

Frequently Asked Questions (FAQs)



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General FAQs

- **Where is the shin bone?**
 - There are two bones in your lower leg. One is fibula, and the other is tibia (shin bone). The shinbone is the larger and stronger of the two bones in the leg. These bones extend from your knee to your ankle.
- **First of all, you guys seem to throw around some original ideas and concepts. Are you doctors or pain specialists?**
 - No. We're just a group of college graduates. We gather data and research based from feedback of past experimenters. We never consider ourselves to be bone remodeling experts.
- **When hope is fading, how do I keep myself motivated? Deep down how can I feel that burning desire?**
 - This strategy has worked wonderfully well for past experimenters and we urge you to follow suit. Simply cut out some magazine pictures of long legged beauties or models and post them on your wall. The instant gratification of image-based support is quite powerful. Center your work on an inspiring goal, and you'll greatly maximize your tolerance, endurance, and growth potential.
- **How to prevent distractions?**
 - Every now and then you hear stories about Hollywood celebrities disappearing for weeks because they underwent breast augmentation or nose jobs. At some point in life, drastic times call for drastic actions. Growing taller is one of those drastic moments in your life where it involves a body transformation.

Do not take things lightly. Distraction is your #1 enemy. Disconnect your contact with the outside world. Lie to your friends & family members that you're busy studying or working when in fact you're secretly doing the shin routine. Remember, the routine is among your top priority. If you believe in God or a Higher Being, pray every day to maintain your faith in height increase.

- **You see, I wasted hundreds of dollars in the past on growth hormone supplements and stretching exercises. I'd hate adding failure to another chapter of my life. I want to grow taller but my mind is all over the places. Any tips?**
 - Here are some thought-provoking questions that you should ask yourself. How bad do I

want to grow taller? Am I convinced that the bone stretching techniques work? Am I willing to go through trials and errors? Can I invest time towards an inspiring goal? Is growing taller a personal achievement regardless of success or failure? What immediate sacrifices am I willing to take?

- **I hate to waste a few months of my life on something that's totally worthless. Is increasing height worth my time and commitment?**
 - In our opinion, growing taller after puberty is a beautiful concept. It's a wonderful investment regardless of success or failure. You're defying the laws of nature.
- **What is it about the Dutch and how has Netherlands produced so many tall men (above 6 feet)?**
 - Everyone knows about the Dutch love of milk. The Dutch diet basically contains milk & cheese. Milk contains calcium-rich nutrients.
- **What about whole fat milk?**
 - You should make a switch from whole to nonfat or low fat milk. Avoid fats whenever possible.
- **I tend to have diarrhea when drinking milk. I happen to pass gas sometimes. It's a nightmare! What should I do?**
 - The easiest way to prevent diarrhea or gas is to drink little, say half a glass of milk. Do NOT drink a whole glass.. but drink half a glass now, then an hour or two later finish the rest.
- **I don't like milk at all. What can I substitute instead?**
 - You can make a switch by eating protein foods, eating cheese & yogurt daily, etc.
- **Do I have to drink milk & eat cheese daily?**
 - Drinking 3 glasses of milk or more everyday is already adequate. In this case, there's no need to consume cheese. However, if you don't like milk, then consume cheese & yogurt instead. You should make every attempt to drink milk because it contains abundant calcium-rich nutrients. Your bones will thank you later.
- **Should I drink milk before bedtime?**
 - Try NOT to drink milk before bedtime because you need 7 to 8 hours of non-disruptive sleep (that means NOT going to the bathroom). Consume milk at dinner instead.
- **Why is it important to have a healthy diet?**
 - The newly regenerated bone and soft tissue are in constant need of calcium and protein. Eating healthy foods will play a major role in the hardening of new bones and development of tissues.
- **Who would you NOT recommend your LimbCenter.org's techniques?**
 - We would generally NOT recommend our bone stretching techniques to individuals who want very fast results, who are impatient, or psychologically unstable.
- **Is there an age limitation to your limb lengthening methods?**
 - Our limb lengthening techniques are intended for use by healthy adults between 18 to 50

years of age. In theory, the younger you are, the quicker the results.

- **Should I keep my overnight job?**
 - If you work 2 jobs or do hard labor 7 days a week, you may have to cut down some shifts or quit your overnight job. What's your priority? To grow longer legs or make extra money?
- **Any restrictions?**
 - Because growing taller requires an extraordinary transformation of bones, muscles, and nerves, it's recommended that you should follow a strict diet. The following should be minimized or eliminated if possible: junk foods, soft drinks, caffeine, sugar or fatty foods, fast food, excessive smoking, excessive alcohol drinking, using illegal drugs, excessive masturbating, running, jumping, sprinting. Having a normal sexual activity is okay.
- **Strict diet?**
 - Eat healthy foods to stimulate the muscles, nerves and blood vessels to grow alongside your bones. The following should be consumed: milk, calcium-rich foods, yogurt, high-protein foods, whey protein, etc.
- **Should I buy supplements in liquid form or in pill/capsule form?**
 - It's up to you. Supplements that are in pill or capsule form are cheaper but they may not be as effective as those in liquid-form. It was reported that the liquid form absorption rate is about 80% to 97% which is almost 5 to 7 times higher than pill/capsule form. Thus, consumption of milk is recommended.
- **You know.. I love fast-foods like the hamburgers at McDonalds & KFC. How do I minimize food intake?**
 - Excessive smoking, alcohol intake, sugar or fatty foods can all delay bone growth. If you must, consume fast-foods less than twice a week. Remember to reward your body with 6-8 glasses of water daily whenever you eat hamburgers or French fries so to flush out all the fats.

Muscles need oxygen for growth. Since smoking keeps oxygen away from the muscles, it's harmful for height growth if you smoke frequently. If you smoke one pack a day, cut it down to a few cigarettes. Smokers are encouraged to perform biking exercises in an attempt to flush out toxic wastes from the muscles. Be sure to reward your lungs with fresh air by taking some deep breaths throughout the day. The same advice applies to drinking alcohol – keep it down to 1 or 3 beers a week.

- **Does masturbation stunt growth?**
 - Masturbation should not affect your growth while doing the Shinbone Routine. However, just to be safe, don't go overboard with it.
- **What are the benefits of growing an extra inch?**
 - To finally become accepted in the social circle of the rich, beautiful, and famous
 - To have better employment opportunities
 - To improve your body image
 - To date models who are as tall
 - To give your feet a break by stop wearing inch-high shoes or stiletto heels

- **Where to buy foam?**
 - Foam is very effective because it protects you from skin irritations, scratches, or red marks. You can buy foam at any retail store. We purchased foam at Walmart. As a matter of fact, old cars at the junk yards have foam underneath the driver's or passenger's seat.
- **Should I purchase iron plates online or at a local store?**
 - You should purchase iron plates at any sporting goods store. An online purchase is your last resort because the shipping & handling alone costs 2 to 3 times more than the plates themselves. We personally bought many iron plates (different size) from Wal-mart, Modell's and Dick's Sporting Goods.
- **How is non-surgery limb lengthening different from other procedures such as nose jobs and breast augmentation?**
 - At the present time although our technique is taught for cosmetic reasons, it is not in the same dimension as other cosmetic procedures such as laser eye surgery, nose jobs, and breast augmentation. Our height increase technique is more complicated but not as invasive.
- **You know there are tons of height ebooks on the net that include many chapters on growth periods, sleep, posture, vitamins, supplements, and stretching exercises. What's your take on that?**
 - We've been there, done that. As avid consumers ourselves, we know exactly what you need. Therefore we will not re-introduce you to the same recycled information that's available elsewhere on the web.
- **What do you think about other growing taller companies who are selling growth hormone tablets, ointment, cream, injection needles, back stretching device, shoe insole, bone growth electric stimulator, etc.?**
 - Since June 2004, we've tried every other height increase product available online. None of them really seemed to work. A lot of money went down the drain and unfortunately the cost of education is a basic element of trial and error. We try not to bad-mouth or single out any company.
- **In a nutshell, what is the cost comparison between LimbCenter.org and other limb lengthening surgery procedures?**
 - Cosmetic limb lengthening surgery is incredibly expensive because there are many fees associated such as evaluation, prescription pain meds, surgery cost, exam pin sites, follow-up x-rays, anesthesia, hospital and physical therapy costs, etc. Unexpected cost (due to infections) for limb surgery can be as high as \$150,000. On the other hand, our bone stretching techniques are self-help and surgery-free.
- **Should I consider cosmetic limb lengthening surgery in the future?**
 - It's up to you. But the pain, suffering, and skyrocketing costs associated with cosmetic limb lengthening surgery are unimaginable.
- **Do you perform simultaneous femurs and tibias lengthening? In other words, do you lengthen the thigh bone and shinbone at the same time?**
 - Currently we do not perform this type of limb lengthening. We only research on shinbone lengthening.

There are many muscles and tendons surrounding the thigh bones and thus any type of stretching would require a colossal pulling force. Even then, the thigh bones are too big and bulky and they may take awhile to reshape.

- **What's the connection between EasyHeight.com and LimbCenter.org?**

- Easyheight.com has been our home and domain name for almost 6 years. Since June 2004, we provided free height increase research and experiments on vitamins, supplements, stretching devices, and growing techniques of the spine and lower legs. Due to inspiring success stories from the improved Shinbone Routine Version 2010 & 2011, we've decided to launch our own Limb Center in February 2010. The launch of LimbCenter.org helps us experiment only the lower legs.

- **Can you grow the vertebral column (backbone or spine)?**

- For the past 4 years we tried different experiments to lengthen the spine with no success. Some backbone experiments include ankle weights, inversion, back stretcher, bone growth stimulators/vibrators, stretching exercises, Yoga, Pilates, Alexander techniques, etc.

Also, our lever hoist has a maximum load capacity of 3/4 to 2 tons (1,500 to 4,000 pounds) which we use to elongate the leg bone gradually. The spine, you see, is made of bone, cartilage discs, and nerves of the central nervous system (CNS). Thus, too little force applied and the spine will compress to its original shape due to gravity's effect. Too much force exerted on the spine and the person could potentially have nerve damage since our CNS is connected to the brain.

For safety reasons, we no longer attempt to remodel the bony parts of the spine. For additional backbone experiments, please visit EasyHeight.com.

- **What are your theories on Version 2010 and 2011?**

- The new theory is simple: In order for bones to remodel effectively, 2 forces must be exerted in opposite directions. The upper part of the shin should be pulled upward (or suspended in the air to act as counterforce to gravity) and the lower part should be stretched downward. This is the same concept that bone surgeries have been performed over the past decades. Once bones are cut in half, doctors later fill the gap with new bone by stretching the ends of the shins.

It's been said that the pitching arms of some baseball players are half an inch longer than their non-pitching arms. Also, some Muay Thai kickboxers have longer legs than an average person. As I predict, your immediate question is: "if growing longer legs is so easy, then why didn't short people enroll in a kickboxing class?"

The answer is: NOT every baseball pitcher has a longer arm... NOT every kickboxer has longer legs. In a baseball pitcher, it's difficult for the pitching lower arm to grow longer because the joint or cartilage at the ends of the bone absorb all the shock as soon a forward force is exerted.

- **I'm 45 years of age, can I still use the Shinbone Routine?**

- According to medical science, bones are living tissues and are capable of remodeling

throughout our lives. Thus, anyone between 18 to 50 years of age should be able to try out the Shinbone Routine.

- **Husky HangAlls straps come in 24 inch and 36 inch.. which one should I get?**
 - One or the other. If you're a taller individual, use 36 inch size instead.

Shinbone Version 2010 FAQs:

- **Do I limit a full-extension to the shins (lower legs) or knees?**
 - You would pedal intensely while trying to reach a full-extension of the entire legs (shinbone, thighbone, knee).
- **Is it safe to do a full-leg extension on a bike?**
 - Version 2010 technique mimics a kicking motion. There are martial arts experts and Muay Thai kickboxers who train their whole lives on kicking sandbags. So in general, we don't see any danger associated with kicking. As always, feel free to consult with your physician.

- **I'm 5 feet 11 (180.3 cm), how many pounds of ankle weights and iron plates should I use?**

- Start with 8 – 15 lb (3.6 – 6.8 kg) of **ankle weight** on each leg (above your ankle). Slowly increase additional weights a few weeks or months later.

Start with 15 lb – 35 lb (6.8 – 15.9 kg) of **iron plate** attached to the nylon rope over the chin up bar tying to your leg (below the knee). Slowly increase weights a few weeks later.

- **I'm 5 feet 5 (165.1 cm), how many pounds of ankle weights and iron plates should I use?**
 - Start with 5 – 10 lb (2.2 – 4.5 kg) of **ankle weight** on each leg (above your ankle). Slowly increase additional weights a few weeks or months later.

Start with 10 lb – 25 lb (4.5 – 11.4 kg) of **iron plate** attached to the nylon rope over the chin up bar tying to your leg (below the knee). Slowly increase weights a few weeks later.

- **I'm 5 feet 1 (154.9 cm), how many pounds should I use?**
 - Start with 2 – 10 lb (1 – 4.5 kg) of **ankle weight** on each leg (above your ankle). Slowly increase additional weights a few weeks or months later.

Start with 5 – 20 lb (2.27 – 9 kg) of **iron plate** attached to the nylon rope over the chin up bar tying to your leg (below the knee). Slowly increase weights a few weeks later.

- **I'm 5 feet 9 and I found a recumbent bike online that accommodates my full leg extension perfectly. Did u know that?**
 - In general a good number of stationary bikes wouldn't allow tall persons who are at least 5 feet 9 to have a full leg extension. Just surprised to find some bikes that fit nicely for taller

individuals.

- **How do I know when to fix my seat adjustment knob?**
 - Every 4-12 weeks, whenever you feel that your legs have considerably lengthened and can no longer reach a comfortable full extension, then move the saddle seat 1/2 to 1 inch backward. By doing so, your legs are literally forced to grow and accommodate to such stretching needs.
- **How do I know if I'm effectively doing this routine? Can I tell if I'll successfully grow taller?**
 - You'll feel powerful stretching sensations just below your knee and right above the ankle every time you pedal to reach a full leg extension. The middle length of the shin will be under enormous stress or discomfort and that's how you know the routine is effective. If there's no tiredness or discomfort, then either you're not using enough weights or just not applying enough resistance to the bike.
- **What's microfracture?**
 - Jogging with ankle weights (indoor or outdoor or on treadmill) is believed to produce **more microfractures** than regular jogging or running.

Microfracture or microcrack is a medical term that represents extremely tiny (microscopic size) fractures that exist in your lower legs following a vigorous high-impact exercise such as jogging with ankle weights. Since bones are built to heal or grow rapidly whenever there is a tiny fracture, one of the theories behind growing taller is that when your lower legs are put under intense stress (eg: jogging with ankle weights), it is easier to stretch your legs and grow taller.

In summary, stressed legs are supposedly a little more effective to lengthen than non-stressed legs since microfractures are present in stressed legs. For more info, simply google for keyword "bone microfractures".

The debate on microfracture and its role in height increase has been ongoing for several years. Unfortunately, we don't yet reach a conclusive summary regarding the importance of microfracture.

- **Do most experimenters jog with weights?**
 - No. Most experimenters do NOT jog with ankle weights before their cycling routine.
- **Is it true that marching soldiers sometimes suffer from microfractures**
 - U.S soldiers often complain of painful and swollen feet after long marches. It's all because of microfractures.
- **Is jogging with ankle weights required before my cycling routine?**
 - No. It's optional. According to past experimenters, it's unclear whether jogging with weights would be essential for bone growth. Theories on microcracks are conflicting.
- **What's the disadvantage of creating microfractures when jogging with ankle weights?**
 - It has been argued that by jogging with ankle weights, you're actually compressing and

hardening the shinbone. Thus, any bone stretching afterwards such as recumbent biking would be difficult. As you can imagine, the theory on microfracture is confusing. However, if you need further clarification, feel free to call or send us an email.

- **Is jogging with ankle weights more effective than running or sprinting? How many pounds do I use?**
 - In terms of developing microfractures, jogging w/ ankle weights is more effective than running or sprinting alone. Use anywhere between 5 to 10 lb (2.27 – 4.5 kg) each leg is the general recommendation.
- **Where can I purchase a stationary bike?**
 - Hunt for good deals on Amazon.com, Ebay.com, Craigslist.com, Google.com, Sporting Goods stores, etc.
- **Can you show me a sample of Version 2010 routine?**
 - Check out below:

Sample Evening Routine #1: (Total 2 hours of biking per day)

8:00 PM: Arrange equipment set-up

8:15 PM: Start biking vigorously for 1 hour non-stop

9:15 PM: Take a 10-minute break. NO walking or standing is permitted

9:30 PM: Resume vigorous biking for another hour non-stop

10:30 PM: Finished. Lie down on your bed to watch TV or relax for 2-3 hours OR go to sleep immediately. Do NOT stand or walk around or you'll "crush" or compress any new growth.

[If have to move around to get to the bathroom, adjust your alarm clock or grab a TV remote control, you should use crutches, wheelchair, or get on your knees and crawl around the floor instead].

During rest or sleep, try to keep your feet and legs still the whole night since bone growth occurs while at rest.

7:30 AM (next morning): Wake up and resume normal daily activities (go to work, school). Walking or standing is now permitted.

Sample Evening Routine #2: (Total 3 hours of biking per day)

8:00 PM: Arrange equipment set-up

8:15 PM: Start biking vigorously for 1 hour non-stop

9:15 PM: Take a 10-minute break. NO walking or standing

9:30 PM: Resume vigorous biking for another hour non-stop

10:30 PM: Take a 10-minute break. NO walking or standing

10:45 PM: Resume vigorous biking for another hour non-stop

11:45 PM: Finished. Lie down on your bed to watch TV or relax for several hours OR go to sleep immediately. Do NOT stand or walk around.

Sample Daytime Routine #1: (Total 2 hours of biking per day)

1:00 PM: Arrange equipment set-up

1:15 PM: Start biking vigorously for 1 hour non-stop

2:15 PM: Take a 10-minute break. NO walking or standing

2:30 PM: Resume vigorous biking for another hour non-stop

3:30 PM: Finished the routine. NO walking or standing for the next 2-3 hours. Lie down, rest and keep your legs still. *Preferably, the longer you rest the better.*

6:00 PM: Resume normal daily activities. Walking or standing is now permitted.

Sample Daytime Routine #2: (Total 2 hours of biking per day)

8:00 AM: Arrange equipment set-up

8:15 AM: Start biking vigorously for 1 hour non-stop

9:15 AM: Take a 10-minute break. NO walking or standing

9:30 AM: Resume vigorous biking for another hour non-stop

10:30 AM: Finished the routine. NO walking or standing for the next 2-3 hours. Lie down, rest and keep your legs still.

12:30 PM: Resume normal daily activities. Walking or standing is now permitted.

- **Okay... I'm confused.. is the evening routine better than the daytime routine?**
 - We generally recommend that you should make every attempt to follow Version 2010 routine in the evening. In theory, it's better to sleep for 7-8 hours and allow your bones to heal and thicken after a vigorous biking exercise. According to scientists, bones grow mostly while asleep or at rest.
- **Alright.. if the evening routine is preferred.. why do you include the daytime routine as an option?**
 - It's a fairy tale to believe that everyone is free of obligations and is willing to commit to the biking routine every day before bedtime. Sadly that's not the case. Some people may have evening classes or another part-time job. Try your best to manage your time wisely.
- **Should I accelerate my growth by doing both the daytime and evening routine within a 24-hour period?**
 - Yes. In theory, the more time spent on Version 2010, the faster the growth.
- **Should I do Version 2010 biking exercises every day or every other day? How about 7 days per week?**
 - Again, the more time spent on Version 2010, the faster the growth. Doing Version 2010 every day or 5 to 7 days per week would be ideal.

Shinbone Version 2011 FAQs

- **How do I know if I'm applying high-intensity bone stretching with version 2011?**
 - Bones will grow, build, adapt, transform, reshape or remodel due to enormous stress or force exerted. In theory, the larger the force the shinbone sustains, the greater the osteoblast response. This is considered as of a direct result of repeated stress. You will know that you produce effective bone stretching when you immediately within seconds feel powerful stretching sensations or moderate-level pain or discomfort (pain scale 6 to 7.5 out of 10) in the bony areas above your ankles. The discomfort or pain should slowly wear off as you build tolerance.

At the clinic, we use the Visual Pain Scale or Faces Pain Scale. Click on the following links for examples:

<http://www.nhpco.org/images/wongbaker.gif>

<http://www.aafp.org/afp/2001/1001/afp20011001p1227-f2.gif>

As a side note: We are not doctors or pain specialists. If you feel that our techniques are unsafe for you, please do not follow our advice. Any questions regarding prescription pain management should be directed to your physician.

- **I feel very normal during my stretching session.. is it right.. should I feel this way?**
- If you don't feel some sort of moderate-level discomfort, then it's possible that you're not effectively stretching your shins.
- **I find it difficult to convince my best friend to help me get all the equipment set up.. He's a lazy guy and he won't assist me unless I pay him.. what should I do?**
- Trying to convince a friend or family member to help you may not be an easy task. If necessary, you may consider monetary rewards when seeking assistance from a friend. Also you may consider going for Shin Version 2010 which is self-help and can be done on your own.
- **What are the side effects?**
- Most of the side effects are temporary and will go away once your stretching session is finished. Side effects of bone stretching techniques may include shin fatigue, muscle pain or sores, bone pain or sores, joint stiffness, and possibly skin irritation due to friction caused by Husky HangAlls straps. However, these side effects may be minimized or eliminated by stretching your leg muscles, using polyurethane foam or wearing thick sweatpants.
- **Any possibility of bone infection (osteomyelitis)?**
- Our techniques do not involve surgery or needle so the possibility of infections is quite unlikely.
- **Is there a maximum limit to how much I can grow with the Shinbone Routine?**
- It's unclear if there's a maximum limit to bone growth. In theory, a gain of 5 cm (2 inches) is considered sufficient and well-balanced. However, a growth of 10 cm (4 inches) is a long shot but may be possible for some people.
- **I'm 27 years of age.. how fast can I grow?**
- Individual results may vary since pain or discomfort is a factor in building tolerance. The less discomfort you want to endure, the less stretching force exerted, and thus the longer it takes for bone to grow. Whereas the more discomfort you can endure (moderate), the faster the growth.
- **I can't even sit with the lever hoist for 5 minutes, let alone 90 minutes.. my right ankle feels fine but the left ankle hurts due to irritation of the straps.. what should I do?**
- Use more foam. Two 2 layers of foam above your ankles may not be enough to cushion your legs from the enormous stretching force of the lever hoist. Try 3 or 4 layers of foam on each leg instead.

- **I'm 18 yrs old.. how fast will I achieve an inch?**
- In general, the younger you are the quicker the growth. You may achieve slightly better results than average.
- **You guys seem to place much emphasis on Version 2011. Why is that?**
- There are currently more success stories from Version 2011 than any other versions combined over the past 6 years. Despite its popularity, Version 2011 requires the assistance of a friend. As you can imagine, this is the only downside.

However, Version 2010 is slowly gaining its fair share of fame.

- **How to minimize pain intensity?**
- The beauty about Version 2011 is that no efforts are necessary except sitting still and allowing your legs to be lengthened. The sitting position allows you to read books or study for exams. Past experimenters simply watch TV, play video games, or surf the internet with their laptop while sitting still to grow longer legs.

Gossip magazines are popular among female experimenters as such distractions help reduce discomfort sensitivity. Start slow, listen to your body & legs to avoid unnecessary muscle spasms or pain.

- **How many hours should I stretch my bones daily with Version 2011?**
- Anywhere between 2 to 6 hours of bone stretching may be done a day in divided sessions. About 90 minutes per session is advised.
- **Here's my first time trying out Version 2011... the discomfort level is quite high.. can I stretch for only an hour?**
- Yes, within the first week, start slow and stretch for 60 minutes. As you develop tolerance and endurance, increase to 90 minutes per session.
- **After 90 minutes of bone stretching, I should take a break, but for how long?**
- A 30-minute break is okay in general. However, some have taken as long as 45 minutes. After the break, resume to stretching for another 90 minutes, and repeat the process.
- **After bone stretching, why is it necessary to rest or go to sleep right away?**
- Because all the tissue and bone of the lengthened limbs need time for regeneration, going to sleep for 7 to 8 hours will allow your limbs to rest and grow. Since bones are under colossal stress, they need the body's self-healing power to help repair, reshape, thicken, and lengthen. In general our limb stretching works by taking advantage of the body's natural tendency to heal itself.

Do NOT stand or walk around because you'll crush any newly formed bone growth during the lengthening process. According to the scientists at the University of Wisconsin, at least 90% of bone growth occurred when you were asleep or resting. In their experiment, when the animals move their legs or walk around, no bone growth was observed. The connection was made between animals and humans and it was determined that children grow mostly at night. Furthermore, researchers proved that growth plates experience compression and tension during standing or walking.

To read the entire article, visit: <http://news.bbc.co.uk/1/hi/health/4215003.stm>

When trying to grow taller, our goal is to decompress our growth plates which can be done through bone stretching and immediately falling into bed. Sleep is of vital importance during the healing/recovery process since scientists prove that bones grow mostly at night.

- **Should I purchase a 1/2, 3/4, 1, or 2-ton lever hoist?**
- It doesn't matter, but in general a 1/2 ton lever hoist is more than sufficient which has a maximum load capacity of 1,000 pounds (454 kg). FYI: We often use a 3/4 ton capacity lever hoist at the clinic for demonstration purposes.
- **I have a friend who's going to help me.. but some days he's not available in the evening and therefore I don't have anyone to assist me with the lever hoist.. I'm wondering, is it REQUIRED to follow Version 2011 in the evening or before bedtime?**
- No, it's not required. You can do Version 2011 exercises at anytime during the day; however, make sure that after the entire session is over, you should lie down on a bed or floor and rest for several hours. Your legs and lower body should stay still, which means no moving or swaying the legs.

As discussed, Version 2011 is recommended to perform several hours before bedtime followed by sleep so that your shins will have plenty of time rest to heal and regenerate. Nevertheless, in practical setting, everyone has different school or work schedule. Remember, you'll have to depend on your friend's availability. That being said, try your best to do bone stretching in the evening several hours before bedtime. If some days are not possible, then switch to morning or afternoon but be sure to rest your legs afterwards.

Design your routine according to your work or school schedule. Make necessary sacrifices if you want to achieve faster growth. Also, you may consider hiring a friend or relative to spend a few hours per week to help you. In the end, it should be worth it.

Sample Routine #1:

Monday: [Total **3 hours** of stretching]: 1pm-2:30pm (bone stretching)... 2:30pm-3pm (30-minute break)... 3pm-4:30pm (bone stretching)... 4:30pm-8:00pm (lie down on your bed and rest for 3.5 hours)... 8:00pm (Resume your normal daily activities. Walking is permitted)... 11:30pm (go to bed).

Tuesday: [Total **3 hours** of stretching]: (same as Monday's routine)

Wednesday: OFF

Thursday: OFF

Friday: [Total **3 hours** of stretching]: 7pm-8:30pm (bone stretching)... 8:30pm-9:00pm (30-minute break)... 9:00pm-10:30pm (bone stretching)... 10:30pm (stopped stretching, immediately lie down on your bed and rest for 30 minutes to watch TV)... 11:00pm (go to sleep)

Saturday: [Total **4.5 hours** of stretching]: 7pm-8:30pm (bone stretching)... 8:30pm-9:00pm

(30-minute break)... 9:00pm-10:30pm (bone stretching)... 10:30pm -11:00pm (30-minute break)... 11:00pm-12:30am (bone stretching)... 12:30am (go to sleep)

Sunday: OFF

Sample Routine #2:

Monday: [Total **4.5 hours** of stretching]: 5pm-6:30pm (bone stretching)... 6:30pm-7pm (30-minute break)... 7pm-8:30pm (bone stretching)... 8:30pm-9:00pm (30-minute break)... 9:00pm-10:30pm (bone stretching)... 10:30pm (go to bed).

Tuesday: [Total **4.5 hours** of stretching]: (same as Monday's routine)

Wednesday: [Total **4.5 hours** of stretching]: (same as Monday's routine)

Thursday: [Total **4.5 hours** of stretching]: (same as Monday's routine)

Friday: [Total **4.5 hours** of stretching]: (same as Monday's routine)

Saturday: OFF

Sunday: OFF

Sample Routine #3:

Monday: OFF

Tuesday: OFF

Wednesday: OFF

Thursday: OFF

Friday: OFF

Saturday: [Total **4.5 hours** of stretching]: 5pm-6:30pm (bone stretching)... 6:30pm-7pm (30-minute break)... 7pm-8:30pm (bone stretching)... 8:30pm-9:00pm (30-minute break)... 9:00pm-10:30pm (bone stretching)... 10:30pm (go to bed).

Sunday: [Total **4.5 hours** of stretching]: (same as Saturday's routine)

- **After the bone stretching, u said that we should go to bed for 7-8 hrs.. how about 9 hrs?**
- Yes, 9 hours of sleep is also good for your body and bones.
- **After stretching my shins for 4 hours, can I take a shower?**
- No. If you take a shower, then you'll risk walking around and compressing any newly formed bone growth. Just use a damp towel that's readily available near your bed and wipe yourself. Again, do NOT walk or stand around but immediately lie down to rest or go to

sleep. Keep your legs still and don't move too much during sleep because scientists proved that bones mostly grow when they were resting. If you feel dirty and must take a shower, then be patient and wait until the following morning.

- **Am I permitted to walk around the following morning?**
 - Yes. Say you did 5 hours of bone stretching last evening followed by 8 hours of sleep. This morning, you may resume to normal daily activities such as walking around, going to work or school, etc.
- **Should I do weightbearing exercises?**
 - In Shin Version 2011, you should minimize or completely eliminate high-impact ground exercises such as running, jogging, sprinting, and jumping. Competitive sports such as football or soccer should be minimized or eliminated. In addition, minimize or eliminate biking as well. This is Version 2011 we're talking about. Please don't get mixed up with the other version (2010).
- **Ok, I'm confused,.. when is walking permitted? Before or after the bone stretching session?**
 - Walking or standing is generally NOT allowed during the bone stretching session including breaks in between and immediately after for several more hours. The longer you rest, the better.
- **When can I resume my normal daily activities (jogging, jumping, running, football, soccer)?**
 - Based from users' feedback, about 6 months after you've reached your target goal. For example, if you were to successfully grow a total of 3 cm in March, you should refrain from high-impact ground exercises all the way through the end of September. In an effort to minimize any unnecessary injury or bone compression ('shrink' in height), vigorous exercises as described above should be put on hold.

Because the lengthened limbs need time for rehabilitation and regeneration, passive exercises such as **walking and swimming is permitted**. Walking helps prevent stiffness and stimulate the muscles, nerves and tissues to grow alongside the bone.

- **Can weight lifting stunt my growth while following Version 2011?**
 - Weight lifting should be avoided. However, bench pressing is permitted since lying down has very little impact on your legs. Lifting weights while standing will possibly "crush" any newly formed growth that you're trying so hard to gain.