

Human Growth Hormone

Nature and nurture - easily fulfilling your genetic potential

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HGH Explained

Understanding InstaHEIGHT Super Massing

A primary education in genetic programming

Deavon Stollar & Harry Pope

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Forward

Initially, we were stunned and mortified by our discovery. Harry Pope and I are business partners and researchers. We take on government and private projects based on R and D

Typically, our projects are based on commercial assumptions that we are asked to prove or discredit by the respective government or company department. We make studies and surveys that reflect possible circumstances based on the assumptions we are given. Based on our research, companies or world governments take their cues and make their forward decisions about products, changes or implementations that are proposed. This has been a lucrative career for us and an enjoyable and rewarding business line

.

Last year, one of our assistants in China was working on an unrelated project and we were just chatting when she relayed some interesting information. We were talking absently about steroid use in athletes and the prevalence of it among sports people well beyond what the public know. She told us about the secretariate she works at in her day job in China and about the documents that outline how the Chinese government routinely grow humans taller and stronger for military purposes.

At first these comments were just glossed over as she relayed that this information was common knowledge among the social class in China and old news. As we went on to our business meeting which was conducted by podcast, later, the full force of what she told us

began to sink in and we started talking about it, me and Harry after the meeting concluded.

Curiosity got the better of us and we asked Sung to get her hands on a copy of these documents so we can take a look at them. She said “no problem” and around 2 weeks later, an email arrived in my business inbox labelled “confidential” I knew immediately what it was. I downloaded the attachment and it was a remarkable document.

Something I could not believe was happening.

The Chinese government was creating a super army and the military use this technique exclusively to achieve a uniform height of approximately 6 foot 3 inch soldiers in their armed forces. How could this be? Was Sung playing a trick on us? The idea that height can be manipulated after the age of puberty was something I never thought about. It was a closed book in my mind. **The idea was too remarkable to even consider.**

As a professional researcher, my first impulse was to begin digging around. The ideas in the manuscript did sound completely plausible. More than plausible, they made perfect sense. As limited as my knowledge was about bio chemistry, I could see the assertions the document was making made sense.

I began to get enthusiastic about what I had learned and Harry made some enquiries on his part too. We talked about the remarkable revelation often, but did nothing about it, nor could we do anything about it.

One day not long ago, Harry arrived at my office with the familiar manuscript in hand fully printed and bound. He slapped it on my desk and said...we need to do something about this. I picked up the laminated book and thumbed through the freshly printed pages. What? I answered, knowing immediately exactly what he was thinking....

We need to introduce this amazing work to the public, but first we need to test the assumptions and see them work on a real life individual.

That is exactly what we did.

Being 6 foot 1 myself I was not the ideal candidate, my height was already having me bump my head on occasions, but Harry's son was a perfect candidate and was very enthusiastic about being introduced to the method.

We put him on the process for 3 months and he diligently followed our detailed instructions. Within one week, Brad grew in stature by half an inch. As confident as we were about this material, **I still couldn't believe my eyes when we measured Brad's height after the first week. His height had definitely increased. Just as we had expected.**

Over the coming weeks, Brad grew in height in spurts. Some weeks nothing, other weeks he added a quarter to half an inch. Brad is a 18 year old college student and his body had definitely stop growing in height several years ago. His starting height was 5'8 and after following the procedure, his height shot up by another 5 .6 inches to

a final height of nearly 6 foot 3 inches.

Our conclusion was that it obviously works. This book is about how, why and where it works. We dissect the chemistry to explain clearly why this works. We need to get this out to the public and we encourage you to send a copy of this very book to everyone you know, that you think would benefit from a height increase of 5 inches or more. To do so right now, simply upload this book in an attachment in an email, or if you wish, simply send a quick email to everyone you know and leave a link to where you picked up your copy of this extraordinary text. Put a download link in your signature panel in any forums you belong to and just mention it is free to download and what it is about. You could say simply, **Add 5 inches to your height in 90 days, FREE book to download now...(and your link)**

We need to get this amazing information out to as many people as we can and need your help. It is completely free and we don't want anything for this book, just give it away as often as you want - it's of course free. There is no reason at all why our nation should have anyone shorter than 6 foot. Now with this dramatic break through, anyone that needs extra height can have it. We thank you for co-operating with this simple request in advance. Even if you give out a copy to just 5 people you know, you will have assisted the education of thousands of individuals because those 5 may offer it to another 5 who offer it to another 5 and so on. So at the very least, do this small duty.

One note before I begin, this procedure is a new technology. It is

nothing like you have ever seen before and so, you must keep your mind focussed. I ask you to read several times before you go ahead and implement this process. You actually need to become a “quasi expert” on the topic of instaHEIGHT height enhancement. To do that you will need to scour these pages diligently and pick up the nuances that make this process work. I ask you to develop an understanding beyond the superficial level. Do that first before you begin the process.

Now, lets begin.

Introduction

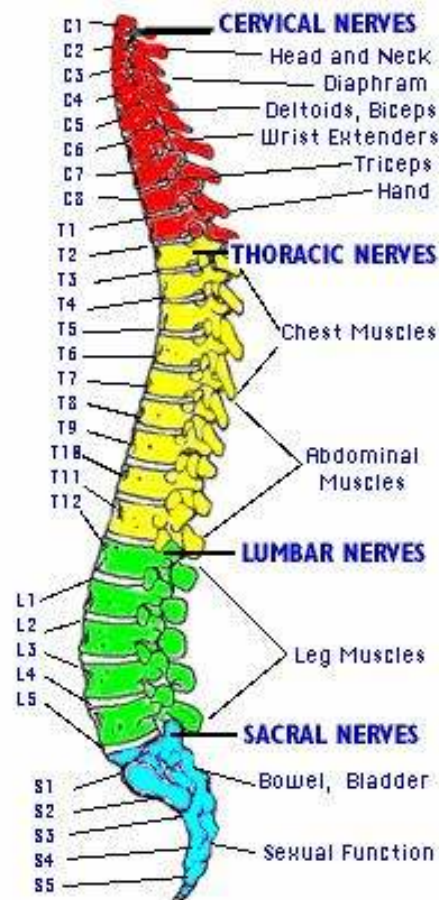
The Chinese transcript we received was a lengthy and verbose document that was full of patriotic rhetoric. Phrases such as “we the people” etc. are prevalent and the actual process was hidden in all those pages over a chapter or two. Offering the transcript itself would have been a pointless exercise and by creating the InstaHEIGHT program, our legal advice assured us this would not expose us to Governmental processes that could close us down. They did however warn us not to disclose our source, the Chinese government and how we came across this information. However, we chose to openly explain where we got this from and how we got it because it is important that people know what is going on.

The instaHeight Program is explained in detail in the companion book “Get Taller Today” and shown as a first glimpse at the end of this book as a point by point structure.

In this book we disclose our research and more importantly give you an education in human bio chemistry. This gives you the insight to understand what is going on beneath the surface and saves you from following the process blindly. You will need to make decisions on your own as we cannot be there with you as you do the method, so this first book is a perfect solution to that problem and we are confident it gives you adequate information to avail yourself to full efficiency in your efforts.

We begin with the pituitary gland and explain how Human Growth Hormone is produced and also why and in which physical places.

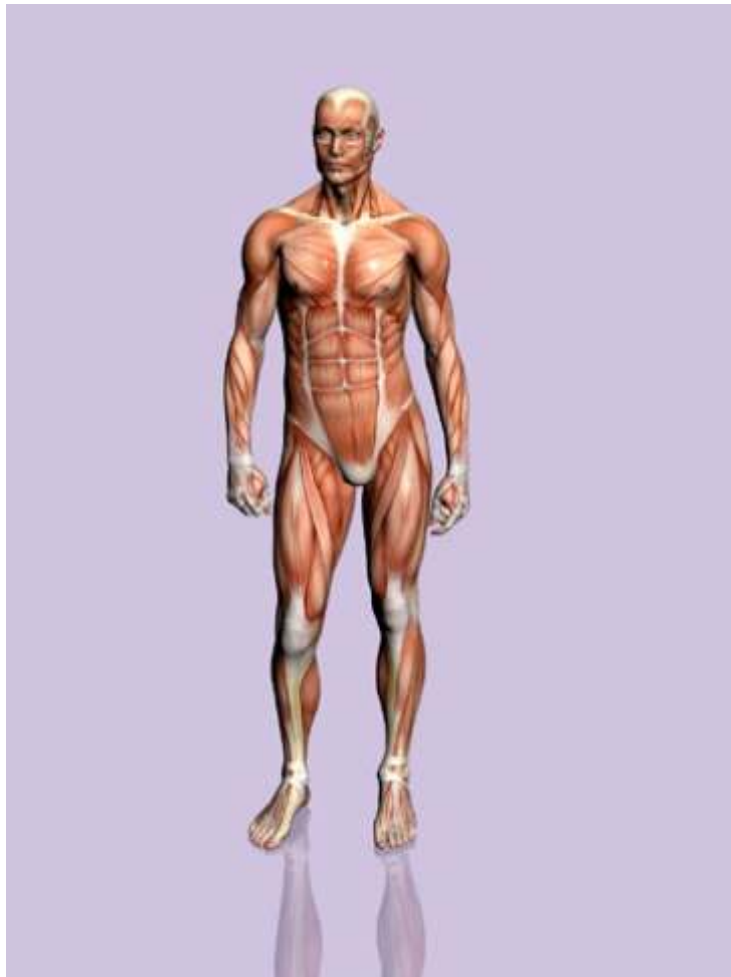
You will learn about cellular activity and the different types of platelets that create and foster growth. In this research, Harry and I take you through the reason why this works and point to the unique and remarkable illness “**Gigantism**” This is living proof that humans can continue to grow beyond puberty and we use examples to illustrate why it works. You will learn about height increase and why you will get height not just from bone lengthening in the legs for example which is the first place people would expect height to come from. The truth is only a small percentage of height is gained from actual bone growth because it is such a dense material, it is the least helpful area that delivers inches to your stature if you are beyond your growth years. You will discover as we go that in actual fact, muscle tone is one place where height is increased. Particularly the torso. The torso is genetically a long part of the body, only rivalled by the legs themselves. The torso can be lengthened and add wholesale height to your body by toning up the muscles in the back and torso. You will learn that cartilage, being not as hard and dense as bone, but not soft like muscle is where the opportunity for height most occurs. Particularly in the vertebrae discs in the back. A disc made from cartilage has a typical thickness, depending on which section of the back you are talking about, of around 9 millimetres. There are 22 notable discs in the back of reasonable thickness. These discs are made of cartilage material and adding **just a few millimetres of thickness to each one by creating growth, will add typically around 3 inches of aggregate height.**



The spine is full of platelets that are alive and bristling with life. There is so much activity in the spine and so many nerve endings that creating platelets here is so simple and easy. The opportunity for the base 3 inches of height in the cartilage of the back, knees and even neck, can add up to 3 to 4 inches. **Combine that with torso toning (and some bone lengthening if still possible for you) and you could easily expect to see a height gain of 5 to 7 inches.**

To thicken cartilage, lengthen bone and re-shape the torso, you will need to increase HGH production. We show you how to do that naturally with a specific and unexpected diet. But providing the raw

material your body will need to create new platelets of activity is not enough. The body will simply consume what it needs to maintain the status quo and eliminate through the bowels what it doesn't need. The body needs a reason to use this material for physical transformation. **To gain inches of height the body needs to be shocked back into growth. This is the remarkable revelation the Chinese made.**



You will find in this very book, a concept that is a simple and elegant solution, the Chinese had stumbled upon an amazing discovery. When you think of weight lifters and resistance trainers in the gym, you know their body muscles grow that are targeted, not because

they spend all day pumping iron, but because they shock muscle into growth. This growth is explained as a reaction the body offers to stress, physical stress or non clinical trauma. This the Chinese maintain is a similar bio chemical reaction, but targeted to the cartilage.

Super massing is therefore no different in concept to an individual that improves their physique with resistance training. But by far, the work required is a lot less. In resistance training there is hours of work to do each week, in height enhancement all we are trying to do is communicate to the body that there is a dangerous environment and it needs to grow. This can be done in just 10 minutes a day.

There is a lot more to this so lets begin from the beginning.

Chapter 1

Human Growth Hormone - How it works

What is HGH

Human growth hormone is a peptide hormone that regulates growth and cell reproduction in animals and humans. A peptide hormone is a special type of hormone that communicates on a cellular level with the “template” of the DNA contained in any particular cell and recreates those cells for production of **mass**.

Growth hormone is actually a 191 amino acid which is synthesized and stored and released inside the anterior wings of the pituitary gland, which resides deep inside the brain.

Recently, synthetic growth hormone has been popularly used to treat older people and has been seen as a way to arrest old age. HGH therapy is shown to improve muscle mass and decrease body fat in patients. A typical patient can expect to add a full 2 kg of actual muscle mass and lose 2 kg of body fat by taking a series of HGH therapy. It is popularly used as an **anabolic agent** in training in the sports arena.

This artificial HGH does not produce height enhancement. Height can only be achieved from the natural production of human growth hormone. The synthetic hormone used as a therapy cannot produce human height increase because synthetic hormone lacks the process that came before the hormone is produced in the body naturally in a typical pubescent stage of an individual. It is this

process, where the chemical messengers and hormones signal to the body to grow in height, that is missing when taking a course of HGH therapy. **By producing HGH naturally, through the InstaHEIGHT method, we re-create the pubescent stage and environment at any age.**

The point of producing more growth hormone is to instigate growth of the body in the muscles, bones and cartilage. But if the HGH is consumed alone, in the form of a shot or a tablet, the body is not engaged in the process and the result is merely some fat loss and muscle gain.

By forcing the body to actually produce natural growth hormone, **a whole system of events occur that recreate the environment of puberty and instigates growth of cartilage thickness, bone lengthening and muscle re-alignment that makes the torso lengthen**, much like how a corset works, pushing the organs tighter through the muscle tone, forcing length in the torso.

Capitalizing on your “genetic promise”

The nature/nurture debate is not a debate anymore. Nature can deliver to a typical individual fantastic potential, but environment (nurture) will always have the final say and control the ultimate result. Environment is like a regulator that always limits potential by a dramatic proportion.

The two main ways environment works to limit the genetic potential of a human is through nutrient availability and psychological

feedback, translating into kinetic or feeling energy.

Nature, or genetic potential is contained in the nucleus of every cell in the body and the DNA is kind of like a genetic template, that tells the energy in the form of nutrients or food, how and where to form new tissue and cells. A finger cell knows how to convert and reproduce and replace cells, that will grow in skin texture and shape and form into a finger. The genetic blue print is written in the cells that are synthesizing the energy and so finger cell forms. A finger doesn't suddenly and spontaneously grow 12 inches long. It stays the correct length for the template contained in the cell, the genetic DNA.

BUT...as mentioned, the blueprint may well in some individuals contain the written DNA code to grow 12 inch fingers even though their fingers are only 4 inches long and the reason for this is environment. The type of nutrients and the quality required to grow 12 inch long fingers for example is not available and is an unnecessary and "wasteful" feature to allocate resources to.

But lets say humans evolved totally differently. Lets say we needed long fingers to reach into holes into the ground to access the only type of food we wish to eat...ants. If our genetic evolutionary destiny saw us crawling around the ground looking for ants nests, our fingers (or possibly tongues) would become long slender instruments that can dip into ants nests to get our main nutritional interest, our diet of ants. **In this case, the environment would favour the lengthening of the fingers because allocating resources to grow those longer fingers is not just a necessity, but a matter of survival...if it cant reach the ants, then the organism wont survive.**

So to unlock your genetic promise in terms of height increase, you must communicate to your body, that growing is a matter of organism survival. You must also provide high quality nutrients that will provide the “material” for the physical transformation and finally, you must use kinetic energy to instigate height increase.

These three elements

- 1) Communicating essential height increase as a matter of survival to the body (through non clinical trauma)
- 2) Providing the necessary quality nutrients at the right time
- 3) Apply kinetic or feeling energy that is essential to environmental influence on an organism.

These three elements utilize the environmental factors that influence the pre-existing genetic promise or potential. As stated, your genetic potential, although not currently known, is safe to say, that it is capable of remarkable changes on a routine basis. The regulators are and have always been environmental. You may be thinking right now, yes but what is being talked about happens during evolution over many thousands of years and the answer is of course yes that is true. But the adaptive nature of the human body makes it possible for the organism to adapt instantly to changed environmental circumstances. Providing the changed environment and requirement is urgent enough, then it can change in days. As long as it doesn't kill the organism, the organism will gradually but **not** slowly adapt.

For example, if some catastrophe happened on a world scale, that required humans to breathe under water, it is scientifically feasible

that humans could evolve back to the water. If the catastrophe happened suddenly, then all humans would simply perish. But if it happened over a reasonable period of time, sure most would perish but some would indeed have the innate capacity to grow gills or possibly use their existing blood oxygenation system to adapt in a different way to extract oxygen from water and not drown under water. These few individuals would have offspring with the same genetic potential and the world would be again populated by humans that can swim and live under water. We all came out of the sea anyway from an evolutionary perspective, so this is an extreme example but illustrates the concept of how instaHEIGHT works.

The three elements above are present in the instaHEIGHT process and are the integral building blocks used to create growth. By manipulating environment, **you get to dictate how tall you want to be as long as these three elements are present in the equation.**

Human growth hormone in its synthetic form is used by many as an anabolic agent however using the synthetic hormone cannot help you grow height because it is missing the essential “process” that a pubescent individual goes through. The activity that happens **before** the growth hormone is naturally produced. That activity is a chain of events caused by the pressure of environment. It is not essential to completely understand this chain of events for the instaHEIGHT process to work, **but it is essential to know how to cause this pressure and re-create it to force the body into vertical growth.**

By understanding the three elements that will cause this pressure you are in a good position to apply the process in the instaHEIGHT

program, knowing full well what you are trying to achieve.

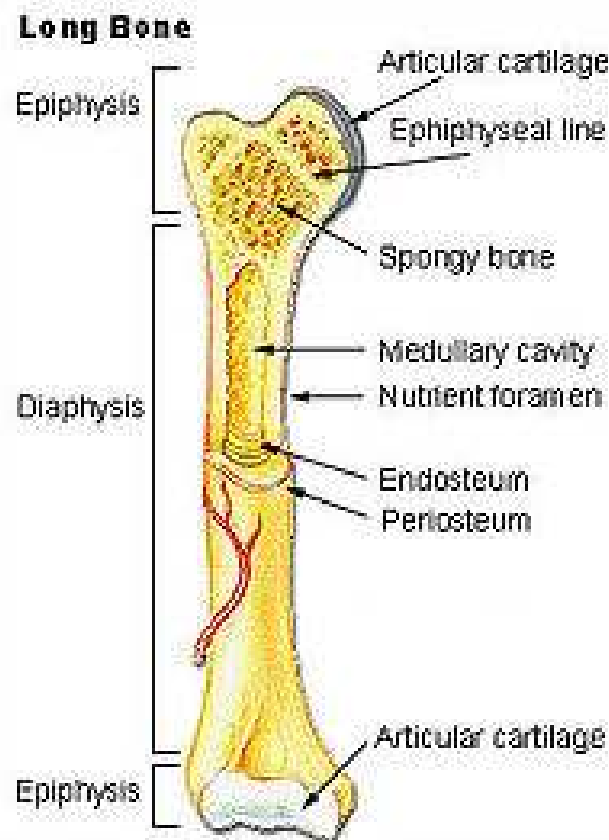
Without going back over the last few pages, name the three elements that make up the environmental factors that will make the body grow in height. Answers are below upside down.

- 1) Communicating essential height increase as a matter of survival
- 2) Providing the necessary quality nutrients
- 3) Apply kinetic or feeling energy that is essential to environmental influence on an organism.

Chapter 2

Investigating Gigantism

Pituitary Gigantism is a condition caused by excessive growth hormone production. Pituitary gigantism causes the body to grow vertically in cases where the epiphysis plates are open (up to around the age of 25) and lateral growth if the **epiphysis plates** are closed. The plates occur at the end of the bones, in the body and the growth occurs towards the **epiphysis plates**. The bone grows by lengthening the shaft of bones and is how normal growth occurs.



Excessive growth hormone is the single cause of gigantism and it is often associated with a cancer on the pituitary gland inside the brain. The pituitary gland regulates human growth hormone and malfunctions to produce excessive hgh in gigantism. This results in a

human that is not just tall but abnormally tall.

This investigation is done here, not to compare the instaHEIGHT program with gigantism, but to explain how an adult grows after their plates have closed. Once they have healed over after puberty, bone length is literally impossible to manipulate. However an individual with gigantism will still have excess hgh and the bone will thicken laterally.

If your wish is to add 10 or 20 inches of height to your stature, you will find instaHEIGHT cannot offer this to you, if your epiphysis plates have closed, or you are around 25 or so years of age. It is a physical impossibility to re-open the plates and so for this reason, vertical growth from bone, which is where such a large height gain could come from, is not possible.

However, height gain can be easily attained from other areas and **3 to 5 inches is easily possible for most people to add quite quickly.** For most people who consider themselves fairly short, those 5 inches would put them in the over 6 foot bracket, which would actually be considered tall.

What Gigantism illustrates is the body's ability to grow beyond the growth years into adulthood, by secreting hgh or human growth hormone.

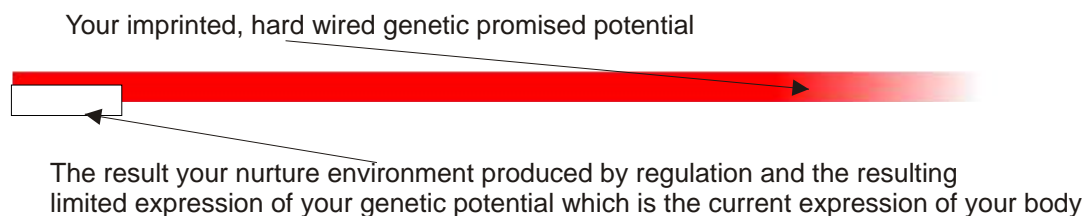
The point here, is that although seen as a pathology and an illness, there are actually many instances and many causes that are considered clinical and abnormal granted, where human height occurs after puberty. The fact that it is seen as a "condition" does not negate the fact, that human height enhancement is possible for

everyone who would love just a few inches more!

It can be done safely and of course, we are not saying you need to catch the gigantism pathology to get your results. What we are saying here, is that it is not only possible to gain extra height, it is literally easy. If you started growing into the 7 or 8 foot region, it may be time to urgently seek medical advice, however, if you simply wish to add a few inches to reach 6 foot or 6 foot 3 inches, **which is an ideal human height especially for a man, then using the instaHEIGHT method is a perfect solution.**

Gigantism demonstrates that human height is a variable and not a fixed commodity. As we have already learned, the genetic blue print contained in each and every cell in your body is pure potential. Your current height is **not** your full promised potential contained in the code of your DNA but rather, your current height is an **approximation** of your potential that can easily be improved by manipulating the three elements regulated by environment.

As you may recall in the last chapter, the nature/nurture debate is over. There is no further debate. Nature gave you abundance...all of us, in the form of an imprinted genetic code contained in each and every cell in the body. Nurture, or what we refer to as environmental factors regulate that potential and the good news is, we as the human species are experts at manipulating environment because we have the gift of logic and reason. If you can learn how to regulate the “regulator” (the environment) then you can access more of your promised genetic potential.



Robert Ladlow grew to a stunning 8 foot 9 He died at the age of 22 from an ulcer that got infected after a brace he was required to wear broke. The braces were required because his bones were having a hard time supporting his weight.

Watch a short video on this gentle giant courtesy of gigantism.com
You must be connected to the internet to click the link below.

<http://www.gigantism.com/robert-wadlow.wmv>



Chapter 3

Generating highly active Cellular platelets

OK! Enough background...this is how it works. When you create the pre-pubescent environment inside your body on a bio-chemical level, what you do is re-create the growth state. Growth platelets are receptors that create **mass** in the body. Whether it is bone, or muscle or cartilage, to make height, you need mass. Actual cellular material. To get this actual material you have to separate the three areas, where height can be gained so lets do that now.

Bone length

If you are in your early twenties or younger, your epyphsis plates may be still open and if this is the case your body is still open to skeletal growth. To enhance your last few remaining years of actually capitalizing on the genetic potential you need to again address the environmental regulators that will allow your bone to grow stronger, healthier and increase in size and mass. To do this as with the other three areas of height enhancement below, you need to

- A) Communicate to your body, through environment that its a matter of survival to grow height.
- B) To provide the quality nutrients that will facilitate this growth.
- C) Apply kinetic or “feeling” energy.

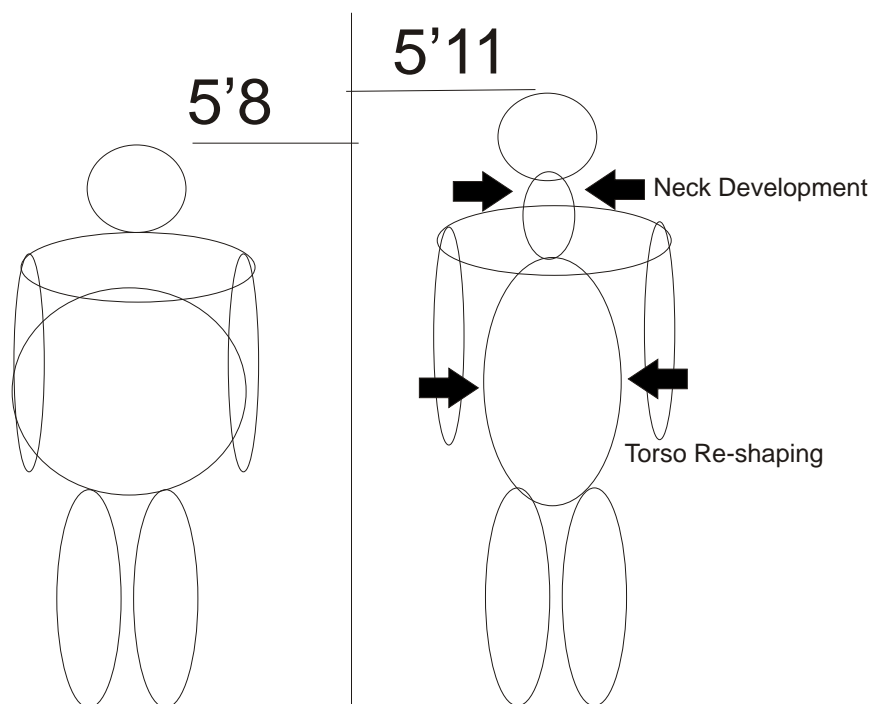
Torso length

The next most beneficial place to gain height increase is in the torso. If you are beyond the growth phase and you are over 25 or so, then this is the first place you will find added inches in your stature. The way the torso can be lengthened is through muscular manipulation.

Specifically through toning. This is the simplest of the methods and can typically add 1 to 2 inches along with sterno development (neck muscles)

By developing certain muscles in both the torso and the neck, you are simply refining what you already have. This is not so much Super massing as simple mechanics. Most people are in an unfit condition and achieving tone in these two areas will add exceptional height increases. This combined with the third area, cartilage, can add the 3 to 5 inches all together.

Here is how it looks.



Think of the effect a woman's corset has on the torso. Pressing soft flesh and organs together tightly in the middle of the torso will force it in the vertical direction. This is a simple and effective concept. By

simply introducing tone to specific torso muscles that will be defined and explained in the next book and also increasing the mass in the sterno muscles in the neck, you will gain easily 2 or more inches. This type of height increase can happen in as little as 30 days.

Remember, you don't have to become Mr Universe, just introduce some tone that makes the muscle create shape in the relaxed position and that is enough to get those few inches of vertical height. An atrophied muscle mass, in the relaxed position will not hold in your organs effectively and will "hang" off its attachments and ligaments. However a toned muscle will retain its natural shape and also this defined shape will force vertical height onto the torso. The torso being the longest portion of the body apart from the legs, it makes an enormous difference to the aesthetic proportion and ultimate aggregate height of your stature.

You will get specific muscles and exercises in the instaHEIGHT program that will show you exactly how to get these height gains quickly and easily.

Cartilage thickness

The first thing you need to know about cartilage is that it is a type of connective tissue that has no blood vessels feeding it. This is a remarkable fact as almost every single component of the body is directly fed by nutrients in the blood except the cartilage matrix throughout the body. It would almost seem like a lifeless piece of plastic in the body, however it is far from lifeless. The fact that it gets no direct synthesis from blood vessels means it regenerates and grows very slowly. But it does grow. It is for this reason the

recommended InstaHEIGHT procedure takes 90 days.

Not being as thick or dense as bone, cartilage is made of collagen and elastin fibres making it flexible but sturdy. It grows slowly because chondrocytes are bound in lacunae and they cannot migrate as easily as migration in softer tissue connected to blood supply.

The main areas of growth is in the vertebrae discs and the joints in the knees. Especially the disc cartilage in the back because adding just a few millimeters to each disc can add 3 inches of height on their own.

Growth platelets can indeed feed the matrix because the activity in the back is hyper active. The spine is extremely adaptable because it is full of nerve endings that can respond rapidly to manipulation. By adding a couple of millimetres to each of the 22 capable discs in the spine, you can add height to your ultimate stature over a reasonable period of time.

All three of these areas of growth,

Bone length
Torso length
Cartilage thickening

Require growth platelets to transform and the InstaHEIGHT method makes it complete child's play to develop these 3 areas rapidly.

Chapter 4

The first manipulator - Diet of course.

It is absolutely no surprise that the cornerstone of the instaHEIGHT system is nutrients. **Being one of the three elements that can manipulate the regulator of environment to allow the promised genetic potential to fulfil itself.**

Providing the growth platelets with the material to build the extra height in your body is quite obvious. But which nutrients, because you will recall the word “quality” So not just any food will be used to transform energy into growth.

Also food timing is critical. When you eat a meal, the food begins its digestion process in the mouth by the mechanical force of teeth shredding the food into a pulp and saliva acting on the nutrients to break them down. By the time the pulp gets to the stomach, it is almost a liquid and the acids slowly release to break down the food into further liquidisation. The nutrients are separated and some goes into the blood stream and some goes into the elimination process.

This is an important point because when you stop to think about it, what decides what should be thrown away and what should be kept. Receptors communicate to identify the body’s needs through complicated chains that either fit or don't fit on a microscopic level. Ultimately the body’s current state will either eliminate or keep the offered nutrients. But just because you feed yourself for example vitamin C through eating a tomato, it does not mean that vitamin C will get in your blood stream and be delivered to the parts of the body that require it. The body may quite easily simply eliminate through the bowels, all the vitamin C you ate.

So, eating is a hit or miss proposition. Just because you eat it, it doesn't mean you will benefit from the desired nutrients. The body needs to "require it" before it can absorb it into the blood stream and finally deliver it to areas of growth.

Food is energy

To an organism, food is simply energy and it is only transformed into something more substantial, like material to be used to manufacture cells or "**mass**", when it is synthesized at the right time and in the right combination. For example, if you required vitamin B in your diet, but you drank alcohol during your consumption of the vitamin B complex nutrients, your body cannot absorb any vitamin B at all and will simply eliminate it because of the presence of the alcohol. Similarly vitamin A cannot be synthesized to produce growth when riboflavin is not present.

The body uses food in different ways. If you think of a car, it uses gas for one purpose. To go forward. To move. The body uses its energy for many different purposes. Energy to move, energy to regenerate or repair itself, energy to store energy in the form of fat, energy to digest more energy, energy to grow.

The body is multi functional and complicated. Much more complicated than an automobile. So pumping gas into a car is a far cry from pumping energy into ones body. Most people feed their body energy, like pumping gas into a car. When the tank is empty, fill it. It is very hit or miss, but ultimately the body eliminates everything it doesn't currently require. This means eating that salad may or not have been a healthy choice.

What does your body require and when?

To create vertical growth in the three main areas as described, in the bones, torso and cartilage, we are talking about the growth function.

To initiate the growth function we have to tell the body, by communicating to it through environment that it needs to grow

FIRST.

Only then, will the nutrients you eat immediately after, be incorporated into the growth process. So the answer to the question, what does your body require? Is that you must tell it what it requires through physical communication.

Let me lead with an example. If you ate a large beef steak full of protein, but did absolutely no resistance training before you did, that protein and the accompanying amino acids that are precious to muscular size increase, your body will take what little protein it needs and simply eliminate the rest of that steak meal. Inversely, if you worked out for an hour and pushed yourself, ripping your muscle fibre, what do you think will happen to all that protein you consumed after your work out? It would be dissolved in your gut and delivered through your blood directly into the muscles that you traumatized with weight training. This combined with deep sleep rest, would contribute to an extreme change in your physique.

So eating the right foods at the right time has a lot to do with what you tell your body to do. In the above example, I spoke of traumatizing the muscles. This is, believe it or not, a way to communicate with your body in a way it understands. Muscle grows in thickness, by damaging the fibres through weight resistance. The body's response is to repair them as quickly as possible. By offering

it the material and nutrients it needs in the form of a steak and by giving it a night of deep sleep, you allowed your body to do what you asked it to do. This is a survival mechanism. Through millions of years of evolution, the body understands how to grow muscle quickly because cavemen often had traumatizing muscular events. Whether it be hunting or fighting rival tribes, this phenomenon of muscle growth has been repeated trillions of times to trillions of ancestors in the human family. The body genetically understands immediately what you are asking it to do, by introducing and simulating this very same trauma in the form of a resistance training session.

This example, by the way, clearly illustrates the mechanism of telling your body to grow as a matter of survival. This, as you recall is the first element in the 3 factors that you can use to manipulate the genetic potential regulator which is environment. The very act of lifting a weight to the point of strain is the communicator or the catalyst that “asks” your body to beef up that muscle. It does it for you because it is programmed by the cells in your body, the DNA code. So the weight lifting is more than just a way to exert your body, it is a communication mechanism that you can use any time to get that particular result as long as you supply the other two factors that manipulate the regulator of environment. (The nutrients and the kinetic energy)

We will talk more about this communication mechanism in detail shortly, as it applies to height enhancement, however this chapter highlights two points about diet. Specifically, that food must be consumed at the right time and must be the right quality nutrient and must be mixed with other correct nutrients. As stated, mixing the wrong nutrients will result in non absorption of the targeted nutrients.

Or if not elimination, the body often stores nutrients as fat reserves rather than using them immediately. As anyone knows who is over weight, this is worse than simple elimination because to access those fat reserves, extreme starvation is required. Fat reserves stay that way until one single thing happens, **that you consume less calories than you use in any given day or two**. Most individuals have a very hard time achieving this and so excess weight can accumulate over time, simply by eating the wrong mix of nutrients at the wrong time.

The right time to eat food that will be digested for a purpose, a function of the body that is vertical growth, we have to give the body this purpose **BEFORE** we consume the food. This comes in the form of communicating with your body physically in the form of a trauma. Not clinical trauma, but trauma that urges the body to adapt because it recognises that survival is at stake.

Take for example the scenario of a yo yo dieter. This phenomenon is well known by many people, simply because the body knows how to get what it needs. Starving your body actually will have the opposite effect because the reptilian brain, the ancient brain that lies beneath the cortexes and is attached to the spine, is the seat of the survival mechanism.



The reptilian brain looks like a walking stick handle that sits at the top of the spine. The cortex hemispheres surround it to form the modern brain. This walking stick handle is our old brain, all the brain we had when the human lineage first set foot out of the ocean and onto land. It is the seat of the fight or flight response and is exactly the brain we “speak” to when we want to communicate how we want the body to grow.

A crash dieter will abstain from food for a day, maybe 5 days, the starvation is excruciating and the weight inevitably lost using this method is strictly speaking only lost temporarily because the survival instinct immediately perceives famine. A famine is a time where food is scarce and the human DNA is thoroughly versed in this scenario and knows exactly what to do. When you do inevitably start to eat again, your body will force you through urges and impulses, way beyond your control, to get ALL of those lost calories back even if you already have plenty of fat reserves. These powerful urges will draw you to food once you open the flood gates and start to eat even a little again. You will be forced through bio chemical force, to get back as many calories as you can, which translates into the yo yo dieters experience. A yo yo dieter will always be a little more overweight after the cycle is complete. Tell your body there is famine and it will do everything it can to regain those lost calories and it will change your body to a more fatter version of you, because you introduced famine. The idea being that the body always tries to protect itself and survive, so in famine it tries to add fat reserves in anticipation of more famine to come.

This crash dieter example illustrates how the survival mechanism works. Not so good for the dieter in this case, but it is an instrument for change. That is how it should be seen and if you understand how to “TELL” your reptilian brain to instigate vertical growth because survival is at stake, it will without fail do so.

What are quality nutrients?

In this case, we are talking about whole foods. Non processed foods with pure nutrient chains are best. Manufacturers of foods have little knowledge of nutrient combinations and create products that taste good and sell well with little regard for quality nutrition. This is not to

say food manufacturers do not have talented and intelligent research departments that can make awesome food combinations, but they face the fact of life that they must sell product and sell it well so there is always a trade off. Also, to use correct combo nutrition, they need to have a purpose in mind first and this would severely limit their market for any given product.

To explain, combo nutrition is about targeted functionality of the body. If they made a breakfast product that applies to vertical growth, then all those millions of customers who are not interested in the bodily function of vertical growth would see their product as not applying to them. Also they face the difficulty of training their small customer base and educating them about the benefits of combo nutrition and targeted body functionality. This would further add to the costs of their product, pricing them right out of the market. The smartest way to get access to correct combo nutrition is to educate yourself and buy whole foods that you are targeting in terms of what you want them to do..

When we are talking about vertical growth, there are 3 areas we have targeted. As explained, we want bone length in the legs particularly, if you are under the age of around 25. For those whose plates have closed, we can still derive 5 inches or more with the combination of thickened vertebrae discs and the cartilage in the knees. The third area is lengthening the torso by manipulating certain muscle groups.

In the instaHEIGHT program Harry Pope separates these three areas of growth and attacks them separately giving you each area and their respective requirements. Quality nutrients must be obtained

from whole foods that are not processed. One of the biggest reasons for not eating processed nutrients is because you get a daily overdose of sodium (salt) and sugar. Even salty tasting foods have pounds of hidden sugar, to make it taste better.

Once you have your nutrients there are two other things you need to provide the body to access vertical growth and they are water and rest. The human body is 80% water. By hydrating you give the body the ability to move nutrients around to the right places through synthesis, especially for the cartilage part of height enhancement. Because cartilage is not fed by blood vessel it grows and thickens slowly, it needs water for nutrients to flow freely across the collagen matrix. Also, when cells reproduce and regenerate, this “work” results in by products that need to be taken away and eliminated. This in particular is important, because toxin elimination can only occur when there is an abundance of water in your system and in particular at the correct times.

The second thing you need to provide the body, while it regenerates is sleep. Deep sleep is when the body most actively recuperates. Light sleep, or no sleep is disastrous especially if you have inflicted the correct trauma, because resources are taken away from the rebuilding process which can delay healing and force you to stop the method due to pain. Sleep is the time when powerful changes occur and we found the height gains were often noticed and discovered in the mornings after the nights deep sleep.

When using the instaHEIGHT method, your conception of food must change from one of enjoyment and pleasure, to one where food becomes a tool to apply to the body for specific bodily function. Most food is typically simply used for energy, like a car uses gas. If you

think of the many functions a body has, most simply require food to do nothing more than run the motor so to speak or for energy to move. But there are some functions that use food for construction of new cells that implement the promised potential DNA imprint. This happens only after the survival of the organism is threatened in a particular way.

Chapter 5

The second manipulator - What IS exercise?

In western culture we have a peculiar conception of exercise. Many see it as a pain and a chore, while others see it as a badge of honour and status as they get around in the latest brand trainers with the prominent logo on the shoulder or leg. They buy the latest running shoes and exercise in a social way.

What most people fail to recognise or even consider is that exercise is a strenuous dance. Dance is a communicator, a visual communicator. When we watch someone dance, (someone good anyway) depending on the music and the clothes worn and the style of the dance, one can get an impression, a feeling or a meaning. The traditional meaning of the word dance, as opposed to the way I am using it here, is that dance is a visual way to communicate unspoken things. In the 50's the twist was seen as the devils dance. Did society actually mean that Satan existed in this dance? No, what was meant is that the dance communicated unspoken messages about sexual freedom. The teenagers were telling anybody that would look at them that they have done the act of sex, they love the act of sex and they are going to in all probability have the act of sex again. Or at least this is how general society perceived the unspoken message their twisting gyrations conveyed. I am sure there were many innocent teenagers twisting their hips with no other message in mind other than it was fun to twist your hips while listening to rock and roll (rock and roll being another meaning for the act of sex)

The point is dance is communication in the visual sense. But

exercise is not really designed to be watched unless it is a spectator sport where teams are organized in an end game type of situation where a scoring system is implemented. The exercise the athletes perform before and after the game in terms of their training sessions is not watched. So it is not visually communicating. The pushups done, the weight lifts and all the other movements the athlete does to get in shape is not really watched by anyone except one single solitary person. Your organism. The inner survival mechanism.

The movements performed in exercise are a form of communication dedicated to telling the body what you want it to do in terms of growth. So to define communication for you as it is applied to exercise we see it as **“the targeted traumatization of the body to stimulate the survival response in an effort to get it to transform in shape and size”**

This is an important definition and an incredible insight. It means that exercise is not anymore a rigid, routine type of activity that hopefully will get you a result at some future date. The body adapts and changes almost instantly! Believe it! The body is capable is changing overnight! We often talk of physical transformation in terms of weight lifting and muscle growth, but there are other modes of growth the body can be conditioned to perform.

We will talk about kinetic energy or feeling to instigate height enhancement shortly, but there are several things I want to make clear about using exercise as a way to communicate to your survival instinct that it must transform your body.

First, you may have heard the term, “hard gainer” This term refers to an individual in the weight training gym, who despite much diligent

work fails to achieve any notable size or progress in their goal of increased muscle mass and decreased body fat percentage. This person is defined as a **hard gainer** allegedly because his genetic disposition makes it difficult for him/her to attain any specific gains. **This of course as an explanation is false, however that is the generally accepted meaning of hard gainer.**

Another interesting phenomenon, is that if the premise that working out should grow your muscles, then why do people who are employed in a job where there is manual labour involved rarely look buff and large? In fact typically, a worker that is involved in daily physical labour rarely looks like a body builder, they may be overweight or not, but the work they do all day long, does not make them physically superior in terms of appearance.

So what is going on here? They work with heavy objects all day long 5 or 6 days a week yet this worker fails to make muscle size gains. On the other hand, the **hard gainer** has the full genetic predisposition to build muscle just like the successful body builder. The manual workers have the same genetic mechanism in their genes too. Here is the difference between an individual that successfully grows their muscles and the other two groups.

A successful body builder through mishap or by design stumbles upon the mind-set of a desperate organism trying to survive during weight resistance. A worker that labours all day long 6 days a week does so consistently and in this word lays the answer...consistency. A worker on his first few weeks of lifting heavy loads and moving things around that are heavy will develop some muscle tone, some strength and develop some muscle size. However only if he works

with great diligence and works hard to keep up with the other workers until he is acclimatised and used to the work load. It is during this period of extreme exertion that the organism begins to perceive a threat and therefore develops some muscle size. **What happens from there, is the consistency of the work and the uniform size of the heavy loads allows the body to adapt without new fibre construction in the muscles.** The body when traumatized, will look for the path of least resistance. It is efficient and this efficiency means over time, the muscles will go back to normal because at his starting day on this heavy job, his muscles even though quite small, were mechanically adequate to lift the weights, His muscle size and gains in the beginning were created by the body as a response to the sudden and urgent weights he had to lift (urgent because the worker psychologically pushed himself beyond his limits to keep up with the rest of the workers in an effort to maintain and keep his job)

After this initial period his body relaxed and went back to normal because the demands made were consistent and approximately uniform.. Which brings us to the hard gainer. There is really no such thing. But a hard gainer may not “want it” as badly as the successful body builder. Or he may fear injury or other complication if he pushed his body to match his desire.

The sweet spot

Anyone that has ever applied their body to weight training knows about the sweet spot. This is a training session that allows you to easily lift heavy and intensely. It is a momentary period in time where the planets seem to align and strength comes easily and you are

easily able to push yourself well beyond your limits and mechanical limitations. The sweet spot is where incredible size occurs quickly virtually over night.

The sweet spot can be manufactured by actually abstaining from a work out routine. It is why most body builders do not work out every day but only a maximum of 3 days a week. The really smart ones do not even assign a work out day but simply listen to their body and run not walk to the gym when they sense the sweet spot is there. It can be perceived by extra strength and an agitated state. It is characterized by almost a yearning of the muscles to flex, a sort of itchiness inside the muscle even a twitching sensation.

The point of exercise is to communicate with the cerebellum or reptilian brain that some threat is present. **But if that threat is present consistently and the threats requirements are now known, uniform and predictable, the urgency and fear leaves and the body simply handles the threat without growth.** But if the threat is unpredictable and extremely provocative, the survival instinct comes to the surface strongly and urgently allocates resources to manufacture the growth to handle the threat. It over compensates in terms of muscle growth just like the reptilian brain over compensates in the example of the yo yo dieter. It gets more of what it needs to hold at bay the source of the threat. Gets back the lost calories or allocates resources to enlarge muscle fibre.

The kinetic or feeling energy is the catalyst for this process. The movement is simply a way to communicate in the physical sense, that there is a threat, the kinetic energy required to take that exercise movement to a point that it makes a difference happens

inside the mind.

There are 2 things that are on the mind of someone trying to create the survival instinct. They are both fear based. One is that an injury will occur, the other is that some fatal occurrence will kill them. (Heart attack for example or some other fearful outcome) These two fears represent the “hard gainers” experience and are most likely what prevent them from going beyond their limits.

A successful body builder knows about these fears and is confident about them not happening. He has already been through this in the early days and has not died yet nor had an injury, but he/she still feels that fear. This very fear is conjured through the reptilian brain and it is the exact fears that should be overcome and the exercise weight performed anyway. This is the kinetic or feeling energy that creates the emergency and urgency in the first place. Without this fear, the growth transformation cannot occur. But with this fear, most reasonable people would come to the conclusion that stopping immediately is the only right thing to do. Lifting a weight so heavy that you experience this kinetic pain, is exactly the fear instinct that creates growth

What we are saying here, is that it is the actual fear that makes the growth, it is the fear itself that orchestrates the manufacture of new cells, all that the actual physical exercise does is tell the body WHERE to produce growth, in the biceps or the abdominals for example, but it is the actual fear, real fear, that creates the process of growth.

Chapter 6

Human Growth Hormone from the pituitary gland - Getting the instaHEIGHT response

The fear response is what delivers the kinetic message to grow. This feeling is a sensation that instigates the chemical processes of physical transformation. This is the third element of the three ways to manipulate the regulator of environment.

As you recall they were

- 1) Communicating essential height increase as a matter of survival
- 2) Providing the necessary quality nutrients
- 3) Apply kinetic or feeling energy that is essential to environmental influence on an organism.

After puberty, the pituitary gland does not stop producing growth hormone, it merely winds it back to minimal levels. There is an association between testosterone (even in females) and human growth hormone.

To instigate vertical growth, your body must be taken to its limits of strength. This “going beyond your physical limits” is what will make the body develop and grow height in the three main areas,

Bone lengthening, torso lengthening and cartilage thickening.

These three areas are all approached differently in the instaHEIGHT program for you. We are talking about three distinctly different genetic materials, bone, muscle and cartilage, so they require different approaches to growing them, the only constant variable will be the kinetic stimulus you must provide in each case.

In each area, human growth hormone must be released by the pituitary gland. This release is generated by the process of that fear. The kinetic feeling of going beyond your physical limits will recreate the growth environment you naturally had at 16 to 25 years of age. If you think of the stages of a child's growth, the child is always dealing with this fatal fear, As safe as their environment is in their parents home, a child still goes through these fears as a necessary part of growth as each day brings new experiences for them where they are being compelled to survive and go beyond their current limits.

This talk of kinetic fear and non clinical trauma of the body may sound ominous, it is not in actual fact. You are only required to go beyond your limits by a fraction. This is a gradual process over 90 days and the height "work" you will be advised to perform is compiled of maybe 10 minutes a day or less. Most of the time, doing the instaHEIGHT process, you will be sleeping, providing quality nutrients and hydrating. This is all dependant on which of the three growth areas you are particularly targeting.

You will learn how to identify the sweet spot and how to capitalize on natural urges to gain inches of height in 90 days. Height gains are not a fictitious frivolous idea. It is a reality and an easy thing to accomplish.

So in this next chapter, let me outline the instaHEIGHT program for you and detail what it is and what you will be doing.

Also, don't forget to read the bonus chapter at the end of this book, which is an excellent solution if you want an alternative to the instaHEIGHT program. This bonus chapter outlines three ways for

anyone to add 2 to 3 inches of height overnight.

The chemical biological process you will naturally instigate during your application of the method contained in the InstaHEIGHT program, will take a little time. You should begin to see results within the first week and for some, who may need more time to get a handle on the job of injecting the kinetic response may require more time to see results. Typically a client will develop noticeable height within a few weeks to a month, but some understand it all much quicker and get immediate results.

Remember, there is no such thing as a “hard gainer” it is a complete myth. All bodies, if they are alive and have a pulse, will respond to growth or transformation requests. Recall, the real reason why a hard gainer fails to achieve any results. His problem is not that he has limited genetic potential, his problem is he fails to approach the work with the same desperate determination that a successful body builder brings to their work outs. He inevitably also fails to even acknowledge or recognize the “sweet spot” which means a hard gainer rarely can transform their body simply because their work is never lifted with this phenomenon. The main problem is that they listen to their fear and fear that fear. A successful body builder or height enhancer for that matter, (they are interchangeable) uses that fear and exerts himself fractionally beyond his limits every time.

The main point here, is that all who are reading this, every single person, no matter who they are, will get very quick results by following the methods outlined in the InstaHEIGHT program, there is absolutely no doubt about that. Simply because genetic potential is written in the DNA on a cellular level that is well beyond your

existing current expression of your genetic potential. This is a certainty. There is absolutely nobody on the planet that has reached the full and complete extent of their genetic potential. Not a single person, because that genetic promise is much vaster than the limiting regulator of environment. By manipulating that environment even a little, will expose the organism to immediate and impressive genetic improvement.

A 5 foot person has the same or similar, or close to 99.99999999 percent identical genetic imprint to a 6 foot 5 person the only difference is environment because humans share the same genetic legacy. We can point to many examples but consider the son or daughter that grows taller than their parents. This is very common, I myself am taller than both of my parents. Or conversely, the child born to a family with predominantly tall family members but the child's stature is much much shorter for no obvious reason.

The point is, you have the genetic promise. Every single person reading this has that genetic imprint which means providing you successfully manipulate the regulator, which is environment, you can expect significant results.

The three levers that manipulate the regulator are thoroughly explained in the next chapter, so let's take a close look at the instaHEIGHT program.

UPDATE: We have removed the following chapter and given it its own page online. You must be connected to the internet to view this information.

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Chapter 7

New Bonus Chapter! 3 ways to get taller before you go to bed tonight!

Height is a remarkable advantage in life. Socially, a tall person bares down on the surrounding individuals, giving them a distinct advantage on many fronts. In any gathering, whether it is in the office or a social gathering, the tallest stand out. For many reasons being tall is a privileged position and social interaction always goes your way if you are the tallest.

Think of the scenario, where you go for a job interview and your nearly 6 foot height is met by the employer, who is 5 foot 7 (which would be very uncommon as most managers are tall) You can immediately see the dynamic that will play out as the shorter employer subconsciously reads cues that makes him behave subordinate towards you.

Or consider being with a group of friends at a club and all your buddies are shorter than you, the female attention, the female eye, will always be drawn to the tallest drink of water.

The instaHEIGHT program will give you this advantage within 90 days or less, but if you want immediate results that are a temporary fix until your height begins to grow in stature by doing the InstaHEIGHT method, then here are a few common sense suggestions, as a temporary fix.

The smartest thing you can do to capitalize on your current height is to look at the hidden inches lost in poor posture. Everybody slouches. Absolutely everybody. If you are fairly short, it is a good idea to consider some changes in how you stand, paying particular

attention to your neck and back. A good practice is to go to the privacy of your room or the bathroom and press your back up against a wall. This practice will allow you to feel the vertical straightness of the wall. By remembering and memorizing this posture, you will find you can conjure it easily in any situation.

You will be surprised how marked the change is in terms of how others treat you, when you can consistently walk and stand in a perfect posture. A good posture can add a whopping 3 to 4 inches to your natural height without too much effort on your part. Yes people will treat you differently and you will notice it instantly.

Next thing you can do is go straight to your wardrobe now and throw out or at least put in storage any horizontally striped clothing.

Vertical dressing can give u the natural illusion of height, without adding any inches. This is more of a defensive measure than an actual height enhancer, but you can definitely avoid dressing so you give the illusion of being shorter than you really are.

But this suggestion, unfortunately has limited potential for improvement for one single reason. Height advantage is comparative in nature. By this what is meant is that humans make value judgements based on a comparative assessment. So in any given situation, your height advantage is monitored by others relevant to what the others height is. A woman or a business partner, or a client will generate a quick assessment based on who is tallest within the immediate temporary social meeting. Your height being the tallest among a group of even shorter people, makes you the dominant or the leader by default. This comparative style of assessment is human nature and how people think., So vertical

dressing, although helpful to be aware of if you are shorter and have not used the InstaHEIGHT Super massing procedure, then, it still has some merit as a strategy to avoid looking even shorter than you naturally are.

There are many simple visual tricks that can be used with clothing to achieve a streamlined look using colour and tone, from dark to light. An example may be to wear a dark jacket over a lighter tone underneath, giving the vertical appearance.

This type of effort along with good posture can quickly help you get a marginal height advantage, but to really get physically taller, you may require the advantage of lifts.

Although a temporary fix, lifts are actually quite a good solution to get instant height. Lifts are special shoes or trainers that are manufactured in a cunning way.

The typical construction of a lift is to hide where the sole of the shoe ends. To any casual observer, the shoe looks natural with a heel that is not suspiciously thick or high. But inside the shoe, the soul is actually a lot higher than the heel of the shoe suggests, there by giving you an extra 2 inches of height without looking like you are wearing high heel shoes.

This extra height can truly give you a better experience in terms of how people treat you and of course even 2 inches will mean you are statistically likely to be the tallest in any small group gathering at least more often than before you purchased lifts. Of course, the idea is to be consistent and wear them all the time. Lifts can be expensive if you need to buy, 4 or 5 different pairs for every

occasion, but the idea is to be consistent and therefore a new and taller you. Lifts are not cheap and buying several pairs can run into the high hundreds, but they definitely do a great job of adding stealth height to your stature without anyone being able to notice you are getting that assistance from the shoe.

The most extreme and permanent possibility, is to have height surgery. This is a medical procedure that is extremely painful and takes nearly a year to heal. The surgeon actually amputates the legs at the shin bone and inserts steel braces along each leg, holding the two pieces together. The steel brace has a ratchet that must be turned on a daily basis by a fraction of a millimetre and the idea is that the bone grows to reach the adjoining bone creating an extra inch or two over many months. It is however, very expensive running into the \$100,000 for a single operation and of course, you will need to be off work for a year or more depending on your healing rate. It does have limitations and you cannot expect to get the height of 5 or 6 inches but rather a marginal increase.

Although this last suggestion is not an over night fix, like the other three possibilities, it was worth mentioning for the sake of being comprehensive. Compared to the InstaHEIGHT program, surgery pales in comparison, but it has been done by others in the past and some reading this may consider it. In fact all the possibilities mentioned although helpful, pale in comparison, because the instaHEIGHT procedure is the quickest and most natural way to gain 5 or so inches without having to resort to devices or visual tricks. Permanent natural height is now possible for anyone that deems they need it.

To get that height now, click the link below to read about the instaHEIGHT Program in detail.

<http://www.instaheight.com>

Nature and nurture - easily fulfilling your genetic potential

Human Growth Hormone

HGH Explained

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A primary education in genetic programming

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