

I skipped the first chapter, dealing with nutrition because you are better off not reading it. It was grossly outdated and incorrect in its advice.

All you need to know is that the body needs 90 some nutrients to sustain a healthful state. Consuming all 90 nutrients does not guarantee perfect health. Genetics, disease, viruses and other factors will surely interfere with our healthful states. This is just a very good guideline to stick by.

60 - 70 minerals, 16 vitamins, 4 essential fatty acids, 11-12 essential amino acids

There are a lot of vitamins and minerals out there to purchase. Which ones are the best for growing? And which nutrients do I really need?

The minerals are the most important, calcium being the most important for our purposes. It is a fact that your body gets most of the proteins and vitamins it needs from a healthy diet, vegetables, meat, and or beans.

Minerals however, are most likely not in the foods you eat because most of the produce you eat is grown in the depleted United States farmlands. Plants make vitamins as a natural part of photosynthesis. Plants do not make minerals. They absorb minerals from the ground through their roots. If there are no minerals in the ground, there are no minerals in the plants.

If you're considering buying calcium from your grocery store or GNC or other nutrition stores, read this first!

99.9% of all minerals sold in stores are in an elemental form (non-absorbable). If your minerals don't come in a liquid and don't say "Colloidal" don't waste your money. Colloidal minerals are highly absorbable in your body. Elemental minerals are good for your plants and are useless for you.

I have put together a short list of products that contain the essential nutrients you might need.

Liquid colloidal minerals.

Best source New vision international, Health Company. \$19.00 for 32oz. 1month supply
Contains 60-70 minerals.

Cheapest source with unknown quality but seems to taste pretty good,
Sams club (a wallmart owned franchise kinda like costco) only \$9.00 for 32oz 1month supply
Contains 60-70 minerals plus other good stuff!

NOTE: even if you use the previous colloidal mineral products they do not contain enough calcium for a growing child or adult.

Drink lots of milk and you'll have all the calcium your body needs. Cheapest source!

Minute maid concentrate orange juice with added calcium, the calcium is in colloidal form. Not as cheap as milk but not every one can drink or likes milk.

Essential calcium, a powder that when mixed with water turns into a colloidal calcium, made from calcium carbonate. Light citrus flavor, expensive, but a great alternative.

If you don't like milk or calcium added orange juice. A New vision product.

NOTE: don't waste your money on calcium pills, they all are useless.

If you don't eat enough meat or beans then the below products are great substitutes.

"Amino Fuel" by twin lab contains all essential proteins for growth.

Spirulina (type of blue green algae) has all essential proteins within it.

Vision pro extra is another great source of all essential proteins. New vision product

One other product that is not an essential nutrient but would definitely aid you in your quest

To thicken your cartilage between your joints, thus making you taller, is gelatin.

Gelatin is ground up animal cartilage. This cartilage will help replenish your own.

If you don't like it or would like a substitute, new vision also sells an advanced form

Of gelatin in an easy to swallow capsule, not as cheap as gelatin though!

NOTE: None of these products will make you grow taller by themselves. Taking them will help your body respond in a positive way to the exercises that can increase height.

If you would like more in depth information on essential nutrients, especially about minerals and why they are so important and why you should only consume colloidal.

I can send you an audiotape for free. I have lots of extras! You may have heard of it

Definitely an adult you know has heard of it or owns it. It's called

"Dead Doctors Don't Lie" Ask around and borrow it off someone or send me a self addressed stamped envelope and I'll send you one. MRLJ21@usa.net

If you're looking to spend money on the best products around I can refer you to New Vision International, e-mail me to get a hold of me.

All of this nutrition information is based on professional nutritionist's findings.

But as in all fields of science, The experts often disagree, so this information is not absolute and has been interpreted by me, so it is my opinion, and I'm no doctor

or scholar as you might tell by my wonderful grammar :) so be light hearted and enjoy!

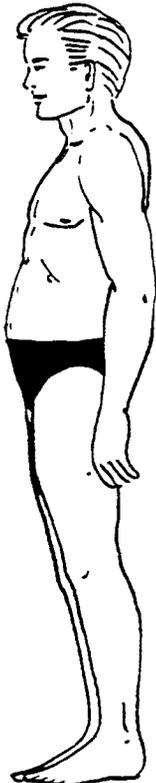
CHAPTER 2

IMPROVING POSTURE FOR MORE HEIGHT

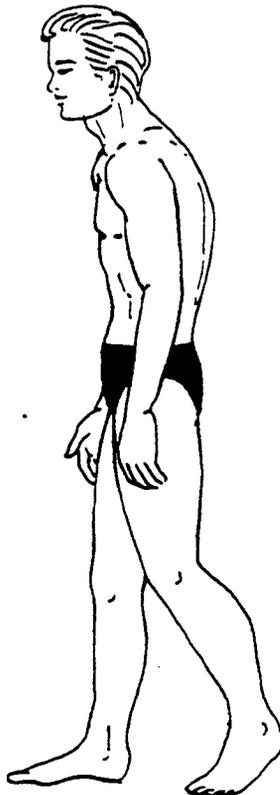
Before we go into the more intricate phases of our program let's touch first upon a more simple solution for obtaining your maximum height - posture correction. Many people rob themselves of extra height because they fail to realize that a good posture is essential for maximum height increase. Correct posture involves more than just standing straight and erect. You must train each part of your body to maintain its proper position. You must learn how to hold your head, your pelvis, your legs, sit correctly, walk correctly, plus numerous other do's and don'ts to assure you of achieving every possible inch of height.

"TILTED PELVIS PROBLEM"

The pelvis acts as a lever and directly influences our posture and stature. When the pelvis is carried too far forward, the condition is termed a "Tilted Pelvis". This condition directly robs you of extra height and is generally the result of a person with lack of stomach muscles and who usually has a large stomach. (We've designed several exercises included in chapters 5 and 6 to strengthen stomach muscles and remedy this condition). Persons with weak knee
origin have this condition which is also remedied by exercises in chapters 5 and 6.



TILTED PELVIS



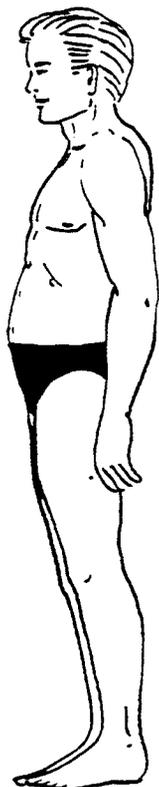
CURVATURE OF THE SPINE

IMPROVING POSTURE FOR MORE HEIGHT

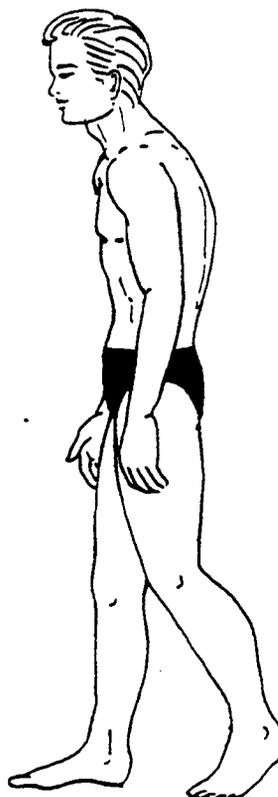
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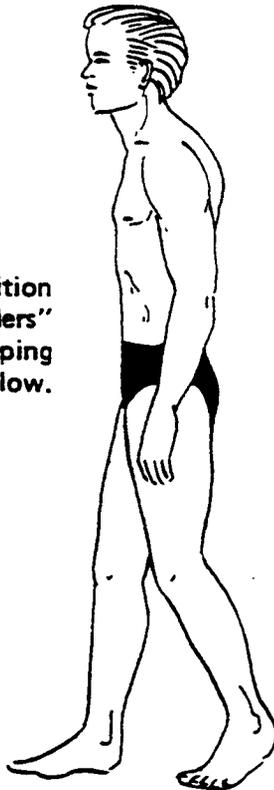
"KNOCK-KNEES AND BOW LEGS"

These two common deformations of the legs, which are not unusual, frequently rob their victims of added inches. Persons with, knock-knees usually walk with the bulk of their weight on the in-step (inner arch) of their feet. To remedy this condition, they should walk with their arches raised and with their weight concentrated on the outer rim of their soles. In doing so, the knees will be separated naturally and straighter legs will be developed. Foot doctors can prescribe special shoes (or inserts) for this purpose. The condition known as bow-legs is the exact opposite of knock-knees, therefore, the remedy would be to concentrate the bulk of there weight on the instep, instead of the outer rim. Special shoes (or inserts) can be prescribed for this purpose also.

"ROUND SHOULDERS"

This is a condition where there is an abnormal curvature of the upper part of the spine combined with an unnatural forward thrust of the shoulders. One of the symptoms of round shoulders is carrying the head too far forward.

This is the condition commonly known as "Round Shoulders" that is sometimes caused by sleeping with a pillow.



To remedy this condition, perform exercise No. 3 in Chapter 4 a few additional times each day. Develop the habit of carrying your head high with your chin up. Shoulders should always be kept back and not allowed to droop forward. Especially, in women where this condition could result in sagging breasts. However, be careful not to develop a stiff, rigid posture which can impede proper breathing. Be sure to maintain the proper posture in a relaxed and comfortable manner.

CHAPTER 3

CORRECT SLEEPING HABITS

In this very important chapter you will learn how to correct some bad sleeping habits which rob you of your maximum height potential. For example many of you only get 3 and 4 hours of sleep each night. Well, did you know that if you remained in bed for several days, that within that time span, you would actually increase your height as much as a full inch? Unfortunately, this increase in height is only a temporary condition. As soon as you are up and around again the forces of gravity compress the disc between the vertebrae to their original width, and so you revert back to your original height. While you are lying in bed there is no pressure on the vertebral disc which allows it to expand, which would explain our normal growth pattern. However, only a small percentage of this expansion is retained. Exercise must be used to strengthen and maintain this expansion at its peak otherwise, the normal forces of gravity will take their toll. On the other hand, in order to reap the benefits of our detailed exercise program, you must also assure yourself of getting the proper rest otherwise the exercise is useless by itself. As a rule, we strongly recommend getting at least 8 hours of sleep for best results. In order to maximize your fullest height potential, there are some very important tips you need to know about sleeping. Make sure your mattress is firm and capable of giving your body full support. This is to aid in keeping your spine as straight as possible while sleeping. A soft or sagging mattress will tend to bend the spine and curve the torso in a sinking effect which must be avoided. A good mattress will support the whole body, which will keep it in a straight posture setting - a must for obtaining greater height.

Now that you'll be sleeping on a good mattress, there's another bad habit that most of you must rid yourselves of "using a pillow". This is a very common mistake made by most of us because we are led to believe that a pillow allows for a more comfortable night's sleep so through habit we become attached and generally accept this as the most comforting way to sleep. However, nothing could be further from the truth. The use of a pillow is an incorrect form of sleeping and should be avoided.

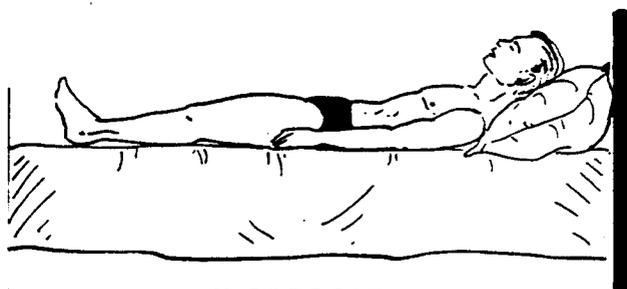
Consider these facts:

1. While lying on your back with your head resting on a pillow, your neck is bent forward in a very unnatural position.
2. In this position your head is being pushed forward and your back is arched, also a very unnatural position.
3. If you suffer from frequent neck or back pains, in the majority of cases you can probably blame it on your pillow or mattress.

You would never consider putting your neck and spine in such an alien position while your standing so why assume this position while sleeping? What happens is your body may subconsciously maintain this unnatural position rather than go through the aches and pains of straightening out each morning. This could result in the condition commonly known as "Round Shoulders".

By this time it should be apparent why a pillow is unhealthy and a negative factor for our purpose of obtaining height. After all, how can your body grow straight and tall to its fullest potential if it is in a curved position for 8 hours every night?

Now that you have eliminated your pillow, it is possible to sleep in an advantageous position for increasing your height. In order to accomplish this, your spine must be as straight as possible. We recommend you lie on you back with your arms and legs stretched toward the foot of the bed. Do not exert any effort or pressure to stretch your limbs. Allow your body to be completely relaxed. You may let your head turn to the right or left and bend your arms if it is more comfortable to you. The important thing is to keep your body (torso and legs) as straight as possible. This position may prove to be uncomfortable for the first few nights, but your body will soon become accustomed to this manner of sleeping and before long you will discover not only extra inches but, also a more comfortable sleep.



INCORRECT



CORRECT

Key Points:

- *Make sure you get the proper rest (at least 8 hours per night).
- *Make sure your mattress is firm and supports your body.
- *Kick the "pillow habit".
- *Sleep on your back with your torso straight and fully extended.

CHAPTER 4

STAGE I (Preliminary Exercises)

Now that we've given you a few simple tips on how to obtain a couple of extra inches, it's time to find out how sincere and dedicated you really are toward reaching your goal of adding several extra inches.

It is generally accepted that in humans physical activity encourages bone growth. Scientific tests have shown that following vigorous training or (exercise), an increase of growth hormones has been observed in the human body.

In this chapter we've designed a set of (6) exercises for the purpose of preparing you for the vigorous exercise program prescribed in the latter two chapters as well as to lengthen your body for those added inches. This chapter should not be skipped or substituted. Perform all of the exercises in this chapter twice a day - once in the morning, after waking up and once in the evening, before going to bed - for 7 consecutive days before you start the Body Conditioning Exercises. Continue performing these exercises for an additional 2 weeks while you are also performing the Body Conditioning Exercises.

You should be able to complete all of the preliminary exercises within 15 minutes.

Before you start this first set of preliminary exercises, we would like to point out that you are now beginning the part of our specialty designed program, that is going to require a conscious effort and strong determination and will power on your part. The plain truth is that your not going to increase your height by wishing for extra inches. No one can achieve a goal worth while without devoting the necessary time and making the necessary sacrifices toward accomplishing that goal. The fact of the matter is you're going to have to make sacrifices and devote your spare time toward one goal - Being Taller. In order to accomplish this you must exercise whenever you can and be strong-minded enough to carry on each day without giving up. Don't cheat yourself out of this opportunity. You owe it to yourself so give it your all.

Once you have started the Regular Exercise Program, as described in chapter 6, you must not stop these exercises. It will certainly add to your height development if you continue performing as many of these exercises as your energy and time will permit.

Now for those of you who are really serious about being taller - lets get started.

(NOTE)

While we recommend certain time limits to follow while performing all the exercises in this book, we do not however, recommend performing any of these exercises to the point of exhaustion. Do not over-exert yourself. If you have a shortness of breath or become overly fatigued, discontinue these exercises immediately until you are rested enough to continue at your own pace.

— Preliminary Exercises —

1. Before getting out of bed each morning (and before going to sleep each evening), stretch your arms and legs to their limit. Point your toes towards the foot of the bed, point your outstretched arms towards the head of the bed, and stretch your body to its limits. Twist and turn your body in every possible direction, stretching every joint and muscle in your body simultaneously.

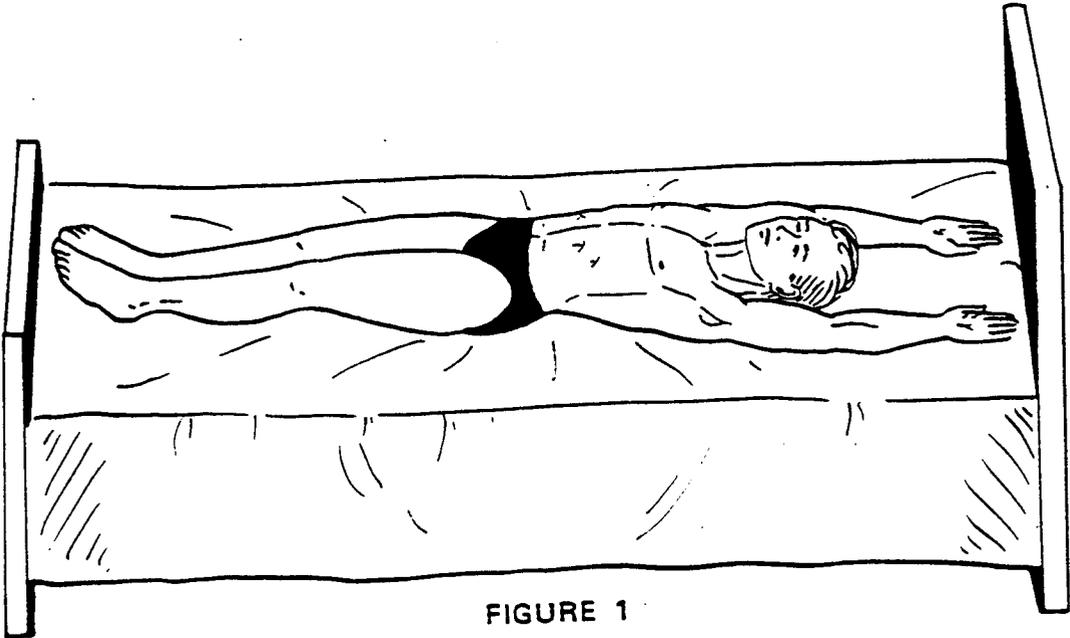


FIGURE 1

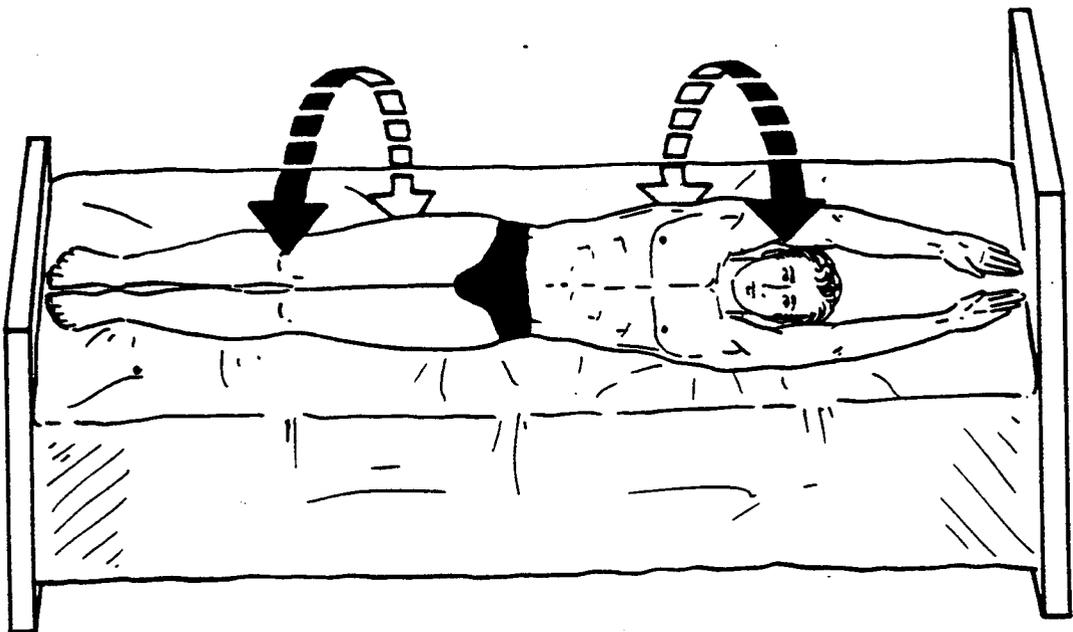


FIGURE 2

2. Still in bed, lying flat on your back, place your hands on your hips and lift your legs and lower torso into the air so that your weight is resting on your elbows and upper back. In this position, with your feet straight up, rotate your legs in the same manner as if you were riding a bicycle. Continue the pedalling motion for 60 seconds.

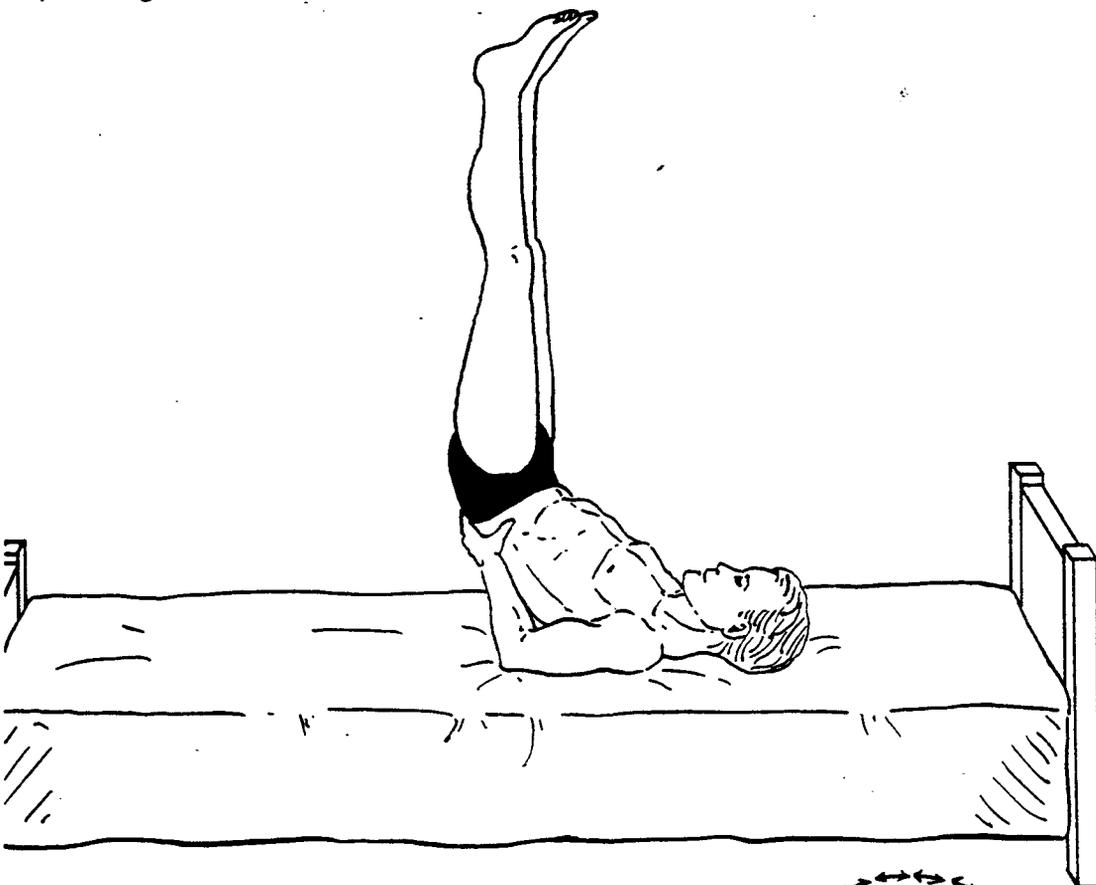


FIGURE 1

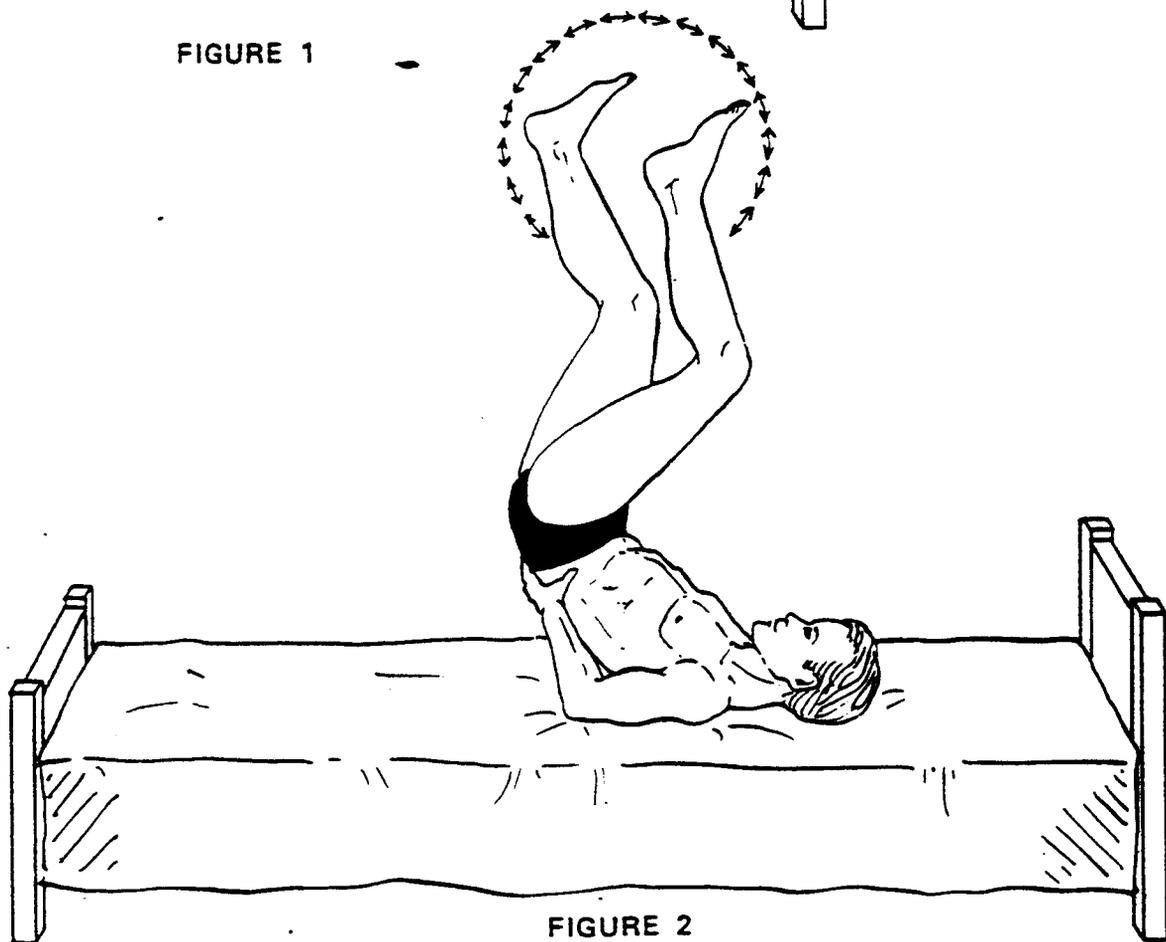


FIGURE 2

3. In the sitting position, while still in bed, allow your head to droop forward with your chin as close to your chest as possible. Rotate your head to the left, then backward, to the right, and then forward. Repeat this circular rotation of the head several times, and then rotate the head in the opposite direction several times. Extend the head as far to the left and right, and as close to the chest and back as possible. Loosen up those neck joints!

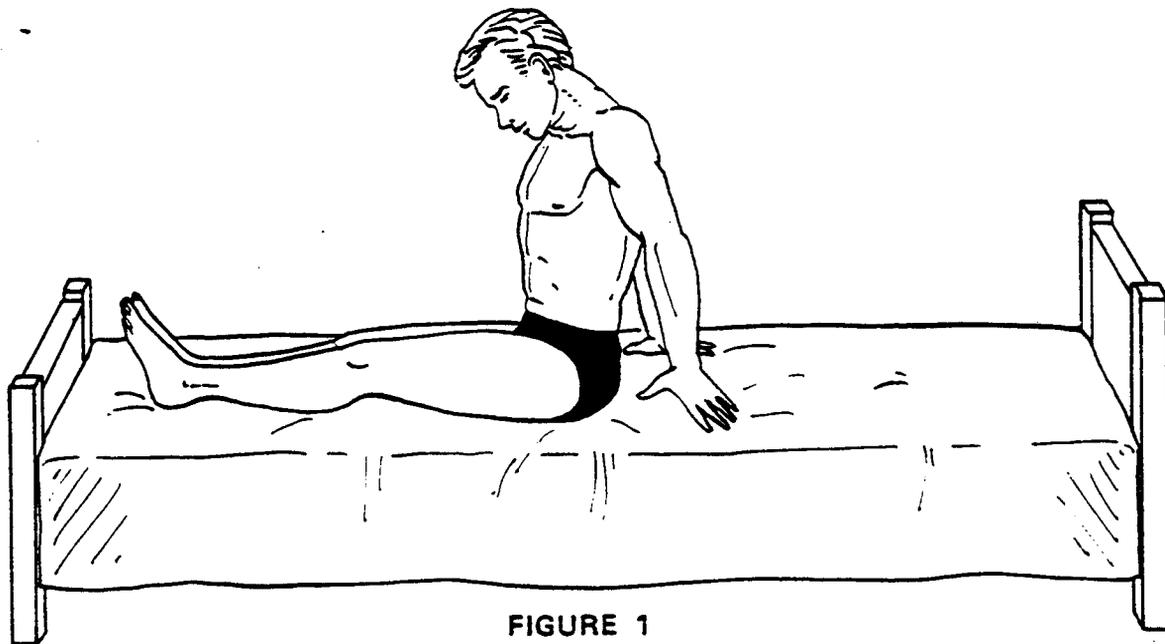


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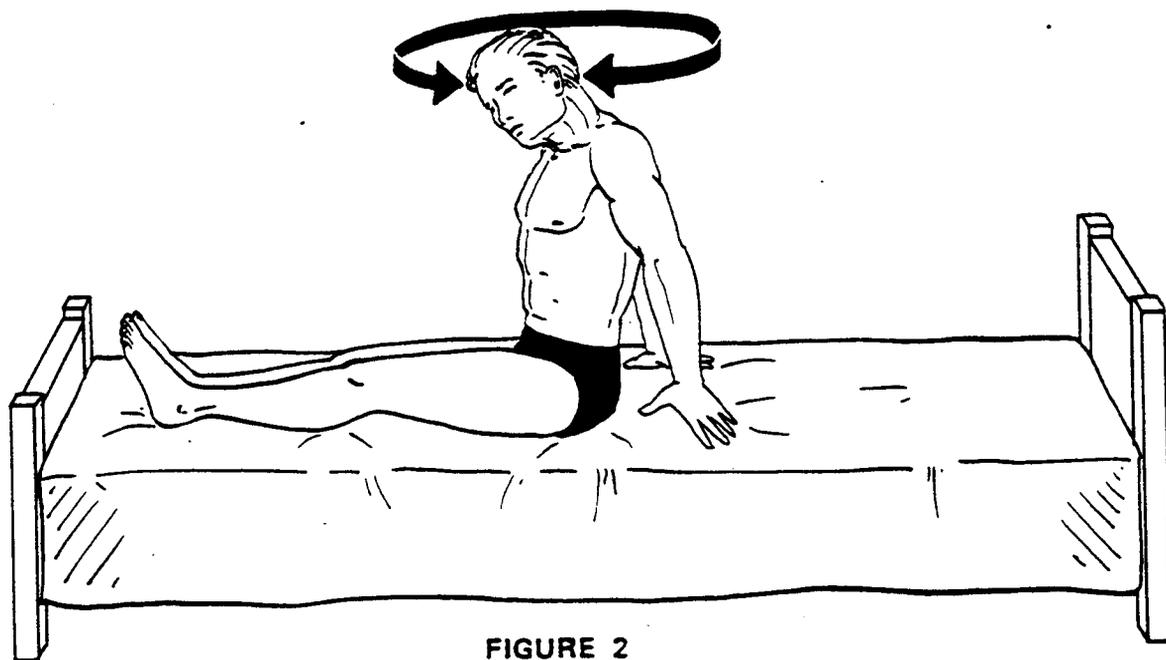
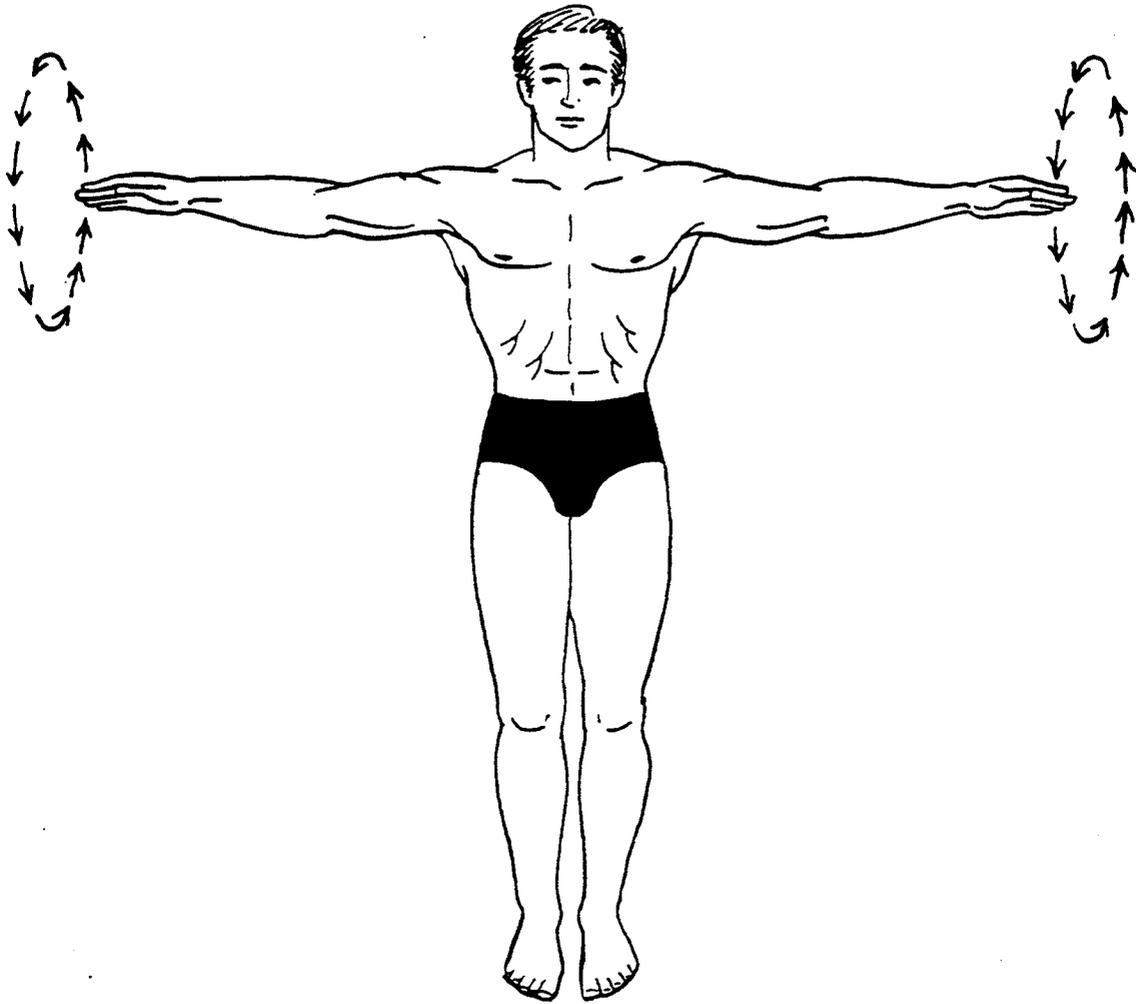


FIGURE 2



4. In the standing position, arms stretched out horizontally away from the body, rotate the arms in a circle approximately 2 feet in diameter. Keep the arms extended to the side, and do not bend the elbows. Rotate the arms from the shoulder joints. After several rotations, rotate the arms in the opposite direction several more times. Extend the arms as far backwards as possible during each rotation.

5. Stand away from all walls or other objects with your feet about 18 inches apart. Allow your head to fall loosely backwards as far as it will go without straining your neck. Raise both arms sideways, away from the body, and stretch them outward as far as they will go. Hold them there, level with your shoulders. Start the exercise by swinging your torso all the way to the left, and then all the way to the right. Keep your arms stiff and straight. Keep performing this swinging movement, to the left, to the right, then left, then right, left, right. Do it naturally and smoothly. During the motion, extend your arms as far outward as you can, and twist the body as far as you can in each direction. Repeat this exercise for 60 seconds, and then clasp your hands behind your neck, and perform the same swinging movements, left, and right, for another 60 seconds.

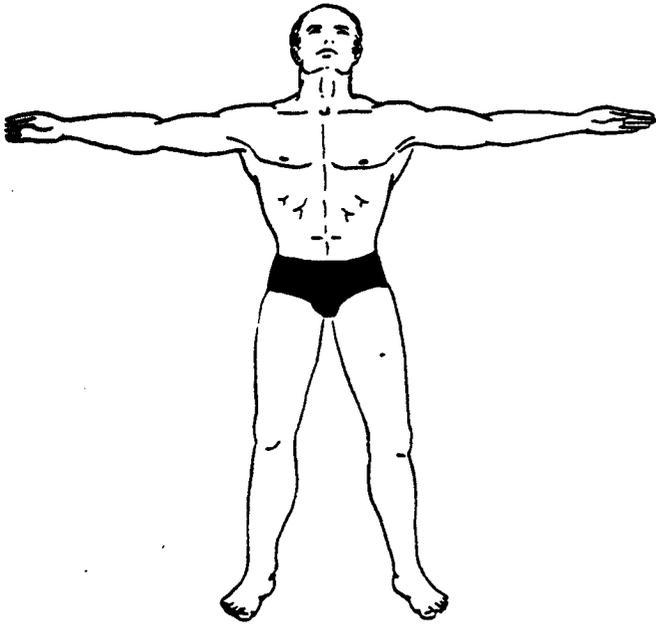


FIGURE 1

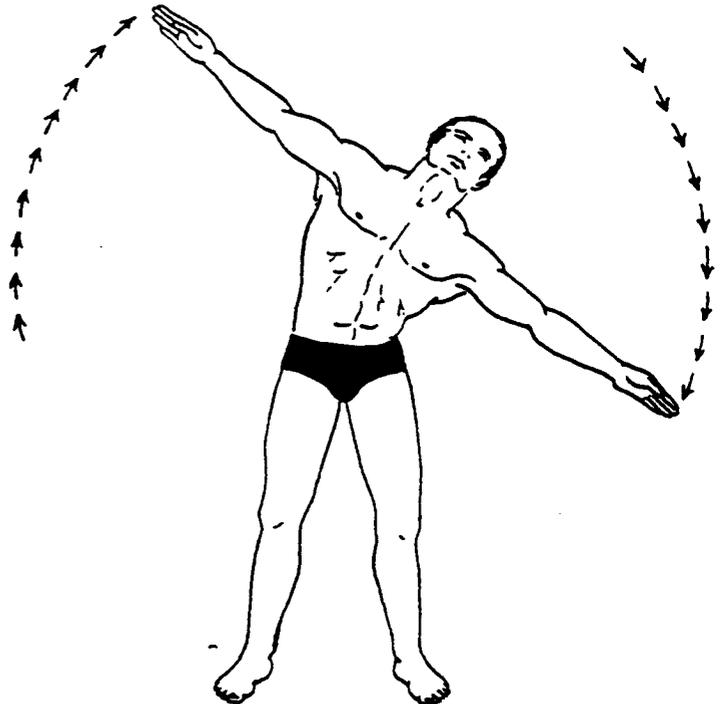


FIGURE 2

6. In the standing position, facing a wall, with your stomach and toes touching the wall, raise your left hand and reach as high up on the wall as you possibly can. Do not lift your heels. Let your fingers touch the wall as high as possible, and then try to move your fingers up the wall a little further. When you have reached as far as possible, hold that position for several seconds, and slowly lower your arm to your side. Repeat the same procedure with each hand, a total of 3 times. Turn your left side to the wall, and perform the exercise with your left hand, 3 times. Turn your right side to the wall, and perform the exercise with your right hand, 3 times. Turn your back to the wall, clasp your hands together, behind your head, and raise both hands as high up on the wall as possible, without unclasp your hands, and without lifting your heels. Perform this 3 times.

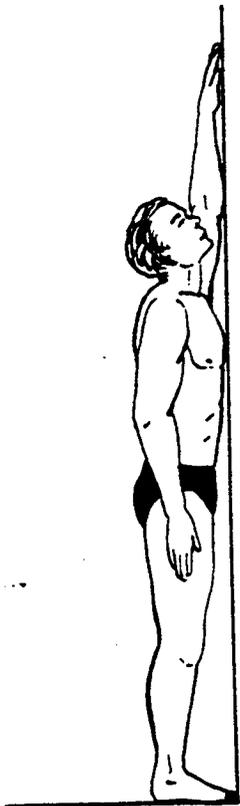


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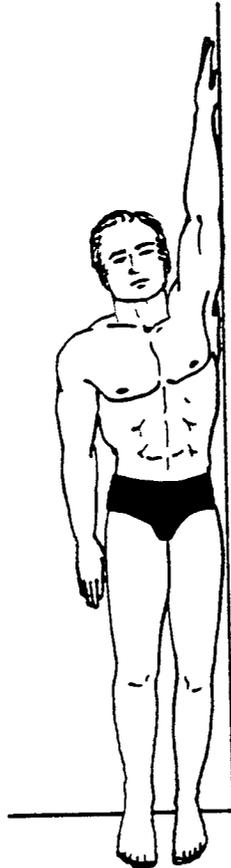


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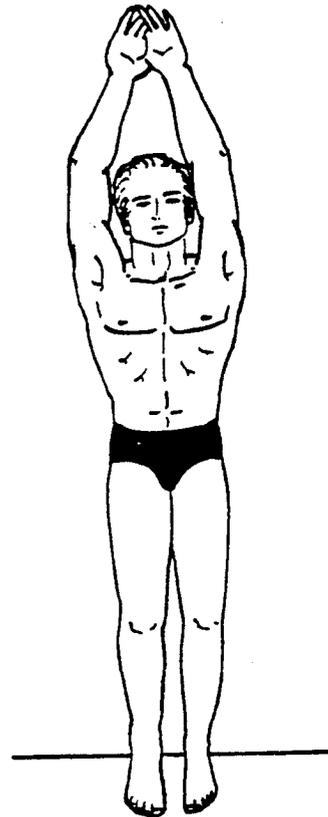


FIGURE 3

As you will observe, these preliminary exercises require very little effort and should not result in tiredness or fatigue. They are designed to prepare the body joints for the more strenuous exercises to come, and to develop stamina and strength. You will also notice that the side benefits include good posture development, straightening of the spine, and stretching the body. All of these will contribute to height increase. It is recommended that you continue these exercises during the complete time you are performing the other exercises in the following chapters.

Also recommended as preliminary exercises are physical recreation activities such as walking, jogging, tennis, swimming, bicycling, handball, baseball, soccer, and any type of activity involving muscle exertion. Your body is a machine, and if you do not use it regularly, the working parts will become "rusty" and inoperable. To look your best, to feel your best, and to be able to do your best, you must exercise regularly. That is man's nature, and modern technology can't change it.