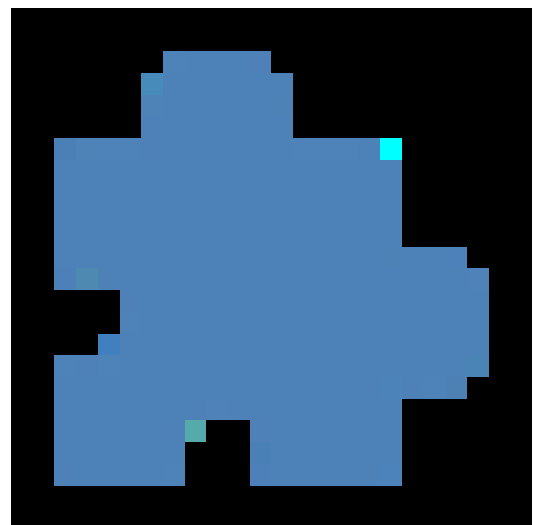
hGH, DHEA, testosterone and DHT in conjunction with Nitric Oxide and prostaglandins can reactivate penile adult (somatic) stem cells for penile enlargement and regrowth- of course, more sexual orgasm

<http://www.actionlove.com/cases/case16550.htm>

DHT is essential to penile regrowth. Penile ballooning increases prostaglandins and nitric oxide release to sensitize the androgen receptors for DHT action.

<http://www.actionlove.com/cases/case16813.htm>

Penile Enlargement essentials: the superhormone DHT with prostaglandins E-1/E-2/E-3 grows your penis and stimulate your penile cellular multiplication, while neurotransmitter acetylcholine and its derivative Nitric Oxide (NO) constantly dilate the penile arteries for a constant penile blood circulation to supply testosterone/DHT, oxygen and 5-alpha reductase enzyme to the penile tissue; Prostaglandin E-1 allows your penile erectile/elastic tissues, nerves and blood vessels in the tunica albuginea and its sheathing spongy corpus cavernosa to expand and stretch without inducing collagen release; Oxytocin and prostaglandin E2 (not a bad guy when its level is not high, and grows your bone with Ca/Mg/Zn/Vitamin-D and sex hormones too) stimulate the testicular function to produce more testosterone and DHT; the cardiovascular system has to work harder and pump more blood into your penis. Without prostaglandins E-1 and E-3 and Nitric Oxide, penile stimulation (including masturbation, pumping, stretching and jelqing) will induce excessive prostaglandin E-2 release for inflammatory pains and abrasion, leading to collagen scarring of the penile erectile tissues for penile shrinkage, although DHT and prostaglandin E-2 can grow penile cells (actually any androgen-hormone receiving cells, good or bad (tumors or cancers), so do prostaglandin E-2 and estrogen for any estrogen-hormone cells). It is very similar to pregnancy-induced enlargement of breast and abdominal/uterine tissues under the orchestrating action of prostaglandins E-1/E-2/E-3 and estrogen, without producing collagen scar. For the penile, clitoral and G-spot enlargement, it requires the orchestrating action of prostaglandins E-1/E-2/E-3, Nitric Oxide (cGMP), and DHT in conjunction with stimulation of hGH. Penile or clitoral/G-spot ballooning will also stimulate syntheses of opioid peptides, such as such as enkephalins and endorphins, in the central and peripheral nervous system, local neurons, endocrine cells, cells of any internal organs, immune cells,



nociceptive nerve endings, keratinocytes, monocytes/macrophages and B and T lymphocytes. The released beta endorphin will decrease penile sensitivity and even numb the penile surface skin, sub-layer nerves and the urethral tract when the penile erectile tissues expand to the extreme in the 2nd or 3rd stage erection. The endogenous opioid peptide beta endorphin interacts directly with opiate receptors in the penis and testicles and located on immune cells and nociceptive nervous terminals for fibroblast proliferation and growth of capillaries in addition to fine-tuning or suppressing pain and inflammatory responses, by activating gene Cytokeratin 16 and Transform Growth Factor Beta-3 (TGFbeta3). A powerful orgasm also elevates the beta endorphin level in the blood stream.

Ballooning your penis into the extreme, in which state you feel semi-numbed and your penis is about to explode, can prolong your sexual intercourse, and then, after all, have a powerful orgasm that induces another surge of beta endorphin release into your blood stream to assist penile regrowth. Noticeably, only a power orgasm that lets you experience instantaneous body numbness, in addition to penile numbness, indicates a surge release of beta endorphin. Both my and I experience this phenomenon once a while. For women, a ballooned clitoris will be looked like a cherry after achieving a powerful body-shaking and numbing orgasm.

that androgen hormones testosterone and DHT are responsible for penile enlargement and size. The studies conclude that androgen hormone regulate trabecular smooth muscle growth and connective tissue protein synthesis in the corpus cavernosum, responsible for stimulating differentiation of progenitor cells into smooth muscle cells and inhibiting their differentiation into adipocytes. Androgen deficiency reduces the smooth muscle cells, stimulates the collagen release for scar tissue development, and increase the ratio of the collagen-to-smooth muscles and hardening the erectile smoothing tissues. nerves and blood vessels, resulting in venous leakage and erectile dysfunction. It also harden the heart and arterial smooth muscles too.

Can you grow a big penis with a high DHT level while retaining your hair? Yes, you can increase your DHT level and reduce your stress hormone release to achieve it. This is what innocent, puberty teenagers get - growing their penis with a peak of DHT surge and having full hair. Once the kids lose their innocence, they start to experience stress and hair loss. Please also read this articles:

CRF Receptor Antagonist Arestressin-B Reverses and Prevents Alopecia in CRF Over-Expressing Mice - <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0016377>

Comments: This is a very interested research report! It proves our conventional belief that stress causes hair loss and graying and skin-color alternation. Reducing stress can stop hair loss, regrow hair and restore cause normal skin/hair pigmentation.. The Corticotropin-releasing factor receptor blocker won't reduce the cortisol level, but may cause deficiency of norepinephrine, leading to poor memory, neuroimmune disorders, pituitary functional disorders, and sympathetic nervous erectile dysfunction. Neuroimmunology of stress: skin takes center stage -

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2232898/pdf/nihms38083.pdf>

About DHT effect on sexual differentiation and penile growth:

"Paternity by Intrauterine Insemination with Sperm from a Man with 5 α -Reductase-2 Deficiency"

<http://www.nejm.org/doi/pdf/10.1056/NEJM199704033361404>

states: "At the age of 34 years, penile length (stretched) was 3.5 cm, with a circumference of 7 cm. He was treated once daily with 25 mg of dihydrotestosterone cream administered topically as 1/4 teaspoon of 2 percent dihydrotestosterone in cold-cream base just above the pubic area. After five months of this therapy, the penile length (stretched) was 6.5 cm, with a circumference of 6 cm. After treatment with

two daily applications of dihydrotestosterone cream for three months, the stretched penile length was 7.5 cm and the circumference was 6.5 cm. Hair growth on the chin, upper lip, and abdomen along the linea alba increased progressively during the eight months of treatment." .."In men who were not treated in childhood, topical dihydrotestosterone therapy may also stimulate penile growth after puberty."

"Male pseudohermaphroditism due to steroid 5alpha-reductase 2 deficiency. Diagnosis, psychological evaluation, and management"

<http://www.ncbi.nlm.nih.gov/pubmed/8606628?dopt=Abstract>

States: "Treatment of the prepubertal boys with testosterone and/or dihydrotestosterone resulted in a doubling of penis size."

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC425320/?tool=pubmed>

However, when the DHT level is too high, it may downgrade the androgen receptors in the penis and upgrade them in the prostate. That is a bad news for administration of DHT to the normal men with a upper high DHT level, as given in <http://www.ncbi.nlm.nih.gov/pubmed/2301571> Thus, that is why you need help from penile ballooning. Penile ballooning can help normal men to stimulate the prostaglandins and nitric oxide release in the penile tissues to increase the binding of DHT into the penile receptors while stimulating the testicles to release more at the same time.

Conservation of semen for penile enlargement - although a long-term semen/sperm retention may reduce the testicular testosterone and DHT output , but don't fully empty your seminal vesicles every time you practice sex! Here is why!

Semen contains human growth hormone, Insulin-like growth factor-I, alpha2-macroglobulin, testosterone, and other therapeutic and pharmaceutical proteins. Don't fully empty your seminal vesicles. Keep some semen to help you get recovery and grow your penile erectile tissues and cells even after ejaculation. This is very critical for penile enlargement practices.

Pre-puberty overmasturbation may limit the body and penile growth. Vasectomy can significantly drops hGH and testosterone at about 30-60% and 25-53%, respectively, in seminal plasma.

Note: Chronic stimulation of sex organs can lead to over-production of α -MSH and Trapping excessive α -MSH in certain areas of skin results in extra skin darkness, particularly in eye cycles, labia minors, penile and clitoral foreskin, and perineum if the local skin neuroendocrine function is working. Abrasive the skin in sex organs may scar the tissues with excessive release of collagen protein and Transformation Growth Factor Beta-1 and/or Beta-2.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1693363/pdf/15293811.pdf>

Special Note for Male Orgasm Control, applicable to Penile Ballooning and prolonging sex - Orgasm /ejaculation is triggered by the sympathetic nervous acting potential (voltage).

The acting voltage = the DC biased voltage + the pulsing voltage produced by sexual stimulation. If you elevate your DC level but limited or clipped the pulsing amplitude, you can hold the near-ejaculation plateau very long without triggering ejaculation.

Elevating the DC potential can be done by increasing the acetylcholine level in the nervous systems and the nitric oxide release in the muscular endings of sex organs; limiting/clipping the stimulating pulsing amplitude can be achieved by elevating the serotonin and GABA nervous modulation in the adrenal medulla and interneuron synapses, enhancing the prostaglandin E-1 modulation on the sensory

nerves in the muscular endings of sex organs, and reducing the prostaglandin E-2 level in muscular endings of sex organs.

Penile Busters: Excessive stressors norepinephrine, epinephrine or/and cortisol, excessive blood sugar, excessive prolactin and estrogen, medication or street drugs, alcohol, cigarette chemicals, deficiency of insulin, deficiency of oxygen, deficiency of androgen hormones (hGH, DHEA, testosterone, DHT and oxytocin), and deficiency of electrolytes will thin and harden (reduce the elasticity and expansibility of) the *tunica albuginea and its sheathing spongy corpus cavernosa* for erectile dysfunction, penile shrinkage and collagen scarring. Mechanically penile damage, including penile enlargement stretching, jelqing, weightlifting, penile pumping, cock ring use, over-bending, over-masturbation, and so on, will induce collagen scarring of the erectile tissues, by stimulating release of inflammatory hormone prostaglandin E2 and collagen protein, in conjunction with activating Transform Growth Factor Beta-1 and -2 gene expression in repairing the damaged tissues. That is, chemically or mechanically induced Transform Growth Factor Beta-1 and -2 gene expression will harden your penile erectile tissues, nerves and blood vessels, leading to penile shrinkage or deformation.

Penile Enlargement stretching and jelqing with Kegel/PC muscle exercises have damaged his penis and gave tingling pain around the groins, penile shaft and testicles, deformed the penis into an hour-glass shape for erectile dysfunction and anxiety. Why does repetitive damage by penile Penile Enlargement stretching and jelqing turn the erectile tissues into scars?

<http://www.actionlove.com/cases/case16706.htm>

Finasteride killed his liver and testicular function for penile shrinkage, erectile dysfunction, low semen production, and no sexual orgasm; on the role of the liver enzyme 5-alpha reductase in DHT production, semen production and penile growth.

<http://www.actionlove.com/cases/case15287.htm>

Pregnancy, orgasm disorders (due to high placenta's progesterone) and penile erection; the high estrogen and progesterone level in the pregnant woman's vaginal secretion can shrink the penis and disable the erection; the natural protection of pregnancy

==> <http://www.actionlove.com/cases/case15997.htm>

Testosterone injection gave him high libido and a bigger penis, but also an enlarged prostate and then taking DHT blocker (5-alpha inhibitor) shrinks his penis and damages his ligaments; he also experience vertigo and slow skin healing.

==> <http://www.actionlove.com/cases/case16286.htm>

Natural Penile Enlargement - The Ballooning Effect (The Penile Power-up or Ballooning Method)

This website is created, based upon [Dr. Lin's "Resonant Excitation Of Sexual Orgasms - Tao of Love Coupling"](#):

the orgasmic wave theory for excitation of sexual pleasure and for solutions of orgasmic pain/cramp/blackout, and the bioelectric theory for rejuvenation.

THE FACT: Yes, You can "balloon" your penis to gain extra couple inches. But, [What does the "balloon or power up" means? Sorry, I don't like the word "Enlarge."](#) I had been reluctant to disclose my Natural Penile Enlargement Method, from which I have gained about 2 inches,

before a young reader e-mailed me on the penile enlargement with sexual intercourse as described in

'Readers testified Dr. Lin's "Penis Power-up Method" - Expand your penis.

==> <http://www.actionlove.com/cases/case7506.htm>'

(One of the main reasons is that men don't need a big penis to make women achieve sexual orgasm. My finger pliers with only one finger of 0.5 inches diameter and 3-4 inches long, inside the vagina can trigger Level-7 orgasm in less than one minute when the woman become very hot! The trick is you have to massage the female clitoral shaft and urethral nerves at the same time. If you know this trick, you can make her come at your finger or penile Tip, please read <http://www.actionlove.com/love/method.htm> . If you really want to enlarge your penis, please continue your reading. Advice: The more you work on your penis, the faster you ejaculate. Things are in your brain, not in your penis!)

After that, I disclosed this Natural Penile Enlargement Method in <http://www.linplaza.com/cases/case7648.htm>

The most interested thing is, Sexual Intercourse can help "enlarge" the penis, clitoris, G-spot, Epicenter and vaginal/urethral spongy tissues. if you have a lot of hormones to burn during sex. The density of testosterone, DHT and Oxytocin (orgasm hormone) receptors in these special tissues seems to increase, when the sex organ tissues are stimulated in the hormone bath - the hormone-enriched blood. The hormone receptors trap more and more hormones to stimulate the tissues to expand, leading to the natural enlargement. (Oop! You have to avoid the DHT receptors developing in your prostate; otherwise, you will have your prostate enlarged after midlife! But, [How to avoid this problem????](#)) These spongy tissue textures are like a lot of small blood balloons that form the penis, clitoris and vaginal/urethral tissues, so that you can enlarge them like the air balloons for your birth party. The question is how much hormones are required to enlarge the sex organs. Oop! I almost forgot the ultimate erection power driver - the brain/parasympathetic nervous system. You won't get a spontaneous erection without the kick-in of the parasympathetic nervous function to link your brain to your love tools. **How it works: The Brain/Mind Action -> the parasympathetic sexual motor nerve -> the neurotransmitter Acetylcholine (ACH) -> the erection neurotransmitter Nitric Oxide (NO) in your sex organ -> the erection dilator cyclic Guanylate MonoPhosphate (cGMP) -> Powered-up Love Tools.** If you can not have a spontaneous erection without blow or hand jobs, you can not "enlarge" your penis because your brain and your love tools are not linked properly. Sorry :- (..... On the other hand, If your Brain/Mind acts on your sympathetic sexual motor nerve, your erection will be withdrawn (go limp!) or you will experience premature ejaculation. This is known as "Flight or Fight", that is "Run Away or Shoot it Out!"

Anyway, I give the principle, method and other readers' experiences on my Natural Penile Enlargement method here.

Theoretically, you can not regrow your elastic, spongy penile tissue after your 25 or your growth period depending on your Human Growth Hormone (HGH) level. The highest HGH level occurs during age 12-15; the second high, during age 16-24. The old Taoists have considered that the male penis stops growing after 25 if masturbation or ejaculation is limited to retain sufficient HGH, DHEA and testosterone hormones in the bloodstream. The penile tissue is very special,

unlike the regular muscle which you can use destruction and reconstruction (healing) processes to increase the muscle size as body builders do. The penile tissue can not be regenerated after broken. Once the penile tissue is destructed, the penis will be deformed to certain degrees. Excessive use of any mechanical devices or external forces applied to elongation of the penis may result in penile crooking or curving. That is why I have to introduce the Natural Penile Enlargement Method to help men out.

This method is to emulate teenagers' "Growth" Process. Instead of "Growth", we have to make the penile tissue more elastic to balloon with the internal sexual energy. Erection is powered by the parasympathetic sexual nerve via the burning of testosterone and an enzyme called 5-alpha reductase to balloon the penis. The burning of testosterone produces DHT (Dihydrotestosterone), resulting in tissue expansion and heating, and bioelectricity to charge the nervous system, resulting in increment of nervous sensitivity and responsibility. The testosterone burning occurs every where in the body: skins, tissues, bones/joints/marrow, internal organs, and the excessively generated bioelectricity is stored in the parasympathetic nervous subsystem which produces the acting, healing or erecting/engorging power whenever or wherever necessary. For ballooning or expanding the penis in the Natural Penile Enlargement, it requires DHEA to increase the elasticity of the penile tissue and the testosterone production, an optimal amount of estrogen to help dilate the local blood vessel for more blood to fill the penile, and sufficient HGH to help the body to produce suitable amounts of DHEA, testosterone, estrogen and 5-alpha reductase. Noticeably, estrogen plays an important role in cooling down the sex organs during sexual excitement, where most of testosterone is burned into bioelectricity and the end product DHT. The Penile Ballooning Method is to use the massage method to direct more DHT and hormone enriched blood into the glans penis and penile tissue to increase the penile expansion pressure for popping out the hidden portion of the penile shaft out of the body.

******* Special Note On Natural Penile Enlargement*******

DHT (dihydrotestosterone) is responsible for penile/clitoral growth during adolescence. Without sufficient DHT, the penis becomes defective. To produce sufficient DHT, it requires sufficient testosterone and enzyme 5-alpha reductase. 5-alpha reductase is produced by the liver. When the liver function becomes weak, the liver also produces a large amount of enzyme Aromatase that converts testosterone and its precursors into estradiol - the most potent estrogen. Estradiol stimulates cell multiplication in the hormonal-receptor-rich tissues like the breasts and reproductive organs such as labia, uterus and prostate. It is considered that Excessive Estradiol is responsible for the cancerous/tumorous development in the breast and reproductive organs. For men, the action of Excessive estradiol, with excessive binding of DHT in the prostate tissues may be solely responsible for prostate enlargement and cancers. It is also recognized that the DHT level in the male body during adolescence reaches the maximum in the male life (for the natural growth of the penis, testis and prostate!), but there is not prostate problem during that time. The prostate problem occurs when men ages or when the testosterone level and the burning of testosterone into DHT becomes low! In fact, at this time of life (midlife!), the liver produces a large amount of enzyme Aromatase and the Estradiol level is significantly increased. It is well-known that Estradiol grows labia, clitoral hood and breasts and makes them wrinkly or saggy. For this reason, our anti-aging products have to include a lot of ingredients to deal with the liver function. Without a proper liver function, the body can not get sufficient "Good" enzymes to synthesize amino acids and hormonal precursors to power the brain/nervous/endocrine/cardiovascular functions, and at the same time, to stop the Aromatase of testosterone and its precursors to Estradiol. The fringe benefit of the products is to stop the cancerous/tumorous development in the breasts and reproductive organs, naturally also reversing the prostate enlargement. We also should pay special attentions to the mimic growth hormone, testosterone and estrogen in the drugs, meats, dairy products, pesticides and

artificial Hormonal Replacement Drugs that are foreign to our human body. These mimic hormones can bind to the hormonal receptors tightly to change good cells into tumors or cancers. Another feature of our products is to use plant hormones (such as Plant Estrogen also known as Isoflavones or phytoestrogen) to free Estradiol from hormonal (androgen) receptors of the breast, uterine and prostate, and excessive testosterone and DHT from the prostate.

******* End of Special Note*******

To make this natural enlargement method work properly, a minimum level of DHEA, testosterone and estrogen in the bloodstream is required to help the Central Nervous System (CNS) command the pituitary to produce sufficient HGH, since the CNS bioelectricity is charged by the burning of the testosterone. This is self-stimulation chain of the endocrine system, or a bioelectric recharging system, like the automobile engine. When the chain is broken due to aging, overmasturbation or overejaculation, you have to Jump Start the CNS and endocrine system and relink the chain by feeding the body with balanced electrolytes: HGH Releaser, DHEA, Androstenedione (testosterone precursor), Isoflavones (plant estrogen), and tribulus terrestris (5-alpha reductase releaser). I call these magnificent five ingredients "Xmale Power Cycle 5X." This is the nickname of the product [ViaGrowth-III](#). Seniors and some middle agers may requires more HGH releaser. That is why I invent a new product called [ViaGrowth-IV](#) and more powerful package called [ViaPal-hGH-D or -X](#) to help them. .

Note: My Grandma always said teenagers' bottom has three (3) fires that can cook egg, boil water, and steam rice cakes. I believe she means that teenagers have sufficient testosterone being continuously burned into DHT and bioelectricity to heat up the body and to recharge the nervous system. That is why teenagers have so much energy to tirelessly act! HGH, DHEA , Testosterone and DHT play the trick!