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Dear friend, if you are holding this book in your hands – there must be a good reason for it: most likely you or your loved one needs help. Let me say it straight from the start: the only person who can really help you in your need is yourself. Only you can accomplish what you have ever wanted! Only you can increase your height to the limit of your potential. All you need is willingness, persistence, knowledge and belief in your success. Willingness and persistence I cannot provide to you, while the knowledge and belief in your success – I can. In this book, I will give you all the knowledge you will ever need to gain you height. I will also give you some other extremely important clues and secrets following which will help you to succeed not only in your physical growth, but also in your personal growth (whatever you think it is), for the rest of your life!

Very important: don't start reading this book from the end or the middle. **Start from the beginning and do not skip anything** because all information I am giving you is important even if you may think it is not (well, you may probably skip the list of growth disorders in the next chapter).

There are probably lots of big questions in your mind: Is it actually possible to affect the growth of my body and grow taller? Will I ever be gaining at least a little to my current height? How tall will I be till next summer? How tall will I be when I stop growing? When will I stop growing? Will this book help me? Will it be hard to affect my growth? How soon will I see any results?

My goal, my dear friend, is not only to give you answers to all or most of your questions, but also to help you actually accomplish great deal in your goals whatever they might be, including growing taller.

I will not get into big discussion of why you or anyone else would want to be taller. It is just part of the human nature to be wanted, to be respected, and it is easier in most cases to gain respect of others in the beginning of any relationship if you are equally tall or taller. Why do you think in almost any TV program a host of the program sits higher than others? Because they hope to gain more respect from the audience or people they are interviewing by looking down at them. It is natural for a person to feel more important when he looks down at someone, and less important – when looks up.

Don't get me wrong; it is not that hard to get around this without even growing taller. All you have to do is think BIG, think that you only appear shorter but feel much taller than people surrounding you. Trust me, that thought alone may change your appearance in ways you could never imagine.

Have you ever had the experience of meeting a person that is shorter than you are, and your first impression was – real respect? I bet you did. For some strange reason the person you have never met before caught your attention in a good way regardless of his height or weight, sometimes even without saying a word. There is a simple explanation to this: every one of us releases energy that is created by our thoughts. We cannot see this energy, but we can feel it. That is the energy that you felt when you met that person and unintentionally reacted with positive impression (it can often be negative too). How did that person do it? Most likely he does not know anything about this energy of thought, he just thinks BIG, he respects himself and others, he knows firmly that he can accomplish anything, and he expects people to respect him the way he is. Not only you, anyone who meets that person will feel respect towards him, not even noticing how tall or short he is.

Later on we will get into more details on energy of your thought – you will need it as a very important part of your quest to grow taller, but I will just say that the person that people feel good about and respect

even at the first sight, regardless of his height, can easily be you. ***Just take what you just read seriously, and you will be surprised how well it works.***

As much as I believe that you can do just fine with the height you already have, whatever it is, I also believe that if you can increase your height – you should. Yes, you may make you life a little easier being taller. Yes, it feels better to look people straight or down into their eyes, not up. Moreover, if you will gain your height by following my program and my advices, you will not only be taller, but also much better-off with your health and personal growth for the rest of your life. I'm not exaggerating.

To answer you big question of how successful will you be in increasing your height, I will repeat myself by saying that it depends on your willingness and persistence. However, I will give you some general rules and statistics, which may not necessarily apply to you, but will give you some ideas of what your chances are and how much more you can grow.

The general pace of gaining height for most children between the ages of 3 and early adolescence is about 2 inches (5 cm) per year. It can definitely fluctuate. No one grows with the constant pace. In years of early adolescence, for example, sex hormones often contribute to a much faster growth rate. Different time of the year also shows different growth rates, such as late spring and summer is time when children are generally growing faster than in the fall and winter. By the way, why do you think late spring and summer are so height productive? Because during these periods we unintentionally do more right things for the body to grow faster. When you will finish reading this book, you will understand exactly what I mean.

Under normal circumstances, the age at which we stop growing fluctuate very substantially. Girls are almost always stop growing earlier than boys, on average 3 – 4 years earlier, which happens anywhere between ages of 14 and 21. Boys stop growing anywhere

between ages of 17 and 25. Please also understand that **these age limits can be increased by up to 3 to 5 more years of growth for boys and girls if they do something about this, which this book is all about.**

Those are statistics, but what about me – you would ask. It is impossible to tell when you will stop growing, however there are several factors you can use to give yourself a clue.

The **first factor** is **when your puberty begins**, which is usually between ages of 8 and 13 for girls, 10 and 15 for boys. The later your puberty begins – the later you stop growing. By the way, during first two years from when the puberty starts it is normal to expect a very active growth spurt for boys and girls. At this time they can gain as much as 3 to 5 inches (7 cm – 12 cm) per year.

The **second factor** is our **genetics**. Let me try to explain it as simply as I can. Our body is a combination of trillions of cells, each containing the same molecule that carries the complete set of instructions for making all the proteins a cell will ever need. This molecule is called DNA, which is a combination of different genes (microscopic particles each containing instructions for a particular protein). These genes were inherited to us from our past generations through our parents and will be inherited from us to our children and future generations. Genes are responsible for the likelihood we have to our parents and close relatives because we share great number of them. Genes give our body instructions on how it should be developed. At the same time, those instructions are more like directions or suggestions and are not “written in stone”. It means that you are an architect of not only your destiny but also your body. As you can see, it is also impossible to predict your final height based on genetics, however looking at your parents and close relative’s average heights will give you an idea how tall you may be, especially if your parents and relatives are of similar heights.

A simple way to calculate the average probable final height of a person is as follows:

For men – add 6 inches (15 cm) to their mother’s height, then average it out with father’s height: $((\text{mother's height} + 6") + \text{father's height}) / 2$.

For women – subtract 6 inches (15 cm) from their father’s height, then average it out with mother’s height: $((\text{father's height} - 6") + \text{mother's height}) / 2$.

You should not be discouraged if everyone in your family is short. If you have enough time before you stop growing, use this book as a guide – and you will have much greater chance of growing taller than anyone in your family. On the average, people who follow my program add 2 to 5 inches (5 – 13 cm) to their final height, often even more, sometimes much more. **The earlier you start – the more you will gain.**

If you are trying to figure out your possible final height based on your parents' height, one important question you should not miss – did your parents do everything right to be as tall as they could be when they were younger and still growing? Most people, likely including your parents, did not grow as much as they could simply because they and their parents did not know how to affect the body's growth. That is why it is very possible that your parents could be much taller would they do everything their body needed to grow taller. It means that calculating your possible final height based on your parents' height may be much less accurate than you would hope so.

I suggest you to study this book thoroughly, understand every aspect of what makes the body grow, and then find out from your parents what they did or did not do correctly in their childhood (if they will remember) in comparison to what you will learn in this book. If you've learned that they've got many things wrong, and you still have

enough time to grow, simply dismiss the above-mentioned probable final height formula because it is quite possible for you to grow much taller than both of your parents.

The **third factor** is **age**. If a person's puberty began 4 – 5 years ago, the pace of body's growth decreases substantially. It does not mean that a person in his late teens or early-mid twenties who follow this program is unlikely to grow. It means the growth rate will likely be slower and end result may not be as significant compared to a person who started to follow my advices earlier. You can also ask your doctor to take X-rays of bones and compare them with bone X-rays of an average person in your age. If a doctor finds that your bones look younger than what could be expected in your age, you have a constitutional growth delay, which usually is the result of delayed puberty. It means your bones will likely continue to develop for longer than you could expect.

The **fourth factor** is **how you were raised** during first years of life. You should understand that there are number of factors that not you, but your parents had control over since the moment of your conception. We will discuss all of them in detail later in the book, but some of them are: if a mother was drinking, smoking, had a lot of stress, had poor nutrition or incorrect diet during pregnancy or while breastfeeding, if during first years of life a child receives not enough of necessary nutrition, but a lot of junk food, is not physically active, rarely allowed to be exposed to direct sunlight and fresh air, get sick a lot, the future final height of a child may be diminished by these factors. Another big factor is the weight of a baby at birth, as larger born babies tend to grow larger as adults.

The **fifth factor** is ... well – **your knowledge, your belief and your actions**. Study this book and you will understand.

Growth Disorders

Most short children do not have serious growth problems. A child's rate of growth is an important clue to the presence or absence of a growth problem. If a child is growing at a much slower than normal rate, you should be aware that there are some diseases that can cause poor growth and the child should definitely be checked by a good doctor. Please understand, this book is not designed to help treat or prevent any diseases (even though all activities shown in this book may help to prevent many diseases), it designed to help healthy individuals to grow. That is why if you suspect or have any concern over your health, please discuss it with your doctor first.

There are several major disorders that affect body's growth such as disorders of endocrine system, growth hormone deficiency, turner syndrome, hypothyroidism and dwarfism.

Many **disorders of endocrine system**, which is made up of glands that produce hormones controlling the growth, are more common reasons for growth disorder.

Growth hormone deficiency is the condition when the pituitary gland (hypophysis), which is responsible for producing the growth hormone among others, does not produce enough hormones for the body to grow. It could happen for number of reasons, including tumors near pituitary gland, damaged hypothalamus or pituitary gland often at birth, by trauma or certain diseases.

Turner syndrome affects about 1 in every 2,500 girls due to a problem with their genes. Girls with Turner syndrome are born with only one X chromosome or they are missing part of one X chromosome, and often will never reach puberty and sexual maturity unless they get

As you can see from all these reports above, it is a well-known and documented fact that people's environment, activities and diet seriously affect people's height. You can also see that even governments recognize that exercise and diet can affect people's growth. *My studies and experiments for over many years had shown the same.* All this statistical information may not be in much interest to you, however ***it is crucial for you to understand and truly believe that your height is in your hands and it is in your power to change it.***

Remember – our doubts are the main if not the only enemy we have. Thoughts like “what if it will not help?” or “the week past by, but where are the results?” are diminishing your efforts, often completely blocking any of your progress. It is wise to search for advice from people when you absolutely sure they know the correct answer. However, I strongly recommend not to ask for advice from sources you are not sure of having enough expertise. It is the rule with anything we are trying to accomplish in our lives, including gaining height. Asking the wrong person often not only gives no results or incorrect information, but seeding doubts in your ability to accomplish your desire. Doubts of a person are infectious to almost anyone who listens that person expressing those doubts. That is why it is often better to keep your desire away from people who may not believe in your results. In other words, just read this book, follow it, accomplish you what you desire, then spread the news on what you have accomplished if you want. You can tell your gods today only to your closest friends and those who you think would benefit from this book as well.

The average person, no matter what height he or she is, has a potential to be taller by 2 – 5 inches. Why then most people are shorter than they could be? Simply, because they don't know how to make most of their potential or just don't believe that it could be done. Know that ***any victory depends not from circumstances that you face, but from how you view those circumstances.***

The Power of Thought

You may think – what our thoughts have to do with increasing height? **Everything!** What I'm about to explain will be the most crucial information in your quest to achieve your desire.

Yes, our thoughts have a lot of power and we can use this power to accomplish anything, including growing taller. This may not be easy to understand for many people because they may never heard of this, but I will try to explain and prove that this is true and very important. If you will not understand why, you will not accomplish much.

Everything in the Universe is created by thoughts. People and all other living creatures were created and shaped by thoughts. Yes, even the evolution is the direct result of thoughts living creatures had over millions of generations. I have been thinking about this for many years, and now it is in my true believe, even though this evolution theory has never been brought-up by anyone before. The way your body including your face looks right now is the direct result of all your thoughts you've had during the course of your entire life. You don't believe me? Can you tell a difference in appearance between a person that had been a homeless for many years and a successful wealthy person? What about a very smart and mentally challenged? Have you ever thought why people with Down syndrome often look alike? Because their thoughts are very basic and not strong enough for their faces to be changed. We all look different because we all think different. If people would loose their thinking abilities, they would all look like people with Down syndrome.

Look at people around you or on TV. Can you spot unsuccessful and very successful people not even knowing them? There are hundreds of clues, but I will mention just the simplest one to spot; you will never

find a person who has been very successful and had fulfilled life for many years with a very small chin. You will also rarely find a person that has never had much success in his life with a very large chin. Why successful people have larger chins? The answer you will find in this simple experiment: try to imagine yourself as an extremely wealthy and successful person with unlimited powers, able to accomplish anything you want. Don't just think it could be you, truly think that you are that person, thinking, looking, and behaving like one. Hold that thought for a minute. Do you feel any difference? Try to recognize expression on your face, how it changes, how does your face feel? Do you feel any sensation inside your chin? Do you feel how your chin is trying to extend? I bet you do. It is a normal but unintentional reaction every person has when he or she has great self-confidence. If you hold that thought for much longer, believe it or not, your chin will start growing, among other changes of your face expression and in some ways – other parts of your body. *By the way, if you hold that thought long enough, you will become that person.* This is a **big secret of life**, the rule that you cannot escape – ***you are who you think you are.*** In other words, ***you become what you think about the most.*** Remember this for the rest of your life.

These examples show us that our thoughts do have power to change the shape of the body.

I will give you few other simple examples that show how our thoughts have direct affect on physical reality around us, including events that occur with us, and results that we are trying to accomplish. You may probably think that this is not our subject, just be patient and you will understand that it is.

When you throw a ball into a basket or any other object into a target, try to visualize the trajectory of the flying object and exact point where the object will have to end-up. You must clearly imagine that object at the point of your interest like it is already there, before you throw. As you practice, you will be amazed how much better you will be at that than before. Your thoughts will practically materialize.

Regardless of how old you are, I'm sure you've had bad periods and good periods in your life. Try to remember what triggered those periods to become bad or good. Do you remember some negative thoughts you've had before something bad happened to you? What about positive thoughts before you had accomplished something good? If you don't remember, ask other people. Many people don't realize it, but they create their own reality with their thoughts. Have you heard of expression: "Be careful what you wish for"?

Are you starting to understand why I am trying to explain to you all this? Right, ***your mind has a lot of power to boost your body's growth rate, among many other things.*** Only full understanding of your powers will give you those powers, so read on.

Did you know that you can actually heal yourself from almost any disease using your thoughts alone? All you have to do is to clearly visualize and feel your affected organ, then mentally remove the disease from this organ. You do need a good understanding of the disease, your organ's position and it's functions though. With good practice it can be done. As strange as this may sound, it is true, and there are many people who know this technique and use it. Next time when you have some pain anywhere in your body, concentrate your thought on the place where the pain is coming from, trying to relax that area as you would relax a muscle. You can also imagine your pain as some object that does not belong there, and try to remove it by your thought. If you take it seriously, you will be surprised how well this can work.

Can you think of anything that was ever made by people that was not created first in their heads? Our entire man-made reality was invented with our thoughts, and it will be correct to say that anything that we do was done at least twice: first time with our thoughts, and then – with our hands.

Let me give you another important piece of information: There is now scientific evidence proving just how important our thoughts can be to health and personal well-being. Recent studies show that DNA can be influenced and reprogrammed by thoughts WITHOUT cutting out and replacing single genes. Think about it, **even the main molecule that gives instructions to our body on how to develop can be changed by our thoughts!**

Do you believe now that you can increase your height with your thoughts? Good, but just to believe is not enough. Don't waste time; start doing it right now, while reading this.

Imagine your whole body beginning to stretch-out and grow, literally instructing your bones to grow. Do you feel anything? Practice and you should feel how body stretches and grows. Hold that thought for as long as you can concentrate. Congratulations, you have just given your body a very important and powerful assignment, and the body will do everything needed to fulfill that assignment.

Let me clarify a very important point. Our thoughts do materialize, but not all of them. Thoughts that appeared for a few seconds as a flash and disappear, as they never existed, don't have much power. The exception to this is when we have many small negative thoughts or many small positive thoughts within some period of time. Those can materialize into some negative or positive events. **A thought has the real power when it is "alive" for a long time. Please understand that your "hopes" are also not powerful thoughts. Powerful thoughts are exact mental instructions that take time to "cook" in order for them to materialize.**

Now, with the understanding of what our thoughts are capable of, it is important for you to understand how it actually happens. This knowledge will help you to achieve better results. It may not be a simple subject, but I will try to make it as simple as possible for you.

Our body and everything around us is made of energy. The energy has an unlimited range of frequencies. For example, sound that we hear, radio waves, infrared, visible light, ultraviolet, and others frequencies known to science are just a very small fraction of all existing ranges of energy in the universe. It means that what we can see, hear and touch is not everything that exists; in fact it's just an incredibly small fraction of energy waves compared to what we cannot see, hear or touch. Therefore, we can safely say that *our physical bodies consist of much more than what we can touch or see, even in microscope.*

This will bring us to the following: there is a **substance or energy** of a higher frequency located exactly where the physical body is located, shaped exactly how the physical body is shaped, including all organs. We could think that this substance is just the energy that our body radiates, but it is exactly the opposite. The physical body with its shape and condition is just a lower frequency duplicate of that substance. In fact, **that substance is what we are**; our mind and soul are parts of that substance. If the physical body dies, the mind and its energy substance will live on. In fact, *the only reason for our physical existence is for our mind to experience life at lowest frequencies (which is our physical universe) and learn from it.* Yes, you live because you want to learn, and everything that is happening to you, including reading this book, is your mind's learning curve to progress itself into higher dimensions. Our mind can be compared to a computer's hard drive, and our brain is just a processor for the body to function properly. And yes, your mind may move into another body after your physical life is finished, as the hard drive can be moved to another computer.

Why am I giving you all this? Because you need that knowledge in order to understand the following: *our thoughts are the energy our mind produces.* What does it mean? It means – our energy substance and our thoughts are made of the same material, and our thoughts can directly affect and control our energy substance (let's call it energy twin"). Ah-ha, does it mean that **if our thoughts can change the shape and size of our energy twin, our physical body will follow it?** You've got it right!

As you already know, our entire body and its every organ are made of trillions of tiny cells that can be seen only in powerful microscope. But did you know that **about 98% of the all the cells of your body are replaced by new cells every year?** Yes, your skin, all organs and even your bones are being replaced constantly.

This is how it works: our body take in new atoms from the air we breathe, the food we eat, and the liquids we drink. These atoms incorporate into our cells, replacing the old ones and fuel the chemical processes that keep us alive. The DNA molecule in each cell copies itself over and over again giving instructions on how these cells should be formed. These instructions are not exactly precise and slightly change according to the blueprint you hold in your subconscious or energy twin. Are you following? Above statement clearly explains how your thoughts and emotions do change the shape of your body inside and out.

You see, it was all worth it. Just keep in mind that you cannot turn yourself into some giant creature with seven legs and a tail just because you want to. There are limitations that were set in our genes and DNA that will not allow this to happen. It means **you have the power to increase the size of your body using your thoughts**, within a certain limit that we have discussed previously.

Growing Energy Twin

Armed with this new knowledge lets try again the exercise on instructing your body to grow. Stretch yourself and again imagine your whole body, your spine, and your legs stretching and growing. Try to feel the sensation of growing, at the same time visualizing your body already few inches taller. When you do that, your energy twin does actually get taller. It is not visible to untrained eyes, but there are

people who have trained themselves to see people's aura, that could actually see your energy twin extended.

Now you know **one of the most powerful secrets to reach your goal**. Do it as often as you can, holding that thought for as long as possible. This way eventually you will get used to that thought and sensation of growing to the extent of doing it as a habit. **Your physical body will have no chance but to grow** to fill-up the gap. Its like when you put a plant to grow in a little box, it's roots have only this much room to grow, but when you increase the size of the box – the plant's roots will eventually fill-up the extra space.

This visualization process will be an important part of almost all aspects in our quest to gain height. You will see references to this method of using the power of your thought throughout this book, and if you did not understand it fully, please read it over as many times as you need, to grasp the whole concept.

As unbelievable as it may sound, what I gave you here are **basic principals of life in the Universe**, this is how every living creature changes itself when surrounding environment forces to do that change to survive, **this is how evolution works**, and **this is how you can change**. I am encouraging you to take these principals seriously because they not only can be used to increase your height, but for anything you would like to accomplish in your life. In fact, most very successful people in the world know about this secret knowledge about the power of thought, and use it wisely.

Well, using the thought technique is a great and powerful start, but you need to help your body to grow with **all** techniques at our disposal. This will bring us to the next important issue – the hormone naturally produced in our body that is more responsible for our body's growth than anything else. This hormone is called "Human Growth Hormone".