

# THE VITAL POWER OF MUSCLE

How to sustain a healthy muscle function during dialysis  
and in post-transplant recovery.

# INTRODUCTION

I've been studying the muscle for the past 30 years. For the first 15 years I was building my muscle to an extreme size, so I could become a professional body builder.

As you see, I became an expert in building the largest muscle you can imagine.

But the truth was that when I was the biggest, I was the most exhausted and I suffered from a lot of pain.

I started to realized that I could not continue to build more muscle!

I had to find a way of using muscle in a completely different way, so I could heal my body.

This was the beginning of the **Gh Method**.

During this transformation I discovered that the muscle is an amazing organ and can be used as a repairing tool.



## GH FITLAB & UNIVERSITY OF ILLINOIS RESEARCH STUDY



So for the next 15 years I was not only repairing myself, but I was also helping others who suffered from pain and exhaustion.

For the past six years, GhFITLAB has been conducting a Research Study in collaboration with University of Illinois.

We have been successfully helping patients with kidney transplant, and patients on dialysis to regain their strength and renew their lives.

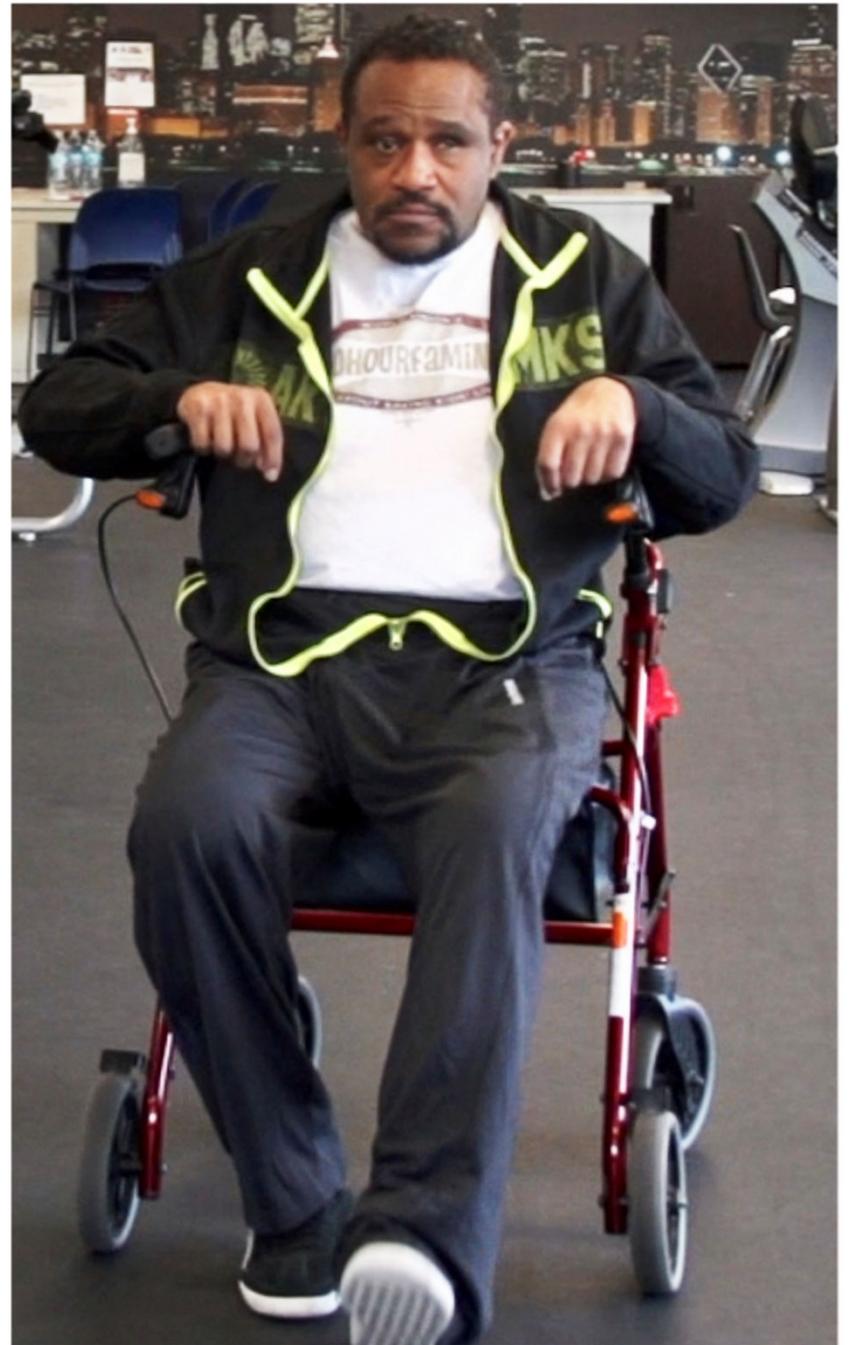
During the research on post- transplant kidney patients we discovered that prolonged **DIALYSIS** was the main reason why patients were becoming weaker and their bodies less functional.

So we used the Gh Method Muscle Therapy in recovery of dialysis patients as well.

The results were pretty amazing!

# How does dialysis effect you and your muscle?

- **Dialysis saves lives**, however prolonged dialysis has **side effects** on your body, your muscle, and your mental health.
- Physical side effects: cramping, muscle and joint pain, muscle weakness, often exhaustion.
- Psychological side effect: depression, sadness, feeling there is no hope, feeling isolated, and not understood by others.
- Poor sleep /lack of energy.
- You know you should move/exercise, but often you are too tired to do anything. So you don't do anything.



Imagine you have a car ! The car has flat tires, and no gas!

So what happens?

With flat tires, and empty tank you can't go anywhere! Right?

Now imagine that **CAR** is your **BODY**.

And the **TIRES** are your **MUSCLE!**

Without functional muscles(tires) you can't go anywhere!

You are stuck! You are in pain! You are exhausted!

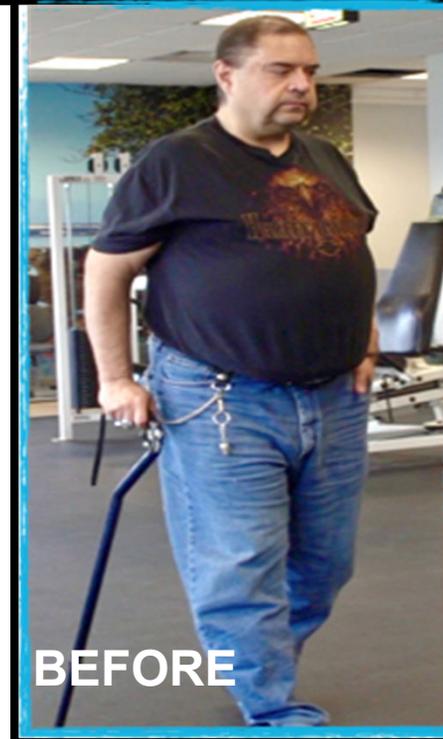


NO GAS!  
MY TANK  
IS EMPTY..

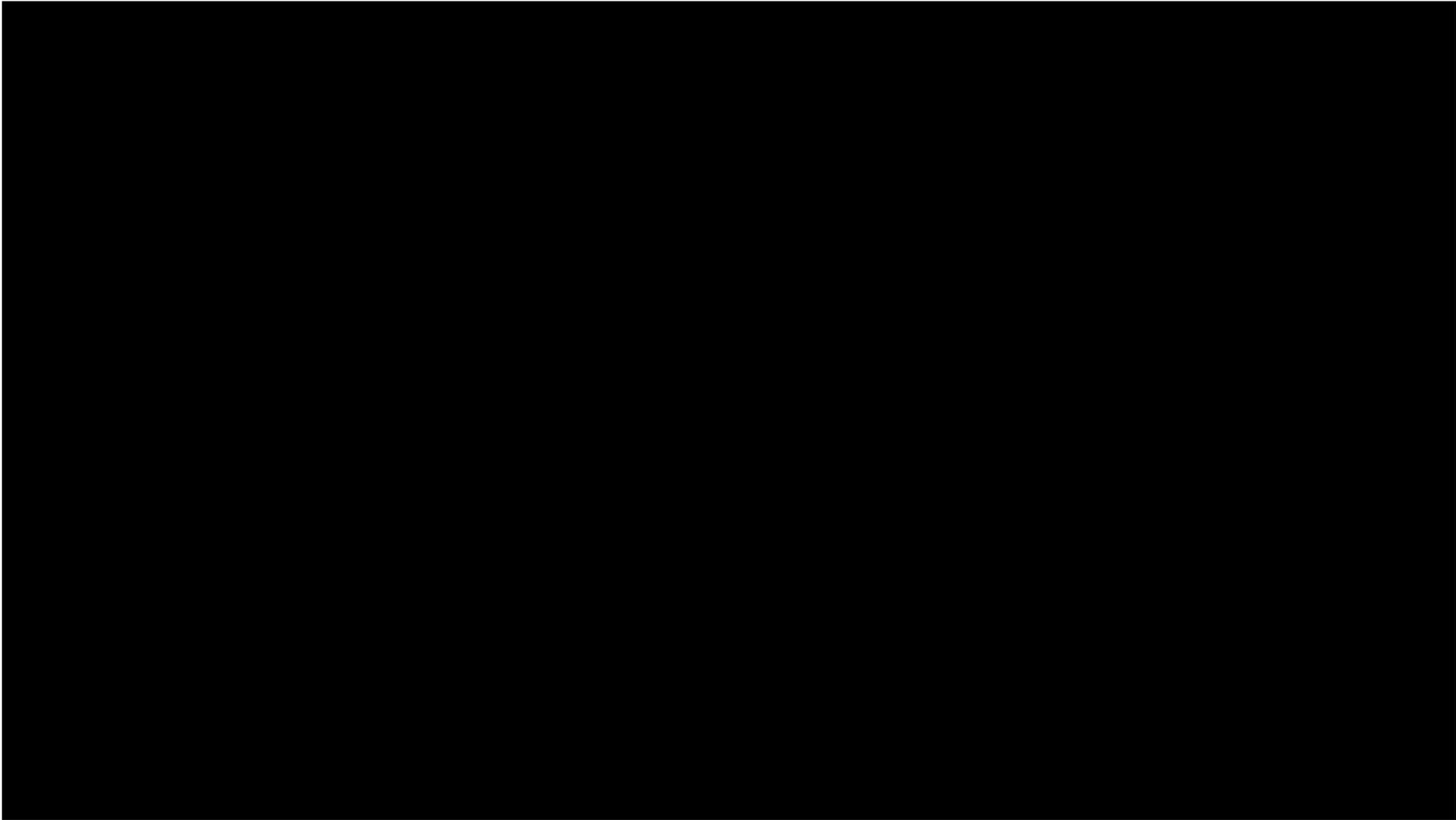


# So why is your muscle so important ?

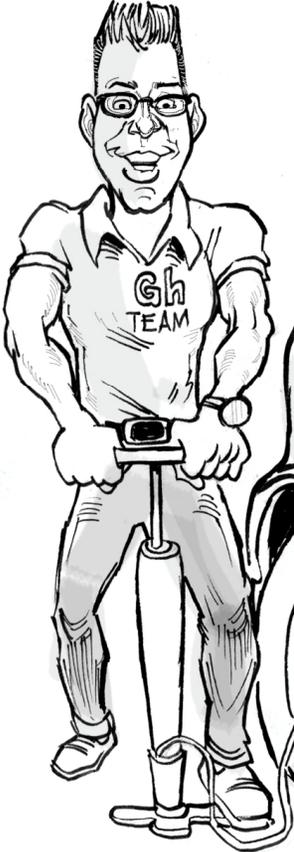
- Muscle produces and stores energy. Muscle is your “gas tank”.
- Muscle protects your joints and bones.
- If you don't have functional muscles you don't have energy.
- Muscle when used properly, awakens your blood flow, and thus helps to repair your body.
- The better quality of the muscle the stronger you feel.
- Without functional muscles you can not function!



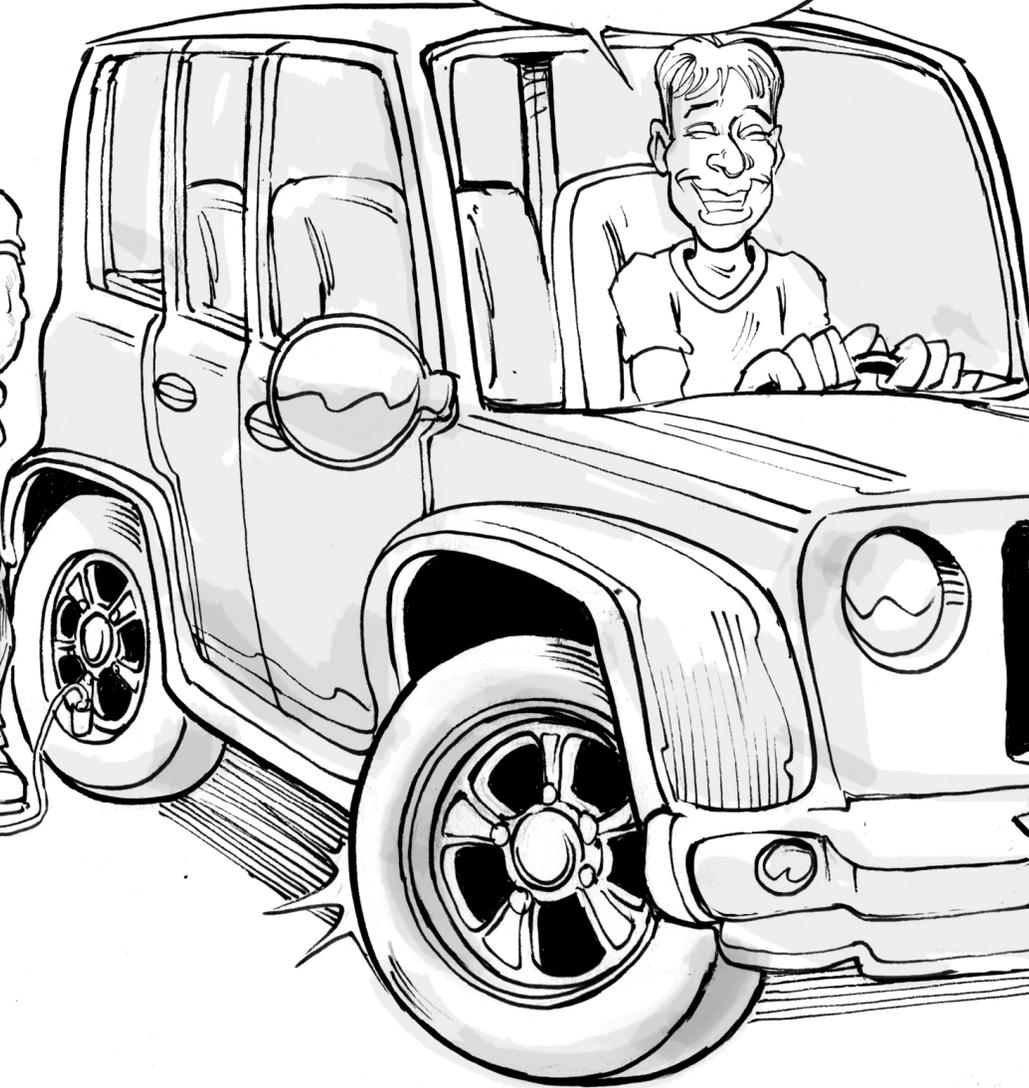
# Jeff's Story



TIRES ARE  
PUMPED.



GREAT! I'M  
READY TO GO!



THE TANK IS FULL, SIR!



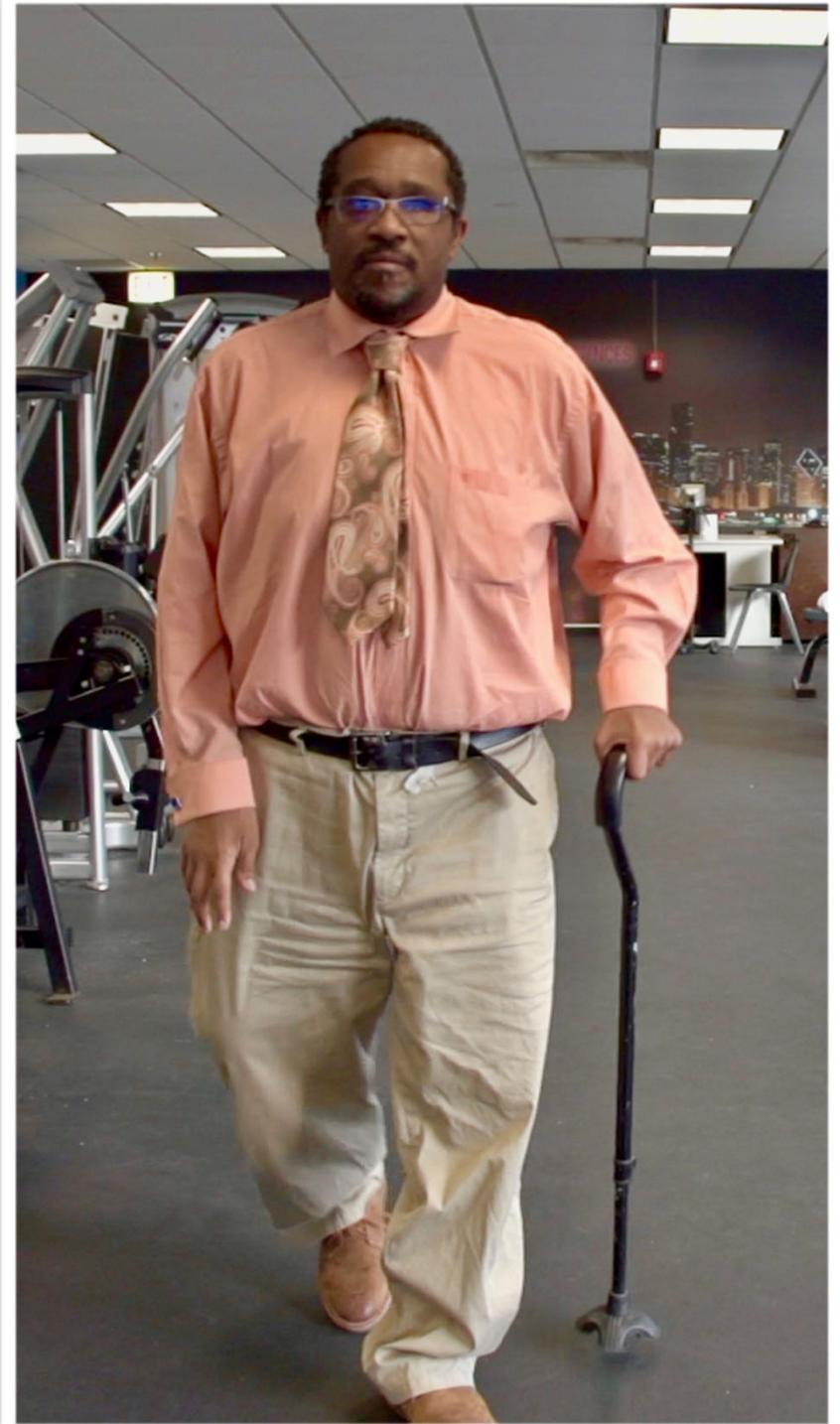
SEATHES '19

# How can Gh Method help dialysis patients?

**Gh Method can offset the effects of dialysis.**

**Patients will experience the following:**

- Reduction/elimination of cramping.
- Reduction/elimination of pain.
- Increased strength and muscle function.
- Increased muscle flexibility.
- Reduction/elimination of depression caused by the dialysis regiment.
- More energy, and feeling like doing more things throughout the day.
- Better quality of life.



# What can you do on your own?

- Do the physical activity on the days you don't have dialysis. Go for a short, slow walk/ Do some stretching while sitting on the chair.
- Be aware of you energy. Stop and rest if you have to.
- Most important is that any physical movement has to be gentle. It can not make you exhausted.
- Reduce/eliminate sugar consumption.

# Good News!

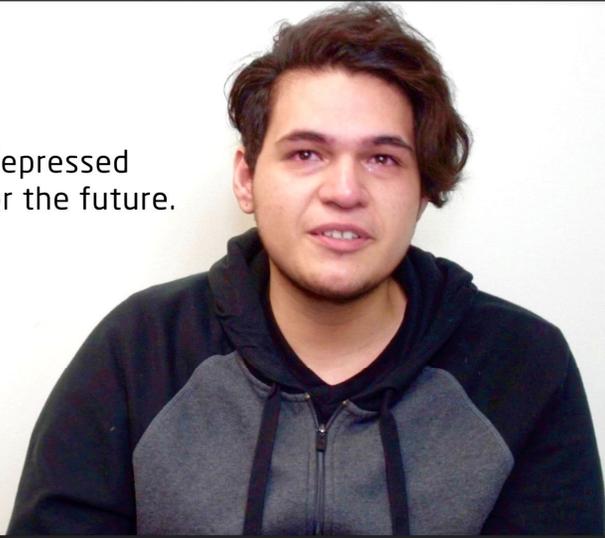
We are going to have a new study for patients on dialysis at UIC.

# I have a transplant and now what?

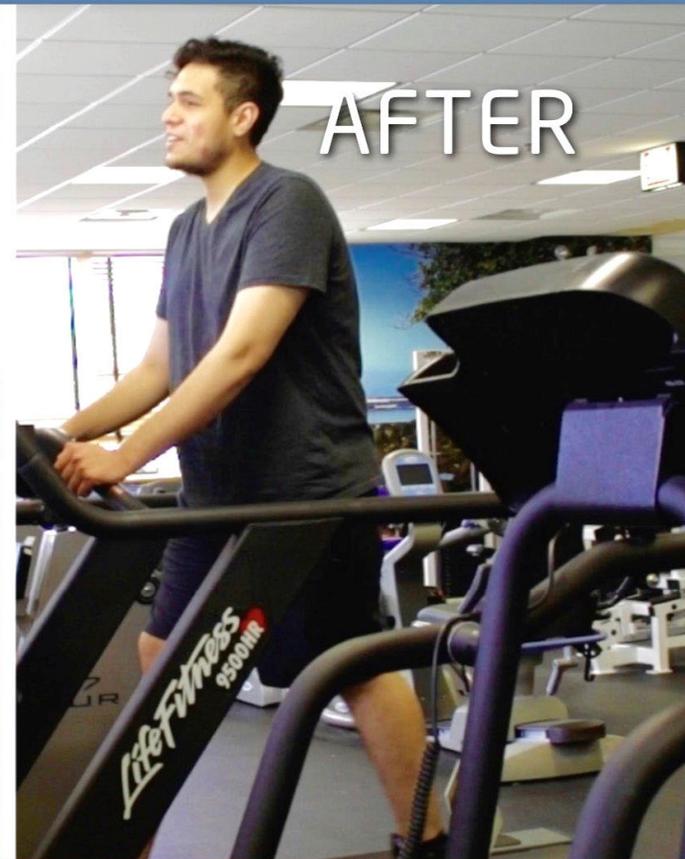
- Drink 2.5 liters of water- without water the kidney is at huge risk again!!!
- Reduce/eliminate sugar! High sugar leads to diabetes - diabetes leads to loosing kidneys!!!
- Reduce/eliminate processed foods!
- Remember that getting a transplant doesn't mean you can run miles right away.
- Start your physical activity from the minimum activity your body can do. Don't get discouraged.
- Increase the amount of steps you do each day, but progress slowly.

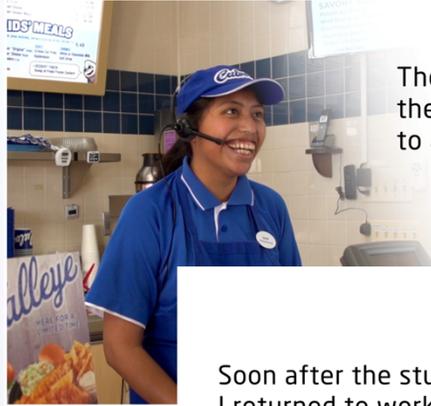


At 17,  
I was sick and depressed  
with no hope for the future.



I'm feeling great!  
I'm working a full-time job  
as a barista.





The program gave me the energy to return to a full-time job.



Thanks to UIC/GH Program I was able to return to a full-time position in my business.

Soon after the study I returned to work after 10 years of being unemployable.



After 5 years of unemployment I returned to work as a full-time teacher.



Because of the program I became a full-time student studying to be a Registered Nurse.



I'm grateful to be working again after 6 years of unemployment.



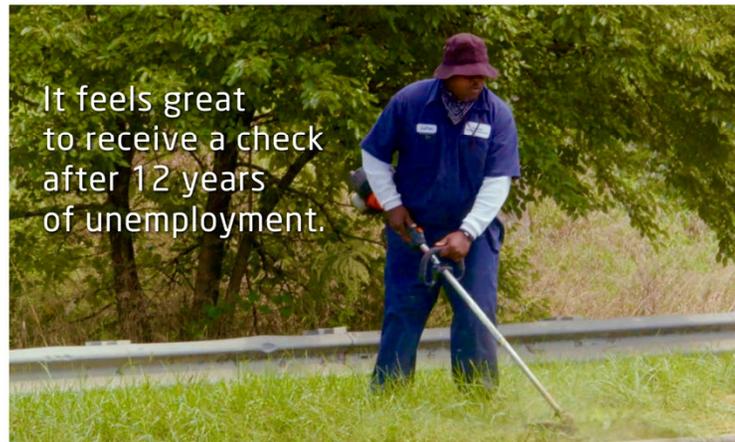
I drastically changed my life thanks to the study.



I returned to work after 9 years of unemployment.



It feels great to receive a check after 12 years of unemployment.



## Ron's Story