

Get Taller Today!

The FULL InstaHEIGHT INCH ADDING PROGRAM

10 Steps To Extra Height



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Deavon Stollar and Harry Pope

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Forward

.According to the Chinese transcript, nutrition is important but it is just another link in the chain of success. Getting the body to respond, you must understand all the requirements and none of the steps are any more or less important than any other. They are all required.

For example, they place great emphasis on starvation or what they called in the translation, following the body, as in following a field. Fasting is a significant component of the process because it creates a period of rest. Eating is quite a significant drag on the body and fasting itself has been linked to youthfulness and longevity.

Letting your body rest by way of fasting it actually cleanses it and allows waste to be more effectively removed. Fasting also lets the process of digestion when you do eat, to be more effective and the body uses the nutrients you will use more effectively.

We will divide the InstaHEIGHT program into 3 respective sections that we can apply the 10 constant steps to and we will identify any variances in the application of those steps so it is clear for you what you must do in the three different situations to get those height increases.

The !0 steps to achieving instant height.

- 1) Fast for 48 hours and do nothing else.
- 2) Hydrate often.
- 3) At the end of 48 hours do your first stimulation.
- 4) Provide the specific nutrients before or after as prescribed.
- 5) Get deep cycle sleep
- 6) Return to eating your normal diet
- 7) Listen to your body and wait for the sweet spot to take your cue to stimulate again
- 8) Touch high things as a matter of habit.
- 9) Measure height twice a week and no more
- 10) Walking at least 1 hour a week with posture emphasis

Torso Lengthening

The abdominal muscles are a group of rope like muscles that work together around your waist to assist with balance and co-ordination. These muscles respond quickly to stimulation because they are such a large muscle group.

The way the abdominal group is structured, your torso is forced into a shape of length when the muscles are in tone. This is a scientific fact and getting at least 1 to 3 inches is absolutely possible for anyone when these muscles are in their natural shape.

Atrophied torso muscles “hang” off the ligaments and attachments, they have no shape and this causes the torso to be rotund and contracted in terms of vertical length. However, when the abdominals are toned, each muscle individually regains its actual shape and even in a relaxed state, they hold that shape. This does two things.

A) It holds in the organs of the body giving a slimmer look. You will notice a man or woman without tone in their abdominals will have a distinct pot belly look. This is because the organs are not being held in place but rather hang out, the entire torso has the appearance of a “bag”.

B) With the required tone, the muscles tighten into a vertical shape due top the natural structure of the way this muscle

group is designed by nature. This makes it possible to lengthen the torso quite dramatically in certain circumstances adding actual height.

The 10 steps in detail

1) Fasting.

In all three areas in the instaHEIGHT program, you must always start with a 48 hour fast. It is forgivable to nibble, or even have a small snack maybe once during the 48 hours, but fasting 100% is best.

The fast introduces a new environment inside your body and creates a default period. The 48 hours of foodless existence causes a “refresh” or a restart. Like re-booting your computer, this short time frame is enough to reset your body’s bio chemistry. 48 hours is required, because it is the scientifically designated time frame that is recognized as the body is starving. Starvation officially begins at the 49th hour, so it is the most beneficial time period.

During this time you are required to do nothing. Just don’t eat. Water is of course allowable and you should keep a plastic drink bottle with you from now on as a matter of habit. Always have water next to you where ever you are and continually sip on it. Incidentally, you can actually overdose on water. Never drink water to the extreme because

your blood becomes so diluted that your sodium levels drop to dangerous levels causing water on the brain. There have been cases of people drowning their brain with the consumption of extreme amounts of water and death resulting. However, of course we are talking about a lot of water, like most things in life, moderation is the rule.

The fast creates a break, that gets your body's attention and the transformation actually begins during this 48 hour period.

2) Hydrate often.

Especially during your 48 hour bodily reset, but all the way through. Sipping on water all the time is extremely important for two reasons. Water aids the body when removing waste on a cellular level, and also because nutrients flow more freely to the required places when your body is always steadily hydrated.

3) Do your first stimulation

Your first stimulation will be the only time you stimulate without the aid of the sweet spot. To tighten abdominals, ideally you will have accessed the recommended resource, turbulence training or "The truth about abs" Follow the instructions in these excellent resources, however if not, you can easily begin the toning process by doing sit ups. You are

not required to work them like a body builder would, but rather in our case we want to shock them, not rip them. You should do the sit ups with violent but controlled rage. Do them with earnest but carefully. It depends how many you must do depending on your current level of fitness. For some people 20 is enough while others may need 50 over 3 sets. It is up to you to establish the level based on soreness.

Being sore afterwards is the goal and some people could do 100 sit ups and not even feel a twinge, while others need only do 5 and feel a taughtness in their abs the next day. If you are not sore the next day or a few hours after, you have not done enough or have not done them intensely enough.

The sterno muscles in the neck run from behind your ear to the collar bone, Causing these muscles to grow creates height. By making sure you combine neck movements along with torso lengthening, you will see a remarkable difference very quickly. This is the quickest method for height enhancement. Muscle manipulation to grow stature is the most effective and result laden strategy. Cartilage grows thicker and healthier but it takes much longer to change. Bone length also takes months. But muscle is soft and can be changed redily.

4) Provide the nutrients

After your 48 hour fast, you have ended it with your first

stimulation. In the case of muscle production, protein needs to be delivered before the stimulation, so you must take a protein shake or eat a large serving of beef or chicken breast before your stimulation. Allow about an hour in the case of meat, but the protein shake is already a liquid so much protein will be flowing in your blood within 20 minutes.

Amino acids begin to flow to your abdominals immediately as soon as they have been damaged in terms of fibres. The body will immediately begin the repair process if you have done the stimulation aggressively enough.

5) Deep cycle sleep

The evening directly after the stimulation or even before that, make sure you have taken steps to get that deep cycle rem sleep. As stated earlier, rem sleep only occurs a few hours a night, the rest of sleep is significantly shallower. Getting as much rem sleep as possible is the goal. It has remarkable beneficial consequences for your body and often, you will find if you have gotten deep cycle sleep, you will in the morning, already have recuperated from the stimulation. Some people have reported great soreness from their sit ups yet the next morning, feel completely healed with no soreness. In this case it is a good thing. Do another stimulation but even more aggressively!

6) Return to eating your normal diet.

You should plan this process before hand so you know when you will resume your normal eating habits. The fast would have reset your body significantly and the transformation will have already begun. You can eat what you always eat, but keep the fast in your pocket because you will need to do it again in roughly one week. The fast is crucial and continues to get your body's attention and things happen much more rapidly when the body fasts regularly. At least once a week, you should fast, but here is what to look for. Your body will tell you that it wants another fast by hunger. You will notice greater than normal appetite and it is this more than normal hunger that should signal to you that you need to fast. This may sound counter-intuitive, but in actual fact, when the body doesn't get food for 48 hours, it nearly begins to perceive starvation or famine. As mentioned, 48 hours is approximately when the state of starvation occurs. This translates into extra hunger pangs, feelings of the need to eat even after you have already had dinner. This is the time when you need to fast again, but make sure you are not fasting all the time, once a week is more than enough. The extra hunger means you are on the right track, your body is waking up out of its status quo and is beginning to notice on a sub conscious level that transformation or change is required.

7) Listen to your body and wait for the sweet spot.

Your abs will heal quickly from the non clinical trauma you have inflicted on them. Go about your business until you notice your abs feeling itchy or twitchy, like you feel the urge to tense them for no particular reason. This twitchiness is the signal that you are experiencing your sweet spot. The sweet spot is important because it assists you in shredding your abs harder and more intensely then before. Without the sweet spot, you cannot go beyond your limits, you cannot inflict the maximum fury in your stimulation because every sit up will be painful and uninspired. However, when you get that twitchiness it is time to RUN to your work out area. It only lasts not longer than an hour or so. Missing it means you might not get one again and you will have to start from scratch as inevitably your first stimulation would have been quite uninspired. As long as you are always responsive to the sweet spot, your training will always be effective.

8) Touch high things out of your reach.

Doing this has a significant meaning to your body. Walking down a hall way or passing under a store neon sign, you may casually reach for it and sometimes even reach it and surprize yourself. This communicates on a significant level in your subconscious processes. This reaching habit constantly re-informces the need for height growth.

9)Measuring your height too often will inevitably cause you

to fixate on your existing height. The emotions and feelings it causes re-inforces your height to stay the same. Never measure your height more than twice a week. Do it with casual “matter of factness” note it and continue the process. You will find growth comes in spurts and not so gradually. Especially with ab tightening, you will notice the 2 or 3 inches occur in a sudden way.

10) Walking

Height enhancement is attitudinal. Literally, your height physically can be influenced by your attitude towards your stance. The actual quality of “Tallness” is a state of mind that carries over into the physical attribute. Think taller, act taller and be taller. It starts with attitude and this attitude translates into action and finally actual result. Walking with what is called height posture awareness is remarkably important to this whole process. Walking for at least one hour a week with height posture awareness is essential.

Manipulating the muscles in your torso and neck will very quickly give you extra height. You can reshape your body in many ways. If you picture a balloon filled with water and squeezing it in the middle, the balloon lengthens when it is squeezed in the middle. This same effect will occur when you tone muscle because a toned muscle does not hang, but retains its natural shape, causing taughtness resulting in

physical height increases.

Cartilage thickness and health

1) Fast for 48 hours.

Reset your body again as before. Fast to the point of recognized starvation.

2) Hydrate often. In the case of cartilage hydrating is absolutely imperative. Cartilage needs water to spread nutrients. The discs in your back and knees and even pelvis need water to spread nutrients across the matrix containing the collagen fibres. Cartilage is not fed by the circulatory system but rather it is passively fed by nutrients contained in the synovial water that surrounds the cartilage. Cartilage gets fed by movement. If you sat still all day long every day for a month your cartilage would never receive nutrients and wither. Conversely, moving every day passively causes the nutrients to be spread across the cartilage matrix.

3) First stimulation.

There are two height stimulations required for cartilage health and thickness. The squat is an excellent exercise for spine and disc health. It strengthens the muscles in the legs and back but must be done with great care. The other is physical stretches. Doing these two particularly the squat creates thicker discs in the back that create height in stature.

4) Provide the specific nutrients

Chitin is not a regular part of people's diet. Chitin is ground up sea shells or crab shells. To thicken cartilage you need to provide effective levels of glucosamine, chondroitin and MSM

These can be found commercially in any health food store and taken as directed. These nutrients are hard to get from a diet and cartilage simply subsists in most people as it is often starved of these nutrients. The collagen fibre particularly suffers and arthritis is a common outcome in older years. Take this supplement regularly after your squats and stretching stimulations.

5) Get deep cycle sleep. It is when growth occurs.

6) Return to eating your normal diet after 48 hour fast and after first stimulation.

7) Listen to your body and wait for the sweet spot.

Particularly the squat, your back muscles should begin to twitch and crave another work out. This muscular exertion forces the discs in your back to bear the weight.

8) Touch high things as a matter of habit.

9) Measure height twice a week and no more

10) Walking at least 1 hour a week with posture emphasis

Bone lengthening

Bone needs movement. The stimulation bones receive during movement in the ends of the bones, where they connect to each other and where the open plates are is what stimulates bone length growth. Many teenagers and young adults who still can gain height from their bones typically lead a sedentary life style, college and study or video gaming can create little physical movement. This leads to height limitation. Bone also needs calcium to thrive as the raw material to build cellular mass.

- 1) Fast for 48 hours and do nothing else.
- 2) Hydrate often.
- 3) At the end of 48 hours do your first stimulation. Maximum height gains can be achieved in the bones of the legs, particularly the femur. Running or slow jogging is the best possible movement for plate stimulation. When running, the knees bend thousands of times an hour and this causes blood flow in the knees particularly. The open plates at either end of the femur in the knees and the hips or pelvis, get such stimulation that bone growth becomes accelerated. Providing the raw materials of bone are supplied in good proportions, height will accelerate with the activity of running. But the point is to push yourself beyond your current limits at any particular stimulation.

4) Provide the specific nutrients before or after as prescribed.

The raw material of calcium can be found in plentiful supply in full cream milk. However, it also can add many calories and cause weight gain. Your milk consumption needs to be excessive, at least a litre a day. You can enjoy it with flavoring of chocolate or just drink it on its own. The best combination is to have a few glasses of milk a day but also take calcium supplements. You can get calcium supplements cheaply at any grocery store. Take as much calcium as you can consume whether it be before or after running, the bone grows slowly and having a constant supply of calcium within the blood stream assures you that the body will always have a ready supply of what it needs to build on a cellular level.

5) Get deep cycle sleep Essential for bone growth as bone is “taxing” to build by the body. The dense structure takes twice as much energy to manufacture then flesh takes to produce.

6) Return to eating your normal diet. If you have gone beyond your limits and really ran for much longer than you comfortably could sustain, then you should return to your normal diet.

7) Listen to your body and wait for the sweet spot to take your cue to stimulate again

Watch for a fidgetiness especially in your leg muscles. It will express itself as a craving. Do not run as a matter of routine, but instead run randomly and when your body tells you to run. One week you may run only twice, another week you may run 4 times in one day, But each time make sure you include short sprints and slower jog style running. Find your limit and go beyond it marginally.

8) Touch high things as a matter of habit.

9) Measure height twice a week and no more

10) Walking at least 1 hour a week with posture emphasis

As well as running, walk at least one hour a week in a routine way. Practice your posture height awareness.

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