

# ***Grow Taller Dynamics***

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# ***Getting Started***

## **Getting Started**

Hello and Welcome to Grow Taller Dynamics! This program is for any person who wants to add extra inches to his or her height. While this program is especially effective for growing children that want to grow taller beyond what nature intended to do for them, rest assured that the dynamics of this program are effective for everyone - even if you are an adult and stopped growing for a long time.

There are lots of factors that come into play when it comes to height. Genetics is the main factor. However, since obviously noone can do anything about that, we will not address that part of it. We will always keep in mind that whatever your height is, you want to extend it as much as possible.

The good news is that you can add up to 3 inches (7.5cm) in most cases to your natural height. This program is the result of years of research. It was originally developed by a group of university students of medicine in 1996. Since then, it have been tested by thousands of volunteers that wished to grow taller, as well as updated with the results to reflect the most effective techniques.

These studies have also shown that the most dedicated people can even add up to 6 or more inches (15cm) to their height.

If you will just follow the program for about 20-30 minutes a day for 5 days a week, you will gain height. If you follow it for 45-75 minutes a day for 6-7 days a week, you can gain up to 3 inches in height within just a few weeks.

Yes, you do have to have some dedication. The things you need to do to gain this height aren't particularly hard. In fact, most of them are quite easy to do. What you put into this endeavor is what you will get out of it. Dedication, persistence, and enthusiasm are the key factors in growing taller.

The **Real Truth** is that theirs **NO WAY** to grow taller without following such a dynamic program. There's no "**Easy Way**" in which you can just take a pill or take supplements and you will suddenly grow taller. If there was, it would mean that this pill or supplement is altering your genetics - **which is something Impossible**.

The dynamics program includes activities and exercises that can be included in your normal daily routine. You can use the exercises and stretching as part of your workout routine. You can even do the exercises while you watch TV.

Can you expect to gain height fast? Well, some people have gained over an inch in just 2 weeks by following the dynamics program. But still, everyone is different, therefore everyone grow at different rates. But know that it's possible for the most dedicated to grow taller fast.

What if you can't do all or some of the exercises? We give you a basic program that you can follow. The beauty n this is that we give you a base to start from. You can adjust it to your schedule, time constraints, athletic ability, and dedication.

We want you to succeed. We are laying a paved road for you to succeed. But you need to be dedicated and persistent. You have to have enthusiasm when you are following the program. So be sure to

follow our general guidelines since it is the result of years research, testing and actual results by real people.

The majority of people fail in gaining height simply because they start off with an abundance of enthusiasm and energy only to quit with a few weeks because they over do it.

Another reason people fail is because they don't make a routine of this. They are sporadic in doing this. If you are going to skip days, make sure that you do not over do it. The key in your success is that you make this program a habit just like going to work. Do just this right, and you will be very pleased with the results. Now, lets get started in gaining some real height!

# ***Grow Taller Dynamics Key Points***

## **Growth Taller Dynamics Key Points**

The key points of the Grow Taller Dynamics program are the most important points if you want to achieve amazing results. Because of this reason, you must study and understand them throughout. They are just like the ingredients in a recipe, without them you will not be able to gain any additional height!

### **Key Point 1: Force = Mass x Acceleration 1**

By increasing the acceleration, the force on your spine increases! This is a simple Newtonian physics concept which is commonly learned in high school and every physician must know. A very fundamental concept.

By increasing acceleration, we increase FORCE on your spine and as a result, your spine is straightened easier, more blood circulates (from Age 8, blood flow to spine decreases significantly), and the intervertebral discs are regenerated and thickened!!

How can we increase the acceleration? Easy, by the formula:

$$\text{Acceleration} = \text{change in velocity} / \text{time}.$$

**(a) By taking less time when stretching**

What do I mean by taking less time? I mean that you move the same distance, but spend less time!!! For instance from standing forward bend to mountain pose, you take 0.2 seconds instead of 2 seconds!

**(b) By increasing the maximum velocity**

Simply, this means by moving as quick as possible!

## **Key Point 2: Intensity**

You may ask: What about the amount I stretch? Won't doing things fast make you not stretch the fullest?

What it is suggested that for certain poses such as Exercise No.4, you bend downwards very quickly ( i.e. get to the pose quickly ), but when you reach the pose, you stay there and try to get more stretch; as much as you can, but this time take your time!

## **Key Point 3: Perseverance**

Perseverance is very important! If you do for 8 weeks or more, this is about the time you get to see results! Results come not slowly, but it comes on a certain week, when your body is just simply too tired of being short and having those forces on your spine daily!

And one advice: do not measure daily! It not only creates a subconscious awareness that you will not grow (when you can, and will) but it also causes you to lose MOTIVATION.

Notice people losing weight? The weight loss motivation, and thus the weight lost decreases exponentially with time. For height, its similar

but different. You will gain 0 cm and 0 inch if you stop halfway, but if you PERSISTE you will gain height suddenly and eventually. (of course ensure you are not just going through the motions, but you are actually putting concentration, focus and intensity ). After that gain in height (may be 1-2 cm) you may gain even quicker! Since now you are motivated! Because you know the dynamics programmed works!!! Now, I am not limiting you to 3 months; if you grew, by all means go ahead, do as long as you like, till you gain whatever height you want!

## **Key Point 4: Posture**

What is the point doing Yoga for 20 minutes a day and after that not adjust your posture to be Yogic in pattern? Similarly what is the point doing a dynamics program when your posture is going to be bad throughout the day? Isn't this counteracting the effects of Height Increase? In the end of the day, I assure you will not grow. This is common sense. Just slouch one whole day and stand on command. Your height is lower than if you sit and stand straight the whole day and stand on command. What will happen? Your spine and spinal muscles will adjust such that it fits the lower height!! And in the end,

you may even become shorter! So, please mind your posture at all times, if you want to grow taller sincerely.

And I do not mean rigid posture, no point having such rigid posture and getting tired of it later. What I mean is allowing natural curvature of the spine and not slouching. You can try the Alexander Technique if you wish.

## **Key Point 5: Yoga**

Yoga is very helpful especially the Standing Forward Bend and Cobra. Get a Yoga VCD. Do it 20 minutes a day before you sleep. If you combine it with a stretching journal, I assure you with hundred percent certainty that you WILL grow, unless you have negative mindsets that you will NOT grow.

## **Key Point 6: Positivity**

To change negative mindsets, every time you do the exercises, says, tell yourself that “**You Will Grow Taller!**”

You must really believe in this because there's no point in telling yourself you will grow, when deep inside you say to yourself that I will not grow.

## **Key Point 7: Supplementation**

Supplementation is very important. You can try the following supplements if you want to experience a higher chance of getting taller.

**A.** Colostrum total of 1000 mg daily in the morning

**B.** Royal Jelly 1 pill daily in the morning

**C.** Multivitamin, take one consisting Zinc (at least 5mg) and Magnesium, Calcium

**D.** Glucosamine 500 mg a day. This is an expensive supplement. Take 1000 mg daily when you feel you have stretched/kicked a lot on that day.

**E.** If you want GH, fast for 2 hours, before taking equal amounts 1500mg each of Arginine Pyroglutamate and L-Lysine before bed-time everyday.

## **Key Point 8: Program Specific Instructions**

Do exercises everyday and try to make sure each repetition counts and is intensive as you only do each exercise for 10 to 15 times. If possible, do more, it can't hurt! And most importantly, do immediately after bed and before bedtime. By doing it before bed time you are ensuring you are millimeters taller before you sleep and your body will maintain these extra-millimeters.

## **Key Point 9: Sleep**

Get at least 9 hours daily because your body requires this rest to produce the hormones from the pituitary. More importantly, sleep or just lying down ensures proper spinal decompression. Do remember to sleep on your back.

## **Key Point 10: Believe in what You Do**

No fuss about this, you need to believe in what you are doing before you can achieve results.

# ***Men of Science Agree***

## **Men of Science Agree**

“Scientifically speaking, the universal notion that at or about the age of 25, the joints have attained their permanent condition of growth is now seen to have been erroneous,” anthropologists of the famed Smithsonian Institute said.

According to them, height measurements indicate that men and women of 40 are still growing, some even up to the 50th or 60th year.

It sounds incredible, doesn't it?

But recent evidence confined by the noted anthropologist, Dr. Ales Hardlika, indicates that growth can continue until age 40 or shortly after.

Some noted men who made the same studies on a persons height were Dr. Henry G. Beyers, M.D., United States Navy; Dr. E.H. Bradford, from the Boston Medical and Surgical Journal; Dr. Rene Ledent from Annales de Medicine

Physique et Biologique; Robert Roaf, from the Journal of Bone and Surgery; and Dr. P. de Puky, M.D. from Acta Orthopedica Scandinavia.

Dr. Henry G. Beyers in the Journal of Experimental Medicine in his article, The Influence of Exercise on Growth, wrote "..... any increase in measured standing height discovered within a few years, after 20 could be caused by a change in posture, the correction of a stoop or merely improved tone of muscle or expansion of invertebral discs induced by physical training."

The experience of one Clifford Atkins of New York, 54 years old, confirmed this. He testified that his height increased by 1-1/2 inches after performing the specific and recommended exercises.

Many are shorter than they should be only because of a bad posture, which causes or aggravates the curvature in the spine. By correcting bad posture alone, others reported an increase in height by 2 or 3 inches.

Another way of increasing one's height is by stretching the elastic vertebral discs of the spine.

These two methods alone can greatly effect the change.

But how do you make use of these methods? Will you need some apparatus? Some gadgets or exercisers? Injections? No.

All you have to do is to perform some simple, tested exercises for a few minutes a day, right in your own home. These exercises are all contained in this special program.

# ***Why You Can Still Be Taller Even If You're Over 25***

# **Why You Can Still Be Taller Even If You're Over 25**

There are basically 2 main scientific reasons:

- **The physiological curvatures of the spine.**
- **The expansibility of the intervertebral cartilages of the spine.**

## **The physiological curvatures of the spine**

It is said that an infant who is still unable to sit up, doesn't have these curvatures. But, as he grows up, curvatures develop.



Dr. E. H. Bradford explains this and writes, "The so-called physiological curvatures of the spine, not found in the fetus or in infants unable to sit up ... results from the necessity of the curves in balancing the trunk with its anterior load of viscera when in the erect position, and in carrying the head erect."

There are three curves. One at the neck, which is a forward bend; in the middle, a backward bend; and in the lower back, another forward bend. It is said as one grows older, the depth of these curves increases because of the weight of the head and torso and because of bad posture. By decreasing the degree of each curve, therefore, height can be increased. Exercises in this program will help you do this.

**THE EXPANSIBLE INVERTEBRAL CARTILAGES** - It is a known fact that a person is taller after he wakes up in the morning than when he is about to go to sleep at night.



Dr. E.H. Bradford, speaking on, this, said, "The fact that person is taller in the morning than at night has long been known and has been attributed to the expansibility of the invertebral cartilages."

And he quoted Brodhurst: "The effect of pressure on the invertebral cartilages is shown by the loss of height which is sustained at the end of the day. Thus, it is well known that a man of middle stature who remains in the erect position during the day will lose nearly one inch in height, and that this is regain only after he has been in the recumbent position for six or eight hours."

That these vertebrae of the spinal column can be expanded or lengthened is shown and proven by a certain custom of Burmese women of the Paduang tribe even at present. These women place

brass rings around their neck to lengthen the neck's seven vertebral discs.



And it is reported that some have stretched the length of their neck from 15 to 20 inches!

The exercises in this program are intended to help you lengthen your spine to a certain degree. This is only one of their purposes.

Many have written about man's physical stature. But, we would like to quote excerpts from Dr. P. de Puky's work, *The Physiological Oscillation of the Length of the Body*:

"The invertebral fibro-cartilages form nearly half of the length of the whole spinal column. . ."

"Not only the great resilience of the intervertebral fibro-cartilages but also the curves of the spinal column play a considerable role in the daily oscillations of the body ..."

In the newly born, the vertebral column is almost absolutely straight, except for the slight curve of the sacrum. After the fourth month when the child begins to try to sit up, the curves of the back are forming gradually. First, the weight of the chest bends the column forward, then as the child is learning to walk, the danger of falling headlong makes it force the loins forward, forming the lumbar curve.

"The intervertebral fibro-cartilages play a most important role in the forming of these curves; without them the spinal column would make an almost straight line, except for the pelvis.

"A young man owes his body height largely to a continually swollen condition of his intervertebral fibro-cartilages.

During the day, owing to the pressure of the body's weight, the intervertebral fibro-cartilages flatten and this is the reason why a man is not so tall in the evening as he is in the morning; for the same reason, he will be shorter while walking a long distance than when lying down. This decrease in height after a long walk is particularly pronounced if he has carried a heavy load at the same time.

"... and when we keep in mind the great capacity of cartilage for absorption and giving off water (amounting up to twenty times its volume), it is obvious that cartilage plays a great role in the daily oscillation of body length."

From the findings above, it is evident that the fibro-cartilages may be considered the seat of the daily oscillation of the body length. The cause of this phenomenon is two-fold:

- 1) The physiological curves of the vertebral column become more curved in the course of the day, giving thus a decrease in the length of the body; during the night they recover their original form, which means again the lengthening of the body. The bending of the spinal

column, the increase and decrease of its curves are all expressions of work of the fibro-cartilages between vertebrae in the sense of statistical mechanism. Anterior concavity of the column means stretching. The thicker the fibro-cartilage, the more it will yield to the two forces: pressure and pull. That is why the young with thick fibro-cartilages show a greater daily oscillation of the body length than is seen in old people with thin fibro cartilages.

2) It is the variation in the water content of the fibro-cartilages that gives the daily changes in their thickness, i.e. absorption of water by the fibro-cartilages increases the distance between the vertebrae and thus the length of the body and there are 23 intervertebral fibro-cartilages.

This article written by a noted person in the medical profession thus supports the two approaches or methods toward increasing one's height. The methods can all be reduced into one word: S T R E T C H I N G.

That stretching can increase a person's height was also accidentally discovered and proven in France by Dr.Francois Sambucy, head of the Paris Clinic. Dr. Sambucy was once a cripple and he took up medicine to relieve or treat his rheumatism. In treating his patients who came to him for relief of spinal pressures and rheumatic ailments, he discovered that traction could also increase their height, for as much as two inches in some.

In his clinic, he used suspension from pulleys, racks, vibratory manipulation and other unusual devices for treating rheumatism and arthritis, believing that rheumatism originates from the vertebrae.

When one of his patients discovered that one could increase his or her height by stretching the vertebrae, word traveled fast, and soon many flocked to him — not for rheumatic ailments, but for an increase in height.

"They go through the same stretching treatments given to patients with spinal column problems," he said. Pulleys, racks, and other devices were used to flex the column.

Some of those who came for height increase were women married to very tall men, policemen and mailman, among others.

“The exercises and the stretching did it”, he said. “But the fact that it adds to a person's height is strictly a chance discovery ...”

Through the exercises, his patients claimed to have increased their height permanently.

With all his devices and gadgets, his clinic ironically looked like a torture chamber of the medieval times.

If this scares you, you will be glad to hear the news that you do not have to subject yourself to “torture racks” or be suspended from pulleys or be pressed and rolled in different and unusual positions. Exponents of height-increase principles and discoveries say that nowadays, you need not undergo these torments in order to become taller. You can do so by merely performing the prescribed and simple exercises.

You don't need pulleys, any apparatus, drugs, injections, or any artificial means. And it takes only a few short weeks!

# ***Grow Taller Dynamics***

**Exercises**

## **Grow Taller Dynamics - Exercises**

These exercises are the results of research on the best height increase systems in the United States, France, Canada, India and the rest of Europe.

They have helped others gain 1 to 5 inches in height or more. If you devotedly perform these exercises every day, there is no reason why you should not become taller in a matter of weeks.

We assume that you are in good health. If not, you should first consult your doctor. We shall not be responsible for any adverse consequence that may result from performing these exercises.

But if you are in perfect health, you are in for a great favor because these exercises do not only increase one's height but also promote general health and physical well-being.

These are proven exercises that work, so make them work for you.

## **Instructions**

**WARM UP** - Perform Exercise No. 1 before performing the set of exercises.

**IN THE MORNING** - Perform the first set of exercises, exercises No. 2 to 10, upon arising in the morning.

**IN THE EVENING** - Perform the second set of exercises, exercises No. 11 to 19, before retiring.

AFTER the morning and evening exercises, perform exercise No. 20.

## **Exercise No 1 (Warm Up)**



You have seen boxers in the ring warm up by jogging before the fight. Before you do the exercises, jog for about 3 minutes. This will stimulate the circulation in the whole body. You can also march bending your knees as high as possible and at only one point.

## **Exercise No 2**



Stand erect with your back and heels together 20 inches from the wall. Then raise your arms backwards without bending the elbow, till they touch the wall. Perform 15 times

## **Exercise No 3**



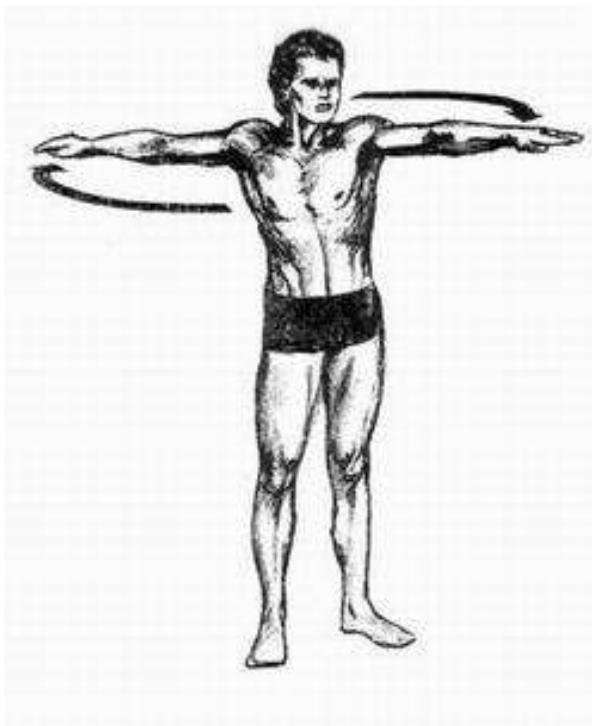
Stand erect, and raise your arms above your head, joining them with your thumbs. Now stretch and swing or bend to the right and alternately to the left 15 times.

## **Exercise No 4**



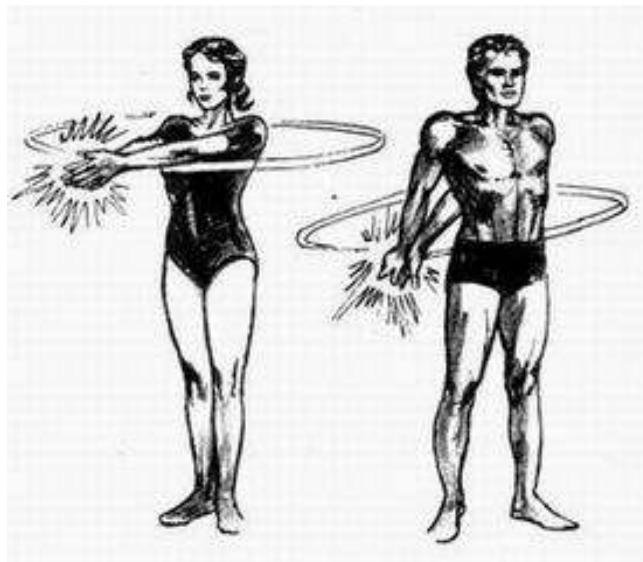
Stand erect and raise your arms straight and above your head. Now bend and touch your toes then back to original position. Perform 15 times.

## **Exercise No 5**



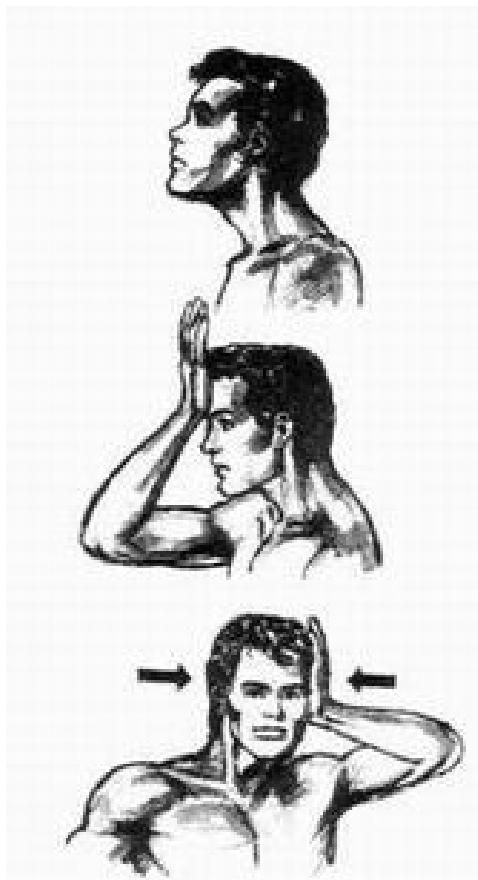
Stand erect. Raise your arms straight on your sides so that they are parallel or in line with the floor. Now, turn your entire upper body to the left, then to the right, with your arms making a circular motion. Perform 15 times.

## **Exercise No 6**



Stand erect, and without bending your elbows, stretch your arms straight, clap your arms in front then at the back. Perform 10 times.

## **Exercise No 7**

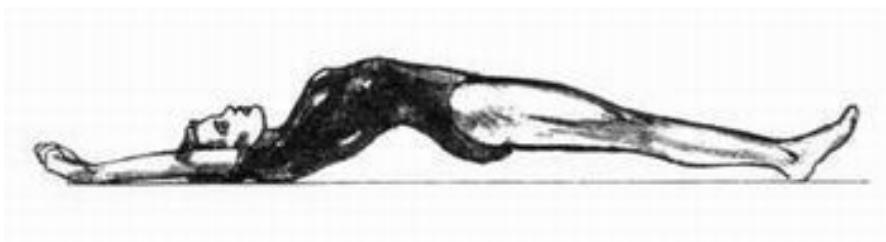


Step 1 - Stretch the neck forward and upward, then backward as far as possible. Perform these motions 10 times.

Step 2 - Perform the head motions but this time resist the forward or backward movement with your hand.

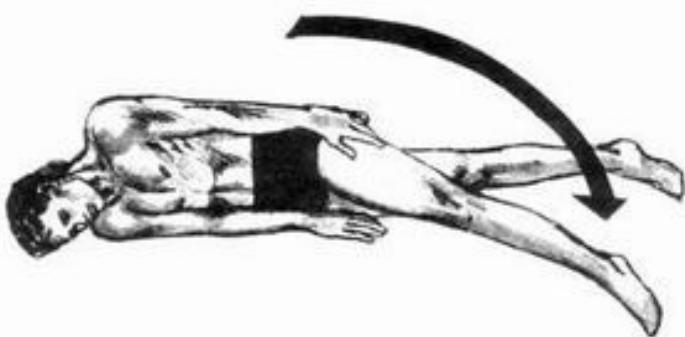
Step 3 - Now, push your head to the right with your left hand as you resist the movement with your neck muscles. Then reverse by pushing your head to the left. Perform 10 times.

## **Exercise No 8**



Lie with your back flat on the floor. Raise your arms and let them lie on the floor above your head. Now raise your back, hips, and legs, making your body rest only on your shoulders and heels, forming an arc. Pause for awhile before you bring your entire body down. Return to original position. Perform 10 times.

## **Exercise No 9**



Lie on your right side of the floor, with arms on your sides and your feet straight together. Then swing your left foot forward as far as possible. Do this 10 times. Next, lie on your left side and repeat the same movements with your other leg. Perform 10 times.

## **Exercise No 10**



Get a file of newspapers just high enough to help you reach the arch of the doorway or a low ceiling with your fingertips. Stand erect without raising your heels and reach upwards. Do this everyday, removing one newspaper each day. But stretch up and try to reach the ceiling just the same.

## **Exercise No 11**



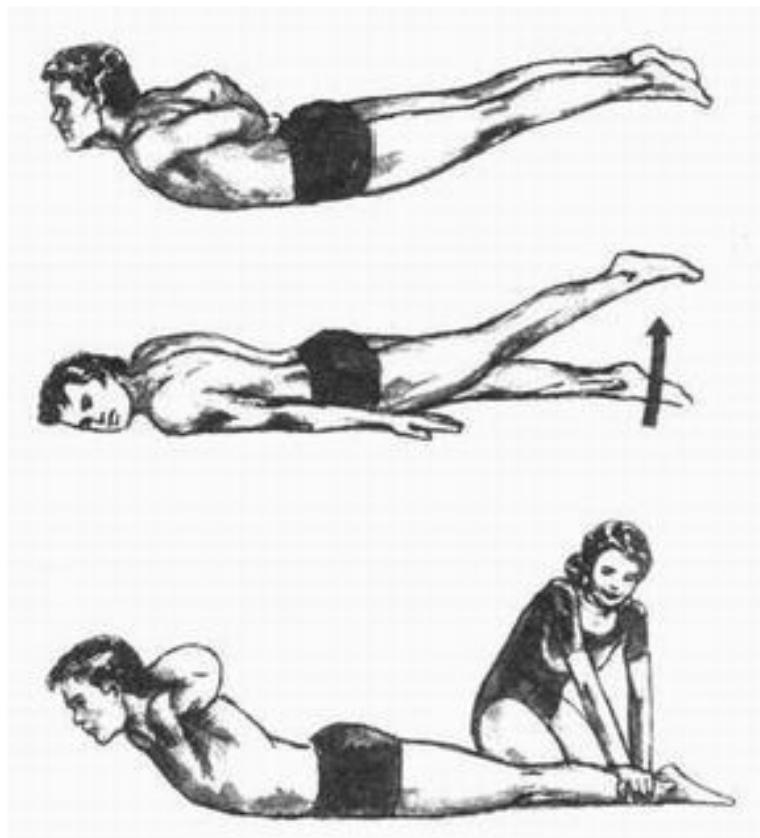
Stand erect, and without bending your arms, rotate them backwards like the propellers of an airplane, with your shoulders as pivots. Swing them as far back as possible. Perform 15 times.

## **Exercise No 12**



Sit erect on a chair. Clasp your hands behind your neck. Exhale as you slowly push your head downwards and between your knees. Resist the downward movement with your neck muscles as you resume the original position. Perform 10 times.

## **Exercise No 13**



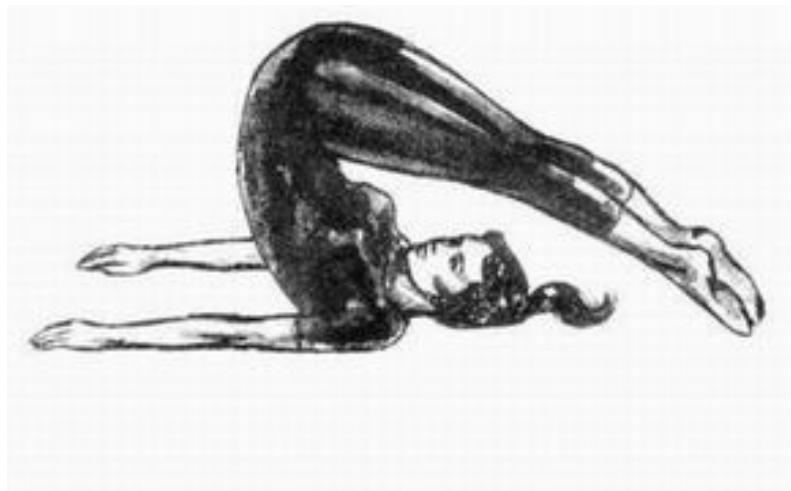
Step 1 - Lie with your face on the floor and your hands at your back.

Then raise your head, shoulders and legs at the same time. Perform 5 times.

Step 2 - Place your arms at your sides and alternately raise your legs without bending your knees. Stretch your legs until you get tired.

Step 3 - Place your hands behind your neck. Let someone hold your feet down as you full your elbows up and as far back as possible and try to raise yourself from the waist up. Perform 5 times.

### c) Exercise No 14



Lie flat on the floor. With your arms on your side, raise your feet over your head then downward till your toes touch the floor above your head. Repeat. Perform 10 times.

## **Exercise No 15**



Stand erect, with your feet 18 inches apart. Stretch your arms to the sides at shoulder level. Now bend and reach or touch your left toe with your right hand. Return to erect position. Then bend and touch your right toe with your left hand. Don't bend your knees throughout the exercise. Perform 15 times for each side.

## **Exercise No 16**



Stand erect with your feet about 18 to 20 inches apart. Then, without bending your knees, slide your arms down your legs, as far as you can. Then pause and slowly straighten your spine upwards till you stand perfectly erect. Perform 15 times.

## **Exercise No 17**



Sit on the floor with your feet straight and together. Now, touch your toes with your fingers, then return to original position. Perform 15 times.

## **Exercise No 18**



Stand erect. Raise your arms, stretching your body fully upwards.

Then rise on your toes as you breathe in. Raise your heels as high as possible. Exhale and return to original position. Perform 15 times.

## **Exercise No 19**



Stand erect. Place your hands down and straight together at your back and pull your arms as far back as possible. At the same time pull your shoulder blades together or towards each other. Perform 15 times.

## **Exercise No 20**



Find a bar, brace, or door you can grasp and suspend from. Hang as long as you can or until your fingers get tired. Rest and then perform 4 more times.

# *The Importance of Sleep*

## **The Importance of Sleep**

While you undertake our height-increase program, try to get at least 9 or 10 hours of sleep a day. Afterwards, you should have eight hours of sleep every day. Plenty of sleep is needed to increase your height. It gives the spine the chance to stretch and straighten. It also relieves the intervertebral fibro-cartilages from pressure. For this reason, some height-increase authorities recommend to job applicants who are short in stature to stay in bed as much as possible for one or two days before their physical examination.

The importance of this is well-explained by Dr. E.H. Bradford in his article, The Effect of Recumbency on the Length of the Spine, published in the Boston Medical and Surgical Journal.

A line in the said article reads:

“There can be no doubt of the loss of height from the continued erect position. It is, however, also true that lying down immediately lengthens the body to considerable extent ...”

He quoted Brodhurst who said, "The effect of pressure on the intervertebral cartilages is shown by the loss of height which is sustained at the end of the day. Thus, it is well known that a man of middle stature that remains in the erect position during the day will lose nearly one inch in height, and that this is regained after he has been in the recumbent position for six or eight hours."

It then means that it takes six to eight hours of staying in the recumbent or lying position for your spine to regain its height or length.

"There can be no doubt that his diminution in height is entirely due to the compressibility of the soft intervertebral substance," explained Adams.

Eulenberg, on the other hand, believes that the muscular system is stronger after a night's rest, which makes it better able to hold or keep the spine erect. To substantiate his belief, he quoted the measurements of a French observer who discovered that a person's height temporarily increases after a meal.

Our parents used to tell us to sleep so we might grow taller. And science proves them right. Thus, any person who wishes to increase his height must have plenty of sleep.

We repeat that while you perform our exercises, especially during the first six weeks, have at least 9 or 10 hours of sleep each day. It will greatly help your workout program produce the result you want.

We also suggest that you perform the exercises shortly before retiring atnight, and after waking up in the morning.

# *Nutrition & Height*

## **Nutrition & Height**

Nutrition is one of the most important aspects in growing taller. In particular protein foods of which you must eat plenty. Protein is necessary for building tissues and growth. Good sources are meat, fish, milk, eggs, cheese, nuts and poultry.

Besides protein, you must also get enough vitamins, particularly Vitamins D,A and B2. Sources of Vitamin B2 are liver, kidney, egg, milk, and milk products. Sources of Vitamin A are liver, green food such as turnip greens. But they are found in best amounts in yellow-colored vegetables, such as carrots, sweet potatoes, tomatoes, and also butter. Sources of Vitamin D are sunlight and salt water fish, such as sardines, tuna, herring sand salmon. Vitamin tablets are also available at drugstores.

The 10 organic elements which must also be present in the diet are calcium, iron, iodine, magnesium, potassium, phosphorus, copper, chlorine, sodium and sulphur. Except for the three, calcium, iron, and iodine, the rest are usually found in adequate amounts in our regular meals.

The best sources of calcium are milk and leafy vegetables, while liver, egg yolk, spinach, and green vegetables are good sources of iron. The food you eat serves as your body's fuel.

One authority on the improvement of one's physical stature said that the general increase of 1 or 2 inches in the average height of the people indifferent countries during the last 50 years is attributed largely to the improved food supply available to the average person.

**Remember these few helpful hints:**

Chew your food well. Never over-eat. Over-eating clogs your digestive system.

Avoid starchy and other constipating food, such as white bread and sweets.

Plenty of vegetables and fresh fruits should also be consumed.

Other foods that are helpful in increasing one's height are carrots, unpeeled potatoes, fresh lettuce, cabbage, honey and butter.

One claimed that the most complete body-building food is milk with a little honey. Drink your glass of milk leisurely for about 5 minutes. But don't drink it during meals.

It is also important that you drink a glass of water before going to bed.

In the following pages you can find a very effective HGH booster that you can take after each exercise routine that will greatly help in the natural releasing of growth hormones.

## **Homemade HGH Cocktail**



### **Ingredients:**

- 3 Tomatoes
- 250 grams of Broad Beans
- 250 grams of Cabbage

\*Tomatoes contain generous amounts of Gamma-Aminobutyric Acid

\*Broad Beans contain generous amounts of L-Dopa

\*Cabbage contains generous amounts of L-Glutamine

## **Preparation**

Mix all ingredients in a blender until they turn into liquid. If needed, mix in some water to get the consistency wanted. Now drink and enjoy your HGH level increasing by 300% or more.

# *Looking Taller*

## **Looking Taller**

Now we will talk about some small things you can do concerning grooming and caring for yourself in order to appear taller. The first thing up for consideration is the way you dress. Generally you want to choose solid colors to appear as tall as you can. If you choose a top in a different color than your bottoms, you might actually look shorter.

Something else to remember is wearing vertical stripes can make you look slimmer and taller. The same doesn't go for checked patterns or plaid shirts.

Darker colors and light clothing materials also help you appear taller.

Also, you should not forget that wearing ill-fitting clothes can make your body seem disproportional and just draw more attention to both your height and the way you look.

When it comes to purchasing a jacket or blazer, opt for those with plenty of buttons down the front. Ones with say, 3 buttons, will make you appear shorter. Choosing one that is long in length, that ends

right below the seat of your pants, can help you appear taller and add length to your frame. Do not wear turtlenecks as they make the neck look shorter. Instead, go for v-neck tops because they can add a great amount of length.

Your pants will also make a difference in how tall you appear. Choose those that sit right above your hips to give you longer legs. While the low-rise ones are the current trend, they sometimes make your legs look shorter so you aren't achieving your primary goal. Also try not to wear any cuffed or pleated pants.

Your shoes will also have an effect on your height and can be a great way to increase your height. Shoes that have a heel of any size will help you seem taller. Keep in mind that the taller the heel of your shoe, the longer your pants will need to be as well. Choosing pants that are too short for the shoes you are wearing can make you seem even shorter than you really are.

Chunky natured styles are a great choice because they hide your feet so they don't appear to be too small. If needed, add some insoles to your shoes to get an extra height boost.

Now let's discuss your hairstyle. Men should actually avoid longer hair because they fuse with your shoulders making your neck look short and giving you a not so neat appearance. Short, well kept hair styles can add sophistication to your overall look.

Lastly, pay attention to your physical appearance. Heavy people tend to appear shorter and stockier than they really are. Keeping a lean physique can add length to your appearance and even add attractiveness.

By remembering all these factors and implementing them will help you take the most advantage of your natural height. Test different outfits to figure out what your body looks best in and what suits your own personal taste. One of the utmost important things you can remember during this process is that you should be comfortable in your entire outfit and appearance. Otherwise you may not be able to

pull off looking taller because you lack the confidence thanks to the uncomfortable clothing.

# ***Height Increase Scams***

## **Height Increase Scams**

When you are searching for something health related you always need to be aware of the variety of scams that are out there. A majority of these scams will claim you will see major improvements in a very short time. The best choice you can make is doing some research on anything health related that you are curious about because if the proper caution isn't taken you could risk hurting your health.

Listed below are a few scams that you need to be aware of. They might sound like they're legitimate but most of the time you won't see any changes in your height.

## **Reflexology**

This is a technique practiced for treating symptoms by the use of focusing on individual pressure spots located on the feet. The specialist will begin by applying pressure to these spots on your feet. After a certain amount of time they start to see specific changes in your feet. They focus on these changes and after some time you are supposed to notice an improvement. They apply pressure differently depending on your problem areas.

Typically the technique only takes an hour and more sessions might be suggested depending on your specific needs. You will want to make sure you find a certified specialist and you can do so by verifying they are certified from the Association of Reflexology. Just keep in mind that there is no hard proven medical proof that this increases your height. Worst case scenario; you will get a very nice relaxing foot massage.

Reflexology insoles are available in some stores and they claim to give the same results of actual reflexology. Again, keep in mind that by applying even the smallest amount of pressure to your feet is not

likely to provoke your hormones in a way that will trigger your height growth.

## **Hypnotism**

Another common height increase scam that has become quite popular is hypnotism. Hypnosis is when a person brings you to an intense relaxed state that is elusive. Now when they say something to you while you are in this state, you begin to believe what they are saying. The theory behind this technique is based upon 'I think therefore I am'. This theory is thought to control habitual thoughts because it's aiming at the subconscious state of mind therefore it feels it can manipulate your everyday life.

Of course your mind is responsible for a large portion of the way you think and act, it alone with your thoughts is not able to provoke growth. This process is more physiological and is why specific body processes need to be in duration. Hypnosis can be beneficial for many other things like helping to overcome addictions, it doesn't benefit actual body changes or provoke height growth.

## **Herbal Supplements**

If you glanced at the available herbal supplements on the market today that claim to enhance height you should be forewarned that they are most likely a scam. A majority of these products state that they provide help for the pituitary gland which will help promote height growth.

In reality these herbal supplements are more for improving your overall well-being, health, and immune system which in turn will help promote growth but only if you are still young enough and in the growth stages. The herbal supplements alone, without the growth process, will not benefit your height in any way.

## **Magnetic Insoles**

Some people believe magnetic insoles can help enhance height growth. The insoles state they are similar to reflexology in the way that they operate; provoking specific organs and nerves in your body. Magnetic insoles have also said they help your blood circulation and give you increased energy.

While it has been proven that certain magnetic therapy can somewhat offer assistance for pain relief, as of present there isn't any scientific proof that the insoles give any height assistance.

# Conclusion

There are various points that participate in your growth process. Some are more controllable by you while others aren't controllable by you at all. By implementing proper factors and points that you control you can help prevent any future decreases in height.

While in the growing years the best and probably most important thing you can do is get the right nutrition. It doesn't matter how many points you need to consider at the time. If you aren't getting the nutrition your body needs in order for your bones to grow, then there isn't much chance that you will reach your potential height.

In addition to overall proper nutrition and calorie consumption, you must give your body enough calcium to ensure prevention of broken bones. You can also decrease any risk of osteoporosis in the future.

You can help your body give more HGH release by taking supplements and the most popular and proven one is HGH Secretagogues. The right amount of sleep is also beneficial to this so

if you need help with getting proper sleep you could consider using a supplement like melatonin.

Once you are beyond your growing years there is still hope in adding height by doing a proper grow taller exercise program. Having good posture will be of utmost importance then it will be ways of dressing appropriately and wearing proper shoes.

Height increasing scams also need to be watched out for. You want to prevent spending wasted money and you don't want to risk your health using unsupported methods.

Taking good care of your body is beneficial in many ways. You will believe you can reach your potential height and you will also notice a difference in your overall health. You will lack the confidence needed in order to feel good about yourself to help reach your maximum health. Confidence also brings attractiveness so working internally to improve this is very beneficial.

If you are young and currently still growing do not worry because everyone grows at their own individual time. Some people grow taller

in the earlier years while others aren't growing taller until they're a teenager or a young adult. If you are concerned about your current height don't hesitate to call your doctor. You want to avoid the chance you have a serious disease or abnormality. They can be treated if they aren't in a prolonged stage and getting the growth process back to normal is typically the easy outcome. If you ignore any concern you have chances are you will only be disappointed. Never be afraid to ask your doctor about anything that is on your mind or is worrying you. You can ease your mind and help prevent any possible problems.

Our bodies are continuously growing. When in old age, our bones still have to develop brand new cells in order to substitute the old ones. While you probably won't be increasing in the height area your bones are still being reconstructed. So make sure you continue to take care of yourself while in this process. Just follow the guidelines mentioned in earlier sections of this book as they can help you reach that point in your life when you are completely satisfied with your overall height.