

# L-THEANINE

## A Relaxed Way To Grow

In today's society, stress levels are at an all-time high. The economy is the worst it has been in decades, terrorism is thriving, and the end of it all does not look to be in the near future. Add to that the daily stresses of having to pay bills, perform at work, making relationships work, raising children and just making it through the day, and it is easy to see how stress can build up quickly. Stress can quickly lead to psychological and physical problems. Lucky for us, L-Theanine is there to help take the load off.

 Xavier Fox

Muscle growth does not happen in the gym while you work out but later when you are at rest. L-theanine improves REM sleep and thus benefits recovery and development.



Alex Arcanti



**The better rested you are the more you can lift in the gym.**

Jason Mathas



Jason Mathas

**High-intensity training increases your need for rest and sleep exponentially, and that's where L-theanine comes in.**



**U**nfortunately for many people stress has become a part of daily life. It hangs around and looms over them and there is no way to get rid of it. It can even lead to disorders. Chronic stress can chip away at some people until they tend to worry constantly, always expect the worst to happen, and they feel tense all of the time. It gets to the point where they cannot shake these symptoms and the stress starts to rule their life.

Stress happens when a person cannot cope with the demands of daily life. Stress elicits both physical and psychological responses in the body. Symptoms of stress include fatigue, sleep disorders, irritability, and constant worrying. In more severe cases of stress, depression will occur. This could lead to actual medical problems. Above we mentioned some things that may cause stress, but stress is normally an accumulation of events, it rarely has just one cause.

Stress can actually reach to the point where it

damages your health. Stress has been linked to heart disease, high blood pressure and digestive problems. It can even damage the brain by causing brain cells to decay before their time. Something as simple as responding to an emergency can cause large amounts of stress. There are many times during the day when you can experience stress and not even realize it.

Our 'fight-or-flight' response is the classic example of how stress affects our body. Fight-or-flight is when we are faced with an immediate threat, something such as a person that is going to attack us, and we have to make the choice to either run or do combat. In this situation, the nervous system signals for adrenaline and other hormones to be released into the blood. These hormones prepare the body either to confront the attacker or to flee to safety. Changes in the

body include increased heart rate, dilated pupils of the eyes, and increased supply of blood to the muscles.

There is also what is known as 'chronic stress'. These are the stresses associated with daily activities such as having to give a presentation at work in front of a group, awaiting the results of a medical test, or wondering if that girl you have been working hard to impress is going to call you back. Chronic stresses are the things that worry you day in and day out. They will be there no matter what you do, because they are a part of general life. It is just how you handle them that makes the difference. Not everyone handles stress the same. Some people get very affected by what others may simply brush off.

The responses to chronic stress and fight-or-



Jason Mathias

**All good bodybuilders know that without recuperative rest you just don't have the energy you need in the gym.**



Irvin Oelb

**L-theanine accelerates recovery and therefore growth.**

flight situations happen automatically. However, in the fight-or-flight situation, the emergency situation is over quickly and the stress is also over with quickly. In chronic stress situations, the stresses stay with you. This means that the hormones and other happenings associated with stress continue to occur throughout the day. Your body is under constant bombardment from the effects of chronic stresses.

Chronic stresses are more damaging because they subject our body to releases of cortisol for extended periods. Studies have shown that increased cortisol production caused by long-term, chronic stress may damage the entire nervous system and suppress the immune system. That is bad enough, but as a bodybuilder, abundant amounts of cortisol can also lead to muscle mass deterioration. That is why it is important to remove stress from your day. It directly affects how much muscle you carry.

Another way that stress hurts bodybuilders is that when a person is stressed, their sleep patterns will be erratic. As a bodybuilder, the stress you put on your body in the gym by lifting all of those heavy weights is enough. If you cannot sleep well, then your body will not be able to recuperate, which means that your muscles will not be able to properly heal themselves after they have been broken down. If this happens, forget about growing, you will be lucky if you can stay at the level you are currently at. If you are breaking down muscle tissue and then not giving it the opportunity to repair, then you will most likely end up going backwards when it comes to gaining muscle.

So, supplementing with L-theanine is an alternative to dealing with stress that is healthier than taking anti-depressants. This is because L-

theanine is a naturally occurring substance. L-theanine will relieve anxiety and encourage relaxation without making you tired or unable to think clearly like so many prescription medications on the today's market do.

Studies on L-theanine have proven that it can enhance deep muscle relaxation and induce sleep. As a matter-of-fact, L-theanine is the ingredient in green tea that is responsible for the feelings of relaxation. Although L-theanine relaxes you, it does not sedate you. Therefore, after taking this amino acid you will be fully relaxed, but you will be able to perform your daily duties effectively. L-theanine is a great natural alternative to medications in order to improve stress.

L-theanine does its work by having an effect on brain transmitters and brain waves. It can cross the blood-brain barrier and support the activity of certain neurotransmitters in the brain. It keeps these neurotransmitters in balance even during times of stress so that the body continues to function properly and stress hormones stay low. A recent study even showed how volunteers that were given L-theanine showed higher alpha-brain wave activity, which is the marker for relaxation. The study concluded that one way in which L-theanine promotes relaxation in humans is by increasing alpha brain waves.

Being that L-theanine relaxes the brain, it promotes concentration and heightened mental acuity, and improved learning ability. Remember, bodybuilding is not just a physical sport, there is an entire mental aspect to bodybuilding. Your mind must be sharp and focused, and for that to happen it must be relaxed. Try getting a good



**L-theanine is  
a unique  
amino acid  
found in tea.**

Ergoceutical GP 01 from Future Concepts has been formulated specifically to increase nocturnal muscle growth and includes a good dose of L-Theanine

Designed specifically for use right before bedtime, its ingredients have been clinically proven to boost nocturnal growth hormone release and stabilize testosterone, preventing cortisol spikes.

GP 01 contains L-theanine to encourage REM-phase sleep and the production of GABA, a neurotransmitter that stimulates growth hormone (GH), and includes many other ingredients to enhance the anabolic environment.



Jason Mathas

In each dose of GP 01 the growth hormone stimulating elements include 6g glycine, 4g glutamine, 2g ornithine, 2g arginine, 2g lysine, as well as potassium and niacin. In addition, it incorporates a compound formula that has been clinically shown to help keep testosterone level high during sleep. This additional formula includes magnesium and zinc amino acid chelates and pyroxidine.

It is totally scientifically proved that growth hormone and testosterone work synergistically when both at optimum levels, profoundly increasing anabolic processes in the body. This is why GP 01 gets such good results.

A dose of GP 01 before bed will turn your night's sleep into a highly anabolic period... and that, you can't afford to miss out on.

Advice: Take one dose of GP 01 before bed, if possible on an empty stomach.

workout when your thoughts are erratic and scattered going from one thing to the next uncontrollably. It cannot be done. You must be completely focused, especially when doing heavy and dangerous movements such as the squat. L-theanine will help keep your mental state where it needs to be.

There are other benefits to taking L-theanine besides relaxation. The same neurotransmitters that relax us also control our blood pressure. Therefore, L-theanine will help regulate blood pressure. L-theanine has a calming affect on both the nervous system and the cardiovascular system. And it does this without the side effects that prescription drugs have that are used to treat stress and anxiety.

While taking L-theanine, or at any point in your life, it is important to try to reduce stress

factors. You will want to avoid excessive use of alcohol, caffeine, or any artificial stimulants. Simplify your life by eliminating a lot of things that take up your time but may be unnecessary. Set priorities, and prioritize your tasks and tackle the most important ones first. This way, you will not stress over if things are getting done or not. Do more activities that relax you and that you find to be a lot of fun. Eat healthy foods and stay away from saturated fats.

In today's world, there is enough stress without us bringing more upon ourselves. Do not rely on prescription medications with side effects if you have stress problems. Give a natural supplement such as the amino acid L-theanine a try. It will keep you calm and focused, and it will do so naturally and safely. Go get your L-theanine... and don't sweat it.

**BF**