

# ***Grow Taller 4 Idiots***

***Preview Edition***

**[www.GrowTaller4Idiots.com](http://www.GrowTaller4Idiots.com)**

## **Copyright ©2009 by GrowTaller4Idiot.com**

All rights reserved. No part of this digital book shall be reproduced, stored in a retrieval system, or transmitted by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission from the publisher.

No patent liability is assumed with respect to the use of the information contained herein. Although every precaution has been taken in the preparation of this digital book, the publisher assumes no responsibility for errors or omissions. Nor is any liability assumed for damages resulting from the use of the information contained herein.

## **Trademarks**

All terms mentioned in this digital book that are known to be trademarks or service marks have been appropriately capitalized.

The Publisher cannot attest to the accuracy of this information. Use of a term in this digital book should not be regarded as affecting the validity of any trademark or service mark.

## **Warning and Disclaimer**

Every effort has been made to make this digital book as complete and as accurate as possible, but no warranty or fitness is implied.

The information provided is on an “as is” basis. The author and the publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damages arising from the information contained in this digital book.

## **Quick Help & Support**

If you need quick Help and Support simply go to

<http://www.growtaller4idiots.com/>

## **Questions & Comments**

If you have any specific questions or comments about our program, please do not hesitate to contact us on:

[contact@growtaller4idiots.com](mailto:contact@growtaller4idiots.com)

# **Contents at a Glance**

## **Main Program**

<i>Introduction.....</i>	<i>6</i>
<i>Chapter 1: Growth Process .....</i>	<i>9</i>
<i>Chapter 2: Maximizing Growth .....</i>	<i>19</i>
<i>Chapter 3: Increasing HGH Levels .....</i>	<i>36</i>
<i>Chapter 4: Preventing Stunted Growth .....</i>	<i>55</i>
<i>Chapter 5: Height Increasing for Adults .....</i>	<i>66</i>
<i>Chapter 6: Height Increase Scams .....</i>	<i>80</i>

## **Exercises Program**

<i>Introduction.....</i>	<i>6</i>
<i>Scientific Study.....</i>	<i>9</i>
<i>Chapter 1: Nutrition for Growth.....</i>	<i>12</i>
<i>Chapter 2: Improving Posture for More Height.....</i>	<i>30</i>
<i>Chapter 3: Correct Sleeping Habits.....</i>	<i>35</i>

<i>Chapter 4: Preliminary Exercises (Stage I)</i> .....	41
<i>Chapter 5: Regular Exercises (Stage II)</i> .....	55
<i>Chapter 6: Advanced Exercises (Stage III)</i> .....	77
<i>Chapter 7: Bonus Tips for Additional Height</i> .....	96

## **Product Reviews**

<i>Introduction</i> .....	6
<i>Secretagogue Stack</i> .....	9
<i>Secretagogue One</i> .....	13
<i>Kimi Insoles</i> .....	17
<i>Growth FlexV System</i> .....	21
<i>Airsole Elevator Inserts</i> .....	26

# ***Introduction***

## **Introduction**

How many times have you heard someone say that because their parents are lacking in the height department, that they too stand no chance of being very tall? They live their life complaining about their height and irritated about how they received the short end of the stick.

While genetics do hold significant blame for your height, there are actually other things to take into consideration as well. Your height doesn't have to be left in the hands of fate. You too can make a difference on how tall you become. People of both young and old ages can help to increase their height. However, younger people will have more options than the older.

Minor factors such as how you carry yourself, what type of diet you follow, and what kind, if any, supplements you take, can all have an impact on just how tall you are or appear. This book will tell you how you can achieve this. We'll review ways to enhance your height to its greatest potential during the growth stages. You will also learn what can actually disrupt your height growth along with a few effortless ways of increasing your present height. Last but not least you'll be



educated on which scams you should be cautious of so you don't waste your money or time on something that won't work.

Let's start this height analysis by reviewing the process of height growth and how it happens.

# ***Growth Process***

## **Chapter 1**

## **Growth Process**

Everyone grows and nobody can prevent the growth process, it's just a natural part of our lives. Of course, while we all grow, some of us grow quicker than others. This is because not everyone hits their growth spurt at the same time. It can happen in short bursts or it can happen all at once. If there is a delay in growing when it comes to children, however, they should be seen by a doctor to make sure there aren't any problems. Some children experience growth defects and you want to make sure this is something you can still completely rule out by visiting your doctor.

Did you know that there are 300 bones in your body when you are first born? Did you also know that there are only 206 bones by the time we reach adulthood? Why does this happen? Mainly because our bones are basically cartilage when we're babies which is why baby's bones are so much more susceptible to break with light impact. As we get older our bones go through what is called 'ossification' where the cartilage turns solid. Eventually all of the smaller bones will unite and then be one large bone therefore reducing the total number of bones in our body.

Growth plates are located at the ends of some of the long bones in our body. When some of the cartilage doesn't ossify all at the same time, these plates continue to make new tissue while the old tissue turns into bone. Therefore making you grow even more. Once you stop growing which is usually when you are an adult, the plates will ossify as well, leaving you at your final height. If something damaging happens to these growth plates while you are still young, your growth could be stunted and could cause some bones to be more mature than others, and some longer than others.

You can actually estimate the potential height of a child by watching their growth pattern. A female will usually have a full height of double her height when she is three years old. A male will usually have a full height of double his height when he is three years and three months old.

## **Predict Your Height**

You can use growth charts to track your child's height development but they are only one of the many ways to make sure your child is healthy, growing, and properly developing.

We'll discuss all the reasons why charts will never be right-on because of the many various points that play a role. The below charts however can be a rough guideline to give you an idea.

**More Charts can be found at:**

<http://www.cdc.gov/growthcharts/>

[http://pediatrics.about.com/od/growthcharts2/Childrens Growth Charts.htm](http://pediatrics.about.com/od/growthcharts2/Childrens_Growth_Charts.htm)

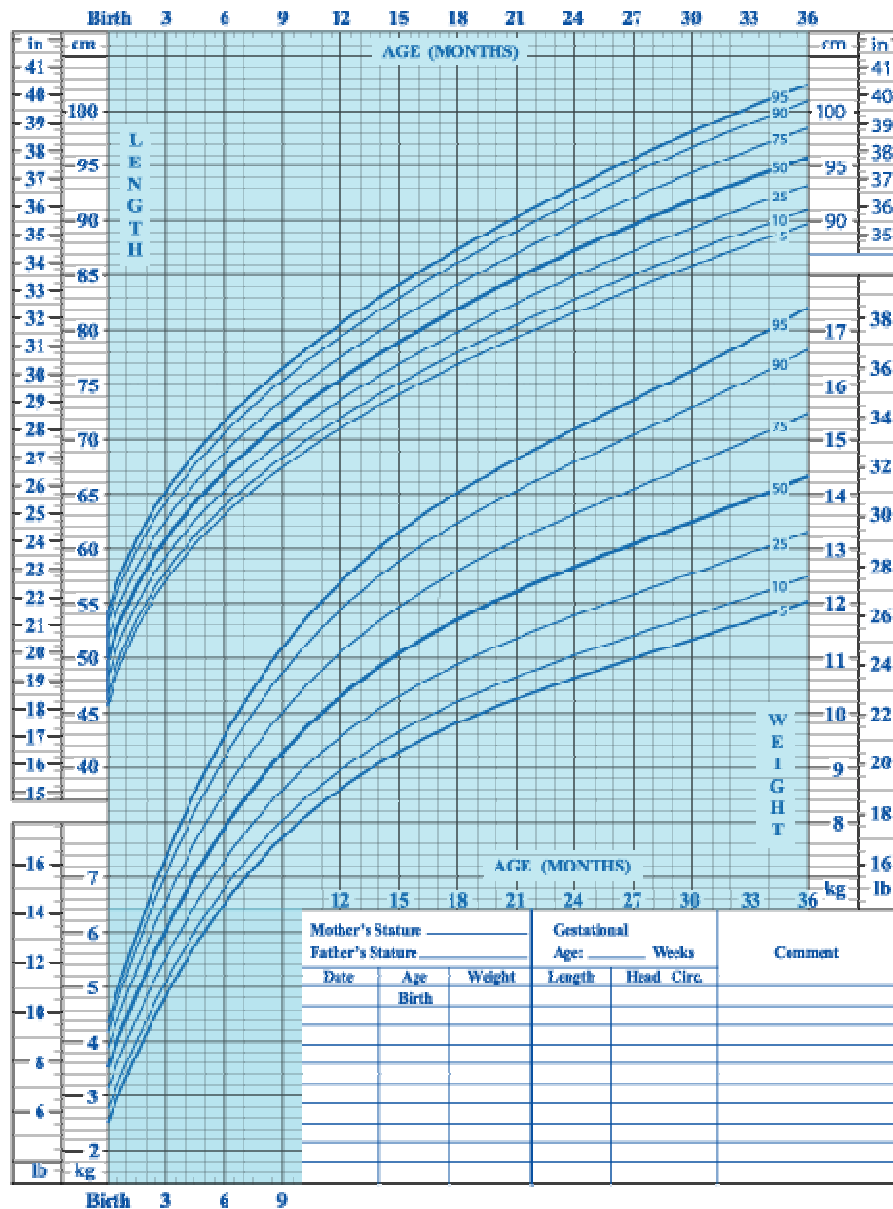
# Boys Birth to Age Three

Birth to 36 months: Boys

About Pediatrics

Length-for-age and Weight-for-age percentiles

NAME \_\_\_\_\_



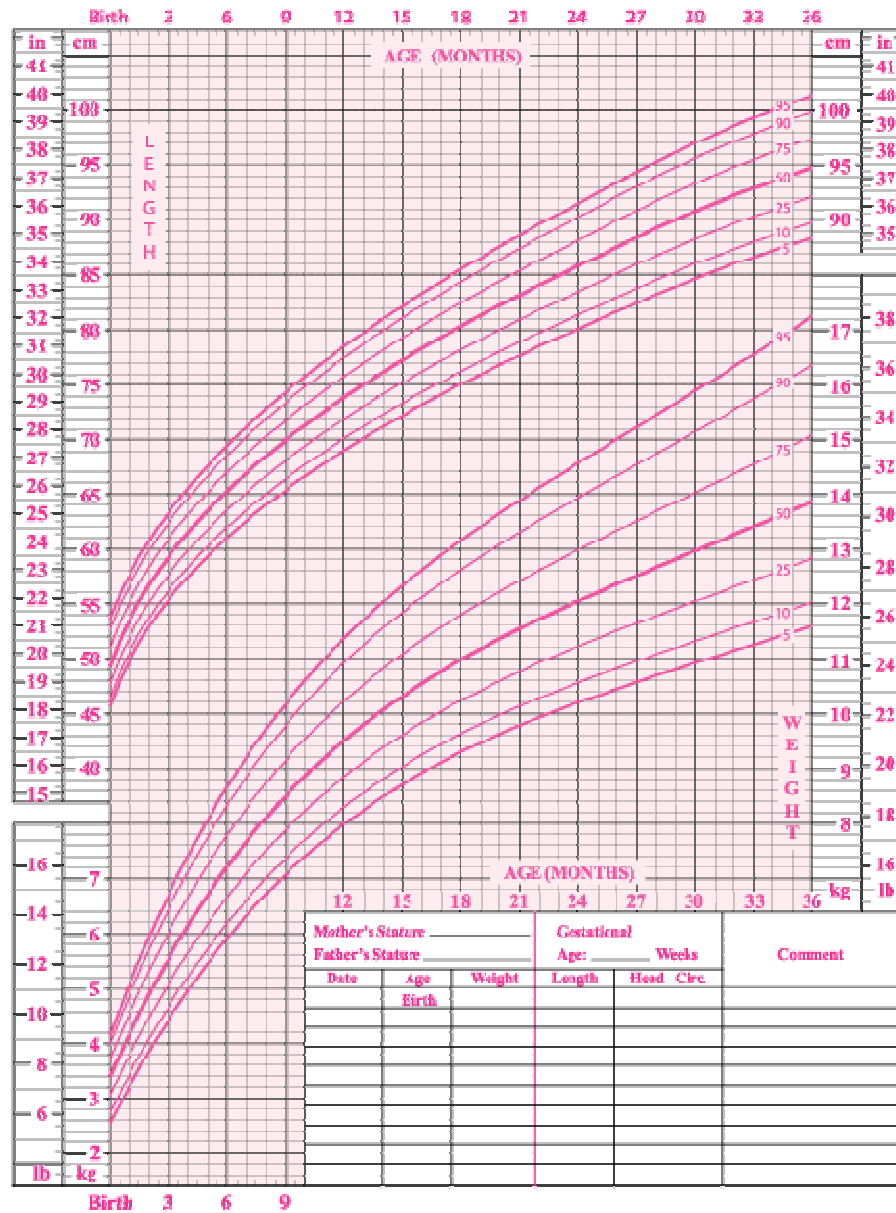
SOURCE: Downloaded from the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000). <http://www.cdc.gov/growthcharts>

# Girls Birth to Age Three

Birth to 36 months: Girls

Length-for-age and Weight-for-age percentiles

NAME \_\_\_\_\_



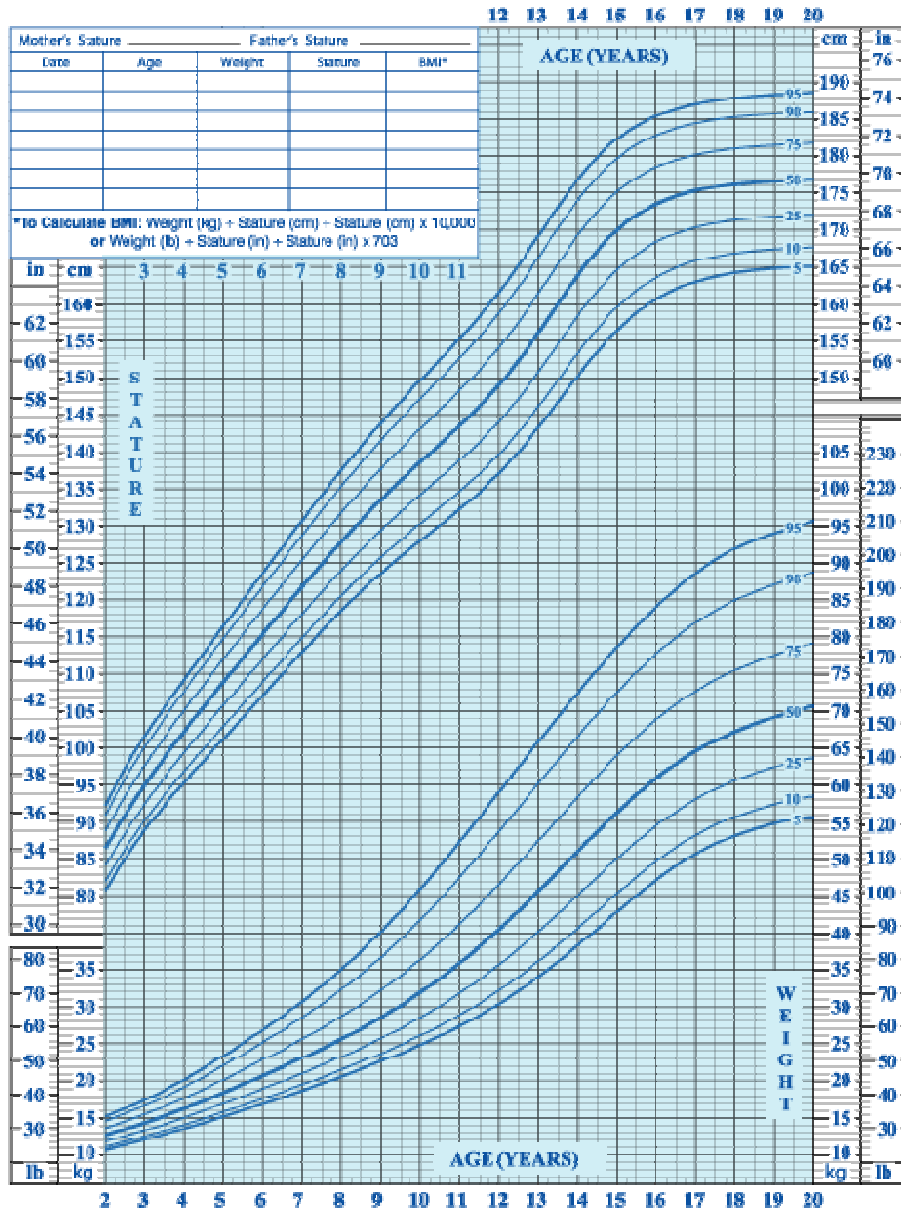
SOURCE : Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000). <http://www.cdc.gov/growthcharts>

# Boys Two to Twenty

2 to 20 years: Boys

Stature-for-age and Weight-for-age percentiles

NAME \_\_\_\_\_



SOURCE : Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000). <http://www.cdc.gov/growthcharts>

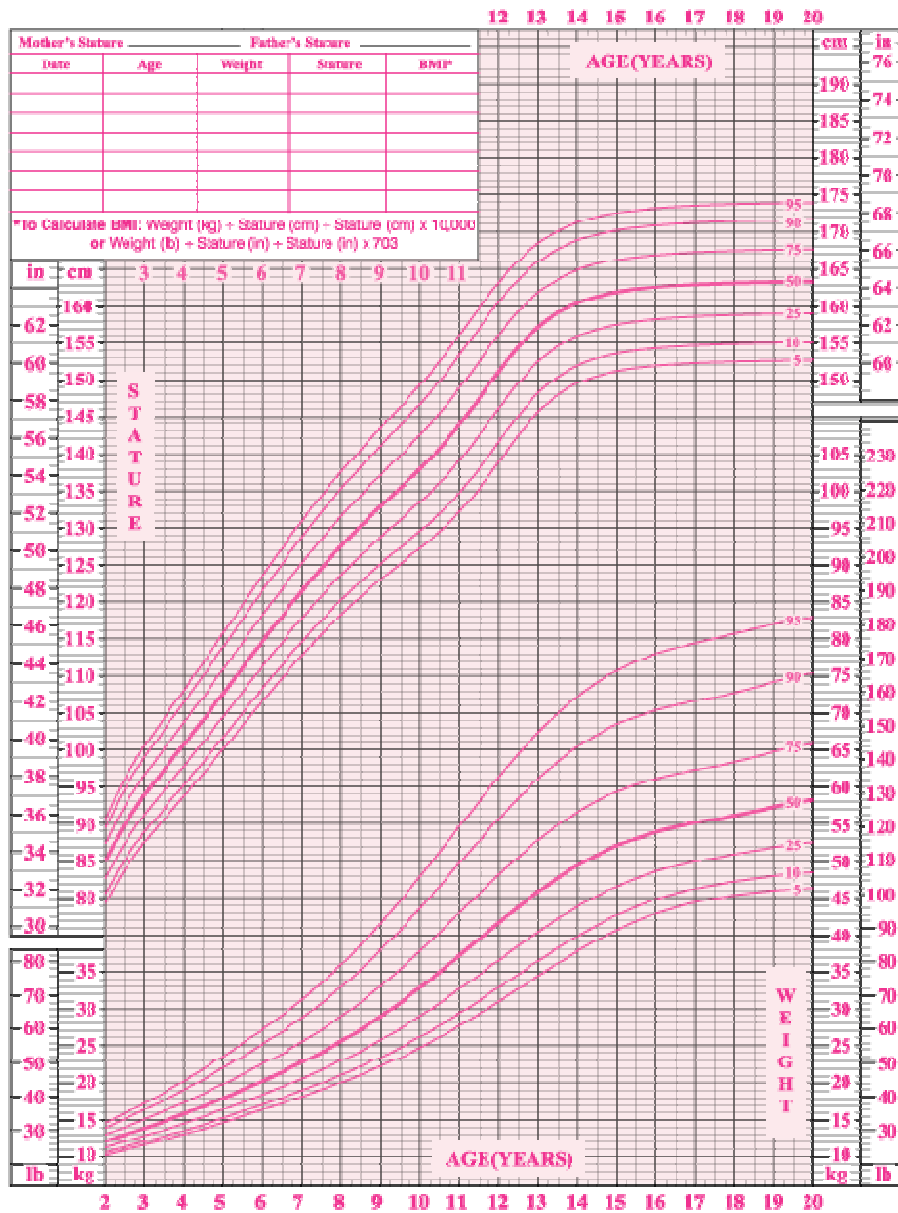


# Girls Two to Twenty

2 to 20 years: Girls

Stature for age and Weight for age percentiles

NAME \_\_\_\_\_



SOURCE : Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000). <https://www.cdc.gov/growthcharts>





# ***Maximizing Growth***

## **Chapter 2**

## **Maximizing Growth**

While in the growing stages there are lots of various things you can do to help yourself grow even taller. The way you carry yourself and how you live your life equally affect you in many ways. Both will have an effect on your appearance, how you feel and also your growth height. It's the same as striving to be the best you can be, no matter what obstacles may come across your path. You must be willing and able to give one hundred percent in order to achieve your maximum growth. Keep reading to learn about some factors that need your consideration.

## **Nutrition**

Nutrition is of superior importance when it comes to increasing your height. This is rather obvious since your body needs food in order to grow more muscle, bone, and cartilage. This process also takes quite a bit of energy so your nutrition will also contribute to feeding that energy. Your height could be hindered if you are lacking the proper amount of nutrients.

## **Amino Acids and Proteins**

Proteins are of utmost importance in order for you to reach your full growth potential. Each protein you consume has various amino acids. Now each of these amino acids all has different, but important, roles. While all high protein foods that you consume are going to contain amino acids, there are certain foods that will benefit you more than others. The body requires two different amino acids and they are categorized as: essential and non-essential amino acids. Included in the essential amino acids are: Tryptophan, Valine, Isoleucine, Lysine, Phenylalanine, Histidine, Leucine, Methionine, and Threonine. Your body does not produce these amino acids by itself and instead receives them from certain foods or supplements. This is why they are called essential amino acids.

Included in the non-essential amino acids are: Glutamine, Proline, Tyrosine, Alanine, Aspartic Acid, Cystine, Glycine, Glutamic Acid, Arginine, Serine, and Cysteine. Your body actually does produce these amino acids and you don't have to get them from food.

Your body needs certain amino acids at different times so when you consume them, they will be carried to your liver and then they continue traveling to wherever they are needed the most. Some of them might enter your blood stream where other amino acids are. The ones already in your blood stream were ones discharged from the body tissue breakdown and composition. Other amino acids will be adapted by the liver in order to create important proteins that your body puts to use like your lipoproteins and the liver enzymes. As they travel all through your body, the DNA blue print guides them to make sure they end up in the right place so that protein synthesis can begin. The synthesis procedure will be frozen and you will stop growing if even one of these important amino acids isn't there. In order to grow taller, you need to ensure the protein synthesis happens naturally so giving your body the proper amount of amino acids is the best way to ensure this happens.

Once these proteins are created by the amino acids your body will use them to make tissues. This means eyes, heart, bones, muscle, and even intestine tissue. With this said, you realize by lacking a significant amount of proteins, your bones will not grow or reach their

full potential like they would with lots of proteins. Thus, you are left being shorter.

When you break down the amino acids and focus on them individually you will find that 2 are of utmost importance. One of them is Lysine which plays a significant part of your body's growth and development. Your body needs Lysine in order to absorb calcium so your muscles and bones can grow properly. The second important amino acid is Leucine. This particular amino acid has the responsibility of making sure your skin tissue grows properly and repairs properly when needed. It's also responsible for the bone and skeletal muscle growth and has a solid link to the HGH. HGH also holds responsibility for your height growth but that will be reviewed later on in the book. Just try to make sure your body doesn't lack either of these amino acids in order to grow taller.

In order to ensure you consume the proper amount of proteins it's better to eat many high protein foods. Try alternating the types of protein foods you eat so you can avoid risking a deficiency of these amino acids. Mainly because you won't know if you do have a



deficiency so alternating can ensure you avoid this problem. Meat eaters will not have to worry as much as vegetarians will. Vegetarians will have to actually be even more careful to make sure they get a good amount of proteins. Proteins contained in plant sources do not have a high amount so different foods need to be consumed by vegetarians in order for their body to have everything it needs to function healthily and properly.

The majority of people can follow the general recommendation which is to try and consume 1gram of protein for every pound of body mass you have. Opposite of what people used to believe, body builders and those who lift heavy weights religiously don't need to have the same amounts of protein. Why is this? Because when your body has an ample amount of protein, whatever is left breaks down and the body stores it as fat and is used when energy is needed.

As a matter of fact, any type of physical activity, like training for marathons, means more protein will be needed by your body. Many people who regularly partake in these types of exercises and physical activity don't normally get the proper amount of calories, particularly

carbohydrates, which their body needs. Once all the available carbs are used to supply enough energy the body will start using proteins that were either recently consumed, or it will use the protein in the tissue structure. When this happens it can break down your muscle tissue so it's important to have enough stored protein. Marathon runners do not have a lot of muscle mass and they need to eat enough proteins to avoid the muscle tissue breaking down. Consuming plenty of proteins will ensure that should something happen to your tissue, there will be plenty of amino acids to help repair the tissue.

## **Calcium**

Calcium is very important for the growth process when you're focusing on minerals and vitamins. Our bones are basically made of calcium carbonate and calcium phosphate. They are also regularly repairing themselves which consists of them breaking down and then reconstructing again. This happens all through our lives and is why it's important to have plenty of calcium so your bones can continue reconstructing and have the ability to replace any tissue that has broken down.

In order to build strong bones and impede bone loss you must consume the proper amounts of calcium. What many people aren't aware of is that calcium helps more than just the bone performances in the body. Calcium also helps manage your muscle contractions and stimulates your nervous system. When your body needs more calcium than it has in order to meet every other need, it will begin taking them from your bones. This in turn causes your muscles to weaken and can bring on osteoporosis if it isn't caught in time.

The following is the amount of calcium recommended for daily consumption:

**Infants**

0-5 months / 210mg

6 – 11 months / 270mg

**Children**

1-3 years / 500 mg

4-8 years/ 800 mg

**Teenagers**

9-18 / 1300 mg

**Adults**

19-50 / 1000 mg

**Pregnant Women**

1000 mg

A majority of people do not get the proper amounts of calcium their body needs so it's not a bad idea to look over your own daily diet. Do you get the proper calcium amounts? If not, work out a way to ensure you consume more calcium.

There are certain foods that have exactly 300 mg of calcium and they are:

- 1 Cup of Milk
- 1 Cup of Yogurt
- 1.5 Ounces of Hard Cheese
- 1.5 Cups of Ricotta Cheese
- 2 Cups of Cottage Cheese
- $\frac{1}{4}$  Cup of Powdered Skim Milk
- 1 Cup of Calcium Fortified Orange Juice
- $1\frac{3}{4}$  Cup Canned Salmon with Bones
- 5 Ounces of Sardines with Bones
- $1\frac{1}{2}$  Cups of Tofu Processed with Calcium
- 1 Cup of Spinach
- 1 Cup of Green Soybeans

You also want to aim for consuming a minimum of 3 servings of the above mentioned foods every day. You could also implement a calcium supplement for more assurance.

## **Vitamin D**

Vitamin D is yet another very important mineral in order to have healthy bones. Your body cannot absorb the calcium that you give it properly unless there is also plenty of Vitamin D. You need to consume enough calcium to avoid a deficiency so you want to extend your consumption in order to get more than the daily recommendation. Vitamin D also helps encourage bone mineralization. If you don't have enough Vitamin D your bones will become frail and brittle and could end up having more stress fractures. Lastly, Vitamin D also hinders rickets, a childhood disease and also osteomalacia, an adult disease. Both of these diseases can immensely weaken your bones.

You should try to consume 400 IU's of Vitamin D each and every day. You can find Vitamin D in many food sources including: mackerel, tuna fish, salmon, and sardines and milk that are enriched with Vitamin D. Sun exposure is also a source of Vitamin D and is basically of the utmost importance for our bodies. The sun rays activate Vitamin D creation in your skin. The majority of adults only

need ten to fifteen minutes of direct sun, two to three times a week to gain the needed Vitamin D.

## **Calorie Consumption**

Calorie The last thing to remember when it comes to nutrition, which you learned about momentarily in the section reviewing amino acids, is your total calorie consumption. It is very crucial that you devour enough calories daily in order to make it to your full height. Even if you already feel you get enough protein, your body still needs plenty of energy to take care of itself along with energy to help the growth of your body. You won't see much, if any, difference in your height if you aren't supplying your body with enough protein. This is the reasoning behind kids eating more than usual when they're experiencing a growth spurt. Their bodies need all of those calories in a larger amount than they usually need.

Our body prefers to have carbohydrates in order to fuel itself therefore carbs are the best way to get these extra calories. You don't want to consume something that will work great for an hour or so and then leave you feeling 'crashed' so try to find complex carbohydrate sources. Why? They will offer an equable flow of energy to your body so you aren't left feeling tired.



If you stand back and look at our nations, both developed and undeveloped you will begin to realize just how much your body can be affected by not having the proper nutrients. Take the undeveloped nations for example; they do not have enough food therefore it's not odd to see many people having osteoporosis, shorter height, and many other different bone conditions. If you were to provide the proper nutrition to some of these people it isn't guaranteed it will cure them. They have gone too long without the right nutrients and the damage has already been done to their body.

So just how do you know if you're giving your body exactly what it needs? Well the first thing to know is that you should not go on a diet. This is for all teenagers, young adults and older adults. Your body will tell you when it is hungry and you should obey those hunger signs. Just choose your food wisely, aim for healthier foods. They have all the minerals and nutrients and leave you with less worry of gaining weight once you've ate them.

If you want to grow strong then you definitely need to make sure you have proper nutrition. If you are currently on a diet and find that you

lack any of these required nutrients, you want to disregard the diet and focus on the nutrients. When you lack nutrition and you find out fairly early you still have a chance of fixing the problem. Just be aware of the foods you are eating and try to choose wisely when it comes to eating and taking supplements.

## **Sleep**

Many people fail to notice just how much sleep can affect your growing process. Not just your height growth but the growth of your body as well. Our bodies grow the most during our teenage years. This is also the time that we want to live up to the fact that we 'are' young and therefore sometimes push our bodies harder than we should.

While you're sleeping your body releases a substantial amount of HGH, human growth hormone, which helps your bones grow. This is one reason sleep is so important. What is HGH? It is actually an amino acid that your pituitary gland in the brain develops. This HGH has the responsibility of a majority of the bone growth process. You have rather high HGH levels when you go through childhood. These levels peak while you are going through adolescence and then bit by bit the levels decrease during adulthood. Not to mention that while you sleep your HGH is discharged in large accumulations in the beginning stage of sleep when you are in a very deep sleep. Usually you are in the deepest sleep about thirty to forty-five minutes after you first fall asleep.

The only time your body isn't using all of its energies for multiple parts of its body is while you're sleeping. This gives the body a concentrated time to mend any tissues that might be hurt. Along with the mending of your muscle tissue, your body takes the time to form new and tougher bones that take the place of the weaker ones. By not getting a good amount of sleep you are jeopardizing your height growth.

So now you are aware of the real processes that are responsible for prompting your height and bone growth. Each person has to have rest and food; it's the way you utilize them to your advantage to know how much you can increase your potential. A person that chooses to sleep 5 hours or less a night and constantly eats unhealthy junk food will not feel the full potential and functionality of their body. While it is obvious they could be surrendering their growth they are also risking themselves to other serious diseases and health conditions in the future. Don't take any chances and choose healthy foods and make sure you get the recommended eight hours of sleep. This will ensure you stay healthy and can help you live longer.

# ***Increasing HGH Levels***

**Chapter 3**

# Increasing HGH Levels

This Chapter is Not Available in this FREE Preview Edition.

Go to [www.GrowTaller4idiots.com](http://www.GrowTaller4idiots.com) to get the Full Unrestricted Edition.

The Full Unrestricted Edition Discusses the Importance of:

- ✚ Diet
- ✚ Supplements
- ✚ SHGH Secretagogues
- ✚ Homemade HGH Cocktail
- ✚ Homeopathic Options
- ✚ Sleep
- ✚ Exercise
- ✚ Growth Hormone Therapists

# ***Preventing Stunted Growth***

**Chapter 4**

# Preventing Stunned Growth

This Chapter is Not Available in this FREE Preview Edition.

Go to [www.GrowTaller4idiots.com](http://www.GrowTaller4idiots.com) to get the Full Unrestricted Edition.

The Full Unrestricted Edition Discusses the Importance of:

- ✚ Malnutrition
- ✚ Hypothyroidism
- ✚ Hypogonadism
- ✚ Osteoporosis
- ✚ The Weight Training Myth



# ***Height Increasing for Adults***

**Chapter 5**

# Height Increase for Adults

This Chapter is Not Available in this FREE Preview Edition.

Go to [www.GrowTaller4idiots.com](http://www.GrowTaller4idiots.com) to get the Full Unrestricted Edition.

The Full Unrestricted Edition Discusses the Importance of:

- ✚ Exercises
- ✚ Improving Posture
- ✚ Looking Taller
- ✚ Limb Lengthening Surgery
- ✚ Maintaining your Height

# ***Height Increase Scams***

**Chapter 6**

## Height Increase Scams

This Chapter is Not Available in this FREE Preview Edition.

Go to [www.GrowTaller4idiots.com](http://www.GrowTaller4idiots.com) to get the Full Unrestricted Edition.

The Full Unrestricted Edition Discusses the Importance of:

- ✚ Reflexology
- ✚ Hypnotism
- ✚ Herbal Supplements
- ✚ Magnetic Insoles

# ***Exercises Program***

**Book #2**

# Exercises Program

Book #2 which is the actual Exercises Program (103 Pages) is Not Available in this FREE Preview Edition.

Go to [www.GrowTaller4Idiots.com](http://www.GrowTaller4Idiots.com) to get the Full Unrestricted Edition.

The Full Unrestricted Edition includes:

- ✚ Exercises Program Introduction
- ✚ Scientific Study
- ✚ Chapter 1: Nutrition for Growth
- ✚ Chapter 2: Improving Posture for More Height
- ✚ Chapter 3: Correct Sleeping Habits
- ✚ Chapter 4: Preliminary Exercises (Stage I)
- ✚ Chapter 5: Regular Exercises (Stage II)
- ✚ Chapter 6: Advanced Exercises (Stage III)
- ✚ Chapter 7: Bonus Tips for Additional Height

# ***Product Reviews***

**Book #3**

## Product Reviews

Book #3 which discusses the most popular height increase products currently on the market is Not Available in this FREE Preview Edition.

Go to [www.GrowTaller4Idiots.com](http://www.GrowTaller4Idiots.com) to get the Full Unrestricted Edition.

The Full Unrestricted Edition includes:

- ✚ Product Reviews Introduction
- ✚ Secretagogue Stack
- ✚ Secretagogue One
- ✚ Kimi Insoles
- ✚ Growth FlexV System
- ✚ Airsole Elevator Inserts