

To explore the cost comparison and tissue regeneration in fused bones, we traveled to the top three USA limb lengthening surgery clinics (in New York, Baltimore, Orlando) and flew 7,600 miles to Kojima's Japanese height clinic (Tokyo, Japan).

- For information about our USA Tour of Limb Lengthening Surgery clinics, please visit:
<http://easyheight.com/tour>
- Our trip to Kojima's non-surgery height increase clinic:
 - Kojima is the owner of Ginza Kojima Height Clinic in Japan. Kojima's clinic, headquartered in Ginza (Tokyo), has 3 branches in Kyoto, Osaka, and Nagoya. It's unclear whether these branches are still operating. Up until recently, Ginza Kojima is the only non-surgery height increase clinic in the world.

To see more pictures of my visit to Kojima, visit: <http://easyheight.com/tokyo>



My trip to Tokyo: While our Shin Version 2010 & 2011 have already produced encouraging results, I feel it's necessary to fly 7,600 miles to Tokyo (Japan) and explore the Japanese techniques. This is purely an investigational attempt. There isn't a conflict of interest because in the end we had no business dealings.

What I've tried and learned during the visit: Our techniques are similar to Kojima's except we're using a lever hoist (or sometimes w/ iron plates) to produce tension whereas Kojima uses a rotary stretching table or compressed gas cylinder (with pressure gauge

reading in psi). The exact pound per square inch (psi) is variable and is kept secret so I won't get into that. Kojima utilizes several methods to stretch the shins. It's either the rotary stretching table while lying down or compressed gas cylinder while sitting upright. The goal is to generate enormous tension and stretch both ends of the lower limbs in opposite direction.

One thing for sure, Kojima has substantial evidence and proof on non-surgery height increase. He personally revealed xrays and before/after pics of past clients with noticeable bone growth ranging from 1 to 2.5 inches. Kojima later presented pictures from his past work in which he actually participated in the Ilizarov limb lengthening surgery with his colleagues.

Kojima's clinic said that they could help any teens above 13 years of age to grow taller as well as adults up to 60 years of age. They have a short course program which may lead to a growth of up to 3 cm in 3 days. If you failed to grow within the 3-day period, you may revisit as many times as you like until attaining the desired goal.

Measurement of intensity: Kojima has several stretching devices which I personally tried them all.. scale from 1 to 10, for me the pain level is between 6 and 8.. pain is a downside but noticeable growth is the end-result within a few months. Kojima measures the intensity level by setting a specific numerical psi (pound per square inch) as indicated on a pressure gauge reading of the compressed gas cylinder.

Unlike Kojima's, our LimbCenter staff measures intensity and effectiveness of the lever hoist by using a simple Visual Pain Scale or Faces Pain Scale.

Does Kojima use some kind of laser (green light) to influence bone shape?

- Laser beams are employed as weapon systems in TV and movies. In the real world, we believe there's no real connection between bone growth and laser beams, yet. Kojima may have mentioned the use of laser technology in the past; however, we found no evidence during our recent investigation (March 2010) at their clinic. It was probably a rumor or perhaps someone from the clinic has created a misleading impression regarding the mystery of green light in leg lengthening.

Kojima's rates & fees: Kojima's non-surgery limb lengthening procedure is extremely expensive. Service fees seem to increase every year and the cost for 3 centimeters (1.18 inch) is 4.2 million yen or about \$50,000 US. During the consultation, a chart of desired growth (up to 10 cm or 4 inches) is represented on the paper by its corresponding price tag. In general, the current fee for 1 cm is \$16,500 US. Kojima offers a steep discount to teenagers below 18 years of age.

At Kojima's clinic, I paid \$50 for a 30-minute consultation plus \$200 for an hour trial course. The 1-hour course includes 35 minutes of lying on the rotary stretching table while the shins are being stretched intensely. As a bonus, he allowed me to sit upright for 25 minutes while the shins are stretched with the compressed gas cylinder adjusted to a high-intensity level. It wasn't comfortable but I knew growth is coming if I commit to

this pricey procedure. For this trip, I paid my Japanese friend \$200 for an hour of translation service plus a free overnight stay at his small apartment.

Skepticism: Someone asked, “is Kojima trying to scam people”? After my trip, the answer is definitely no. As you know, honor and saving face is the most important aspect of Japanese culture. Case in point.. The length and depth of a bow speaks volumes in Japan. You probably heard on the news about President Obama's deep bow to Japanese Emperor Akihito. It's polite to bow as this gesture expresses the feeling of respect, greeting, thanking, etc. So if this clinic were to scam people out of tens of thousands of dollars, the clinic would be out of business and shut down 4 or 5 years ago. In a worst case scenario, Kojima may be forced to flee his country in a secret attempt to save face.

Conclusion: Presently, Kojima is still in business and is treating new clients every month. He has professional-looking advertising pamphlets and banners which visibly display right in front of a high-rise building. Overall, his clinic appears very professional.

While lacking sufficient proof and pictures, our LimbCenter's techniques appear slightly more approachable, doable, and cost effective. Our goal has always been finding a technique that's convenient and affordable so that an average person can get his equipment virtually anywhere at a reasonable price. For this reason, we don't use compressed gas cylinder not because we cannot afford, but because our experimenters will have difficulty obtaining it. We experimented with many different construction tools and devices and finally chose the lever hoist as a tool of choice. A lever hoist costs about \$75 to \$110 on ebay (used) or \$150 (new). This tool can be purchased virtually anywhere on the net.

For more info regarding Kojima's clinic, visit:

Pictures of March 2010's visit to Kojima: <http://easyheight.com/tokyo>

Kojima's English site: <http://ginza-kojima.jp/FL/EN/height.html>

Kojima's Japanese site: <http://www.shincho-nobashi.jp>

Our initial research of Kojima's clinic (January 2008): <http://easyheight.com/clinic>