

# The Grow Taller Guide

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# Disclaimer

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# Welcome

Welcome to the pre-release preview of the grow taller guide. Its called a preview, but there is still plenty of information to help you on your journey of growth. This book will help you to discover many of the paths open to help you growth and which ones you should take. We hope you find the information in this book helpful and provide us with your feedback.

Good luck.

# Factors Determining Height

There are many factors that determine height, from genetics right down to our enviroment. Here are some...

## Genetics

The average height difference in a study of of the identical twins showed to be a bit smaller than the difference in fraternal twins. The identical twin group showed an average difference of 1.7 centimeters, where the fraternal twins averaged 4.4 centimeters different. Since significant height differences only occurred in fraternal twins, height is thought to be largely an effect of genetics (5). This shows us that height is highly genetic but by no means that you are guaranteed to reach your maximum potential genetic height, and by no mean concludes that you cant surpass your predicted genetic height. As we can see on average there was a 1.7 cm difference in identical genetic twins, why? We will get into that latter.

## Hormone Levels

Levels of Human Growth Hormone, sex hormones - like testosterone and estrogen and insulin effect the rate of growth and the length of our rapid growth period. Incorrect hormone levels can lead to Gigantism and Dwarfism.

## Physical Deformation

This include posture, deformation of bones and fractured vertebrae. Posture can account for inches and can easily be helped through exercise to give you added inches to your height. Deformations of bones can be through anything from malnutrition, intense burns, arthritis and genetic problems, and is usually resolved through corrective surgery. Fracture vertebrae can often be caused by freak accident or osteoporosis and can cause the spine to shrink

many inches.

## Nutrition

Americans were far taller in the nineteenth century, the tallest in the world. However since the Second World War the height of Europeans have grown to surpass Americans by a fair margin, and has shown no sign of slowing. For instance the Netherlands was in the late nineteenth century a land renown for its short population, but today it has one of the tallest averages in the world with men averaging 6'2" (187 cm) tall. A lot of these changes are put down to advances in nutrition. While basic nutrition may not make us able to exceed our potential height but it enables us to achieve our maximum potential genetic height. The inclusion of growth hormones in animal products, that help grow larger animal products faster, has also been labeled as one of the causes for this generation's higher average height.

## Prediction

There is no 100% sure way to predict height. The below equation will give you a ball-park-figure of what you might expect based on your parents height.

For men (in inches):  $(\text{height of mother} + \text{height of father} + 5)/2$

For women (in inches):  $(\text{height of mother} + \text{height of father} - 5)/2$

# How We Grow Taller

At birth, we have over 270 soft cartilage like bones that lack calcium. As we grow, a bone's soft collagen framework rapidly stores calcium. Bones lengthen at special structures near their ends called epiphyseal plate or growth plates. The growth plates allowed your bones to grow longer, while the rest of the bone remained strong to handle the forces you generated as an active youngster. When you reached your maximum height and linear growth stopped, the growth plates closed permanently. Some bones fuse together during growth, resulting in the 206 bones of the adult skeleton. This Complete fusion happens in females between 13 and 20; in males by their early 20s. But there are many accounts of fusion happening years after these ages. The rate at which the bones grow and growth plates closely depends hormone levels, such as growth and sexual hormones in the body.

## Growth Plate Fusion

The pubertal growth spurt and the end of growth are induced by hormones including the important sex hormones. At the end of puberty, high levels of estrogen or testosterone cause the remaining epiphyseal plate cartilage to undergo hypertrophy. These cartilage cells grow, die, and are replaced by bone. Without any further cartilage formation, growth of these bones ceases, a process known as growth plate closure.

In 1994, the case history was published of a man whose growth was still linear despite his

undergoing a normal puberty. His epiphyseal plates had not matured at 28 years of age. This person was found to lack any functional estrogen receptor. At present, at least three human males have been reported who either cannot make estrogens or who lack the estrogen receptor. All three are close to 7 feet tall and are still growing. Therefore, estrogen plays a role in epiphyseal maturation in males as well as in females.

While it is true that once a growth plate has fused there will be no lengthening of that bone, not all the growth plates in the body fuse at the same time. Some bones, like the small bones of the wrist and feet, might fuse while other bones in the body still have open growth plates. Height will be determined primarily by the growth in the bones of the legs and the spine at this time. It is quite possible that the small bones in the wrist have closed while the growth plates in the legs are still open, and that would allow for continued increases in height. You wouldn't know for sure unless you looked at an x-ray of the legs.

That said, hand and wrist x-rays are a standard use as a predictor of skeletal maturity in children, so it may be that your son has finished growing. The growth plates in the knees generally close at about the same time as the ones in the wrist. The usual progression of fusion of growth plates is elbow first, then foot and ankle, then hand and wrist, then knee, then hip and pelvis, and last the shoulder and clavicle.

## Slowing And Prolonging Growth Plate Closure

As we mentioned before, growth plate fusion is brought about by rises in various hormone levels.

One theory to slow down growth plate closure is to decrease estrogen levels before growth plates have fused, which is an extremely unsafe move for any man and especially woman. Male bodybuilders often take drugs and supplements to decrease estrogen and increase testosterone levels. One supplement used to decrease estrogen levels is *Passiflora Coerulea*, also known as *Chrysin*. This naturally occurring compound is a potent inhibitor of aromatase, the enzyme that converts testosterone to the particular estrogen- *estradiol*. Chrysin must be large doses as the digestive process destroys much of its potency. Whether this Chrysin has any effect on the closure of growth plates is yet to be shown.

## Truth Or Scam

Below you will find a common article used by many height increase companies that sell HGH supplements and height increase reflexology insoles:

According to the human growth medical research findings of Dr Ichiro Kawaguchi of Tokyo Research Laboratory of the National Health Department and Dr A. Kawata from the Kyoto University, human height is not determined by genetic factor alone but is strongly influenced by the effects of certain hormones on the development of the 26 skeletal bones and the cartilageneous portions of the 62 bones of the lower body. The stimulation of the pituitary gland would increase hormonal production, which would then spur the growth of the cartilageneous portions of the bones of the lower body, ultimately leading to height increase.

Intensive scientific research has also proven that most young adults can still grow a few inches taller even after the bones in their lower body have become ossified (commonly known as "bone plate is fused"). This is because besides the length of the femur bone (thighbone), shinbone, and other bones in the lower body, **the length of the spinal column in the upper body also significantly contributes to human**

**height (about 35% of the total height).**

Human spinal column consists of 33 separate bone segments known as vertebrae held together by ligaments (tough and fibrous tissue). Out of these 33 vertebrae, only the lowest 9 are fused into two immovable bones, the sacrum and the coccyx, forming the back of the pelvis. **All the other 24 vertebrae are permanently movable and thus will never be fused.** These 24 vertebrae are the 7 cervical (neck), 12 thoracic (back of chest), and 5 lumbar (loin).

Located between each of these 24 vertebrae are cartilaginous pads called disks. The thickness of the disks determines the length of the spinal column and directly influences the height. There are totally 25 disks, their combined length accounts 25% of your total height. Since these disks are non-fusible cartilages, they can constantly grow thicker under the stimulation of growth hormone during a life time.

**The thicker those disks are, the longer your spinal column is and the taller you become. Even each disk grows only 0.25 cm (0.1 inch) thicker, which is the length of this line in quotes "\_", you will grow  $0.25 * 25 = 6.25$  cm (2.5 inches) taller!**

Besides giving you the extra inches you desire, you has been proven to increase blood circulation, improve digestion, increase metabolism, reduce tiredness, slow-down aging, smoothen breathing and promote general good health. Truly a wonderful way to grow taller and stay healthy at the same time!

We cannot find any doctors under these names, or any studies backing these claims. So if you find any website with this article or something like it, take their advice with a grain of salt.

## HGH

Human Growth Hormone (HGH) a hormone/amino acid consisting of 191 amino acids manufactured in and secreted from the anterior lobe of pituitary gland. This powerful hormone is extremely important during periods of height growth with insufficient production of HGH leading to short stature. It is of much debate if increased levels of HGH are of benefit to those whose HGH levels are already determined normal. It is claimed that increases in HGH levels accelerate growth initially but also leads to accelerated bone maturations and growth plate fusion and this may end up having an adverse effect on peoples height.

There are several methods of increasing HGH levels:

## HGH Injections

Recombinant human growth hormone (rHGH), produced by rebuilding the 191 amino acids

into a form like natural HGH and delivered straight into the blood stream through an injection. It is the most effective way to increase HGH levels and is used by Doctors as a method to successfully treat children with HGH deficiency. Injections cost \$1000 a month or more and must be followed for several years and because of the price it is not an available treatment for everyone. If you think you are a candidate for HGH injections, get in touch with your Doctor.

## HGH Secretagogues

Another method to increase HGH levels is the oral ingestion of HGH secretagogues in the form of amino acid supplements. Though much cheaper than HGH injections, the results are not as powerful.

**TIP!** *Always take HGH supplements on an empty stomach, preferably before bed and several hours after last eating so that blood sugar levels are at there lowest.*

### L-Arginine

L-arginine is a readily available amino acid which can be purchased in pure form. L-arginine has long been touted as important HGH increasing supplement and can be found in 99% of all HGH enhancer product. A study in 1981 showed 700 % rise in serum HGH after administration of 1200 mg of L-arginine-2-pyrrolidone-5-carboxylate given together with 1200 mg of L-lysine hydrochloride (1). The study also showed that when the L-arginine was administered without L-lysine hydrochloride there wasn't the same results. This may account for the fact that there have been no recent studies show and substantial benefits for L-arginine of HGH levels. It is found that the L-lysine has to be combined with not just ordinary L-arginine but L-arginine PyroGlutamate for this synergist effect to happen. Most products which claim to combine L-arginine and L-lysine will not have the same results as they do not use L-arginine PyroGlutamate as it is far more expensive than ordinary L-arginine.

### Gaba

Gamma-Aminobutyric Acid (GABA ) is an amino acid, inhibitory neurotransmitter, responsible for inducing relaxation and sleep. It is usually ingested orally in powdered form. In a study from the First Medical Clinic at the University of Milan showed "In all of the 19 subjects studied, compared with 18 controls, plasma growth hormone levels were significantly increased (above 5 mg/ml) by acute oral administration of 5 g of GABA". This dramatic increase in HGH levels can be put down to GABA's ability to increase Deep Sleep in patients through its neurotransmitter inhibitory response. Deep Sleep, as you will learn more of further on, is when large proportions of HGH is secreted naturally. Experts claim that powdered GABA should not cross the Blood-Brain-Barrier and therefore be ineffective, but many studies keep showing oral ingestion of GABA to have some effect on HGH levels.

### L-Glutamine

The most abundant amino acid in the body. L-glutamine is a readily available popular sport supplement. L-glutamine's HGH level increasing ability's may be a result of its ability to boost protein manufacturing. A 1995 study by Tomas C. Welbourne of Louisiana



State University College of Medicine in Shreveport. Welbourne showed that about 2 grams of glutamine raised HGH levels more than four times than when the subjects were given a placebo. Another study showed a 5g dose of the mixture L-lycine, L-glutamine and Niacin to increase serum HGH levels 70% (2).

## L-Dopa

L-dopa is a very powerful amino acid that has been used for years in the treatment of Parkinson Disease. L-dopa increases levels of dopamine in the brain and causes the secretion of growth hormone from the anterior pituitary gland. In 1970, Boyd and colleagues found that a 500mg oral dose ... "caused a significant rise in plasma growth hormone in PD patients, initially starting therapy or on chronic L-dopa therapy for as long as 11 months. The rise in plasma growth hormone persisted for 120 minutes after the administration of the drug." (4). Boden and his co-workers gave 500mg of the drug orally to four male and five female volunteers. "HGH levels rose sharply at 45 minutes from the basal value of 0.8mg/ml, to a maximum of 10.0mg/ml at 90 minutes ( $p < 0.001$ ) and declined thereafter. This rise occurred in eight of the nine subjects." (5). Hayek and Crawford reported that six out of seven "constitutionally short children" responded to oral L-dopa (200-500mg), "...with elevations in HGH concentration above 7mg/ml, peak levels occurring between 30 and 120 minutes after drug administration..". (3). There have been many other study's which also back up these results.

## Homeopathic

Homeopathy works on the principle that "Like cures like". The theory is to cure a problem you take a substance which causes symptoms like the illness. Another principle of Homeopathy is the more you dilute the substance, the more powerful at giving a cure it becomes. A lot of company's are selling HGH products under the "Homeopathic" title, most in oral spray form. The advantage of this for the company's is that because Homeopathy teaches that you should dilute the substance, the ingredients in the formulas are diluted to such small quantities that they would have no effect. The main ingredients are often in Nanograms ( 1 billionth of a gram ) and even if you sprayed the whole bottle into your mouth you would not even get near the dose of capsule and powdered supplements. One major flaw in the Homeopathic principle of these products is that they do not involve and ingredients which cause symptoms of the condition they are trying to cure (shortness). You should stay away from homeopathic and most importantly HGH spray products.

## Home Made HGH Cocktail

### Ingredients:

- **3 Tomatoes** - High In Gamma-Aminobutyric Acid
- **250 grams broad beans** - High In L-Dopa
- **250 grams cabbage** - High In L-glutamine

### Directions:

Place ingredients into blender and blend until liquid (add water to adjust consistency).  
Enjoy.

## Deep Sleep

Deep Sleep is the most important time for the body releasing HGH into the blood stream. HGH is release in 8-12 pulses during the day with the largest pulse happening during Delta Wave Deep Sleep (usually around 2:00 AM). At this stage Brain Waves have a frequency of around only 1 Hz and HGH levels have been shown to increase over 400% (4). One of the major reasons why people stop growing and start aging is because of the rapid decline in HGH as we get older, by the time some people are old it is impossible for them to even get into deep sleep stage. As you can see in the diagram below there is a very strong correlation between HGH levels, age, deep sleep and growth. Study show those who do not get enough quality sleep stunt their growth and/or age quicker. Increase deep sleep is the best way to combat low HGH levels right at the source of the problem.

Age	Avg. hours of Sleep	Deep Sleep	Avg. hours Deep Sleep	A
Newborn	16	25%	4	
Adolescent	8	19%	1.52	
Middle Age	7	11%	0.77	
Elderly	6	5%	0.3	

\*Statistics from SleepClinic.org

## Binuaral Beats

The idea behind binaural beats is to create low frequency sounds (unheard by the human ear) that will cause the brain to vibrate at the same frequency as a certain brain wave. The beat is done by creating two sound waves each of different frequency in each ear. The mathematical difference of the sound waves frequency will cause the brain to resonate at a frequency equal to the difference. For example: A tone of 1005 Hz is heard in the left ear and a tone of 1000 Hz is heard in the right ear. This means the brain will vibrate at a frequency of 5 Hz. At 5 Hz your brain will synchronies its brain waves with the Theta (4-7 Hz) state. Binaural Beats can increase HGH by mimicking the brain wave frequency found in slow delta wave deep sleep, as that is the period of large HGH secretion. The increase in HGH levels follows the same principle as the amino acid GABA who's ability to increase deep sleep has shown large increase in HGH levels also.

## Exercise

Studies show while and after performing certain exercise HGH level can spike dramatically. The key it seems to getting this spike is to perform anaerobic activity which increases lactic acid levels in the muscle. The best way to do this by performing heavy weights for prolonged repetitions. *The American Society of Exercise Physiologists*, reported at it's 2001 annual conference in Memphis, Tennessee that six sets of 10 repetition maximum squats raised peak HGH significantly in the control group from 0.1 to 1.0 ug/L. Another key point is to train when blood glucose levels are low. To get levels low, do not eat any sugars or carbohydrates within several hours of your workout, it is suggested you train in the morning when you get up as there has been a long gap in between meals. It is also important that you do not eat any sugar or carbohydrates within a couple of hours of finishing your exercise to maximize HGH levels.

## HGH Spike Program

Choose any of one of the below exercises to be preformed at least 2 days a week - in the morning.

- **Squats 6 sets of 12 repetitions** - Max Weight
- **2 sets of 400m sprints** - Max speed (5 min rest in between sets)
- **1Km Up Hill Run** - Best Pace
- **2 mins Stair Climbing** - Max Speed

## Reflexology

Reflexology tells that the bottom of your foot is covered with points that correspond to various body systems and parts. The application of massage or pressure to certain areas of the foot will stimulate certain body parts. Reflexology is yet to be proven scientifically but is still a widely used alternative therapy. Reflexology recently has been practiced in attempts to increase HGH and in turn height. A lot of products try to stimulate the pituitary directly to release HGH, through massage of the big toe, as it is a well documented area connected with the pituitary gland.

## Height Increase Insoles

A well known height increase product on the market "Kimi", uses shoe insoles to apply pressure to areas under the arch of the foot to stimulate the pancreas, adrenal glands and liver to create a cycle of HGH secretion. The stimulation of the adrenal gland is designed to lower blood insulin levels which then leads to higher HGH levels. The stimulation of the pancreas is designed to increase Glucagon which has a negative effect on insulin levels as well. Finally the liver is stimulated to release Insulin-like Growth Factor-1 (responsible for rebuilding cells) which continues the HGH secretion cycle by balancing hormone levels. On paper the Kimi principle works as long as stimulation of the hormones can be done through contact of the foot. Reflexology don't have a lot of scientific proof that stimulation of specific hormones can be done and no studies have been done to prove Kimi, but Kimi has a lot of users many positive testimonials.

# Diet

Diet is just as important in the release of HGH as it is in all round height maximization. HGH is made up 191 amino acids, some which the body relies on being supplied through diet. Without a diet sufficient in protein growth impossible. The results of this study show that children who were fed a high protein diet in the hospital during recovery from shigellosis maintained a significantly larger growth in height during the following 6 months.

Sugar is seen as the natural enemy of HGH, growth hormone is usually secreted when blood sugar levels lower. A normal symptom seen in obese people is high insulin levels and so they have problems secreting normal amounts of HGH..So a diet should be low in sugar, ingest carbohydrates that have a low glycemic index (release sugar into blood slowly) as well as being not too high in calories as this will help keep weight and insulin levels down.

Diet provides many of the minerals and vitamins needed for bone growth. Some of the most important minerals for bone growth include calcium (Milk and dairy products, sardines, soybeans, dried beans, green vegetables.), boron, phosphorus (citrus fruits, watercress, bananas, potatoes and green vegetables.) chromium (Meat, brewer's yeast, clams, chicken, shellfish.) and fluoride (Fluoridated drinking water, seafood and gelatin.). Along with a multi vitamin supplement you can be definitely sure you are supplying your growing body with all it needs.

# Physical Transformation

## Surgery

### Limb Lengthening

The basic form of limb lengthening has the tibia and/or the fibia bones broken and an external fixator is attached to each sides of the bone using wires which are drilled into the bones. The external fixator is lengthened slowly which increases the distance between the broken bone at a rate of around 1mm a day. New bone grows between the gap.

For 3-6 months after surgery the patient must stay in a wheelchair until the newly developed bone is strong enough to take the patients weight. During this phase the patient undergoes physical therapy to strengthen the legs. At the end of the phase the fixator is surgically removed and the patient is able to place weight on the legs.

The operation is very very painful and is open to risks and complications. Risks include bone and blood infection, failed bone healing, deformed bone healing, unequal limb lengths and nerve injury.

To increase height even more a second limb lengthening operation is preformed on the femur in the upper leg. The lengthening of the femur can increase the height even more but will probably make the body look out of proportion.

## **Posture**

Many people rob themselves of extra height because they fail to realize that a good posture is essential for maximum height increase. Correct posture involves more than just standing straight and erect. You must train each part of your body to maintain its proper position. Many believe that constantly walking with correct posture will cure the problem, it won't. You can not straighten a bent piece of metal with out rebending it back into shape. And due to muscle imbalances within the body, you must rebend the body if you want correct posture

### **Tilted pelvis**

The pelvis acts as a lever and directly influences our posture and stature. When the pelvis is carried too far forward, the condition is termed a "Milted Pelvis". The cause of this problem may include: weak abdominals and tight front of thighs. Exercises to help cure this problem include: quadriceps stretches, crunch's and sit-ups.

### **Bow Legs**

These two common deformations of the legs, which are not unusual, frequently rob their victims of added inches. Persons with, knock-knees usually walk with the bulk of their weight on the instep (inner arch) of their feet. To remedy this condition, they should walk with their arches raised and with their weight concentrated on the outer rim of their soles. In doing so, the knees will be separated naturally and straighter legs will be developed. Foot doctors can prescribe special shoes (or inserts) for this purpose. The condition known as bow legs is the exact opposite of knock-knees, therefore, the remedy would be to concentrate the bulk of these weight on the instep, instead of the outer rim. Special shoes (or inserts) can be prescribed for this purpose also.

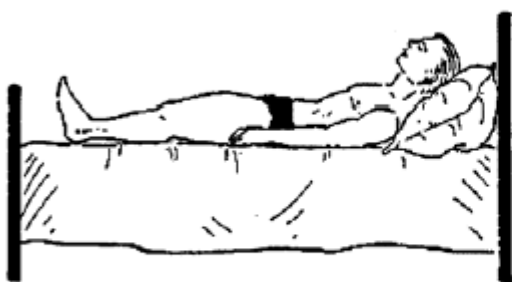
### **Round Shoulders**

This is a condition where there is an abnormal curvature of the upper part of the spine combined with an unnatural forward thrust of the shoulders. One of the symptoms of round shoulders is carrying the head too far forward. Causes may include: Weak upper back, tight chest muscles. Some exercises to help cure this problem include: pectorals stretch (stand with arms either side of door way and lean forward to stretch the pecs), rows for the upper back as well as pull ups.



## Sleeping

Using of a pillow is an incorrect form of sleeping and should be avoided. While lying on your back with your head resting on a pillow, your neck is bent forward in a very unnatural position. In this position, your head is being pushed forward and your back is arched, also a very unnatural position. This will lead to postural problems. In order to straighten things out, your spine must be as straight as possible. It is recommended that you lie on your back with your arms and legs stretched toward the foot of the bed. Do not exert any effort or pressure to stretch your limbs. Allow your body to be completely relaxed. You may let your head turn to the right or left and bend your arms if it is more comfortable to you. The important thing is to keep your body (torso and legs) as straight as possible. This position may prove to be uncomfortable for the first few nights, but your body will soon become accustomed to this manner of sleeping and before long you will discover not only extra inches but, also a more comfortable sleep.



**INCORRECT**



**CORRECT**

## Exercises

### Stretches

Stretching is a great way to slow down shrinkage with age but is not the easiest way to actually increase one's height.

It has been shown that constant extreme stretching of an area can increase its length, this has been observed in baseball pitchers' arms which are often inches longer than their non

pitching arm. This kind of extreme constant stretching can not be achieved with our common static stretches, we require ballistic stretching preformed constantly during the day. Such stretching would incorporate a kicking routine that involves kicking a ball with full intensity with both legs for around an hour a day. I doubt any one would be willing to sacrifice such time and effort to make these gains in height.

There is one form of stretching which will show noticeable results and not require as much time, and that is hanging.

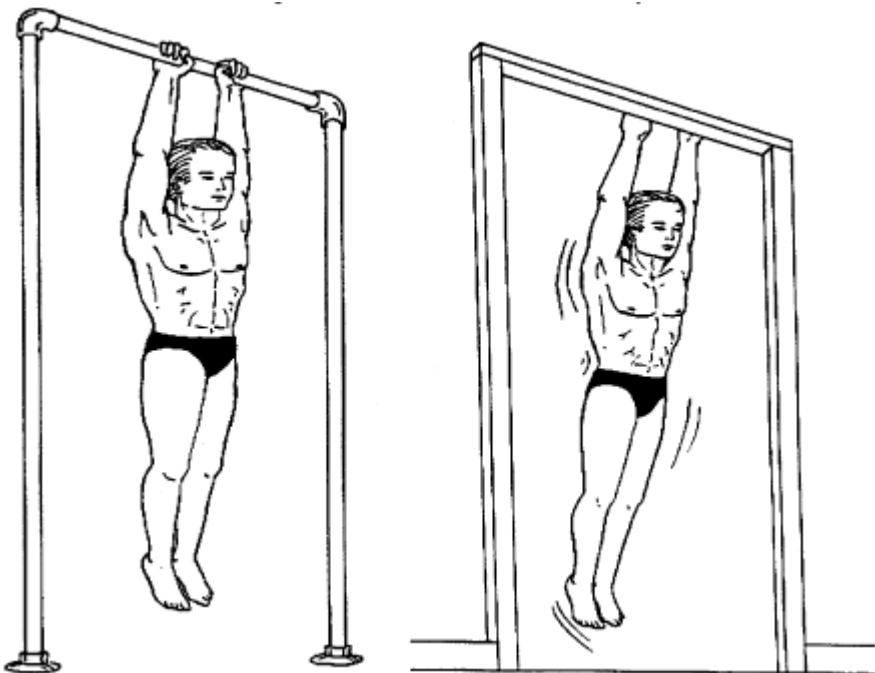
## Hanging

It is known that astronauts are up to 2 inches taller while they're in space. This is a result of the spine being relived of earths gravity.

The discs between each vertebra in the spine are pressed together in regular gravity. When gravity is lowered in space, the discs are able to hold more spinal fluid making them larger and putting more space between each vertebra. This can stretch the spine up to around 3 inches.

Another example of gravity's effect on the spine is seen when we awake in the morning. We are on average 1 inch taller due to our horizontal position during sleep relieving downward pressure on the spine.

The closest form of exercise we have that mimics the removal of downward pressure on the spine is hanging. Whether we hang upside up or upside down, hanging can decompress the spine enabling the discs to fill with fluid and increase height around 1 inch. The benefits are short lived, just like when we wake up in the morning, but long term hanging make have long term height benefits and may slow down shrinkage in height from age.



## Hypnosis

Height increase products that use the principle of hypnosis, teach that you can think your way to increased height. These products go into almost no details of how you grow taller using your mind and none of their claims have been scientifically backed. It is almost safe to say hypnosis is not an effective way for one to increase their height.

# Height Appearance Transformation

## Clothes

Try to choose one similar color from head to toe. Try not to break up the vertical flow of your clothes. Wear plenty of vertical lines. Women, choose a long lean dress, or no-waist pants and skirts; while men choose thin belts the same color as pants. Add detail to your vertical lines. thin stripes on shirts, visible seams, buttons and ties that stand out. Cuff less pants lengthen your appearance. Jackets and blazers should fall slightly below your buttocks. Avoid wearing blazers or cardigans with more than 3 buttons; these are designed for taller men and will make you look shorter. Don't wear your pants too high and opt for low rise jeans. Always wear well fitted clothes, as baggy clothes will lead to a more "squashed" appearance.

## Shoes/Insoles

Specifically designed shoes for short people are available that can add up to 2 inches. Often the shoes involve hidden raised heel inside the shoe, designed to look just like a normal shoe.

Insoles can also be purchased that can give up to around 1 inch in extra height. Insoles give you the ability to wear any shoe and still benefit extra height. But due to limitations of the shoes fitting, insoles do not normally exceed 1 inch thick without causing discomfort.

A great product to check out is it at: <http://www.shoelift.com>

## Hair

Hair if modeled correctly can add perceived inches to your height. Short hair gelled hair straight up is still very fashionable up to an inch or so. Stay away from long hair as it tends to hide people's necks leading to a shorter perceived height.

# Factors Which Can Stunt Growth

## Osteoporosis



Osteoporosis occurs when an imbalance occurs between new bone formation and old bone resorption. The body may fail to form enough new bone, or too much old bone may be reabsorbed, or both. The main cause of this is insufficient calcium absorption. The leading cause of that is a lack of certain hormones, particularly estrogen in women and androgen in men. Osteoporosis silently depletes your bones of calcium, making them susceptible to fracture. That's especially true of your spine and hips, bones that directly support your weight. If the bones in your spine (vertebrae) compress, height loss becomes more apparent. Once the vertebrae are on the point of collapse, a compression fracture can occur. Such fractures may cause sudden, severe back pain and eventually lead to height loss.

Vertebroplasty is a treatment designed to help prevent and cure vertebrae collapse, it has been shown to add significant height to patients with osteoporosis.

## **Weight Lifting**

The idea that weight lifting effects growth is based on the idea that the extra force that the weights add to the bones can harm the growth plates and even damage them causing stunted growth. There has been no proof of this. Running places forces as much as 5 times on the bones as weight lifting and it has never been taught as a cause of stunted growth.

## **Smoking**

There has been no great evidence to show that smoking leads to a decreased height but we do know that mothers who smoke during pregnancy give birth to smaller babies. Increased toxins and less delivery of clean oxygen growth must be stunted to some degree by smoking.

## **Malnutrition**

The World Health Organization estimates that approximately 150 million children (26.7%) younger than 5 years in developing countries are malnourished based on their low weight in relation to their age. An additional 200 million children have stunted height secondary to poor nutrition. Malnutrition is often tested by measurements of a person and stunted height is a major symptom. A well balanced diet that meets a child energy requirement is usually sufficient in preventing malnutrition and stunted growth.

## **Hypothyroidism**

A reduction in the normal amount of thyroid hormone during childhood typically leads to short stature, among other problems.

## **Growth hormone abnormalities**

Children with reduced growth hormone have a much reduced growth spurt around the time of puberty, leading to short stature. Conversely, if excessive growth hormone is present before growth plates close, "giantism" — a dramatic increase in height — may follow.

## **Hypogonadism**

This condition is marked by a reduction in sex hormones, including testosterone and

estrogen. Affected persons may have little or no growth spurt at the time puberty is expected.

## Arthritis

When children develop joint inflammation, growth of the nearby bones are often affected. If it occurs before age 3, the affected limb may be longer than expected, but if it occurs after age 9, the growth plates may close earlier than expected, leading to reduced leg length. There is often a more generalized growth reduction in children with active arthritis.

## Corticosteroid therapy

These powerful anti-inflammatory medications can affect height through their effects on bone development. They may be prescribed for a number of conditions including Crohn's disease, ulcerative colitis, asthma or arthritis, although usually viewed as a last resort. If taken during childhood for prolonged periods, growth retardation is common. Check to see if you are on any of these medications: A-Hydrocort®, A-Methapred®, Aeroseb-Dex®, Amcinonide, Aristocort®, Aristospan®, Benisone®, Beta-Val®, Betamethasone, Betatrex®, Celestone®, Clobetasol Propionate, Cloderm®, Cordran®, Cortisone, Cortone®, Cyclocort®, Decaspray®, Depo-Medrol®, Desonide, Desowen®, Diflorasone Diacetate, Diprolene®, Econopred®, Florinef®, Florone®, Fludrocortisone Acetate, Fluocinolone Acetonide, Fluonid®, Fluor-Op®, Fluorometholone, Flurandrenolide, FML®, Haldrone®, Halog®, Hexadrol®, HMS Liquifilm®, Hydeltrasol®, Hydrocortone®, Kenacort®, Kenalog®, Lidex®, Luxiq®, Maxiflor®, Maxivate®, Medrysone, Nasacort®, Nasalide®, Orasone®, Pediapred®, Prednisolone, Prednisone, Rhinocort®, Solu-Cortef®, Solu-Medrol®, Synalar®, Topicort®, Tridesilon®, Turbinaire®, Uticort®, Valisone®, Vancenase AQ®, Vancenase®, Vancertil®, Westcort®. The same effect is seen in those who use Anabolic Steroids also.

# Ratings Of Height Increase Products

[www.e-igrewtaller.com](http://www.e-igrewtaller.com)

[www.increaseheight.com](http://www.increaseheight.com)

e-igrewtaller.com

Advanced Physical Technologies

153 Willowdale Dr.  
Frederick, MD 21702  
USA

11811 Venice Blvd.  
Suite 330  
Los Angeles, CA 90066 USA

**Description:** Homeopathic HGH Oral Spray

**Discription:** HGH release Magnetic Shoe Insoles,Back Lengthening Tool,Herbal Growth Supplement,Skipping Rope And Exercises programs and instructions

**Rating:** 0/5

**Rating Package:** 1/5

[www.changeheight.com](http://www.changeheight.com)

[www.parmalab.com](http://www.parmalab.com)

Alfacare Alfasoin

Prolex

5855 Gouin Ouest

1242 Ave Beaumont

C.P. 99521, MTL, PQ,  
H4J 2R7  
Canada

**Description:** Reflexology Foot Cream

**Rating:** 0/5

[www.beautyforever.com.sg](http://www.beautyforever.com.sg)

Beauty Forever

14 Scotts Rd.  
#04-07, Far East Plaza  
228213  
Singapore

**Description:** antigravity Height Device

**Rating:** 0/5

[www.b-growth.com](http://www.b-growth.com)

Biotex

Piere Tardif  
Sam D.  
P.O. Box 53516  
1135 Blvd. Decarie  
Ville St-Laurent  
Quebec, H4L 5J9  
Canada

**Description:** HGH release cream

**Rating:** 0/5

[www.GainHeight.com](http://www.GainHeight.com)

Yoko Shoe Insoles

Mooi Leng Koh  
Petaling Jaya, Selangor  
Malaysia

P.O. Box 6552  
Montreal, H3P 3E0  
Canada

**Description:** Height Increase Herbal Supplement

**Rating:** 0/5

<http://www.heightgrowth.com>

P. O. Box 3241  
Englewood, CO 80155  
USA

Mat G.  
10378 Clinton Ave.  
Suite 103  
Beverly Hills, CA 90210  
USA

**Description:** Height Increase Herbal Supplement

**Rating:** 0/5

[www.growtall.com](http://www.growtall.com)

Sharp Labs

Stephen Sharp  
100 New State Hwy  
Suite 292-W  
Raynham, MA 02767  
USA

**Description:** Height Increase supplement

**Rating Package:** 1/5

[www.heightmax.com](http://www.heightmax.com)

Sunny Health Nutrition

**Description:** HGH Release Reflexology  
Insoles

**Rating:** 0/5

[www.growtallernow.com](http://www.growtallernow.com)

Grow Taller Now

Cher-Sern Lim  
1 Jalan Tanjong Sepat 1  
Bukit Seputeh  
Kuala Lumpur, 5800  
Malaysia

**Description:** HGH Release Reflexology  
Insoles And Instruction Book

**Rating Insoles:** 0/5

**Rating Book:** 2/5

[www.GrowthBurst.com](http://www.GrowthBurst.com)

Growth Burst

40 Matthews Lane  
Huntly, Victoria 3551  
Australia

**Description:** HGH Release Binaural Beat  
Audio CD

**Rating :** 3/5

8519 Artillery Road  
Suite# 1010  
Manassas, VA 20110  
USA

**Description:** Height Increase  
supplements

**Rating Package:** 1/5

<http://www.height-research.com>

Advanced Natural Balance

**Description:** Height Increase supplements

**Rating Package:** 0/5

<http://www.super-pill.com/>

Ortho-Advanced™ Laboratories

Ortho Advanced Laboratories  
5532 Woodruff Ave. (448)  
Lakewood, CA 90713

**Description:** L-Arginine HGH release  
supplement

**Rating Package:** 1/5

<http://www.tobetaller.com>

GROWING TALLER SECRETS

Atlantic Business Communications, Inc.  
1375 Broadway, Suite 600  
New York, NY 10018

**Description:** Height Increase Manual

**Rating:** 1/5



## Growth Burst Binaural Audio CD

**Disclaimer:** DO NOT listen to soundtracks with binaural beat frequencies while driving or operating heavy equipment. Do Not use this CD or any binaural technology if you are subject to any forms of sleep apnea, seizures or epilepsy, are using a pacemaker, are suffering from cardiac arrhythmia or other heart disorders or are taking stimulants, psychoactive drugs, or tranquilizers without the expressed, written consent of a qualified physician. Growth Burst is not responsible for any mental or physical harm you may experience. The usage of the Audio CD and Electronic Book means you agree that you are fully responsible for any outcomes from using Growth Burst and wont pursue any legal action.

**Welcome:** Thank you for your purchase of Growth Burst! We hope that you have much success with this amazing product. Your CD has been shipped out and you should be receiving it very soon. The purpose of this manual is to give you simple and sharp instructions on how to achieve the best results from the CD.

**Exercise:** The purpose of exercise is not only to stretch out the muscles and expand the vertebrae but to also increase HGH secretion. The exercise we recommend is daily sprints, study shows short bursts of anaerobic activity (short activity which causes you to loose breath) increase HGH dramatically. We recommend 5 sets of 5 second sprints. If you cant sprint try weight lifting or cycling (sprints).

Also when you wake up we recommend you stretch each muscle group using static stretches held for around 40-60 seconds. You can try hanging of a bar for 10 mins a day, this has shown to stretch the vertebrae which shrinks through gravity as we age. Stretching may not produce significant increases in height but it will help maintain good posture, muscle group balances and make sure we keep our maximum potential height.

**Diet:** To maximize growth you must supply your growing body with all the nutrients it requires. Try to eat plenty of vegetables fruits, meat and dairy goods. Try to cut out you sugar intake. Foods to focus on are Seafood, Meats, Eggs, Nuts and Dairy Goods. We recommend a diet high in protein and meats, the body needs the protein/amino acids to build HGH and a lot of the hormones in meat itself stimulate growth. L-Arginine is an important amino acid which many company's base their "wonder" height increasing supplements on. L-Arginine has been proven in study's to have an significant effect on HGH levels You can purchase pure bulk L-Arginine for much cheaper than any of the height increase supplements.

**Sleep:** During deep sleep is when our body secrets the most HGH. So it is very important that we have plenty of interrupted sleep. Aim for around 9 hours a night. Try not to be interrupted as deep sleep only happens for a few hours in the middle of your sleep. Try to also have naps during the day as studies have shown they can increase HGH secretion

during the day. Study's also show eating before going to bed decrease HGH secretion. You will find that when you listen to the Growth Burst CD before bed you will fall asleep much easier.

**Audio:** The purpose of the Growth Burst audio CD is to put your brain in the state seen during deep sleep where it secretes its greatest amounts of HGH. *You must use a stereo CD player or Growth Burst will not work.* We recommend you use ear-phones to listen to the audio CD as ear-phones (or head-phones) separate the left and right channels very well and decrease outside interference. Place the ear-phones in your ears, turn volume to a comfortable hearing level and play the CD in order from track one.

If you can not use headphones then make sure you keep the speakers as close as possible to your ears. Make sure the speakers are separated from each other by you head so the sounds from the left and right speakers do not mix sounds before they reach each ear.

When listening try to relax, thinking and activity will cause you body you be in a higher frequency brain state, and this is not wanted. A quite and dark spot is the best location for use. Try to listen to the CD once in the day and once at night before bed to get the best benefits.

**Remember most important that you listen at least one a day, and best to right before bed!**

### Schedule:

Wake Up	Breakfast	->	Lunch	->	Dinner	->	Bed Time
Stretch	Diet	Sprints	Diet	Audio	Diet	<b>Audio</b>	Sleep

This is a sample of a suggested schedule to follow to reap the best benefits of Growth Burst. You may follow any schedule you want but remember the key points we have focused on in this manual. Stick to the CD and you will notice the benefits.

**Questions:** Have a questions or problem? Just email us at [support@growthburst.com](mailto:support@growthburst.com) or visit the forum at <http://www.growthburst.com/forum>

(1)A study of growth hormone release in man after oral administration of amino acids.

Isidori A, Lo Monaco A, Cappa M

(2) Arwert LI, Deijen JB, Drent ML. VU University Medical Center, de Boelelaan 1117, 1081 HVAmsterdam, The Netherlands

(3) Hayek, A & Crawford, J. (1972) "L-dopa and pituitary hormone secretion" J Clin Endocr 34:764-66.

(4) "Growth Hormone Secretion during Sleep" Y. Takahashi, D. M. Kipnis, and W. H. Daughaday

(5) Newman, Horatio, Frank N. Freeman, and Karl J. Holzinger., *Twins: A Study of Heredity and Environment*. Chicago: The University of Chicago Press, 1965.