

# Self-Evaluation of Performance and Treatment

Please spend 10 minutes to review the following before seeking the Trial Treatment Course.

## Self-Evaluation of Impression:

1. Do you have a **false impression** that growing taller is quick and easy?
2. Do you have a **false impression** that taking growth hormone pills can magically reshape your bones?
3. Do you have a **false impression** that somewhere in the world an ancient herbal medicine exists to help you grow taller?
4. Do you have a **false impression** that scientists have discovered the secret fountain of youth in anti-aging pills that could mysteriously unfuse your growth plates?
5. Do you have a **false impression** that 21<sup>st</sup> century medicine is so far advanced technologically and scientifically and is able to produce a “growth” pill for mankind?
6. Do you have a **false impression** that Yoga and stretching exercises result in permanent growth?
7. Do you have a **false impression** that inversion exercises and back stretching machines give you permanent growth?
8. Do you have a **false impression** that the force of spinal decompression will triumph over the force of gravity?
9. Do you have a **false impression** that swimming and bar hanging are effective for height increase in adults?
10. Do you have a **false impression** that some Muay Thai kickboxers have longer legs because they often perform kicking exercises?
11. Do you have a **false impression** that kicking or jumping with 15 pounds (6.8 kg) of ankle weights (each leg) can trigger a vertical bone transformation?

12. Do you have a **false impression** that electrical bone growth stimulators can safely and proportionately influence vertical bone growth (but not horizontal)?

13. Do you have a **false impression** that sitting or sleeping with 35 pounds (16 kg) of ankle weights (each leg) is sufficient for bone remodeling?

14. Do you have a **false impression** that inverting (every 2 minutes off and on) with 50 pounds (22.7 kg) of dumbbells (each hand) is enough to influence bone shape at the points of maximum stress?

15. Do you have a **false impression** that inverting with 120 pounds (54.5 kg) of weight vest is enough to influence the thickening of the lumbar fibrocartilage discs?

## **Mental Health Self-Evaluation**

1. Are you psychologically unstable and blindly obsessed with height increase?

2. Is being short a social handicap?

3. Is there something wrong with being short?

4. Do you feel inferior to others? Do you love your body?

5. Has the thought of undergoing limb lengthening surgery crossed your mind?

6. Do you feel blessed by the gifts God (or a Higher Being) has given?

7. Who are you trying to impress once you become taller?

8. Is growing taller a personal goal or a psychological craze?

9. Do you have unrealistic expectations and greedy goals?

## Trial Pre-treatment Screening:

1. Are you between 18 to 50 years of age whose growth plates have fused (stopped growing)?
2. Are you generally healthy with **NO** history of severe limb injuries, orthopedic problems, limb deformities, disfigurements, deep vein thrombosis, blood clots, leg swelling and fluid retention?
3. Can you endure moderate-level discomfort of the legs?
4. Are you prepared to go through trials and errors to grow taller?
5. Do you believe in the **Law of Bone Remodeling by Dr. Julius Wolff**?
  - Did you know that **bones are living tissues**?
  - Did you know that bones are constantly attempting to repair and reshape themselves, especially during a vigorous repetitive activity where high stress is applied to the bone?
  - Do you realize that repeated stress, such as bone stretching, results in **bone thickening or lengthening at the points of maximum stress in the lower legs**?