

# 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**

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**Deavon Stollar & Harry Pope**

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# Understanding InstaHEIGHT Super Massing

A primary education in genetic programming

Deavon Stollar & Harry Pope



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By Deavon Stollar

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## Forward

Welcome to the official version of the first part of the instaHEIGHT Program. These two courses, represent the full program and if you were lucky enough to get the bonus accompanying videos before the price rise, then you have done well!

You will have read the introductory book already, if you have not, you can download it from our secure download area, this is where to start reading, then come to this full version material to get fully informed about the instaHEIGHT method.

Please note, this book is the fully paid official version of the instaHEIGHT program but is totally different from the free introductory lessons. This book is copyright as is all the material you have downloaded after your payment. You will have read, or will read, in the introductory book, that we are encouraging you to give that book away. That still stands, take that book and offer it to as many people as you can think of, we encourage it. But not this material. Any copies of this information distributed without written consent of the authors, will be actively pursued. You may not give away or transmit this material in any way shape or form. The other introductory book we encourage it and rely on people to distribute it to share the information contained.

What we have done here is create a direct resource for you, to continue your education and get full insight into the program, while keeping things concise and clear. I ask you now, if you have read the introductory lessons, to go ahead and begin reading. As before you are asked to actually study the material before you actually undertake the work you will be required to do to get the super

massing effect. From now on Harry Pope will take over and give you the material as we have researched it for your ultimate successful height results. This is ground breaking technology and a world first. It must be undertaken with a sound understanding of the subject matter so you can make decisions “on the fly” about your progress. Please make sure to come back to this body of work as a reference and refresher during the course of your super massing progress.

I thank you for your readership and interest. Take your time and enjoy the way as you go.

Deavon Stollar  
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## Introduction

As we proceed into the 21st century, we are beginning to see many unlikely technologies emerging. Nano technology, genetic tech and the mapping of the human genome, green earth tech and other emerging forces are vying to shape our future. Technology is and has always been a key human factor for survival and adaption and to thrive. Technology is simply another way to say a tool. Just like you would call a spade in your garden shed a tool so are these diverse bodies of work are tools to assist human endeavour in varied areas.

Geneticists already know that human potential is contained in the DNA. Human potential or "promise" is vast and nature, as a matter of routine, creates fauna and flora in a manner that is rooted in abundance. If you look at nature in terms of its capacity to adapt and evolve through mutation, this strategy relies in no small part to engendering vast potential in the organisms characteristics. This is a hit or miss approach and everything happens by chance in nature, but the right things happen by design. The ultimate design is a rich tapestry of alternatives and mutations and variances that are offered to the main regulator of genetic potential which is environment.

In the human DNA specifically, the molecular code that contains what you are in terms of properties, (hair color, height, shape etc) is abundant in terms of possibilities. Billions and billions of variations of the you that you physically are, occur and exist within each and every cell of your body. This DNA template allows for variation of environment. Environment regulates what potential will be expressed in the physical world. For example, a native of any of the countries



along the equator where the sun is strong and the weather always hot can immigrate to a cold climate like Northern Canada, just for example and research shows this individual over several years will change their fixed characteristics. Their eyes will turn light, maybe light brown to even a hazel shade of green. Their skin, although initially dark, will turn a milky white color and pigmentation the body produces to protect itself from Ultra violet radiation on the sunny equator, will reduce in the colder climate where clothes are worn all year around. Not just a reduction in sun tan, but a complete absence of pigmentation like a caucasian individual. The broader nose of someone living in the equator due to stronger oxygen requirements will “pinch” and get smaller due to the cold air. This contraction becomes permanent after a reasonable time frame.

What this research suggest is that the human body contains DNA template that can turn a black man into a white man and vice versa. The way nature works is to deposit a vast array of variances into any organism, plant, animal or human on their DNA genetic code template. This large array is primarily dictated to by the environment the organism exists in. The abundant approach nature takes, allows for all known environmental requirements providing the stressors in the environment (the heat and sun on the equator, or the severe cold in the northern and southern hemispheres) are constant for a period of time. These stressors is how the environment acts upon the body to bring about change and transformation.

A stressor is an environmental claim that it makes upon the DNA or code which then goes on to respond by a physical change. Your

physical properties are variable not fixed.

The human body regenerates itself every 7 years. This is a scientific fact. It is also the explanation why people get old. Every single cell in your body on a microscopic level is replaced. It means that the you of seven years ago no longer exists. A new you now exists.

Physically and in every literal sense. Picture an exact copy of you sitting next to you right now, this will happen in an approximate 7 year time period. The explanation for old age is that the genetic code in your body is “copied” by the regenerating cells. The old cell is carried away as waste, and the new cell replaces it. Like a photocopier, your body makes a new version of your self every 7 years. The explanation why we grow old and wrinkly is not that our body gets worn out like an old shoe from long use. Rather, the copies that your body makes on a cellular level, like a photocopier becomes more and more blurred with each progressive copy. If you took this page and printed it fresh on your home printer it would be crisp and true, then took this fresh printed copy to a photocopy store and placed it on the glass and photocopied it once, you would get a marginally blurred new copy of the original page.

If you took that second copy and discarded the original copy that you printed from your home printer and used it as the template, the resulting copy would be again marginally even more blurred, but significantly more blurred than the original copy. If you kept discarding the previous copy and only copied the previous marginally blurred copy eventually you would have a blotchy mess and the text could not even be read.



This is the scientific explanation of old age. The new cell is not a perfect regeneration by a small degree, it is marginally inferior in quality. The original copy was discarded as waste and the body eliminated it because it was replaced and not needed. So like the photocopier example, the old cell containing the old DNA information is now replaced with a marginally “blurred” copy of that DNA, not perfect, not quite right, but still close. But without the early copy, successive copies become copies on copies which become steadily worse in clarity.

Think of the original copy that you printed out on your home printer as the “you” when you were a baby. Or rather, the original fresh genetic code. The second copy which was complete around the age of 7 years old is the copy that you took to the photocopy shop. This second copying of the DNA is still perfect in every way but different. It is programmed to mutate or evolve the cell, it is not designed to stay the same. Without this progression, growth would not be possible from infancy to adulthood. If the DNA was programmed to produce exact copies at every (approx 7 year) stage, a baby could not grow in height and mature into adulthood. So this copy of copies is actually the mechanism for growth in the first approximately 3 stages or 7 year periods. 21 years of age.

Beyond this, nature has failed to address the genetic requirements of the organism and the reason for this is that physical maturity is the least allocation of resources needed to perpetuate the species, or to have offspring. Beyond that, nature as a mechanism, is not interested in anything else but to continue to “make new humans”.

For nature, an allocation of resources beyond the need to propagate is futile from the holistic perspective of how nature operates.

Science is working on the old age puzzle as it would be very lucrative for a company to discover how to maintain the genetic copy at age 21 (who would NOT purchase the fountain of youth if it was packaged and competitively priced) Everyone would love to stay looking young.

The research suggests that giving nature a compelling reason to allocate resources to not maintain the same copy, after the age of 21 but to give it a reason to keep changing for perpetuation reasons would be the key to old age.

Infancy	Pre pubescence	Puberty	Aging	Aging
<b>COPY</b>	<b>COPY</b>	<b>COPY</b>	<b>COPY</b>	<del>COPY</del>
This is the original genetic code that tells your cells how to grow in properties from size, shape and texture.	In 7 years, a copy of that genetic code is complete with differences, cells evolved bigger and more refined	The first copy was discarded because it was not needed, you will never need to be an infant again, so naturally that genetic code was thrown away, in this 7 years your cells are still growing in size as you approach puberty	Each successive copy is thrown away, because you are changing as you mature	But now, your maturity is complete. The cells are still evolving and mutating to offer new variations, but they go without environmental purpose related to propagation, which is what nature wants.

Think of this genetic phase of growth as an ocean wave. It moves through the sea to reach land but can only go so far before it begins to recede and disappear. In the first three phases or 7 year periods, the genetic code changes slightly, it evolves and grows progressively. It operates to make arms longer, make faces broader, the cellular shape actually grows in size and refinement to finally create the human adult. But in the fourth copy, there is no further

impetus to grow, environment does not require giants. The environment is not acting on the DNA to continue to grow even taller, even more mature, to produce even more offspring of a super quality.

The cells in the fourth stage (from 21 to 28) begin to act like that photocopier example. They reprint fairly faithfully, but without the reason to allocate resources to a further stage of maturity, the cellular copy becomes slightly smudged or blurred. Finding a reason to give the genetic blueprint to mature to a super level is the key to another 7 years of maturing. This reason can be found and applied through the regulator of environment.

It is this super level of maturation where we can create the height increase we are searching for. By introducing a new level of maturation, we not only gain height, but youth as well, we buy ourselves a little more longevity. Introducing a fourth stage to your life cycle means that we are re-creating the growth stage of puberty, but with one difference, you are already mature, so we are introducing a new stage of growth in the growth cycle called super massing. When the three stages of infancy, pre pubescence and puberty are complete you avail yourself through environment the stage of super massing, you grow further in height, strength and physical beauty. The reason why we mention physical beauty is because the entire purpose of nature's design is reproduction and perpetuation of the species, introducing this new stage, super massing, is no different from the other 3 stages, but you are beginning at maturity already. Super massing is a stage of higher perfection, bigger, stronger, faster and more attractive to the opposite

sex.

Incidentally we have our own ideas and have done some research about arresting old age. Here is what we suspect could be the answer to the fountain of youth. The 3 cycles of life in the growth stage are linear in nature. Things grow, bigger and bigger and bigger until the individual achieves full maturity. Without manipulating the environment to bring on the fourth stage of super massing, the body simply replicates the DNA code of the last stage of maturity which is the end of puberty. As stated, in the photocopy example, the last copy is discarded and the new slightly inferior copy is used for the next copy and so on. To adjust this, the ideal solution would be for the body to regenerate itself using the first copy exclusively, directly after puberty, if this copy remained constant, then all the proceeding copies would not vary at all, because they are taken from that first original copy every time. You cannot stop the 7 year regeneration, anything alive needs to regenerate itself anew. But by switching off the bodies programmed growth cycle at the end of puberty, allowing the body to continue to regenerate, without the programmed growth cycle in place any further, the mutations would not happen and the cells would remain superior at regeneration because you are always copying from the master template and not generational copies. This would mean you could take a messenger in the form of a pill at 21 and stay looking that age for a thousand years or until one would decide they have had enough of life and commit euthanasia.

It is the very mechanism that makes you grow from infancy to puberty that is exactly responsible for the mutating copies of your

genetic code resulting in the inferior cell regeneration. The cell is still trying to grow, but environment fails to offer it a compelling reason to grow beyond maturity. The DNA continues to offer environment those mutations as that is its routine strategy, and these mutations typically involve wrinkles and saggy skin and often the ears and nose continue to grow in later years. We feel from our research that it is scientifically feasible to develop a pill to stop the body from mutating. (or trying to continue to grow and mature) after the age of 21

The following instaHEIGHT program is perfect for anyone wanting to grow in height by introducing that 4th stage of life cycle, super massing. Don't worry, you won't become a giant, but the typical result is a helpful 3 to 5 inches within 90 days.

## Chapter 1

# **Understanding Environment Manipulation**

In the accompanying book “Get Taller Today” you will be given the exact critical steps to execute the InstaHEIGHT process, but in this book as with Deavons, free book that you should have read, we are trying to deliver as much background information that will assist you in your progress. By understanding how and why it works, you will understand better how to apply it.

Environmental manipulation is the science of generating a physical bodily response from exposing your body to stressors chosen to deliver a specific result. Body building or resistance training is one form of environmental manipulation and it is a convenient example to point to, as it clearly illustrates how instaHEIGHT works.

There are many things you can ask your body to transform apart from growing a muscular physique. By applying stressors to your organism, you establish communication with the survival area of your brain, the cerebellum, to bring about physical change.

An example is penis enhancement for men. It is a fact, that if you stimulate the penis in a certain erratic way and force



blood into the penis, over a few months you can gain growth in the fleshy tissue of the penis by consuming the right nutrients. Penis enlargement is a simple thing to achieve because unlike bone, the penis is soft tissue that can be stretched. A penis is like a balloon and using techniques that traumatize the penis non clinically, you can actually make it much larger than it currently is by simply forcing it to grow beyond its natural limits through blood injection techniques that cause it to over inflate at points in time. This over growth or stretching causes the balloon to grow remarkably larger, This is just one example of how the body can be asked to change by applying stress elements. Aaron Kemmer has written extensively on this research and recently devoted his penis enlargement exercises to the medical community for assessment. Keller even compiled his work into an informational instruction manual on penis enlargement. We have viewed this remarkable material and can safely say it works amazingly! Dr Deby Casill and Dr Richard Howard have both availed themselves to this research and fully endorse these remarkable findings. To view this research now for those interested, you may click the link below.

<http://7347855.semprove1.hop.clickbank.net/>

To grow height you must create an environment where height is perceived as essential to your survival mechanism. This “essentialness” can be communicated by forcing your body to go marginally beyond your physical limitation in an erratic or chaotic manner.

The way to instigate growth in your body in terms of height is to non clinically traumatize the body. The three main areas we are working with is the torso, legs and cartilage. So lets get specific.

The process of synthesising energy from work energy into building materials is what we are trying to accomplish. The body is technically “lazy” in that it always tries to follow the path of least resistance and allocate the least amount of resources in the most efficient way. Consequently, energy or food consumed is typically always used to burn for fuel and rarely after the individuals growth cycle is complete around 25 years of age (21 was simply a round number, but there is wide variation what age maturity is reached) does energy get used for building mass or genetic material. As stated in the introduction, to instigate the super massing growth phase after maturity has been reached, requires a change in body function on a cellular level. This is the transition we are trying to accomplish, from mostly burning fuel to function, to

using energy to build cellular mass at an accelerated level.

You have to tell the body to grow so initializing this response through environment creates this effect. The body does take 7 years to regenerate and any cellular building work that is done, is minimal and happening in the background at very slow levels in the normal state. The regeneration process does not add cellular mass (growth) but typically is just slowly replacing whole body parts and organs and eliminating waste at a slow level as the right nutrients and resources become available. Regeneration, is sardonically speaking, a part time job for your body. There is absolutely no urgency.

To begin to create growth and add cellular mass on a more urgent level, you need to do 3 things.

- 1) As stated you need to communicate through the environment by traumatizing the body non clinically through going beyond your physical limits.
- 2) You **MUST** have the nutrients available in your system in the correct form and combination at the right time, so this building work can be accomplished.
- 3) Further to instigating the survival mechanism, you must provide the kinetic feedback of feeling energy, which is

typically a serious and alarming fear during the traumatizing.

This may all sound scary or even dangerous to you, but you are not going to do anything to actually hurt your body in a clinical sense, but you will be facing fears that will come directly from the seat of survival brain, your reptilian brain (the cerebellum) and these base fears are exceptionally convincing at scaring you into submission. That is the point of this, not letting that fear stop you by going beyond your limits.

Furthermore, the instaHEIGHT method capitalizes on the little known phenomenon of chaos training. As Deavon outlined in the first book, chaos training is used by world class athletes and body builders, whether by design or by accident to shock the body into targeted growth. Chaos training means spending hours and hours robotically running through physical routines is **redundant**. The boredom of exercise is often only surpassed by the discomfort, but using chaos training, you leverage your bodies natural willingness to respond to physical threat without having to do meaningless repetitive movements on an ongoing basis for years and years. 90 days is all it will take and less than an hour a week will get you results providing you push yourself beyond the fear barrier and go marginally but progressively

beyond your limits, when you are actually stimulating.

An excellent resource for chaos training if you need extensive detail was recently written by Craig Ballantyne. He actually calls it turbulence training and is the state of the art in fitness regulation. I strongly urge you to consider getting Craigs work as it works on a fundamental level. To learn much more about Craigs turbulence training approach, you can see more on the link below. I highly recommend this as you will need the information contained in this material as a matter of necessity. If you are at all serious about height enhancement you need this incredible technique down pat. Click the link below to learn more.

<http://7347855.turbulence.hop.clickbank.net/>

- .1) Height work out exercises
- 2) Immediate nutrition
- 3) Deep sleep recuperation
- 4) Hydrating often

In the case of height enhancement we are trying to control the environment by forcing the body beyond its limits in a chaotic way. The survival response and the accompanying mass building activity on a cellular level requires very little

stimulation to make it respond because your body over compensates when the threats are perceived as urgent.

You will find if you are doing the stimulation exercises properly that you will have alarming ideas during the course of the work. These ideas originate in your reptilian brain and you know if you get ideas like “what if i die of a heart attack right now”, or “what if my bone breaks” “what if I injure myself”

You must have a response to this otherwise, without a response you will do what any normal person would do if this was the situation, you would simply stop or discontinue the exercise until the fear goes away. **However, your response is to provide the kinetic energy to amplify those fears. You are actually trying to increase the fears, to make them even more alarming.**

One of the exercises, for example, in the accompanying book “Get Taller Today” requires you to lift a weight suitable enough to provide enough resistance to strain you beyond your limits (incidentally we cannot give you the specific weights to use because everyone will be completely different, you have to try the weight and try the movement to see what shocks you into fear, to know the correct weight for



any particular level of your progress)

An example exercise is to do the squat press. This is an incredibly significant exercise for back strength and cartilage thickening. If you can lift it too easily and do 50 repetitions, you are doing it wrong. You should only be able to lift the weight maybe 5 times before total failure. That is how heavy it must be.

During this type of movement as squats for example, you may as you move the weight, become fearful of hurting your back or popping a blood vessel in the brain, the seat of survival can come up with remarkable scenarios to dissuade you from continuing to carrying out these movements. **This fear means you have the attention of your cerebellum.** It means you are doing things right. Make sure you do actually take the correct precaution when doing the exercises. Use a training partner and follow all safety procedures. You must train safely at all costs, but you need that fear present.

You can typically respond to this fear with anger within as you make the weight lift. Take each fearful thought as a challenge and unleash maximum fury and exert that fury into the movement until you accomplish it. Make each repetition a mini “life or death event”. A dramatic climax must converge

at every rep until you are done.

The good news is that this type of punishment is only necessary for a few times a week and in only small doses, not even 10 minutes (not including safety warm up) to achieve a response. The main work happens with your nutrition, your recuperation and hydration, which are all, I am glad to say, not as unpleasant as the actual stimulus work.

The maximum point of failure is what you are looking for, you can use the fear that you are going through all this for nothing, if you feel you are not feeling enough alarm and use that fear as an impulse to push yourself deeper and with more rage and fury.

These words may seem odd or out of place in a book about bio chemical processes to instigate growth, **fury and rage** are words to describe a mastery over fear. Going marginally and progressively (that means when you get used to a weight you must replace it with a heavier one to maintain the urgency and alarm in your body at progressive levels as your body builds and becomes accustomed to the current weight) beyond your physical limits on a systematic although chaotic way (chaotic meaning no set routine, which keeps your survival mechanism engaged and continuously in

growth mode) will create these emotions inside you. They are to be directed at the movement and the weight. But fury and rage is exactly the kinetic feedback you must respond with to the fears looming as you do your work outs.

Remember, if you do not experience random fearful ideas as you are working the stimulation exercises, you are not doing it right and your work is futile. The fear itself is what assures you that your cerebellum is engaged, if it is not engaged, the building work will not commence. On a cellular level, your energy and nutrients will merely be used and eliminated as before without change. To make the transition for 90 days, you need to create that fear environment.

But just to be clear, we are not saying, you should intentionally think of fears as you do the movements. The fears have to spontaneously come to you and feel “real” furthermore, you should then respond to these spontaneous fears with rage and push through your physical limits.

I hope you are understanding this feature of the InstaHEIGHT process, before you actually physically start doing the method outlined in the next book.

The key points to remember:

- 1) You must choose weights that take you beyond your limits

on low repetitions.

2) You must progress the weight so you are always at the point where only a handful of repetitions is humanly possible for you (you will find you get strength gains that will make your previous lifting weights redundant)

3) The weight should spontaneously generate fearful ideas giving you genuine concerns about your physical safety. These fears must be genuinely spontaneous, not from your conscious mind, but from emotional subconscious centre, the cerebellum. You will know you are doing it right, when you are compelled to stop from genuine distress and concern, that is when you know you are engaging the reptilian brain.

4) Respond to these fears with kinetic energy in the form of rage and fury, this emotional energy is what will allow you to go beyond your current natural physical limits - doing so will create the growth environment you are looking for on a cellular level.

## Chapter 2

# Immediate Nutrition

As outlined in the last chapter, to initiate the growth process on a cellular level, you have to shock the system back into growth. This is accomplished, by engaging the survival instinct. The exercises you will be given in the next Book, “Get Taller Today” must be done in a random and chaotic manner which simulates the real world in terms of threats. A routine will quickly make the body accustomed and the stimulation will be infective.

Again, I recommend Craig’s remarkable research called turbulence training as a complete necessity. You can download it on the link below

<http://7347855.turbulence.hop.clickbank.net/>

This is how the body works and how it responds to environment when it perceives change and physical transformation is required. But without combo nutrition, your body will simply lack the raw materials to create cellular mass. After shocking your body into growth, immediate nutrition is required and at the right time.

The three main areas you will gain inches to your stature are the cartilage of your vertebrae, in your back, your neck and knees. You will gain height also by tightening the abdominal muscles and also the sterno muscles in your neck. Finally,

over 90 days, if your plates have not closed yet, you will build bone for longer legs.

These three areas will be treated totally differently in terms of doing the stimulations and providing the nutrition. So lets outline the three areas and the nutrition required to get those areas to create mass.

## **Cartilage**

Cartilage is made from elastin, collagen and reticulin fibres held in the base substance or matrix. To make cartilage mass, your body has special requirements in the case of cartilage. Specifically, cartilage is not directly fed by the blood. It actually requires water to move nutrients across the matrix the fibres are bathed in synovial fluid which is made of primarily blood plasma. It grows slowly and permanently. Cartilage is connective tissue that is the binding and twine that holds the body together.

The way cartilage gets its nutrients is by passive diffusion. Movement of the body is how the nutrients in the synovial liquid interact and exchange with the elastin and collagen fibres in the base matrix. So unlike blood fed organs that rely on the heart to pump and move nutrients and waste, the fluid bathing cartilage requires movement that then

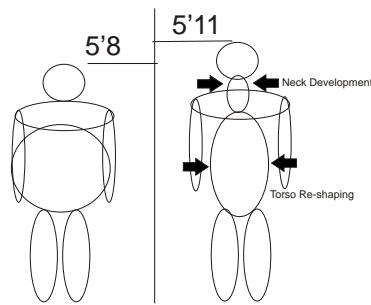


passively stimulates the exchange of nutrient. To thicken cartilage you need to supply effective levels of glucosamine, chondroitin and MSM

These three chemicals replenish the elastin fibres and promote health and thickness especially in the discs of the back. These are not found in any primary food source but is manufactured and commercially prepared from chitin (ground up cray fish shell) or chicken bone marrow. You can get these amines from any health food store and take it in pill form **after** stimulation.

## **Muscle**

To make muscle grow, before stimulation you require protein in the form of meat or creatin, found concentrated in protein shakes. When applying chaotic weight resistance to your torso, you will find you do not need too much stimulation to gain the required tone to facilitate torso length and add height. The abdominals respond quickly to any sort of application of resistance and will easily tone. The sterno muscles in the neck can surprisingly deliver quite a significant amount of height due to the head being pushed up higher. These two areas can easily produce a few inches of height when developed.



Protein should be taken before stimulation due to the slower synthesis of protein. It can take over an hour for it to be digested and ready for nutritional delivery in the blood so taking a shot of protein before the stimulation will make the timing work better. If you don't get Craig's Turbulence training work, you will definitely do well getting this amazing ground breaking research on the link below. **The truth about abs, fitness program** will give you the well rounded and extensive education you will require to do your stimulation exercises especially directed for the abdominal muscles. I would say it possibly is even a better resource than the turbulence training research, but it is your decision ultimately. The truth about abs is definitely very comprehensive and gives you fundamental grounding. I suggest you get it along with Craigs turbulence training if possible.

<http://7347855.nononsense.hop.clickbank.net/>

## Bone

If you are still maturing and your growth plates at the ends of

your bone plates have not permanently closed yet, you may gain some height from bone length in the legs. Bone is very dense and relies on calcium found primarily in milk to continue to grow. Malnutrition or a lack of supplied calcium can be responsible for many peoples limited stature.

Teenagers are prone to eat take away food and fail to get the requirements needed to deliver the nutrients to gain longer bone. You need a constant diet of calcium in your system, for a maturing adult, in regards to height increase, drinking milk is essential to allow the bones to continue to grow in the few remaining years before the plates close.

Research indicates movement, in other words sports and physical activity greatly enhance the growth mechanism in dense bone.

I cannot impress enough how important nutrition is.

Providing the right nutrients at the right time is essential for giving your body the raw resources it needs to make more mass. Without the right nutrition, your body simply cannot make the material to increase height, no matter how much you shock it into growth, it wont happen. There is plenty of information here, but recently we stumbled upon an incredibly perfect fit for the instaHEIGHT program called "Eat Stop Eat. Using simple nutrition alone can give

remarkable height benefits and if you will take a quick look at Eat Stop Eat, you will see what I am talking about. You can force the production of growth hormone by the pituitary gland by simply offering it the correct nutrients. Take a look at **Eat Stop Eat** now and I warn you, this material is cutting edge and explosive. When I read it myself, I was proud to have it as part of my nutrition library and refer back to it very often. Having access to a large base of knowledge has assisted me in my own nutritional choices. You need a good sized knowledge base and have it easily accessible in your home office or book shelf so you can refer back to this knowledge often. Repetition is the key to learning and I encourage you to get this excellent resource, and add it to your arsenal of knowledge about how your body functions.

<http://7347855.eatstopeat.hop.clickbank.net/>

## Chapter 3

## **Super Massing - instigating the fourth growth phase - SLEEP**

The fourth growth phase is essential to your longevity. Super massing is more than just a way to gain more inches of height. Super massing creates a fourth cycle in human development and this is a pertinent and remarkable fact.

The 3 phases of maturity of a human or any other animal create the final product, the adult. Old age begins the day the maturity cycle is complete. But introducing a fourth phase is a totally new concept. This is a paradigm shift in bio technology and the fourth phase can have some remarkable ramifications.

By starting the super massing phase, you begin where nature left off. Even if you are 45 or 60, it is simply not too late to start the fourth phase, because at the end of the third phase there is no other phases, maturity is complete, so all that happens after full maturity, whether you are old or still in your 20's you are starting at full maturity. This means you are developing a super developed self.

To instigate the fourth phase you need 2 things. Sustained

environmental threat in a random and chaotic fashion and nutritional supply. If you can do that for 90 days, you have started the fourth growth phase. But there is one other thing you need.

## **Sleep**

When you generate the growth phase, your body begins the work of cellular transformation for the fourth time, Growth happens not when you are stimulating or even when you are eating, all the work, everything you do to manufacture the fourth growth cycle you do for one reason. To sleep. During sleep the body does some remarkable things.

## **Forced Causation**

REM sleep or “rapid eye movement” sleep is the deepest sleep cycle and occurs a few hours after you are not conscious. It only actually occurs a few hours each night. REM sleep is when the building happens. Forced rem sleeping is a technique developed in Sweden by Sleeptracks, based on research created to help insomniacs and it works in a simple way. Consisting of simple visual exercises, forced rem sleep helps an individual quickly descend into the most productive sleep cycle, rem sleep. Avoid food, caffeine or alcohol at all costs if you are having

difficulty getting the rem sleep you need. This deep cycle sleep is essential to good daily body function and you don't need much of it each night but you need enough on a daily basis for excellent general health. The technique is as follows.

Step 1 : Preparation. Make sure you have a quality sleep environment. Insular, quiet and relaxing. Make sure you get plenty of oxygen through the night with the window slightly open but lockable, so you have no concerns about security. Make sure you are warm enough and all linen is cleaned on a daily basis and fresh. Wear no clothes or pyjamas, just comfortable under wear.

Step 2 : Visualization. To access rem sleep, it was found the way an individual gets into the alpha brain wave state has a lot to do with the possibility of deep rem sleep. The technique is based on breathing regulation and visual cues that become an accustomed deep sleep trigger. It takes a few weeks to get a handle on it, but after a while the body will generate it naturally. You must breath in a deep but unforced way that is different from your regular unconscious breathing. You should breath in a comfortable but very strict rhythm. This breathing rhythm communicates to your body, you are going to sleep and the visual cues reinforce this.

The visualizations can be anything you can conjure so long as you use them the same way all the time. So decide on what you will picture and stick to it. You want to develop the feeling of heavy weight. Like your body feels like it weigh's 100 tons You can visualize you are sinking deep into the warm ocean for example, that its very relaxing and you feel the depth and stillness of the ocean. Or you can visualize that you are floating in deep space, comfortable warm and secure, you can conjure whatever makes you feel comfortable as long as your visualizations have a progressive element to them. Like the sinking into the sea example, you can progressively visualize the sinking deeper and deeper feeling. Or the space example, you can visualize earth getting smaller and smaller as you drift slowly away from the bright blue bauble hanging in space. The idea over a few weeks is to reinforce this visualization in your psyche and in this way sleep, deep rem sleep, comes quickly and efficiently.

When we were infants, sleep came naturally and easily. It's practically all we did. This is no accident that infants naturally know how to get rem sleep. Their bodies are growing at an amazing rate. But as we grow older, life seems to steal that ability away from us through mainly



stress. Sleep is an integral element in the growth process and without it, growth is not possible because the body needs to allocate full resources to this building on a cellular level and without the distraction of consciousness, growth can occur.

Also, the stimulation work you will be doing actually will damage muscle fibre and the rem sleep allows the body to recuperate and repair.

Take a quick sleep mistakes quiz from sleeptracks. Getting the bodily recuperation is a tricky business, take this quiz to get some instant feedback about your habits, it takes less than 5 minutes and you get their free analysis sent directly to your email inbox.

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## Chapter 4

### Program outline

In the following book, “Get Taller Today” you will learn about the InstaHEIGHT program in detail. Step by step, I will take you through the specific stimulation exercises on the respective area you have chosen to work on.

The three areas are offered as options. You may choose just one of them first or work on all three areas. If your plates have closed you can ignore the bone lengthening stimulations and only concentrate on the two that will work for you. If your plates have not yet closed, you will do well, to follow the directions carefully as you may be at the stage where you only have a year or two left to grow, this time should be spent paying particular attention to bone growth to get the maximum possible growth spurt before it is over for you. You can work on the other two areas also, but not at the expense of stimulating bone growth. You can focus more on torso lengthening and cartilage thickness when the time is over for bone growth, but you are free to apply yourself to all three if that is what you want.

The InstaHEIGHT program lasts 90 days and is based on a series of exercises that stimulate height enhancement and create the growth cycle. This process, once under way will

continue for 7 years as your body will continue to grow. You may want to introduce a new lifestyle of eating and continue to supply the nutrients you learn about in the program.

As a matter of order, we have divided the program into three distinct sections that you will go through first to get a feel for what is required, then read again for more detailed absorption of the requirements.

As you read keep in mind the essential information you have read here and in Deavon's free book that you read. This background information gives you the grounding to apply the concepts you have learned while you do the stimulation work.

The key points to remember is that you must stimulate through the given exercises in a chaotic fashion not allowing the body to get accustomed to the shock physical exertions. You must feel real fear and use weight that pushes you beyond your limits, always listening to your body and trying to time your work out when you feel that sweet spot of strength. When you feel that twitchy agitation, you should RUN to your weights or the gym.

After the stimulations make a paramount concern to get access to the nutrition you need for the specific area you

seek to super mass. Make sure you follow the specific directions.

After nutrition, the most essential element for super massing is the time you spend in deep cycle sleep. This rem sleep is the key link in the process and without it your results will not be effective. The building process takes energy and requires that all other unconscious bodily processes be still, while the building takes place. Even after stimulation, the cellular building is still last on the list, so things like digestion will have a priority over super massing. Going to sleep consistently on an empty stomach, is a good idea. It takes around 4 hours for food to be fully digested, so refraining from food around 4 hours before bed is recommended. During that time your best course of action is hydration and drinking ample water which assists in the digestion of food and also is good for cartilage thickness, rehydrating the fluid in the cartilage areas.

The book "Get Taller Today" is an itemized list of instructions and not very verbose. It is the full and complete InstaHEIGHT Program. We have presented it this way so you can print it up and keep it with you as you do your stimulation work. Come back to this book and read it often

to refresh your education as your progress continues. Often we read something then forget it almost immediately, so make sure to maintain contact with the concepts here and in Deavons book.

But right now I ask you to do two things. If you have not already done so, do your friends or family a favour and send them a link to get the free copy of Deavons book. Send it to 100 people if you know that many and even put a link to the book in forums that you may enjoy frequenting. You can actually put it in your signature in most forum software, so each post you make, this free book can be downloaded by others. A good gesture and a nice gift to your friends and acquaintances.

The other thing I want you to do, before you go look at the InstaHEIGHT program, is to consider Craigs Turbulence training and also “The Truth about Abs” Take a fresh look at Eat Stop Eat also, as these resources are incredibly helpful, we would not recommend them unless it was absolutely necessary. You will find remarkably useful information that will assist you in your height enhancement work. Images and links below.

Eat Stop Eat as seen on TV



<http://7347855.eatstopeat.hop.clickbank.net/>



Turbulence Training, a remarkable package.



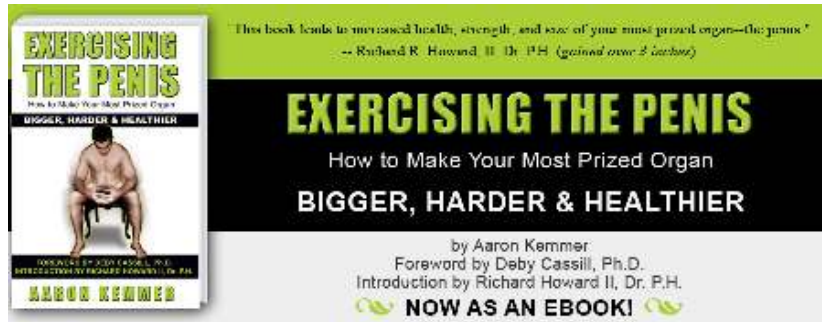
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Nature and nurture - easily fulfilling your genetic potential

# Human Growth Hormone

# HGH Explained

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# Understanding InstaHEIGHT Super Massing

A primary education in genetic programming

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# Human Growth Hormone

Nature and nurture - easily fulfilling your genetic potential

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## HGH Explained

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**A primary education in genetic programming**

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