

Exercise No. 4. Neck & Arms.

In the standing position, arms by your side. In one smooth movement, raise your heels so that you are standing on your toes, and swing both arms toward the sky as high you can possibly extend your arms. Hold this position, with your arms extended straight up and reaching even higher and higher. While in this position, bend your neck and head backward as far as possible. Hold this position for a few seconds before returning to the starting position. Perform this exercise ten times.



FIGURE 1

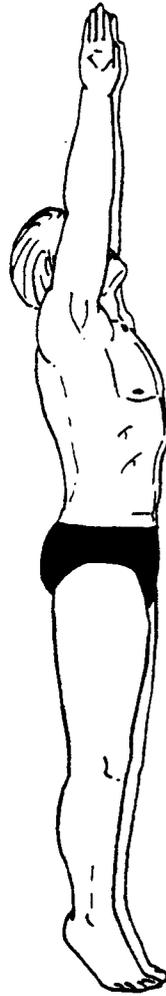


FIGURE 2

Exercise No. 5. Abdomen, Middle Spine and Legs.

In the standing position, feet about 12 inches apart, hands on hips. Raise the right hand, bend forward from the waist without bending the knees, and attempt to touch your left toes with the right hand, while keeping the left hand on your hip. If you can not touch your toes, do not be disappointed as you should be able to achieve this after two or three weeks. Perform the same exercise with the left hand and attempt to touch the toes on your right foot. Alternate attempts with the left and right hands to touch the toes on the opposite foot. Perform this exercise twenty times, alternating hands each time. Remember, the purpose of this exercise is to stretch, so do not be lazy. Try to come as close as possible to touching your toes.

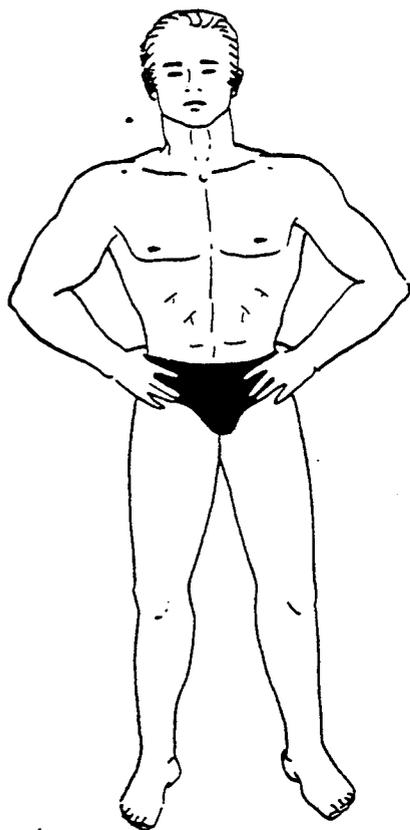


FIGURE 1

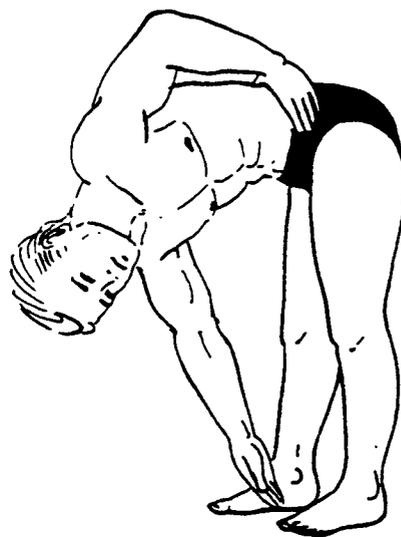


FIGURE 2

Exercise No. 6. Abdomen and Lower Spine.

This is similar to Exercise No. 5 with the difference being that you are performing this exercise in the sitting position, and thus you will be stretching a different portion of the body. Sit on the floor, legs stretched forward, hands on hips. Bend forward, with arms stretched forward and try to touch your toes. You may not achieve this right away, but as with the previous exercise, you soon will. Repeat this exercise 5 times, with both hands, and then spread your feet slightly apart and with alternate hands, one at a time, try to touch the toes on the opposite foot. Repeat this 5 times with each hand.

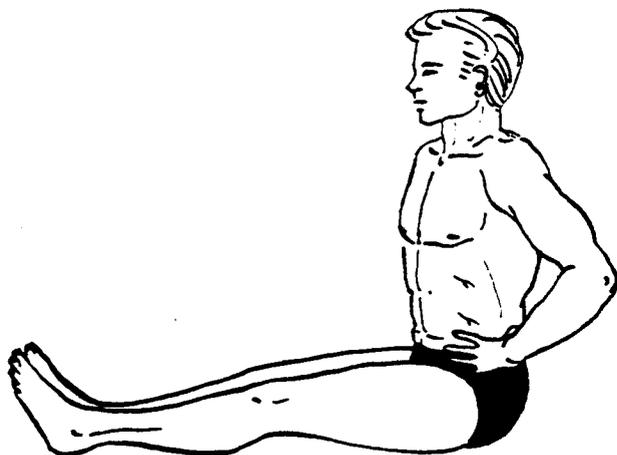


FIGURE 1



FIGURE 2

Exercise No. 7. Middle & Lower Spine.

In this exercise, you will have to use your own judgement about the positioning of your body so you can obtain the maximum benefit. Sit on the floor, with your knees bent and the soles of your feet flat on the floor. It is preferable to have your feet spread apart, and your knees bent as little as possible, the degree of bend, and the distance apart will depend on you. Clasp your hands together, behind your head, and extend your elbows forward. Lean forward, and touch your left elbow to your right knee. If you can perform this movement with little or no exertion, your knees are bent too much and your legs are not spread wide enough apart. The correct posture for this exercise is when you can barely touch your elbow to your knee. After continued practice, you must reduce the degree of the bent knee, and spread the legs wide. After you touch your elbow to the knee, return to the original position, and touch your other elbow to the opposite knee. Repeat the exercise, 5 times with each elbow. Alternate elbows with each touch.

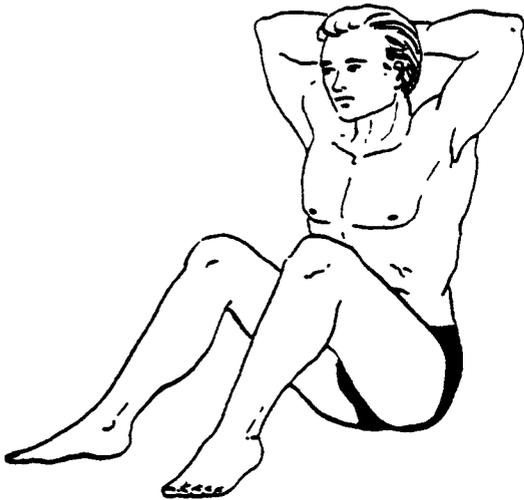


FIGURE 1



FIGURE 2

Exercise No. 8. Lower Spine and Legs.

Lie flat on your back on a firm surface, and not on a soft mattress. Place your hands palms down underneath your buttocks and rest your weight on your hands. Without bending your knees, lift both legs straight up, and spread them apart as far as you can. Continue this motion back and forth, first spreading the legs as far apart as you can, and then bringing both legs back in the other direction, crossing them, as far as possible. Perform this exercise 10 times, rest your legs, and perform it another 10 times.



FIGURE 1

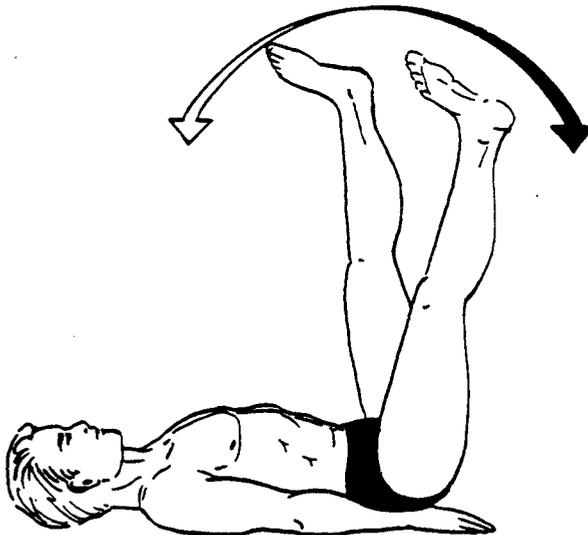


FIGURE 2

Exercise No. 9. Legs & Ankles.

Lie flat on your back, on a firm surface, arms stretched towards your toes. Place your palms flat on the floor. Keeping both feet together, raise them upwards and bring them over your head until your toes touch the floor behind your head. Use the palms of your hands on the floor for extra leverage to lift your legs up and over your head, and to help raise your hips off the floor. The first few days you perform this exercise, it is not absolutely necessary to have your toes touch the ground. However, without over-exerting yourself, bring your toes as close as possible to the ground. Pause when your toes touch the floor, and slowly bring your legs back to the original position. Perform this exercise 5 times.



FIGURE 1

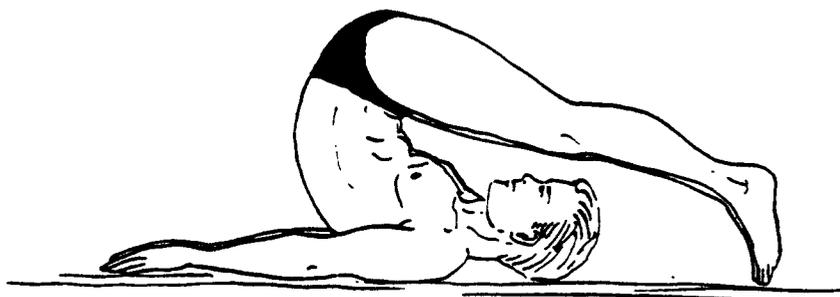


FIGURE 2

Exercise No. 10. Spine & All Joints.

Many years ago, physicians discovered that many body disorders were caused by pressure of the spinal vertebrae upon specific nerves. This discovery resulted in the widely practiced and accepted treatment of chiropractic. One of the most common treatments consists of body suspension in which the patient is suspended by use of a strap fastened to the upper part of the torso. When suspended by this strap, the weight of the lower body stretches the spine and reduces the pressure between the vertebrae, thus eliminating the pressure on the affected nerves and curing the disorder. This same procedure can be used to stretch and straighten your spine, and we recommend the following exercise which requires high vertical bars. If these are not easily available, try to improvise with a door or overhanging ledge.

Grasp the bar firmly with both hands and hang as long as you possibly can. The bar should be at least 7 feet off the floor, so that your body is swinging free of any support from the ground. Swing your body forward and backwards. When your hands become tired, allow yourself to drop softly to the floor, landing on your feet. Repeat this exercise several times, being extra careful not to over-exert yourself.

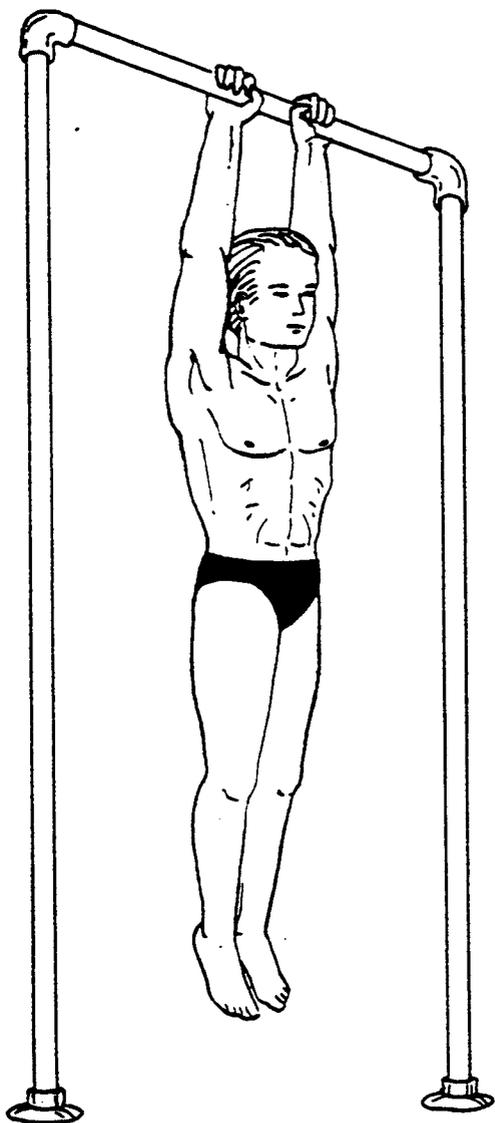


FIGURE 1

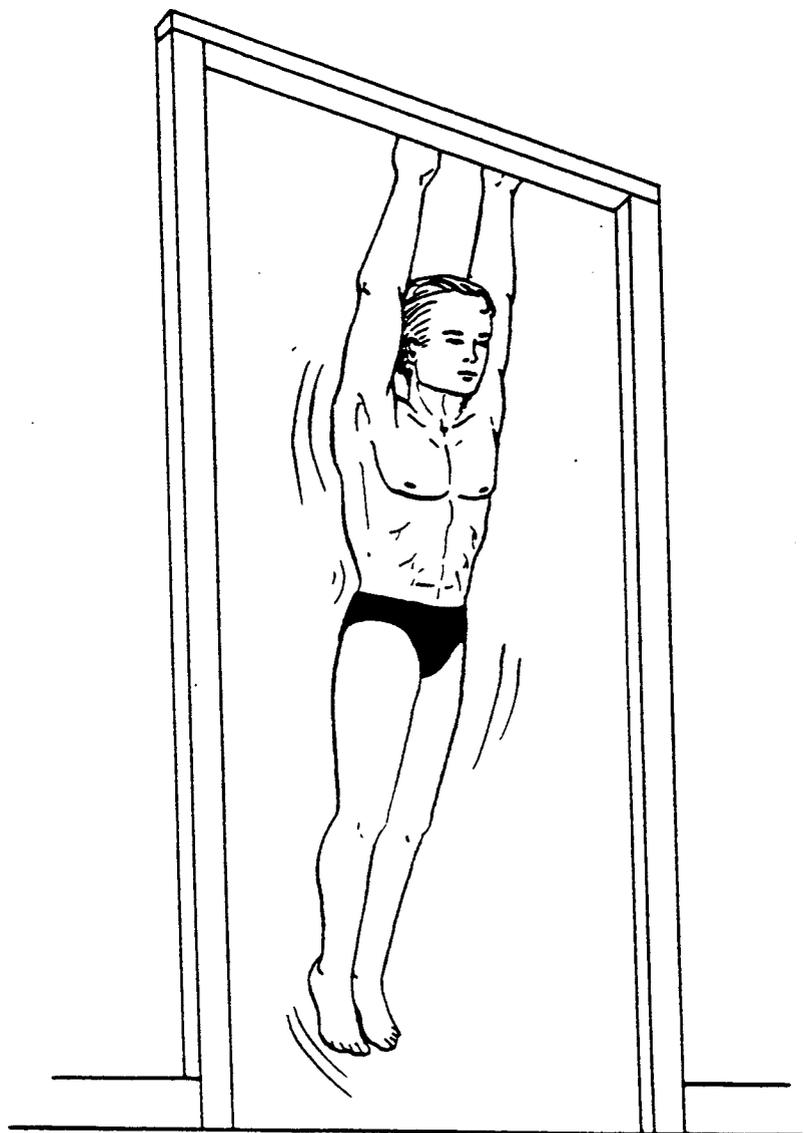


FIGURE 2

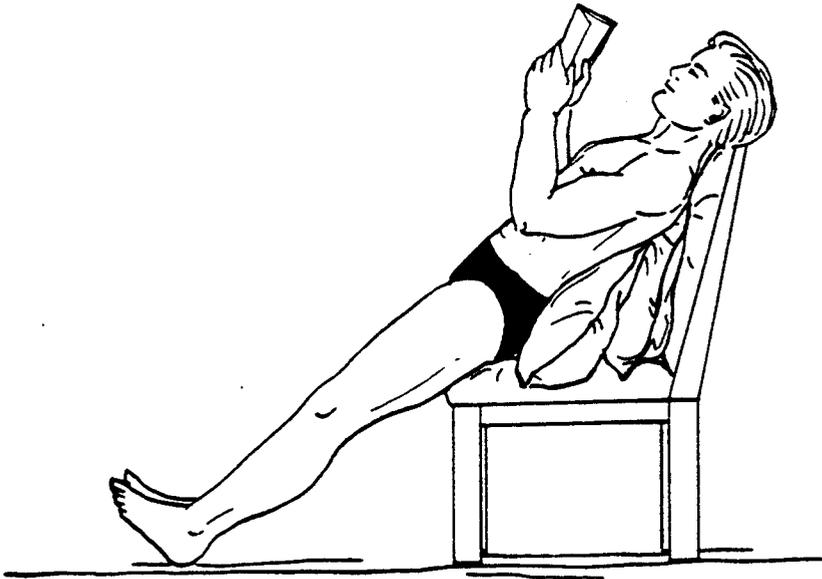
CHAPTER 7

"BONUS TIPS FOR ADDITIONAL HEIGHT"

How to sit correctly:

So far in this book we have given you tips on how to straighten your posture when walking (or in standing position) and when sleeping (or in lying-down position). But what about when sitting. Many of you spend hours a day in a sitting position whether it's at work, at school, or just watching television at home. In the normal sitting position, the spine supports the weight of the upper torso with the cartilage or disc being compressed by your own weight. In order to eliminate this pressure we've designed the "Laid Back" method of sitting (below) for those of you who may spend several hours each day in a sitting position.

While in this position, your spine should be perfectly straight, eliminating all pressure from your vertebral disc, your neck should be parallel with your spine and not bent forward. In order to support your back, and keep your spine in a straight line, use one or two pillows at the rear of the seat where the back of the chair meets the base.



"Laid Back" method

Riding your bike for extra inches:

Bicycling is one of America's favorite past times. In addition to its use for sport and transportation, many doctors recommend cycling for those who want to lose excess weight, develop strong lungs, and as a method of exercise for good overall physical conditioning.

In many European countries, bicycling is an integral part of every day life. Several years ago it was noticed that the Dutch people were much taller than Germans, even though their diets and general activities were very similar. An investigation lead us to believe the explanation was directly correlated to the use of the bicycle. But before passing any judgment, here are two important facts to consider:

- * The Dutch keep their torso erect and their legs fully extended, while the Germans tend to slump forward like bicycle racers.
- * The Dutch keep their handle bars raised slightly higher than the Germans which helps the Dutch maintain a more erect position in the seat than do the Germans.

Now is there any doubt that the Dutch method will improve your posture and increase your height? By using this information accordingly, you can add as much as one full inch to the length of your legs.

The most effective method for you to ride your bike is to adjust the bicycle seat to your own height so that your legs are fully extended and stretched out when in a downward peddling motion. The handle bars should be raised, if necessary, to the proper height as so to compel the rider to keep his or her back straight and trunk erect. Once you have become accustomed to this position, with no discomfort caused by the raised seat, mark the present location of the seat and raise the seat one quarter of an inch. This will force further extension of your legs while cycling and aid in stretching your legs for more height. Move your seat up slightly each time your legs have grown accustomed to the higher seat level. There is no certain time span for this, use good judgment with each increase. Be sure when stretching legs, that entire foot is flat on pedal, instead of stretching with toes on each extension. Also be careful that you are not shifting your body from side to side in order to make up for the extended distance your legs are from the pedal on the downward cycle. Guard yourself against these errors in order to receive the benefits of this exercise which will surely add to your height if properly used.

(NOTE) Each person, based on there own observation, must decide the correct moment to raise the seat another quarter inch and similarly adjust the handle bars. Many will have to be satisfied with only one or two increases, while others may be able to sustain three or four increases depending on the individual.

GERMAN

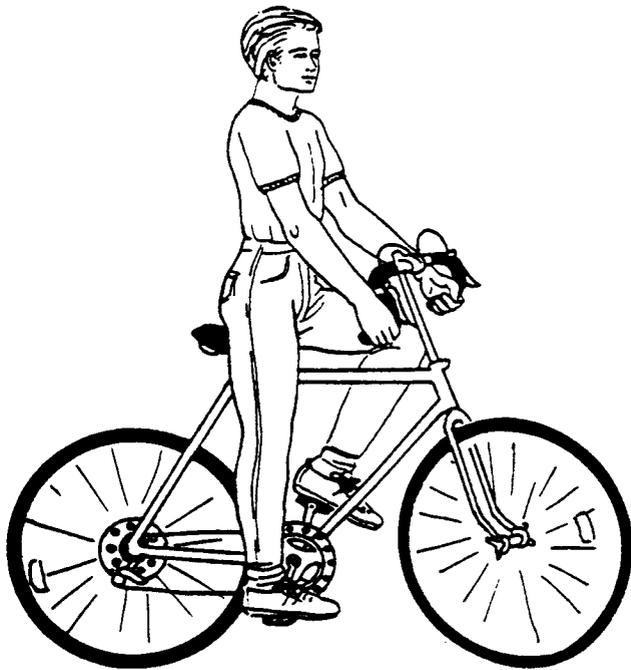


RACING POSITION

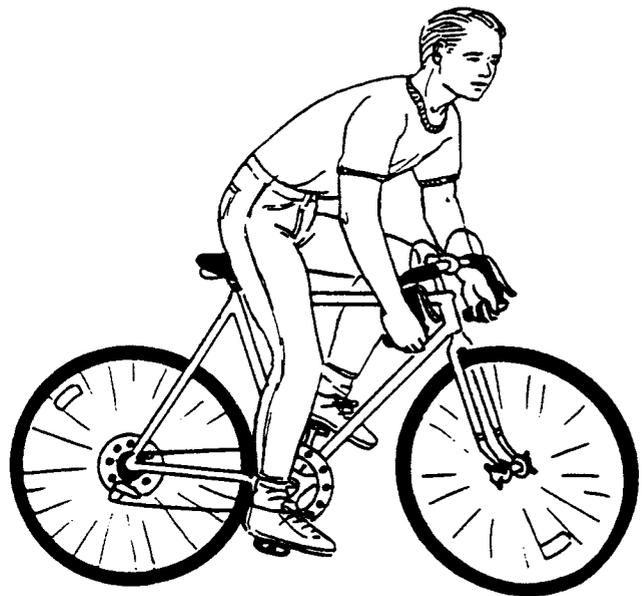
DUTCH



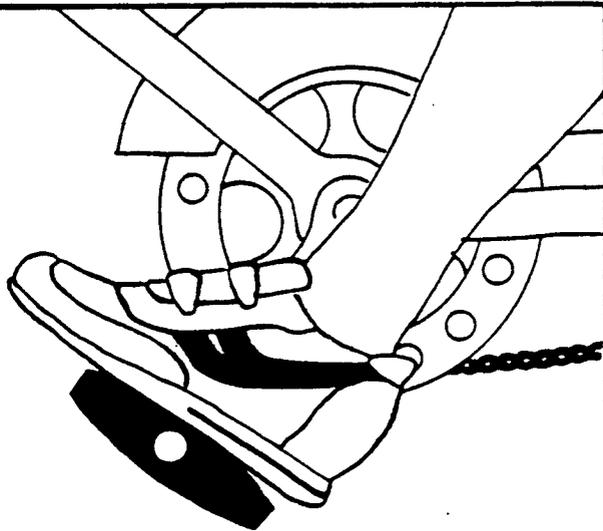
UPRIGHT POSITION



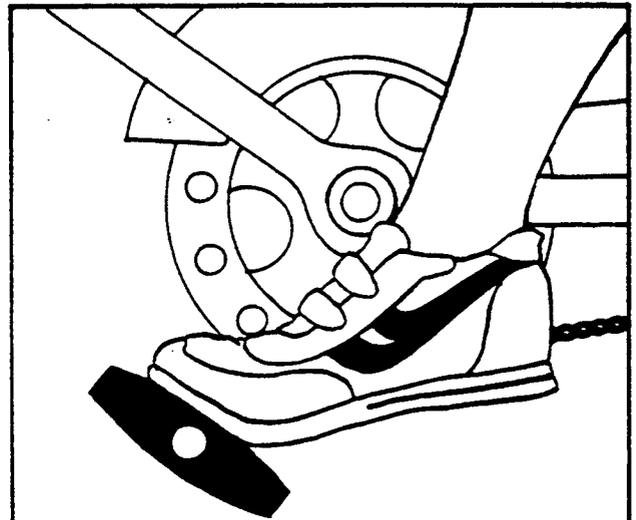
CORRECT



INCORRECT



Correct



Incorrect

"Participate In Recreational Activities"

You will find it very beneficial in aiding this special program we've designed for you if you participate in as many recreational activities as time will permit. Become actively involved in different sports organizations in your own community. Any extra activities will encourage even more bone growth within your body as an added plus along with our prescribed exercises. When choosing a particular activity, try to choose one that may offer you the most benefits toward obtaining any additional height. By this we mean choose an activity that offers your legs and torso more opportunity to be stretched out and exercised. A few good examples of these activities would include: tennis, swimming, basketball, racquetball, aerobics, gymnastics etc....END.

HOW TO INCREASE YOUR HEIGHT PROGRAM

"Scientist Research Center"

Introduction:

So you're tired of being stepped on and always having to look up to others while feeling inferior to them simply because you are of smaller stature. Well your investment in this book could be the answer you've been waiting for.

As you may have already experienced, there isn't much room in today's society for the short person. As someone once said - a good big man (or woman) will always beat a good little man (or woman). Being taller may enhance your life in almost every aspect, from greater job opportunities to a more encountering love life. This is your opportunity toward a more fulfilling and rewarding life, alongside others that you would normally have to look up to. You no longer have to look in envy at others while wishing you were their size. Now there is something you can do about it, and you've already taken the first step. Your time has come - it's your turn now. Before beginning our specialty designed program here are a few key points that should be noted.

- * Read this entire book completely before starting any parts of this detailed program.
- * If your health is questionable be sure to consult a physician before attempting any such exercises and, or using any dietary information outlined in this book. Even if your health is normal or above, the advice of a physician is strongly recommended as a general safety precaution.
- * Don't expect miracles overnight. This book is designed to add 2 to 5 inches to your stature. You should begin noticing results in 4 to 6 weeks depending upon your individual traits. For some it may require additional time, but do not worry. Your determination will pay off and you will achieve results.
- * Be sure you follow the program, outlined in this book, for maximum results.
- * Remember - reading this book can't make you taller but dedication, patience and determination can.

SCIENTIFIC STUDY

Many of you are probably wondering, is it really possible for me to be taller? The answer is yes, you can.

For years it has been said that once you reach the age of puberty or adulthood, you stopped growing well consider this:

- * In the sport of baseball, a pitcher's throwing arm is usually 1 to 3 inches longer than his other arm. This is a direct result of exercise, reached after the age of puberty.
- * The right arm of every professional Jai Alai player is at least 2 inches longer than his left arm (another result of vigorous exercise.)
- * There are also considerable regional differences of stature recorded at any given age, this variation being linked more to nutrition and socioeconomic conditions than to genetic factors.

This in itself is positive proof that additional growth in the human body is possible after adulthood has been reached. There is a multitude of additional medical testimony (which space does not permit) that substantiates the promise of added height at ages well into the 50's. In fact most scientist's today agree that it is very possible to increase your height as much as 4 or 5 inches until you reach ages between 50 and 55 years old. According to some anthropologists, men and women at 40 years of age are continuing to grow well into their 50's and sometimes until 60 years of age. Of course the amount of actual height gained depends on several factors such as bone structure, physical condition, posture, diet, environment, etc.

According to an article in the British Medical Journal, an investigation revealed that growth may be prematurely stopped in the vertebral bodies (spinal chord) by excessive pressure upon the epiphysial centers (spinal discs). By removing this pressure, which can be accomplished by the use of the book, normal growth can be resumed and continued into the middle ages of life.

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