

How to Naturally Increase your Height 2-3 Inches within 7 Weeks

<http://GrowTallerNaturally.com>

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Contents

INTRODUCTION	6
BACKGROUND INFORMATION	8
Spinal Column	9
Legs	10
HEIGHT STATISTICS	11
NUTRITION AND SUPPLEMENTS	13
HUMAN GROWTH HORMONE AND SLEEP	16
EXERCISES FOR SPINE LENGTHENING	18
Stretches	18
Cobra	18
Super Cobra	19
Cat Stretch.....	20
Basic Leg Stretch	20
The Bridge	21
The Table	22
The Bow Down	23
The Yawn	23
The Super Stretch	24
Hands on the Head Bow Down	24
Wall Stretch	25
Basic Twist.....	25
Super Stretch #2	26

[How to Naturally Increase Your Height](#)

1 Straight Leg Up	26
Touch Toes.....	27
Bar Twist	27
2 Straight Leg Ups	28
The Bowl.....	28
The Skier.....	28
Upper Body Slant	29
Lower Body Slant.....	29
Sky Stretch	30
Super Sky Stretch	30
The Downhill.....	31
Standing Table Hold.....	31
Bench Stretch	32
Incline Upper Body Slant Stretch	32
The Acrobat	33
Swimming.....	33
Hanging	34
EXERCISES FOR LEG LENGTHENING.....	35
Kicking.....	35
Jumping	36
Cycling	36
Swimming.....	36
Jumping Rope	36
Sprints	37

How to Naturally Increase Your Height

DEEP BREATHING AND MASSAGE.....38
Deep Breathing 38
Massage.....39
HEIGHT PROGRAM 40
CONCLUSION 43

Introduction

This book is for any young person who wants to add an extra few inches to his or her height. Or perhaps you want your kids to be tall. This book was especially made to help add an extra few inches to growing children above and beyond what nature will do for them.

There are a lot of factors that come into play when it comes to height. Genetics is the main factor. Since we can't do anything about that, we will not address that part of it.

However, the good news is that you can add up to 2 inches (5 cm) in most cases to your natural height. More dedicated people can even add up to 4 OR MORE inches (10 cm) to their height.

If you will just give us about 20-45 minutes a day for 5 days a week, you will gain height. If you can give us 45-75 minutes a day for 6-7 days a week, you can gain up to 2 inches (5 cm) in height within a few weeks.

Yes, you do have to have some dedication. The things you need to do to gain this height aren't particularly hard. In fact, most of them are quite easy to do. What you put into this endeavor is what you will get out of it. Dedication, persistence, and enthusiasm are the key factors.

A lot of the activities and exercises can be included in your normal daily routine. You can use the exercises and stretches as part of your workout routine. You can even do the stretches while you watch TV.

Can you expect to gain height fast? Well, some people have gained over an inch in height within 2 weeks using the exercises and stretches we outline in this book. So it is possible.

What if you can't do all or some of the exercises? We give you a basic program that you can follow. The beauty in it is that we give you a base to start from. You can adjust it to your schedule, time constraints, athletic ability, and enthusiasm.

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We want you to succeed. To succeed we know you have to be dedicated and persistent. You have to have enthusiasm when you are doing this. For that we have a flexible program in which you can add your own input into it. However, we must caution, please follow our general guidelines.

A lot of people fail at gaining height simply because they start off with an abundance of enthusiasm and energy only to quit within 3 weeks because they over did it.

Another reason people fail is because they don't make a routine of this. They are sporadic in doing this. If you are going to skip days, please make sure they are scheduled to be off days. Try to make your height increasing routine a habit, just like eating and sleeping. Now let's get tall.

Background Information

So what are the major factors when it comes to height and gaining height:

- Genetics
- Nutrition
- Human Growth Hormone
- Exercises
- Growth Plates
- Sleep
- Deep Breathing
- Massage

What you can't control.

You can't control your genetics.

You can't change or control when your growth plates fuse up and close, either. Usually this happens around the age of 24. You can still grow after that, but it is a lot harder. You will gain at most 2 inches (5 cm) of height after your growth plates fuse together.

Two inches is still a lot of height gained. So don't be too worried about your growth plates.

This is what we will focus on in this book and what you can control.

We can show you how to help boost your Human Growth Hormone production to help prime your body to grow. Sleep is tied into this.

We can help you understand the importance of deep breathing and a certain area that needs to be massaged. You can mix and match the exercises you use in this program, but you will have to do the massage and the deep breathing.

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We will show you the proper nutrition you will need as well as a secret, yet common, food that some of the tallest people in the world eat.

Finally, you have total control of the exercises you can choose or not choose to grow tall. As you can see, there are plenty of factors in growing taller that you have control of.

The exercises in this program will target your spinal column and your legs.

Spinal Column

The spinal column consists of 33 vertebrae. Between each vertebrae there are discs made up of cartilage. Cartilage is stretchable. You can grow taller by developing the cartilage and increasing the spaces within the vertebrae. What you will need to do is to strengthen the discs and increase their elasticity.

Most people don't exercise, and they definitely don't take the time to specialize in exercising the spinal column. What ends up happening is that the spinal column begins to compress and minimize the spaces within the vertebrae. Thus, you won't be as tall as you could be.

Over time your spinal column will take form and not reach it's maximum potential unless you do something about it.

Your spinal column compresses daily because of gravity when you are standing or sitting. However, when you sleep straight on your back your spinal column straightens out since gravity isn't pulling it down to the ground.

Want proof?

Ok, try this. Measure your height right before you go to bed. Then measure your height right when you wake up. You will probably be about an inch taller in the morning. The heavier you are the more gravity pulls down on your spinal column.

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So therefore, you may be over an inch taller in the morning as opposed to at night. Basically, the heavier you are, the more you will shrink throughout the day.

What you will need to do is put the spine in traction, basically decompressing it so you can increase the fluid capacity in the discs. This will thicken and strengthen the cartilage along the entire spinal column making it longer and stronger. With a stronger spine, your body can better resist the compressive forces of gravity.

Legs

Just like the spinal column, there is the capacity to lengthen the legs within the thigh and shine bone areas. There are gaps within the bones. By exploiting these gaps and creating more gaps and widening them through certain exercises, you can effectively lengthen the bones.

When you combine tension with compression you create microscopic stress fractures. Have you ever had shin splints? Shin splints are microscopic fractures that have gotten too big and haven't been repaired quickly enough.

Now imagine if you could repair those big gaps caused by the microscopic fractures before you lose the ability to repair them. What would happen is that you will eventually get taller.

The next section will talk about some interesting facts about the height of people around the world.

Height Statistics

Did you know that the country with the tallest people overall is the Netherlands? The males average 6 feet (183 cm) and the females average just over 5 feet, 7 inches (170 cm).

The average American male height is 5 feet, 9 inches (175 cm) while females average 5 feet, 4 inches (163 cm).

The Dutch may have the tallest country, but the tallest people in the world reside in an Eastern European republic called Montenegro which is part of the country of Serbia and Montenegro. The former Yugoslavia. If Montenegro were it's own country, it would have the tallest people in the world. And the Dutch wouldn't even be close.

The average male in Montenegro is 6 feet, 3 inches (191 cm). The females average just under 5 feet, 11 inches (180 cm). The average female there is taller than the average American male.

There are over 5.5 million American males that are 6 feet, 2 inches (188 cm) or taller.

1 in 7 American males is 6 feet (183 cm) or taller, about 15% of the population. 1 in 2 Dutch males is 6 feet or taller, 50% of the population.

There are over 1.5 million American females 5 feet, 9 inches (175 cm) or taller.

The average Japanese male is 5 feet, 5 1/8 inches (165 cm) tall.

Each generation seems to be getting taller. The main factor in that is nutrition.

Since poor people hundreds of years ago and even a few generations ago had poor unbalanced diets that lacked what they needed to grow properly, they in effect stunted their own growth. This brought down the average height for most countries.

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It is general knowledge that wealthier people are on average a couple inches taller than poorer people based solely on nutrition.

Generations ago, the differences in height between wealthy and poor were even more pronounced since poor people had such horrible diets. The gap in nutrition between wealthy and poor has closed significantly in recent generations.

The height gap has also closed but has not completely caught up. Wealthy people are still taller and that can be attributed to genetics. Over the years they built up a genetic height advantage based mainly on their diets.

Why do some wealthy nations such as Japan and other Asian nations still lag in their height? A lot of that has to do with the types of food they traditionally eat. Although the Japanese are still way shorter than Americans and Europeans, they are slowly catching up and growing at a faster rate.

The reason? Their diets are changing. The Japanese have recently passed the Chinese and for the first time in history they are now taller than the Chinese.

Nutrition and Supplements

Proper nutrition and supplements are important to growing taller. Leaving them out and dismissing them as not as important as the exercises would be a bad move. Nutrition is the main reason why the Dutch are so tall and why the Japanese have grown 3 inches (8 cm) in average height in the last 50 years.

The heights of these people and the height increases tell us a lot about the health and nutritional standards of these people. The critical stages in growth are the first year of life and during puberty. If you are well nourished and eat and drink the right things, you will be setting yourself up to grow taller and maximize your natural height.

The Japanese use to have a diet consisting mostly of rice and corn and other high carbohydrate foods. The problem with that is, protein is essential for growth and they had very little of that. Since they are gradually eating a more Western type of diet, they have been growing taller since World War II.

You will want a diet that consists mainly of meat and dairy products such as milk, eggs, cheeses, and yogurt. Did you know that yogurt is reported to be a secret growth food of the people of Montenegro?

One thing about the Western type of diet that you don't want to include is a lot of saturated fats. 150 years ago, North Americans were the tallest people in the world.

Even back as far to the year 1750, North Americans were the tallest people with the average male being 5 feet, 8 inches (173 cm) tall. That was 2-3 inches (5-8 cm) taller than the average North European male.

We have gotten taller, but the Dutch and Nordic countries such as Norway, Sweden, Finland, and Denmark have passed us because they have a less fattening diet. They are growing at a faster rate.

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There are a few other reasons why we have been passed up as well. In the past we had a lower population which helps boost up the average height of a people. We were relatively isolated and had less problems with diseases than Europeans. We had a dietary advantage as well.

Now we have a population of over 280 million people to spread the average height across. Over 10% of the population is foreign born, usually from Third World nations which have a worse diet than Americans. So these people put a downward trend to our height average.

Look at the republic of Montenegro. They have about 600,000 people and are relatively isolated with a diet that has a lot of dairy products in it. They are a hardy mountainous people who keep fit.

They built up their genetics through diet and fitness over the years while maintaining a low population. Even though they are relatively poor, they have had fewer children. Since having lots of people/children puts a downward trend on heights, they essentially avoided that without knowing it.

When you spread out having a lot of kids over a population, usually the poorer and generally speaking, shorter people will have the majority of kids. Well, when you have less kids and spread those kids across a smaller population of taller people, the kids and the whole people become taller eventually.

This is what has happened in Montenegro. That is why the average male is 6 feet, 3 inches (191 cm) there. They don't have any secret exercises to become taller. You soon will though.

Now back to our comparisons of North America and Northern Europe. We don't take care of our poor as well as European countries. This hurts our average height because their poor people are taller than our poor people.

When huge segments of the population lack proper nutrition and proper medical care, they will have a hard time reaching their maximum natural height. Also they have smaller populations than the USA.

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When a nation hurts itself nutritionally over a few generations, most of the people won't reach their maximum height. Eventually that will show up in the genetics of the people.

So it becomes a 1-2 punch. The good thing is, you can overcome your genetics and usually add 2-4 inches (5-10 cm) to your height.

Now let's go to supplements.

The most important supplement you need is calcium. This is the most important thing you will need for bone growth. You will also need magnesium, chromium, and zinc. These all play major parts in aiding bone growth.

The best sources for calcium and zinc are milk, yogurt, eggs, and meat. The best source for chromium is meat. For magnesium, it would probably be best to take it in pill form.

Here is an important side note. Magnesium helps you sleep better which is when you do most of your growing. Milk does as well. So consider drinking a glass of milk about 2 hours before bed.

Try to avoid calcium inhibitors such as soft drinks, cigarettes, alcohol, coffee, refined sugars, and salt. If you want to grow taller minimize the intake of them.

You will also need to drink a lot of water to keep your blood thinned out and able to transport all the vitamins and nutrients your muscles and bones will need to repair and grow bigger and longer.

Human Growth Hormone and Sleep

Growth hormones are special hormones produced by special cells in the endocrine glands, specifically the thyroid gland. These hormones are produced in small amounts and are sent into the bloodstream and target directly or indirectly specific organs and tissues to help regulate growth and development.

Growth hormone instructs your skeletal bones and muscles to grow stronger, bigger, and longer. If you have a lot of growth hormone in your system, you can't help but get bigger. If however you don't have enough growth hormone in your body, it will be hard to grow. Your body can do only so much with too little of it.

Glutamine is an amino acid that helps release growth hormone. You may want to buy the supplement and augment your exercise and nutritional program with it.

Now the good news is that you can naturally increase growth hormone release through exercises, nutrition, and proper sleep.

Intense exercises such as jumping and sprinting boost growth hormone production.

Proper sleep is vital. The first 2 hours of sleep are when the most growth hormone spills into your system. Not getting enough sleep can lower the amount of growth hormone your body produces. Get at least 8 hours of sleep.

Eating big meals with foods that have a high glycemic index will force your body to produce a large amount of insulin to help in digestion. This will effectively block out the flow of growth hormone into your blood stream.

That is why a diet high in sugars and carbohydrates is bad for growing taller. That is a big reason why Asians are generally short. They eat way too many carbohydrates.

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What is better is to have more meals with less carbohydrates. The typical bodybuilder diet is a good example to follow. Eating 5-7 small high protein meals is the best way to keep your insulin levels low and your growth hormone production high.

The intensity of your exercising has a lot to do with the production of your growth hormone. If your exercising is of lower intensity such as jogging, you will produce less growth hormone as compared to sprinting.

A shorter more intense workout is better than a longer less intense workout. Just remember there are numerous factors into growing taller. Doing intense exercises will help you in this quest, but it is not the only thing you have to do.

You will want to avoid eating any food or drinking any soft drinks in the 2 hours before bed. This is critical because you don't want any insulin surges before and during your sleep.

Remember, the first 2 hours of sleep are very important because that is the time when your body produces and releases the most growth hormone.

Consider drinking a glass of milk with a glutamine supplement 2 hours before you expect to go to bed.

Now to the sleep part.

You will need 8 hours of sleep. You will need to sleep on a firm mattress to help keep the spine straight.

You will need to either use a small pillow or no pillow at all. Pillows hinder your breathing and take your neck out of alignment with your spinal column.

You will need to sleep on your back and spread out. This best stretches out and decompresses your spine. You must stretch out.

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One thing you can do is to raise the bottom part of your bed where your feet are by 2-4 inches (5-10 cm) in height. This way you use gravity to pull your spine up as opposed to when you are standing and gravity pulls your spine down.

With your head below your heart, you will also allow gravity to force better blood flow to your thyroid gland which can help in the production of growth hormone.

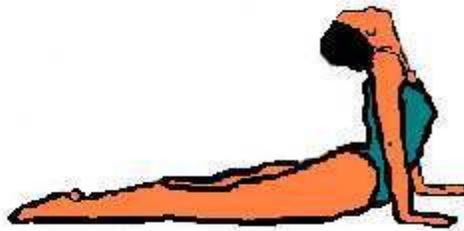
Exercises for Spine Lengthening

The exercises which will be used to lengthen your spine include the following:

- Stretches
- Hanging
- Swimming

Stretches

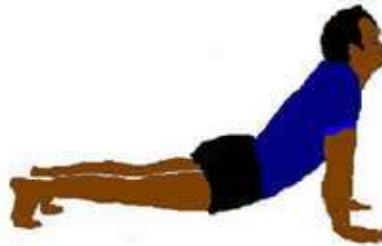
Cobra



Lie on the floor face down with palms on the floor under your shoulders. Begin to arch your spine up leading with your chin. Arch as far back as possible. Each repetition should last between 5-30 seconds.

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Super Cobra

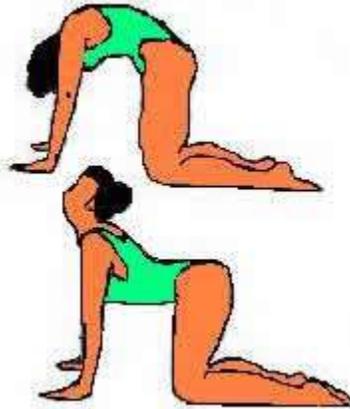


Start with your arms perpendicular to the floor, and the spine arched (the end position of the cobra). Now bend your hips and bring your body up into an inverted 'V' position.

While you are doing that, tuck your chin against your chest. Return to the original position. Each repetition should last between 10-20 seconds.

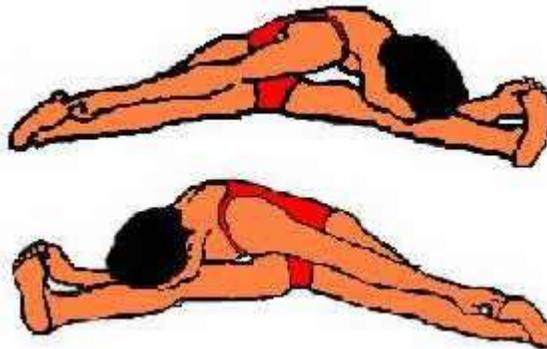
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Cat Stretch



Get on your hands and knees with your arms locked out. Inhale as you flex your spine down and bring your head up. Exhale as you bring your spine up into an arched position while bringing your head down. Each repetition should last between 3-8 seconds.

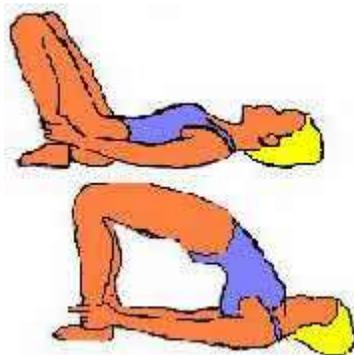
Basic Leg Stretch



Sitting down, spread your legs far apart. Reach for your toes. Try to keep your knees as straight as possible. Now move into reaching for the toes on the other leg. Be sure to keep your spine straight and move from your hips. Do not arch the upper spine. This stretch works both your spine and legs. Each repetition should last between 6-15 seconds.

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The Bridge



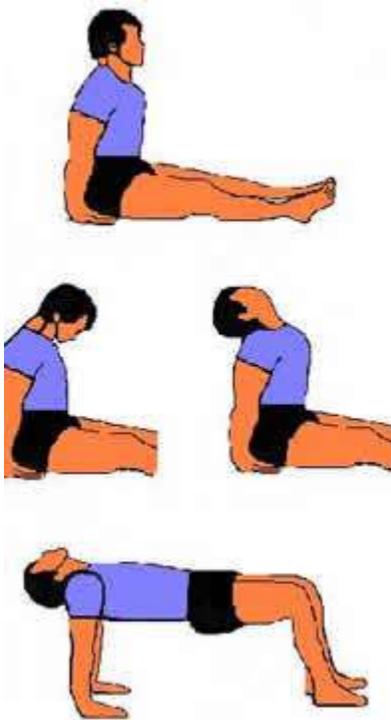
Lying down with your knees bent and feet flat on the floor as close to your butt as possible, grab your ankles and hold onto them while you raise your hips up and arch your spine, lifting your abs towards the ceiling.

Lift your abs as high as possible. Go back down. If you can't hold onto your ankles, keep your arms to the side and use them to help push yourself up.

Each repetition should last between 3-10 seconds. This stretch may be hard to do at first, but be persistent even if you can't do it completely right at first.

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The Table



Sit down on the floor with your legs straight. With your torso straight, place the palms of your hands on the floor next to your butt. Then tuck your chin against your chest. Now bring your head back as far as it will go.

While doing that, raise your body so that your knees bend while the arms stay straight. The torso and upper legs will be straight and horizontal to the floor. Your arms and lower legs will be perpendicular to the floor. You will be the shape of a table.

This is another hard stretch for some. If you can't do it right away, just do the best you can, eventually you will be able to do it with ease. Each repetition should last between 8-20 seconds.

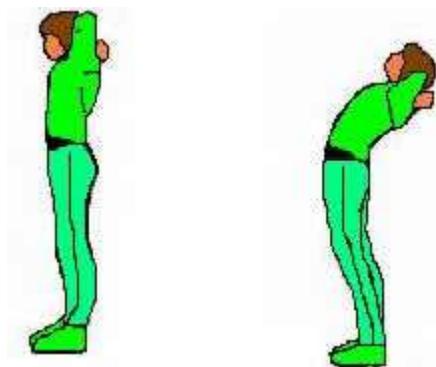
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The Bow Down



Stand with your hands on your hips. Keep your hands on your hips and bend forward as far as possible, leading with your head. Don't bend your knees and keep your chin off of your chest. Each repetition should last between 4-8 seconds.

The Yawn



Standing up with hands held together behind your neck, bend your head upwards and back as far as possible. Each repetition should last 5-15 seconds.

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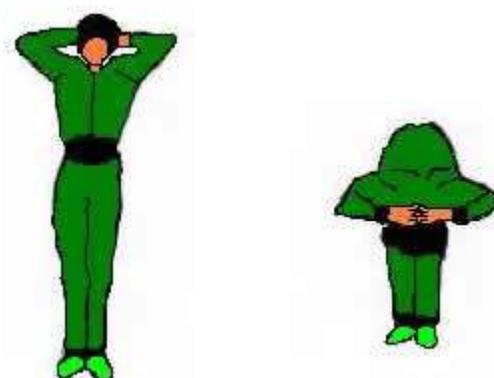
The Super Stretch



Standing up, reach your hands up as high as you can as you lean slightly back. Feel the stretch in your lower spine. The Super Stretch can be done standing up or lying down.

Because this stretch is easy and comfortable, we encourage you to do this not only as part of a program but also at odd times like when you are watching TV or lying in bed. Each repetition should last between 4-7 seconds.

Hands on the Head Bow Down



Standing with your hands together behind your neck, bend forward as far as possible. Lead with your head. Bring your chin into your chest. Don't bend your knees. Each repetition should last between 4-8 seconds.

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Wall Stretch



Standing up against a wall, reach your hands up as high as possible while getting on your tip toes. Keep your spine flat against the wall as much as possible. Each repetition should last between 4-6 seconds. This stretch is harder than it looks because you are keeping your spine flat against the wall.

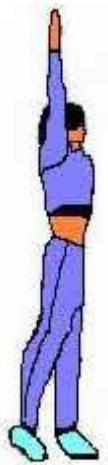
Basic Twist



Standing with your arms straight out at shoulder level, twist your upper body to the left and right while your legs and hips remain still. The twist to each side should last between 2-4 seconds.

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Super Stretch #2



Standing up, face 4 inches (10 cm) from a wall, reach as far up onto the wall as possible getting on your tip toes. Each repetition should last about 3-5 seconds.

1 Straight Leg Up

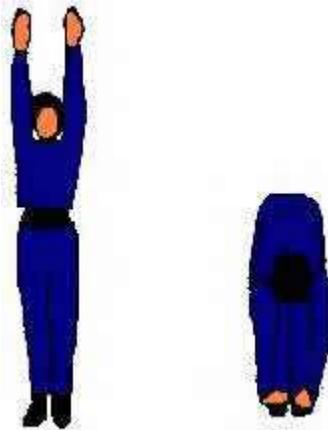


Lying on your stomach with your hands behind your neck, raise one of your legs as high and as far up as possible. Now repeat with the other leg. Keep your legs straight.

Each repetition should last between 3-5 seconds.

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Touch Toes



Standing with your hands high above your head, bend over and touch your toes. Keep your legs as straight as possible. You can bend your knees a little if need be. Each repetition should last between 2-3 seconds.

Bar Twist



Standing with a broom or bar way over your head, twist to your left and right. Twist to one side and stretch, then twist to the other side and stretch. You should hold each repetition on each side for 3-4 seconds.

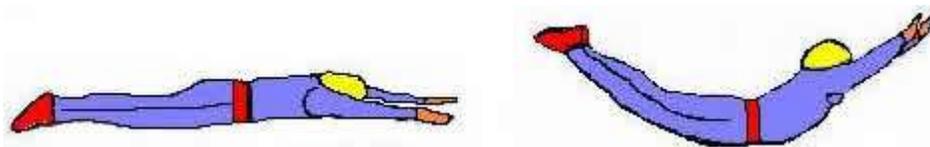
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2 Straight Leg Ups



Lying face down with your palms down and on the sides, raise both your legs up together as high as possible. Keep your feet together. Each repetition should last 3 seconds.

The Bowl



Lying face down, raise both your arms and legs up at the same time. Each repetition should last 3 seconds.

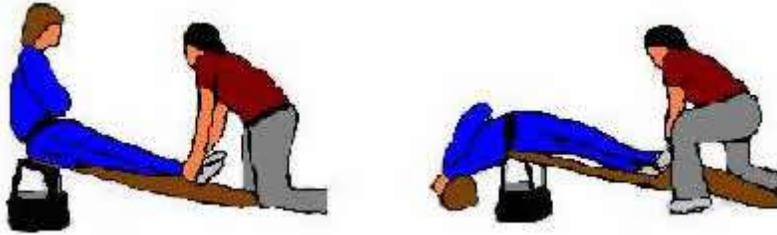
The Skier



Standing with your legs 3 feet (1 m) apart and your arms raised over your head as high as possible, bend forward at your waist and push your arms through your legs. Each repetition should last about 5 seconds.

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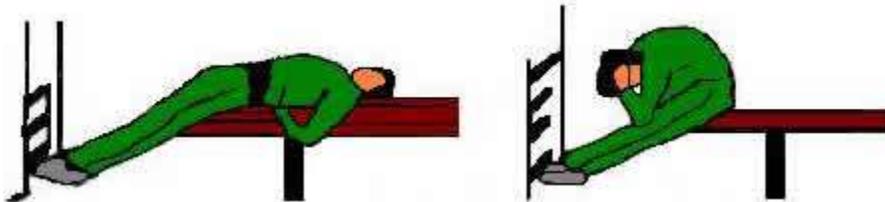
Upper Body Slant



Sitting on the edge of a slant board with your legs straight, lean back as far as possible so that your upper body is completely off of the slant board. If you don't have a slant board, you can easily create one with a board and a bucket.

Each repetition should last 4-5 seconds.

Lower Body Slant

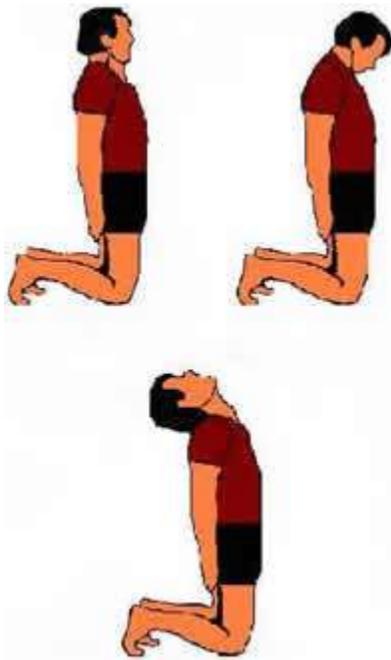


With your upper body lying on a straight bench and your butt on it while your legs are completely straight, lean your upper body forward and bring your nose to your knees.

Each repetition should last between 4-5 seconds.

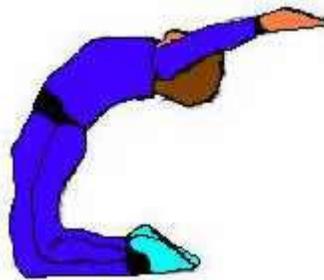
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Sky Stretch



Kneel on the floor with your body straight and your hands against your thighs. Bring your neck and head forward and tuck your chin to your chest. Then bring your neck and head as far back as possible while you arch your spine. Each repetition should last between 6-8 seconds.

Super Sky Stretch



On your knees with your arms stretched upwards and hands together, lean your head and arms back as far as possible. Each repetition should last about 5 seconds.

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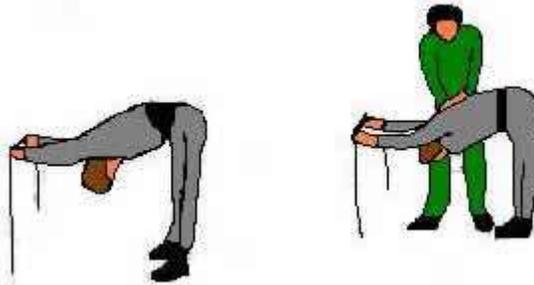
The Downhill



Standing with your hands together and arms behind you, bend down at the waist as far as possible as you slowly swing your arms as high as possible behind you.

Each repetition should last between 4-6 seconds.

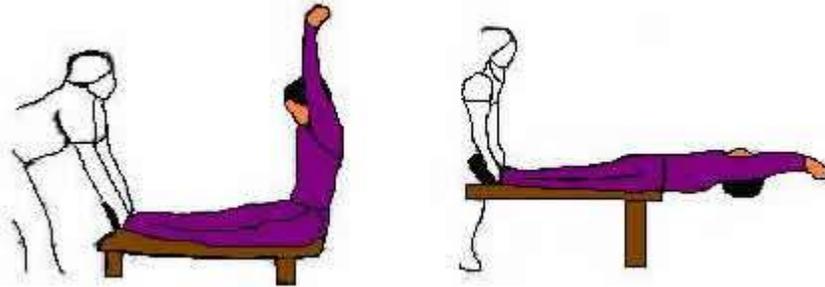
Standing Table Hold



Standing with your hands holding a table and your upper body horizontal to the table, have someone push against your upper back as you stretch. Each repetition should last 10-15 seconds.

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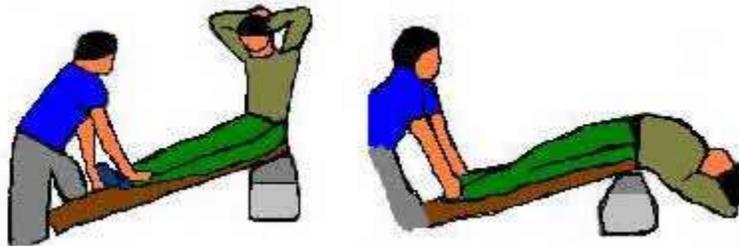
Bench Stretch



Sitting on a straight bench with your arms raised above you, slowly lean back so that your upper body is off the bench and horizontal to it.

Each repetition should last about 6 seconds.

Incline Upper Body Slant Stretch



Sitting on the upper part of an incline bench with your legs straight and hand together behind your neck, lean back over the edge as far as possible.

Each repetition should last 4-7 seconds.

How to Naturally Increase Your Height

The Acrobat



Lying on your back with your knees bent and hands next to your head with the palms flat against the floor, push off your feet and hands to raise yourself up as high as possible. Each repetition should last about 8-15 seconds.

Swimming

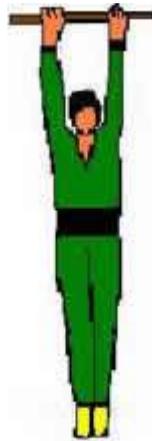
The section on swimming is going to be very brief and to the point.

To lengthen your spine while swimming, you should consider doing the breast stroke. It is the ideal stroke because while your legs are kicking one way, your arms are stretching you the other way. Since this is happening at the same time, this helps lengthen your spine as opposed to other swimming strokes.

The second reason swimming is good is because being in a pool of water effectively neutralizes the effects of gravity on your spine.

How to Naturally Increase Your Height

Hanging



There is nothing complicated to hanging. It is just as you thought it would be. No exciting secrets. You hang from a bar. This helps to lengthen and straighten your spine. It is tedious and can be tiring, but it works.

Each hanging repetition should last between 10 seconds and as long as you can hold on for. You can hold on longer if you use a pair of weightlifting wrist wraps. We highly suggest that you use them.

We recommend that you hang at least 30 minutes a week. If you can do more, even better.

Another thing to consider is that if you want your back and shoulders to get wider and have that V-Taper, use a wider grip. The wider the better. You can vary your hanging grips.

A wider grip is harder.

Hanging effectively decompresses the spine.

Exercises for Leg Lengthening

The exercises which will be used to lengthen your legs include the following:

- Kicking
- Jumping
- Cycling
- Swimming
- Jumping Rope
- Sprints

Kicking

Repeated kicking helps lengthen the shin and thigh bone. Ever notice how kick-boxers have longer than average legs?

It's the same principle as far as baseball pitchers too. Pitchers usually have a pitching arm that is 1-2 inches (2-5 cm) longer than their other arm. Same principle. Repetitive stress forces the bones to lengthen due to the stress.

There are only 2 kicks you will have to do in this program. The first one is the basic **front snap kick**. Just extend out your leg and snap out a kick. The kick will be quick and not go any higher than 2 feet (60 cm) off the ground.

Each kick will last less than 1 second. Do 20 kicks at a time on each leg then switch to the other leg. Rest 30-60 seconds after you are done with 20 kicks for each leg. Then repeat the process over again.

The second kick is a **straight leg kick**. The best way to explain this is to pretend you are kicking or punting a football or soccer ball. Kick as high as possible. Each kick will last about 1.5 seconds.

Do 10 kicks at a time on each leg then switch to the other leg. Rest 45-60 seconds after you are done with 10 kicks for each leg. Then repeat the process over again.

[How to Naturally Increase Your Height](#)

Jumping

There are 2 jumps in this program. The first jump is to jump up onto a bench and jump back off. You can do this with both legs or 1 leg at a time. You can get more done by doing both legs at the same time.

These will be rapid jumps. Each jump will last less than 1 second. Do 10 jumps then rest 30 seconds.

The second jump will be to jump as high as you can. These are more intense and require more resting. Do a jump then rest 5-15 seconds depending on your fitness level.

Cycling

For cycling to help your legs to get longer, you will have to ride the bike with the seat raised 2-4 inches (5-10 cm) higher than is comfortable for you. It will be hard at first to ride a bike like this, but keep at it because it is one of the best ways to force your legs to stretch and lengthen.

Do 20 minutes of this at a time. A stationary bike would be ideal to use.

Swimming

Again, do the breast stroke. Most people don't have regular access to a swimming pool so don't be too concerned if you have to leave this out of your program. If however you do have access to a swimming pool, do 15-20 minutes of the breast stroke over a period of 30 minutes.

Jumping Rope

Jumping rope puts a lot of stress on your shins if done correctly. Provided you give your shins proper rest, this will help you lengthen your legs. Jump with both of your legs at the same time. Do at most 500 jumps in a session.

[How to Naturally Increase Your Height](#)

Sprints

There are 2 reasons for doing sprints to get longer legs. The first reason is that intense sprints increase the amount of growth hormone released into your blood. This allows your whole body to grow.

The second reason is that sprints are the best way to stress your leg bones. Be careful when doing sprints because you can easily develop shin splints if you overload yourself with too many sprints and not enough rest.

For sufficient growth, you will only need to do 4-6 sprints of 40-60 yards 3 days a week. If because of weather you can't do sprints, then switch to one of the other leg lengthening exercises.

Deep Breathing and Massage

Deep Breathing

Proper deep breathing is essential in allowing all of the exercises in this program to work as efficient as possible for you.

The reason is that you want the proper oxygenation of your blood to carry all the hormones and blood to where they need to go. Deep breathing stimulates this. Shallow breathing doesn't stimulate blood movement or the oxygenation of blood.

When you are doing your stretches, practice deep breathing during the stretches.

Now besides doing the deep breathing while stretching, you will have to do it separately. There are 3 things you need to concentrate on when doing deep breathing.

- Inhaling
- Holding
- Exhaling

You will inhale through your nose. You will hold with your mouth. And then you will exhale out of your mouth.

Now there are 3 ways we want you to do the deep breathing.

1-1-1 You will inhale, hold, and exhale the same amount of time. You will inhale for 5 seconds, you will hold for 5 seconds, and you will exhale for 5 seconds. Do at least 10 of these each day. You can change the amount in the times, but keep the ratio constant.

1-4-2 You will inhale 3 seconds, hold for 12 seconds, and exhale for 6 seconds. Do at least 10 of these each day. This targets your lymph system. You can change the amount in the times, but keep the ratio constant.

How to Naturally Increase Your Height

The last deep breathing you will have to do is to inhale and hold your breath for as long as possible. Then exhale. Do 5 of these each day.

If possible, try to spread these out throughout the day.

Massage

The pituitary gland in the endocrine system is the gland that helps the thyroid control your hormones and growth rate. This gland is located at the forward base of your brain.

You can help speed up slow growth by stimulating reflex points in the body that have a special nerve connection to the pituitary gland.

The main reflex point to massage is located on the pad of your thumb. Use your other thumb to rub the pad in a clockwise motion. Be very firm when doing this.

Massage each thumb pad for 2-3 minutes every day. You don't even have to do it all in a row, you can break it up and do it during TV commercial breaks if you want.

The second area you will massage is your whole neck. A lot of people have their blood flow stagnate in their neck region.

By massaging it, you will give the blood a smoother passage to your brain, thyroid, and pituitary gland, which will allow for a more efficient distribution of your growth hormone.

To massage your neck, use your fingers and rub in a circular motion all over your neck. Do this for 5 minutes. Be sure to roll your neck a few times during and after the massage. Since the thyroid is located in the front part of your neck, put a lot of focus there.

Height Program

We understand that it is hard for most people to incorporate a routine into their schedules over a period of time. It is not necessary for you to do all or any of these exercises all together.

If you can do a little here and there throughout the day, you will more likely stick with the program and grow taller. So it may be hard to calculate how much time you devote each day.

On days that you have a block of time, please do some of these exercises and stretches during that time. You should be able to find a block of 20 minutes each day, but some days you may not be totally motivated or into it.

Ideally, we'd like you to do 45-75 minutes a day, 6 days a week. If you have to break it up into 2-3 mini workouts to get to 75 minutes, do it. If you miss a day or only do 20 minutes a day, don't worry too much about it. Just don't make that a habit.

To make it easier on your schedule, consider breaking up the parts of this program.

Do your stretches, kicking, and jumping while you are at home. Perhaps schedule it while you watch TV. However, just remember to concentrate when you are doing your exercises.

Do your breathing and massage right when you wake up in the morning and right before you go to bed at night.

Throw in jumping rope when you can at home.

The sprints you can do near your house. Cycling you will have to block out a time to do that. Hanging and swimming you will probably have to find a gym unless you have a bar and or swimming pool at home.

The main part of the program will be the things you can do at home and in private.

How to Naturally Increase Your Height

The staple of this program will be stretching for your spine. This will get you the quickest results. A lot of people have gained an inch or more within 2 weeks of stretching. People seem to underestimate stretching.

Stretching straightens out your spine. Just because you sit or stand up straight doesn't mean your spine is straight. It means you are sitting or standing up straight with a somewhat crooked and arched spine.

That is not as tall as you can be no matter how straight you think you are sitting or standing. But once you progress with your stretches, you will straighten out your spine and reach not only your full potential as it is now, but it will be possible to lengthen your spine beyond just straightening it out.

You can add about 1-1.5 inches (2-4 cm) with the proper straightening of the spine. You can also add an extra 1-1.5 inches by lengthening the spine even more by adding space between each vertebrae and elongating your cartilage in the spine.

The second most important component to this program is kicking for your legs. Just to let you know, cycling with an elevated seat will get you quicker results but we have to assume you can't ride a bike or stationary bike consistently enough each week for whatever reasons.

If you can ride a bike consistently, put more emphasis on it over kicking. You can usually add an inch to your legs within 2.5 months with seat elevated bike riding.

The supplementary parts of this program include swimming, sprints, jumping, jump rope, and hanging, not to mention cycling. Besides cycling, hanging is the most important.

How to Naturally Increase Your Height

The priority in exercises should be in this order:

1. Stretching
2. seat elevated cycling
3. hanging
4. kicking
5. jumping
6. sprints
7. swimming
8. jumping rope

Here is the 6-day a week program:

25-30 minutes of stretching each day.

Choose 5 different stretches and concentrate on them. Have at least 1 lying down stretch, 1 standing up stretch, and 1 twisting stretch each day. This will work your spine from a bunch of different angles. Change at least 3 of the 5 stretches you do each week.

Rest 3-10 seconds between each stretch.

15-20 minutes of kicking each day.

Do the snap kick for 10-15 minutes of that time. Do the straight leg kick for the rest of the time. Rest according to our above outline in the kicking section.

5-10 minutes of hanging. Rest according to how you feel. Rest long enough so that the next time you hang you can do at least 10 seconds of hanging.

15-30 minutes of the rest of the exercises. Cycling gets priority. Then jumps. If however you can cycle 6 days a week for 20 minutes, then use kicking in this time period and cycling as your staple leg lengthening exercise.

Mix and match what you do in this time to keep things interesting and not so tedious. This way you will maintain your enthusiasm, persistence, and dedication.

How to Naturally Increase Your Height

On top of those exercises, make sure to do a total of 10 minutes of deep breathing and 10 minutes of massaging your thumb pads and neck each day.

Try to do 5 minutes of each when you wake up and 5 minutes of each before you go to bed.

Conclusion

As you can see, the process of increasing your height isn't very hard. You can expect to grow at least an inch within 4 weeks. You have to be dedicated and not cheat yourself.

As a general rule, your spine should grow before your legs. You can get about 2 inches (5 cm) of growth from your spine and 2 inches from your legs.

The older you are, the harder it will be to grow because your plates are fused together (or are in the process of fusing together) and you produce less growth hormone.

This program would be ideal for a teenager that is still growing because by doing this program they can add to their growth spurt and even prolong it.

Don't just focus on the exercises. Remember that sleep and nutrition are vital to this program. Don't cheat yourself out of an extra inch or more by not getting enough sleep or eating a bunch of junk food.

A lot of research was put into the components of this program. We gave you a flexible and doable program. Please follow the guidelines.

Good luck and grow tall!!!