

Message for Experimenters

from Jennifer Lynae MD, supervising the HI Experiment

I would like to **thank you** for submitting your information to me, sacrificing some of your time to take part in the Dynamic HI experiment.

This mass experiment aims to **study the effects of the Dynamic HI programme on your body height over a period of 3 months when you will be doing the Dynamic HI programme as well as other height-increase techniques** you may employ such as Yoga, which I strongly recommend.

I have set up this experiment in faith just as I hope you can reply in faith. **In three months, I will send you an email asking if you have grown.** Please **reply promptly** and truthfully whether you have grown. I will be very happy for you if you have grown and I am sure you are so proud that you have grown. You **NEED NOT** elaborate on how you grew, but everyone can benefit from this knowledge! If you are in the midst of exams, you could tell us all how you did grow after your exams! But do remember, **since you signed up for this experiment, you are obliged in faith to tell us at least in a few lines what you did that made you grow so much and be such a proud and grateful person you are now!**

This is a PDF version of the journal, which I have compiled from the ebook version. This is because some of you could not run the ebook version. This PDF file took me a long time to create, in fact a few hours, and I hope you will appreciate this.

Not only is this a PDF version, you will also find the bonus information, which is available only to you, Dynamic HI experimenters!!!

Note : If you have not submitted and got this file not from height_experiment@yahoo.com but from other sources, I urge that you send an email to my address please, giving this information :

- (a) Current height
- (b) Email address
- (c) Height growth routine that you want to use
(e.g. Dynamic Height Increase + Hypnosis?)
- (d) Your Age
- (e) Your email address

Now I have the little goodie for you, that is, a short brief text.

HOW TO MAKE DYNAMIC HI WORK FOR YOU

1. Force = Mass x Acceleration

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
 $acceleration = change\ in\ velocity / time.$

(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!

2. Intensity

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

What I suggest is 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!!!**

3. Perseverance

Perserverance 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 PERSERVE 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! Cause you know the dynamic programme 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!

4. Posture

I question. What is the point doing Yoga for a 20 minutes a day and after that not adjust your posture to be Yogic in pattern? **Similarly what is the point doing HI programme 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.

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.

6. Positivity

To change negative mindsets, every time you do the exercises, **as Ann Sng (renowned Height Increase success story) says, tell yourself “ Taller, Success”.**

I also recommend the Dr. Laura Hypnosis Programme or any other hypnosis programme, such as one you can make yourself or from a local hypnotherapist. **Note it is no point telling yourself you will grow, when deep inside you say to yourself that I will not grow.** Your bone plates are fused at your legs and probably your hips too (if you are 17 Male, or 15 Female), but scientifically however you can still grow through your spine.

I am not asking you to believe in blind faith, no. But I am asking you to have faith in something scientific.

7. Supplementation

Supplementation is very important. May I request you try the following supplements please, if you want to experience a 100% 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.

8. Dynamic HI 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 try to maintain this extra-millimeters.**

9. Sleep

Get 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.

10. Believe in God

Consider being a Christian, not just for height increase, but also for other parts of your life. Christians not only feel less stress which helps height increase, the omnipresent omnipotent God will ensure that your prayers of being taller will come true eventually.

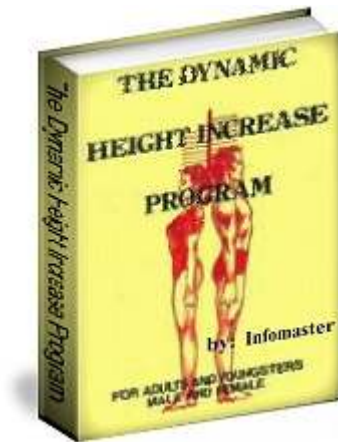
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Thank you for reading and I hope everything will work out for you.
Have faith in God; you will see results.

God bless.

Warmest Regards
Jennifer Lynae MD

THE DYNAMIC HEIGHT INCREASE PROGRAM



**FOR ADULTS AND YOUNGSTERS
MALE AND FEMALE**

[Click here to ENTER](#)

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THE ADVANTAGES OF BEING TALLER

How many times has someone called your attention to a walking man and a woman and said, "Hurry, look at the couple down the street. The man is shorter!"

Yes, the short person often suffers many setbacks and ridicules — in romance, in applying for a job, in taking a course in college, or in social life.

A person is also often attracted to the opposite sex who stands tall. All things being equal, people prefer the taller to the short one. When two men enter a classroom full of young ladies, the taller one is likely to attract greater notice and admiration.

In applying for a job, the taller one is again more likely to be chosen. In fact, there are jobs which even specify a certain height requirement.

Even in some courses in college, like Nursing, a certain height requirement is required. We know some ladies who wanted to take the course but could not because they did not meet the height requirement.

You also know how short people are fun of because of their height. Yes, in social circles as well, all things being equal, the taller person earns greater prestige and respect than the short one.

History and everyday life reveal cases of people who suffer frustration and ridicule because of their short stature.

For example, it was said that despite his power and his soul-stirring love letters, Napoleon Bonaparte suffered marital difficulties with his beloved Josephine because of his shortness. He was only 5' 1".

There are also those who suffer from inferiority complex because of their shortness.

A young lady who is head-over-heels in love with a young man is ignored simply because of her lack of height.

There are many secret loves dying unexpressed because of short stature.

Just imagine how life can change if you could only add two, three or even just an inch to your present height. Many of the good things in life are literally beyond reach just because of a lack of few inches in height.

But, three weeks or a month from now, you will walk down the streets with your chin up, all smiles, because then, you shall have become taller!

Yes, you'll be **TALLER** — with this **DYNAMIC HEIGHT INCREASE PROGRAM**.



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CAN ONE WHO IS PAST 25 STILL INCREASE HIS OR HER HEIGHT?

“No!” you may say “It’s impossible!”

Time and again, the word “impossible” has hampered man’s progress.

When Thomas Alva Edison said that he would invent what later became the first electric lamp, people laughed at him and said, “Impossible!”

When Henry Ford’s neighbors saw him working on his automobile, they sneered at him and said it couldn’t be done. “Impossible!”, they said.

When people first heard about the telephone, they said the same thing.

When some first learned about the telegraph, they dismissed the idea, thinking it was merely a joke or lie, something impossible!

And when some doctors and men of science declared that one could increase his height or stature if he or she were past 25 years old – many did not believe. They scoffed at the idea, because it was an accepted belief that a person’s height stops when he reaches 25, or just 21 years.

Accepted beliefs can err though. For years, the world was believed to be flat, until someone proved it was round.

For years, many dismissed the possibility of increasing one’s height – until the idea proved itself.

When this news, this scientific discovery, was first advertised, many undoubtedly thought that it was some kind of a racket. The reaction is understandable because the idea was then new and revolutionary, and we know that any new and revolutionary idea meets some kind of opposition at the start.

But the truth, as always, comes out. In France, Europe, Canada, India, and the United States, Height Increase institutes and studies sprang up. And reports from happy students supported the fact that one could still add inches to his or her height even if he were more than 25 years of age.

When this revelation was presented in the Philippines, many didn't believe it. But those who tried it, wrote back reporting their success and expressing their gratitude.

And those who were rewarded were those who didn't think it was impossible.



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YOU TOO CAN ADD INCHES TO YOUR HEIGHT

This guide can help you add 1 to 5 inches to your height . . . but you have to do your part. Generally speaking, you know that nothing worthwhile can be yours without sincere effort from your end.

The price is a few minutes of your time every day in performing simple and easy exercises laid down in this dynamic program.

If you perform the exercises and heed the suggestions in this manual regularly and correctly, you will surely increase your height in a matter of two, four or six weeks. And this is not long, considering the rewards.

But, you must give your full heart and determination to your goal. Don't lose interest until you achieve your purpose. When you sometimes feel lazy, get-up and start exercising. And don't stop too often just because you want to recall a date, go to the movies, compute the profit you'll make in a business enterprise, or read a fascinating novel.

Give time to these exercises. Discipline yourself and perform them.

Maintain your interest. Don't let it fade. Keep your desire burning. That was what you bought this manual for.

Don't listen to inner discouragements because there will be moments when doubts will assail you.

While undertaking the program, you may feel you are not adding any inch to your height. You find yourself saying, "I don't see any improvement. Perhaps, I'm only wasting my time," because you expect immediate, visible results.

Don't give in to the temptation. Go on performing the exercises, and a few days after you completed the course, you will be surprised to find an amazing increase in your height.

Give the exercises enough time to produce results. You don't plant palay today and expect a harvest the next day. You don't plant a tree and bear fruit the next morning. Everything in this world takes time.

You need time too before you reap the results. They will come after two to six weeks.

If results do not occur after that time, it may be because you expended half-hearted efforts or you didn't perform the exercises every day.

Do your part and the results will take care of themselves. You cannot expect good results if you perform one or two exercises for a minute or for a few seconds, then stop and rush to your date or pick up the comics and take the day off.

Perform the exercises daily for six weeks straight, even for just 10 or 15 minutes a day, yes, day in and day out, then you can judge what these

exercises are worth.

This moment, make a solemn promise to yourself that you will consistently perform these exercises everyday for six weeks.

Don't start the program until you have decided to pursue the program earnestly.



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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 confirmed 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 Orthopeda 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 intervertebral 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 manual.

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TWO REASONS WHY YOU CAN BE TALLER EVEN IF YOU'RE PAST 25

These two scientific reasons are:

- 1) The physiological curvatures of the spine, and
- 2) The expansibility of the intervertebral cartilages of the spine.

THE PHYSIOLOGICAL SPINAL CURVES — 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 INTERVERTEBRAL 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 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 fibrocartilages.

- 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!



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EXERCISES TO INCREASE YOUR HEIGHT

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.



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INSTRUCTIONS

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

II. **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.

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



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WARM-UP EXERCISE

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.

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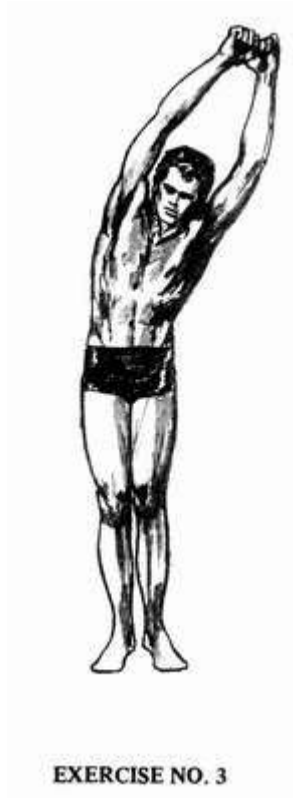
Stand erect with your back and heels together 20 inches from the wall. Then raise your arms backwards without bending the elbow, till they touch the wall. Perform 15 times.

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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.

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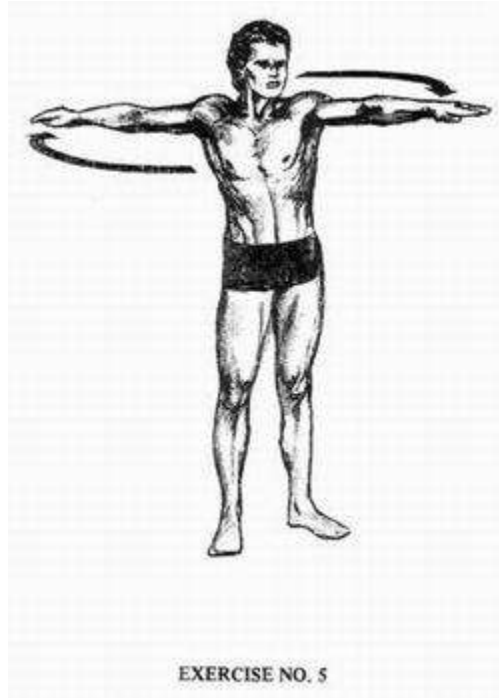
Stand erect and raise your arms straight and above your head. Now bend and touch your toes then back to original position. Perform 15 times.

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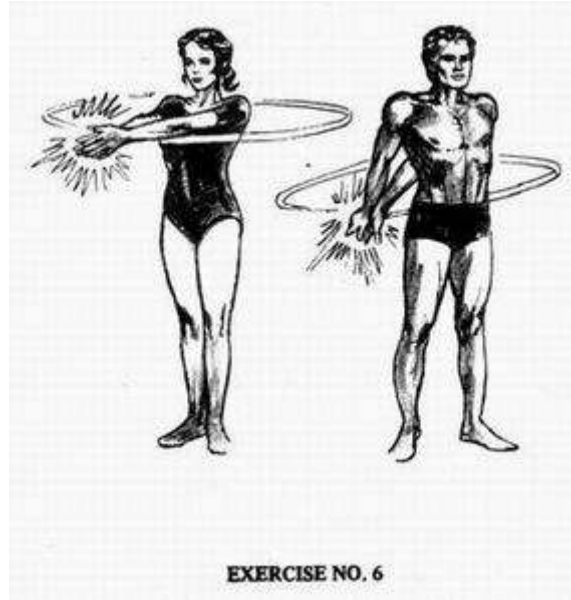
Stand erect. Raise your arms straight on your sides so that they are parallel or in line with the floor. Now, turn your entire upper body to the left, then to the right, with your arms making a circular motion. Perform 15 times.

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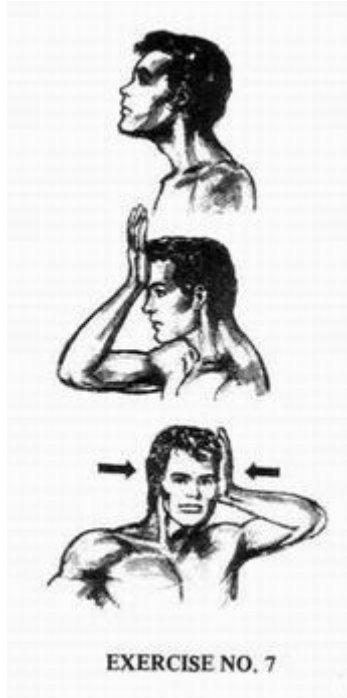
Stand erect, and without bending your elbows, stretch your arms straight, clap your arms in front then at the back. Perform 10 times.

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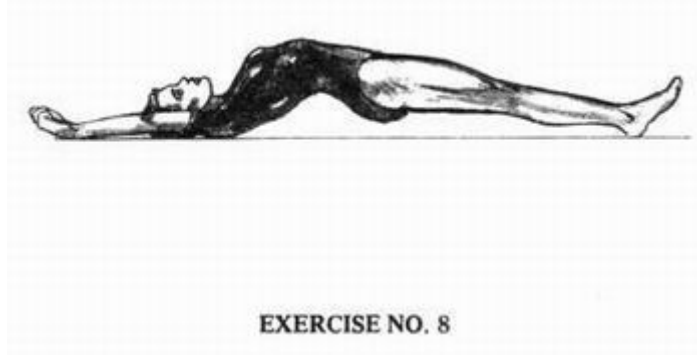


- a) Stretch the neck forward and upward, then backward as far as possible. Perform these motions 10 times.
- b) Perform the head motions but this time resist the forward or backward movement with your hand.
- c) Now, push your head to the right with your left hand as you resist the movement with your neck muscles. Then reverse by pushing your head to the left. Perform 10 times.

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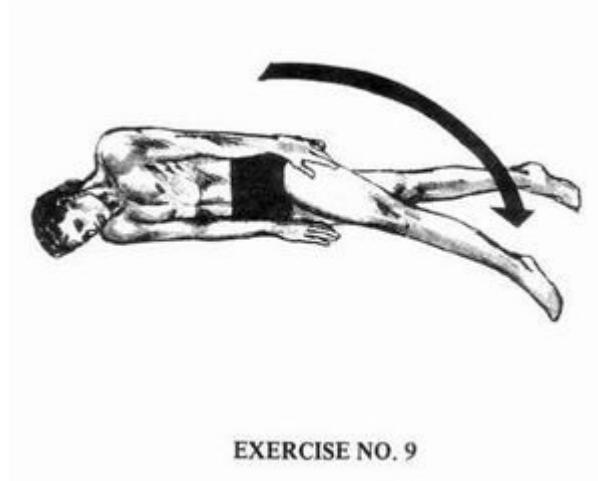
Lie with your back flat on the floor. Raise your arms and let them lie on the floor above your head. Now raise your back, hips, and legs, making your body rest only on your shoulders and heels, forming an arc. Pause for a while before you bring your entire body down. Return to original position. Perform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

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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.

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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.

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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.

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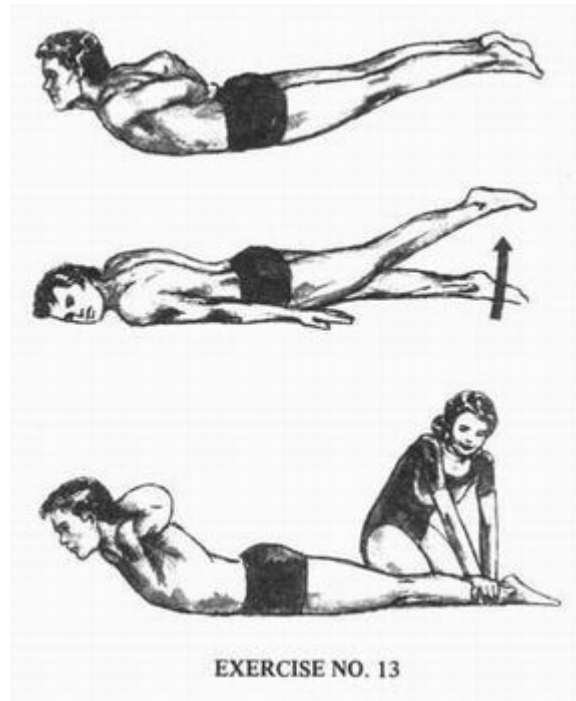
Sit erect on a chair. Clasp your hands behind your neck. Exhale as you slowly push your head downwards and between your knees. Resist the downward movement with your neck muscles as you resume the original position. Perform 10 times.

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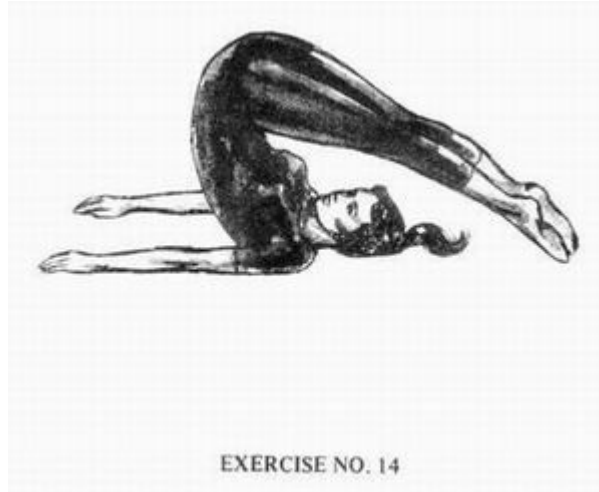
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EXERCISE NO. 13

- a) 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.
- b) Place your arms at your sides and alternately raise your legs without bending your knees. Stretch your legs until you get tired.
- c) 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.

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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.

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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.

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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.

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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.

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**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.

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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.

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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.

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THE IMPORTANCE OF SLEEP IN INCREASING YOUR HEIGHT

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 Brodhurts 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 at night, and after waking up in the morning.

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HOW VITAMINS CAN HELP YOU BECOME TALLER

You must eat plenty of protein foods. 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, herrings and 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 in different 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.

Also, drink a glass of water before going to bed.

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EXTRA TIPS TO HELP YOU INCREASE YOUR HEIGHT

- 1) **STRETCH BEFORE YOU GET UP IN THE MORNING** — Instead of jumping out of bed, spend a few minutes stretching and twisting your body while still lying down or sitting up in bed. Stretch your arms upward, and your legs downward. These help you increase your height because they stretch the joints and the spine, pull the muscles, and improve your posture.
- 2) **MASSAGE** — Massaging yourself after performing the exercises also helps promote upward growth. Massage especially the knees and the back of the knees, ankles, hip joints, and the base and upper spine.
- 3) **BREATHE DEEPLY** — Take a deep breath of fresh air several times daily. Stand erect and take 10 long, deep breaths. Fill your lungs with fresh, invigorating air.
- 4) **WALK OUTDOORS** — Walking is one of the best exercises for physical health. Do some walking every day, but rest when you get tired.
- 5) **AVOID SMOKING AND DRINKING** — Smoking, especially excessive smoking, has been said to retard growth, besides pumping poison into your body and like smoking, alcohol also tends to retard growth. So, while you are exercising to increase your height, do away with them as much as possible.
- 6) **BATHE YOURSELF WITH SUNSHINE** — Expose yourself to a lot of sunshine early in the morning. It's one of the richest sources of Vitamin D.
- 7) **TAKE SUFFICIENT REST OR SHORT NAPS** — Rest for half hour after your exercises. Likewise, rest for 15 to 30 minutes once or twice daily. Take some naps whenever you can as it will benefit your spinal column and your muscles each time you lie down.
- 8) **SLEEP FLAT ON YOUR BACK** — Don't sleep curled in bed but lie flat on your back. Straighten that spine and avoid using a high pillow.
- 9) **STRETCH YOURSELF UP WHENEVER YOU CAN** — Several times a day, pause and stretch for a minute or two. It will not only help you increase your height but also refresh you.
- 10) **ALWAYS STAND, SIT, WALK, AND THINK TALL** — Don't slump on your chair. Don't sag but pull your chest out. Chin up. You will feel better, look better, and inevitably become taller! Also think happy and stop worrying. Be convinced that you are tall and still getting taller every day.
- 11) **PERFORM THE TIP-TOE EXERCISE** — While dressing, undressing, or alone in your room, try walking on your tip-toes. And whenever you can, stand erect, then raise your body on your toes then with your heels as high from the floor as possible. Repeat till you feel tired. This will stretch your body and improve your posture.
- 12) **REMEMBER THAT GLASS OF WATER** — Drink a glass of water upon arising in the morning and another glass an hour after each meal.



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HOW TO LOOK TALLER THAN YOU REALLY ARE

- 1) Wear clothes with vertical stripes: they can make you look taller. Clothes with horizontal stripes, on the other hand, will make you appear shorter. Wearing dark-colored clothes is also preferable.
- 2) The backcombing hairstyle can make you look taller. That's why some men and women backcomb their hair.
- 3) Some use "elevators." These are pieces of rubber especially constructed to be adjusted into the base of shoes. Your shoemaker can do this at little cost to you. You can easily add 1 to 2 inches to your height with these elevators.
- 4) Always carry your head high. An effective way of forming the habit is by placing a book on your head and walking on your toes periodically.

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AN INVITATION TO THE STUDENT

If the exercises in **THE DYNAMIC HEIGHT INCREASE PROGRAM** resulted in an increase in your height, may we invite you to [write](#) us?

Many who are desperately looking for ways to increase their height will be happy to learn about your experience. It will give them hope and encouragement.



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PERSONAL DATA

(Print and Fill-up)

Your Name _____

Sex _____ Age _____

Status: () Married () Single

Your Occupation _____

Your Present Height (before undertaking the height-increase
Program) _____

Your Progressive Height (while performing the daily exercises):

First Week: _____

Second Week: _____

Third Week: _____

Fourth Week: _____

Fifth Week: _____

Sixth Week: _____

Seventh Week: _____

Eight Week: _____

Ninth Week: _____

Tenth Week: _____

(Print and Fill-up this page and Mail to: HEIGHT PLUS, P.O. Box 1172, Baguio City, 2600 PHILIPPINES
or email to: heightplus@pinoymail.com)

Date _____

Dear Reader:

If you increased your height by performing the lessons and exercises in our DYNAMIC HEIGHT INCREASE PROGRAM, we would appreciate that you write us and tell about your experience.

In exchange, we shall send you a valuable surprise gift.

You may use the space below for your story or experience.

The result I gained in applying the — DYNAMIC HEIGHT INCREASE PROGRAM

(Kindly indicate your decision with a check) -

I am giving you permission to publish my story with my full name in any of your promotional materials.

I am giving you permission to publish my story in any of your promotional materials, but please exclude my full name.

Please don't publish my story.

Height Before _____ Height After _____

SIGNATURE

NAME IN PRINT _____

ADDRESS _____