

You are listening to the Natural Height Growth Podcast. I'm the host and creator of the website Michael. I hope that you can join guests and me every week or 2 weeks as we discuss the recent developments and breakthroughs that we find in our research in finding a way to achieve the goal of increasing our height. Something to note for all the listeners and future guests who decide to come on the podcast. We will keep all last names and personal information private so everyone who decides to come on this podcast and have their voices broadcasted throughout the entire internet space will have their anonymity secure. This is a safe place to express your ideas and opinions. This is episode number 4...

Alright guys, so we are finally starting to get this podcast series rolling and today I am going to try to pump you guys up a little with a motivational speech. This is part marketing and part manifesto. There won't be anything I wanted to raise about research because that is ongoing and usually quite boring..

If any of the listeners have ever tried to start their own businesses or decided to take a big risk in their lives with a leap of faith, like choosing the school they will go to, taking a job in another country or moving, they would understand where I'm coming from. People have to realize that this entire project and podcast is a test and a gamble. There is so much uncertainty and a lot of failure in the idea.

For the people who are at least somewhat familiar with starting their own companies or venture, who spearhead new ideas and are the leading innovators in a field, they are reaching the edge of human knowledge and what is accepted in the world today. For them to make any type of headway into the research, they have to find, theorize, and push into the darkness of the unknown.

The reasons why the highest level of degree in traditional education is the Ph. D (barring professional schools like law and medicine) is that for a person to be able to get that Ph. D they have to push the sphere of human knowledge slightly further than before, which means they have to do something significant, original, and/or new in their field of research, and not just rehash some old idea another graduate student could have done a couple of decades ago.

The truth is that everyday I am scared and put to the test on what I can push forward towards.

Most jobs and businesses don't try to innovate and create something new. They make a slight incremental improvement on an already established idea, product, or service and that is how they can gain market share, take away their competitor's customers and reach profit long enough to continue sustaining the business. All of my other businesses have already been proven to have a business model which works. I have careful plans on what is supposed to happen in 1-5 years of those businesses so they are easy to operate in terms of the mechanics and what to do next. There is still a large chance to failure but at least there is already a plan and strategy on how to succeed in those ventures because many people have already succeeded before.

This website is the only project which I have no idea where it will go even in 3 months. I wanted the readers to go to the iTunes store and search for the Natural Height Growth podcast and ask yourselves, is there anything like this anywhere else in the podcast universe?

I've been involved in a variety of different areas of study in the last 4 years. I've been in industry as an engineer so I have a science and engineering background, then I got involved in the self help community, also got involved in the dating and relationships industry, got into the finance industry for a short while when I traded securities, I learned about asset allocation and the real systems for investing, then got into the marketing industry learning about the different ways to market to people, then got into

the online business industry, which eventually lead to me learning about lifestyle design and passive income. That's where I am right now. And this is only for the last 4 years Every year or so I get into another area of study or research and get myself aquanited with it.

If you look online businesses and look at podcasts, you'd see three major types of really popular types of online businesses. You have the businesses that are in the self help group where people offer life coaching services, then you have the lifestyle design blogs and podcasts, and then you have the businesses who make money by teaching you how to make money and who run businesses to teach you how to run businesses. These are the big trends that are happening in the world today. Other major technology movements are with Web 2.0, Social Media, Big Data, the move to mobiles and apps, and also 3-D printing. Those are the hot stuff we find in recent years however that is not what we focus on. Most other interenet businesses involve selling real products with inventory and shelf space, overhead, and operating expenses. But I digress too far.

So far, in my search for our solution to the problem of how to increase our height after reaching adulthood, I am honestly working with little help. It is like a desert out here because there is no one who is willing to tackle this issue.

With subjects like about entrperneurship, and how to start and run a seuccessful company, you have help with that. There are resources for that.

For the subject about how to do better at your job, how to get raises and promotions, and move up in the corporate world and climb the professional ladder, you have books and resources for that too.

For subjects like how to loose weight, eat healthy, nutrition, and exercise programs you have resources and books, and internet businesses started for those things too.

For subjects like how to meet the opposite sex, do well in dating, getting into relationships, and resolving relationship problems, you have resources for that too.

For subjects like how to make money, how to deal with your finances, how to save for retirement, and how to make a million dollars over the next few years, you have books and resources for that too.

For what I and people like Tyler are trying to do, we have very few really good resources to work with. We are alone in this venture. However in my opinion, this project has more intrinsic value for the overall human race than what most companies has to offer. Now I know that sounds like a big claim since companies do provide value with good quality and cheap commodities but if you really got down to the most basic human needs and traits that are valued, you'd see most business and project and ideas are not worthy it.

Most businesses were started by people who wanted to make money, be their own boss, and find fianncial freedom.

Sure some are really a good cause. Saving the planet, finding a renewable energy source, protecting the rainforest, finding a cure for cancer and AIDS, doing genetic engineering to cure genetic diseases, ending world hunger, stopping human slavery, those are great causes and now one can deny that. But you already have like thousand of small non-profit and for profit organizations and companies around the world which tackle each of these more worthy causes.

How many organizations and companies are available in the world to find a solution to our height problem? Very few, and none are science backed. I've read about 2-3 organizations in Seoul, South Korea where people have started clinics to help young kids grow taller but besides maybe the Asian countries who is trying these things out, there is nothing else. I don't think there are any such type clinics in the US which try to do this.

The area I'm living in at South Korea has probably up to 1000 plastic surgery clinics if not more. I walk down the street and I see women and men who are willing to get their faces and bodies altered, cut open, and implanted with foreign objects to make themselves better looking. Cosmetic Surgery is a socially accepted practice and everyone wants to look better.

This shows me that if a country like South Korea could have a solution to make themselves better looking through finding a way to become taller, they would take it in a heartbeat. Most females wear high heels and they still wear it after the ground is covered in ice.

In terms of what science has given us, we have now have the power to alter almost anything in our body through surgery. Let's see what types of programs and procedures we can do now.

We can join the gym to sculpt our bodies and get toned muscles and ripped chest, we can wear hair extensions, we can dye our hair any color we want, we can wear contacts where before it was glasses, we can have laser eye surgery, we can have transparent adult braces to correct for teeth crookedness, we can have teeth implants, we can have surgery to remove varicose veins, have surgery to remove stretch marks, have makeup to cover our facial scars or acne, have skin lotion and cream that can make our faces whiter and "more fair". We have places which offer hair plugs for the balding men. We can nip, tuck, snip, cut, and most of it can be done for just a few thousand dollars and a week off from work to recover.

For our heart and emotional lives, we have therapists, we have life coaches, we have counselors, and friends, family, and boyfriends/gf, and husband/wives to give us emotional support and help us when we feel bad emotionally.

For our spirit, we have church, synagogues, temples, and various spiritual practices. We can pick and choose which religion we want to believe in and we find comfort in all of them.

For our minds, we have books, schools, higher education, online course, audio book, youtube videos, Tedtalks, to make us smarter and better informed about the world.

If you wanted to be successful, good looking, charming, and a millionaire, all you have to do is stick to the path of constant self improvement for a 5-10 year plan and almost everything you set out to do you can succeed in, as long as you stay on the path, keep on improving, learning and correcting for mistakes and never giving up. It takes about 6 months to sculpt our bodies to high fitness. It takes about 6-12 months for us to learn a new language and be proficient at it. It takes us a few weeks to go through with cosmetic surgery to change our face. It takes a 4 hour visit to the tailor to learn about fashion and learn how to look better through dress and clothing. You can change your life in 1 year if you could just changed one habit for each week that goes by.

Even graduate school and medical and law programs which will get us that prestige and professional success takes about 5-10 years to fulfill. Of all the professional careers I know, the longest ones are probably the specialize in surgery, neurology. Those take 4 years of undergraduate, another 4 years of

medical school, 6 years of residency, and another 2 years in a fellowship. That means it is a 16 year path. However very few people would choose that path. Lawyers have a path which requires only half of that since college usually takes 4 years, law school takes 3 years, and another year to pass the bar exam. Everything else, takes less time. Most Ph.D programs take 5-6 years to finish.

Look, I know I sort of went off on a tangent a little but the point is that in this modern world we live in now, we have so much choice, and so many resources which is available to us at our fingertips. If we had the drive and the persistence we can accomplish almost anything we desire.

If we really wanted to make that million dollars, I can promise that most of us will get there in less than 10 years through proper savings, investments, financial planning, and spending habits. If we really wanted that guy or girl we are interested in right now, we probably would eventually get them if we are willing to consistently give them value and show them our best side. Even if they are with someone else right now, given the high rate which people breakup these days, you will achieve that goal to be with that special someone and fulfill your desire if you are willing to stick with that goal for over 5 years. The odds are on your side.

This means that almost anything you desire you can achieve if you are willing to stick to the program, and never give up and always show up, to do the best job you can.

I honestly look at this project to learn how to help adults grow taller as possibly the last real self improvement challenge we have left in humans. The only other endeavor that comes anywhere close is figuring out how to reverse aging and live forever, assuming we are not talking about programs looking to cure pathologies.

I once said that the luckiest and happiest people in the world, objectively are the people who are 1. young, 2. attractive, 3. tall, and 4. healthy.

They are the ones who in terms of physical attributes can do anything they want because they have the raw resources to achieve anything since they have the capability. If in addition they have the quality of being intelligent and driven to succeed, they will one day rule this world.

Now there are already programs which teach people how to be 2 of the 4 qualities I said, being healthy and attractive. However there are no programs which teach people how to stay young or grow taller, only appear to do those things.

I will leave the project of finding a way for people to stay young and live forever to another person to search for, like Bill Andrews and the people who are doing research on the Immortal Jellyfish.

I want to focus on the endeavor of giving people something which at this point, there is no other options. You can look throughout the entire internet space, for all the webpages in all the different languages and I don't think the readers will be able to find even a half a dozen websites which try to tackle this issue.

This project is hard, and I can not guarantee anything in terms of success to the readers and listeners. There is a valid reason why most doctors and specialists will say it is impossible to grow taller as an adult. I am breaking that dogma by even starting this project because I believe. I want to continue to work on this project and leave it as a legacy. I don't plan to ever treat this website as a quick business venture because I know that this project, like life itself is a marathon. You can't win with passion and

intensity alone. There has to be a level of calculation and methodical strategy in the approach as well.

I know I am not the smartest person and maybe in a decade, after all the research has been done, I might be proven wrong by the science but I think that this project is still a far better way to spend my time on earth in helping give the world and contributing to the people there.

I'm not trying to save the world, only make it a little better for other people. I hope other people can join me in this project so we can solve one of the last problems. We are not trying to do something metaphysical like answer the age old question "what is the meaning of life?" We are doing something which is easy to define, easy to measure, and we will know that we have succeeded when we have a real result.

This is the type of problem which I think a group of amateur researchers can really solve since it is small in scope, has not really been tackled on a real scientific way before, is very fundamental to the human condition, and has tremendous potential.

If we were to think in more abstract terms, we might remember that ever since our ancestor could look up in the sky, they wanted to fly and soar up into the sky. When Zeus, the greek god king decided to divide the earth and heavens among his siblings, he chose to take the sky because it represented the infinite. I don't think I have found a single culture, nation, or tribe on this planet where people preferred the shorter individuals than the taller ones. It seems that the human desire to become taller and be close to the sky, and the heavens is a fundamental, deep desire. We are always talking about climbing up the corporate ladder and all of our graphical representations put the most important people on the top, and the lower people at the bottom. How many family trees graphs do you see the newer generation being on the top and the older ones below? Why do we say that the richest people on society is in the upper echelon or at the top of the pyramid? When we talk about achieving goals, we always talk about reachign for the stars.

On a side note, did you know that in the muslim world, in all bookstores, the Koran always has to be put in terms of position above the Bible and Torah? Fun fact for this episode I guess.

The overall point is this. We have been always striving to go higher, in almost all of our endeavors. The conquering of the skys by the Orville brothers was just one of the first steps towards that. It just goes to show that this desire to become taller is universal and may be completely ingrained into our psyche. Let's try to fulfill this age old dream of being closer to the heavens.

In conclusion...If you have made it through this entire episode with me, I wanted to thank you. I hope I managed to convince you that this endeavor is a worthy cause, something that is very closely related to the human condition at the deepest level, but also represent something that we as human has been striving for since the beginning.