

Height improvement guide V 1.0.0.

By Purefxrm.

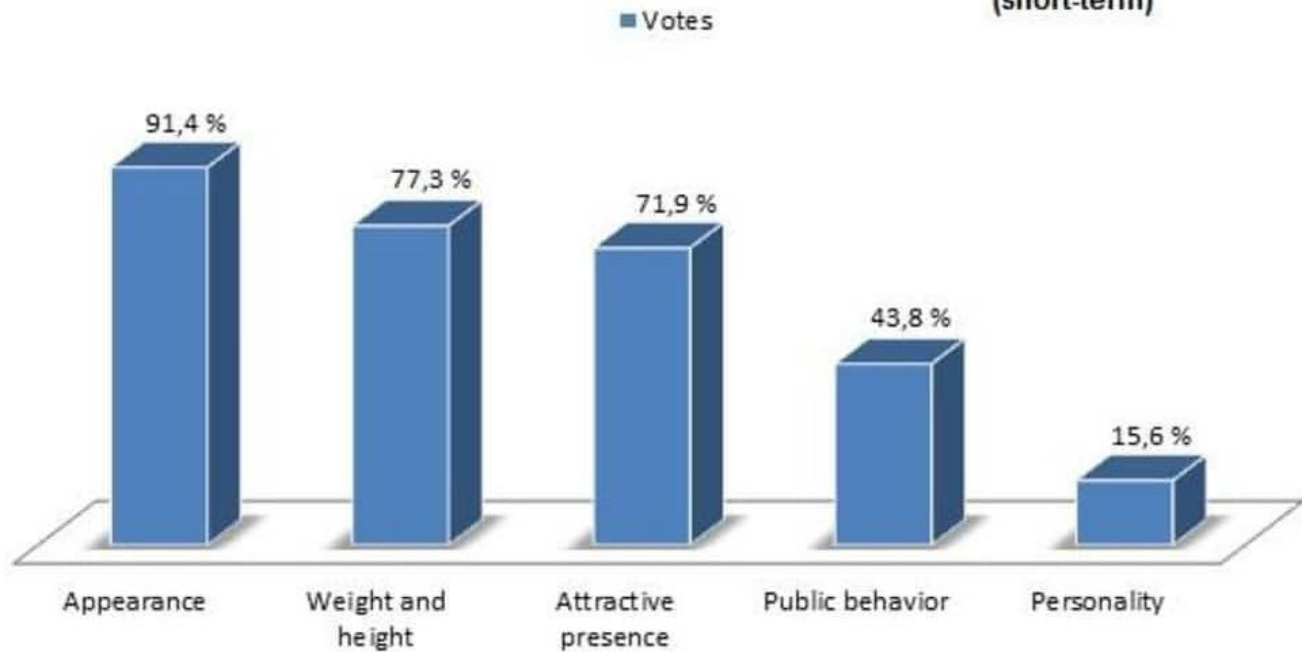
Why is height important?

On the contemporary paradigm of sexual attractiveness and financial success, height is a big indicator of dominance and confidence. Height is the biggest dimorphic trait on humans, it displays physical dominance and represents attractiveness on every single culture, meaning that tall men are loved world-wide.

Men by far are the most affected by height standards and exclusion, women by the other side don't suffer major discrimination due to height.

It can also be a deal maker/breaker when it comes to dating, tall men experience positive discrimination regards dating acceptance, while short men are usually rejected based on this trait.

What qualities women like in men (short-term)



Shorty (Don't) Swing My Way

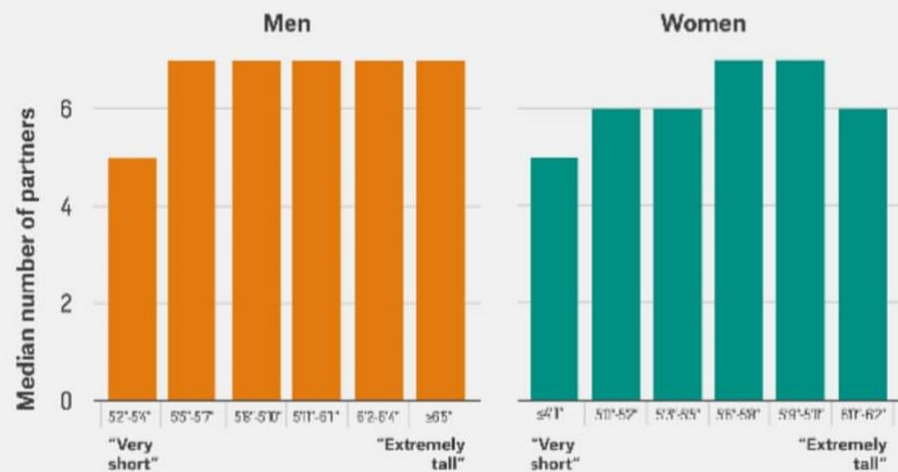
Median number of sexual partners, by height

SURVEY DATES

2006

RESPONDENTS

60,058 heterosexual men and women, ages 18-65



Financially and politically speaking, height is also a big indicator of potential success. On these matters, tall men also outperform short men to a big extent and this is one of the most truthfully devastating news of the last years.

In the U.S.A population there's 14.5 percent of all men are six feet or over. Among CEOs of Fortune 500 companies, that number is 58 percent. Even more strikingly, in the general American population, 3.9 percent of adult men are 6'2" or taller. Among my CEO sample, 30 percent were 6'2" or taller. Of the tens of millions of American men below 5'6", a grand total of ten—in my sample—have reached the level of CEO, which says that being short is probably as much, or more, of a handicap to corporate success as being a woman or an African-American.



During one of the Republican presidential debates before the 2016 election, the web search company Google tracked what terms Internet users were searching for while watching on TV. The results were surprising. The top search wasn't ISIS. It wasn't Barack Obama's last day. It wasn't tax plans. It was: How tall is Jeb Bush? The search analytics unearthed a curious fascination among the voting public: Americans, it turns out, are fascinated with how tall the presidential candidates are. And they tend to vote for the tallest candidates, according to historic election results and research into voter behavior.



How can one become taller?

There's a large variety of functional methods to increase one's height. The aim of this guide is to provide you with the best of those and teach you a routine on how to use them.

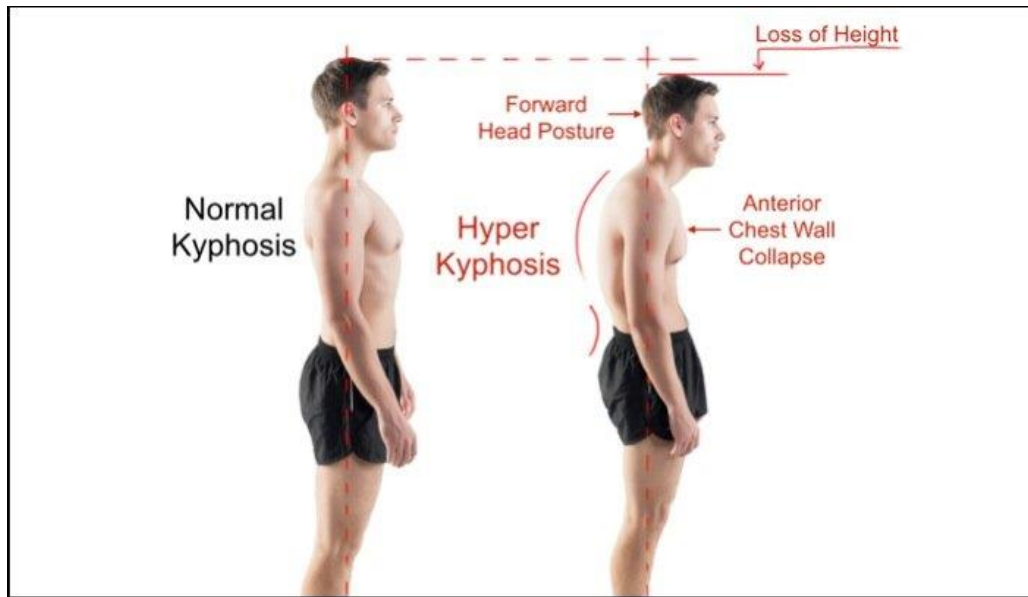
Keep in mind that the results may vary a lot depending on numerous specifications about your personal biology, despite this, every single one can improve to a certain extent. As a general rule, the earlier you start, the more you can grow.

Methods:

1.The stretches

When we stretch for height, our aims are concentrated on two primary methods; Spinal decompression, decompressing the spine creates more intervertebral space that can engage up to 4cm; Shin bone stretching, the shins are responsible for a big part of your height and support your entire body weight, by stretching them you can force the bone to enlarge and have more height as a result.

This has to do with posture aswell, the misplacement of one's bones a.k.a Bad posture can lead to a loss of centimeters due to forward or backwards inclination.



The following is a list of all the stretches that aim to such bone:

Pelvic Shift

How many hours of the day you generally sit? Did you know that sitting for very long hours affects your height? The changing shape of the spine and the associated muscle imbalances are caused by prolonged periods of sitting which affects the growth of your body. The pelvic shift is one of the best exercises to

increase height to sway away from the negative results of sitting. It increases the curvature of the lower spine, and that of the upper back; boosts your height and corrects anterior/posterior pelvic tilt.

Steps To Follow:

- Lie on the mat with the shoulders flat on the floor.
- Keep your arms stretched out on the sides with palms down.
- Bend your knees and draw your feet close to the buttocks.
- Arch your back so that the pelvis is lifted.
- Tuck the buttocks and let the legs and shoulders support your weight.
- Hold the position for at least 30 seconds and repeat.



Hanging

Hanging your body with the support of your hands does help you stretch out your muscles. Generally, people hang down a bar. To take this exercise to increase height an extra mile, do two or three pull-ups. Don't have a pull up bar? No problem pull up a tree branch. Make sure your support is sturdy and can take your whole body weight. After all, you don't want to fall off the support and break your bones.

Steps To Follow:

- Jump up and hang on to the bar.
- Keep your arms and spine straight.
- Remain in the position for 30-60 seconds.

-Repeat the same at least three times daily.

Vertical Bends

Vertical bends make the muscles of the calf area to expand in the vertical direction and thereby improves your height.

Steps To Follow:

- Stand up and position your legs slightly apart.
- Bend down and try to touch the floor without bending your knees.



Standing Stretch

This exercise is similar to vertical bend exercise. The only difference is that while standing instead of placing your legs apart, you should keep them joined. As the next step, bend and try to touch your toes. Don't forget to keep your knees straight while you perform the exercise.

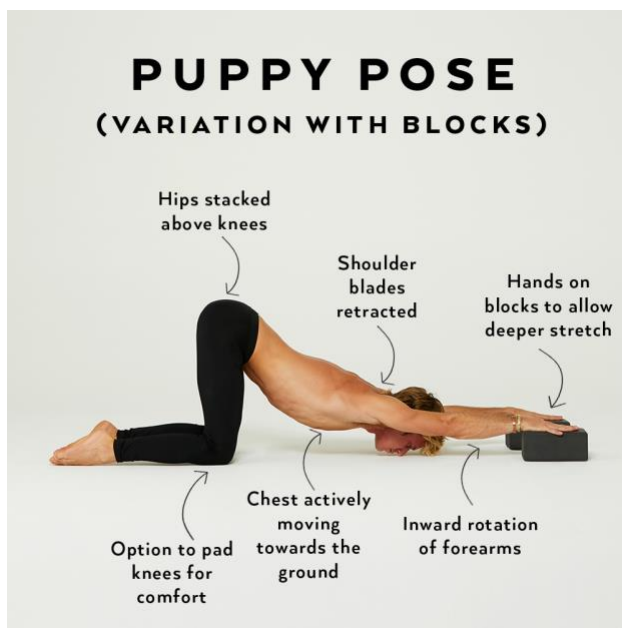


Puppy Pose

This exercise to increase height flexes your spine, leg muscles and makes your bones grow longer.

Steps To Follow:

- Start with positioning your all fours - hands, and knees - on the mat.
- Line up your knees with your hips and your hands with your shoulders.
- Tangle your toes and walk your hands forward a few inches.
- Stretch your hips backward halfway to your feet and feel a good stretch in the lower body.
- Hold this position for 60 seconds and relax.



Side Stretch

Side stretch will make the muscles grow and make them elongated as well. This exercise to increase height especially stretches and strengthens the intercostal muscles. While doing a side stretch, make sure you feel the muscles pull all along your side from your lower back and up to your shoulder to succeed in boosting height growth.

Steps To Follow:

- Stand straight with your feet together.
- Clasp your hands together stretching over your head.
- Bend your upper body to the left/right.

- Hold the stretch for 20 seconds and get back to the starting position.
- Repeat the stretch two times and switch sides to do the stretch in the opposite direction.



Low Lunge Arch

Bowing the back and upper body will always result in increasing your height. The upper body is tough to develop, but with the low lunge arch you can strengthen and stretch out your back pretty well. This exercise also works for lengthening your legs, and shoulder bones.

Steps To Follow:

- Lock your two palms with your fingers and stretch your arms to the front of your right leg.
- Bend your right leg and stretch out your left leg while you do the step 1.
- Stretch as far as you can and stay in the pose for 30 seconds. Do the same on the other side



Cobra Stretch

The cobra pose stretches muscles in the shoulders, chest, and abdominals while strengthening the spine.

Steps To Follow:

- Lie on the floor with your face down.
- Place your palms on the floor under your shoulders.
- Lift your chin while arching your spine to form an elevated angle.
- Arch back as far as possible and stay in the position for at least 30 seconds.
- Five reps should be good enough to start with the exercise initially. 1:30 minutes would also work perfectly.

Extras of this particular exercise: A study conducted by Russian scientists in 2001, wherein the participants held the pose for 2-3 minutes, found that afterwards their testosterone levels had increased an average of 16%, but some as high as 33-55%. The key to the pose is to lift your head and chest without the help of your arms, pressing the pubic bone into the ground.



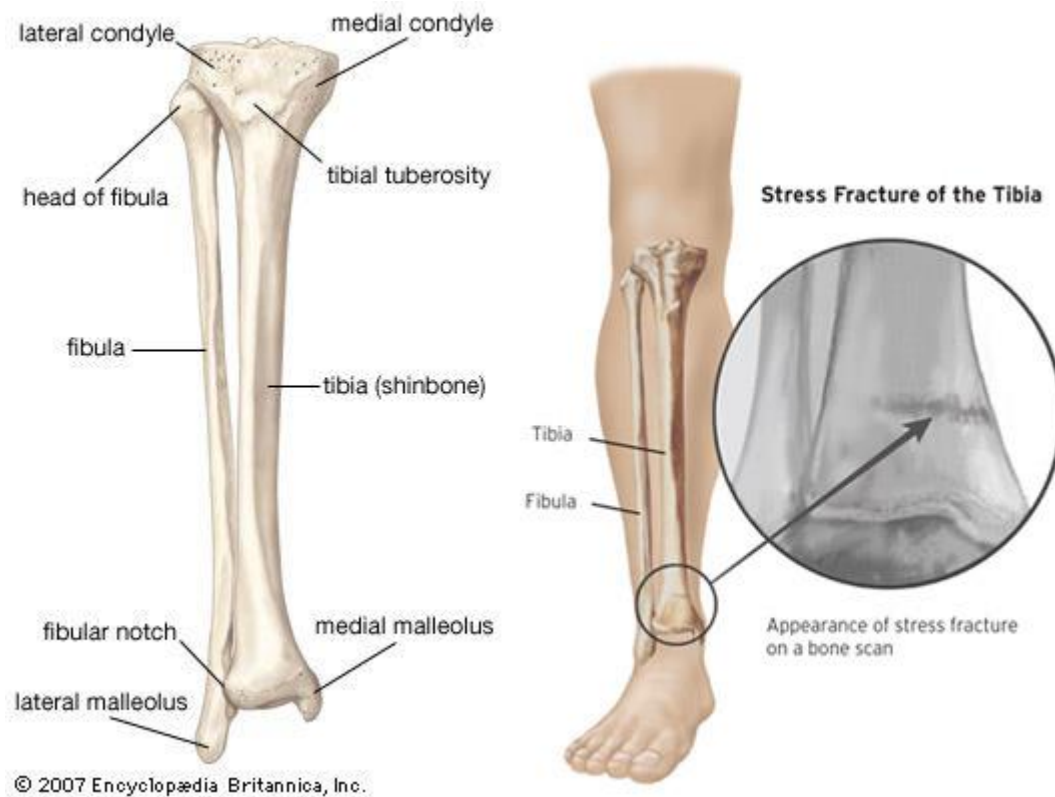
The Microfracture method.

This method is quite innovative and experimental yet the results have been showing high effectiveness and efficiency to grow the shin bones, these bones are highly responsive to force stress because of their function which is to hold the entire body weight.

The plan of this method is to use Wolff's Law or principle in order to generate new bone mass to fill the stress microfractures, ending in height gain due to bone mass and density gains. This is not an overly simple method since it requires the correct balance of stress to recovery, meaning that the focus on recovery isn't minor and involves aspects such as diet, sleep habits, nutritional habits and a particular way of resting during the nights.

How do we generate the microfractures?

To create these microfractures we need to stress the Tibial and Fibular bone with activities that induce the endurance, holding and overload of the body. These activities are quite simple to achieve and they mostly require the increase of one's athletic capacity.



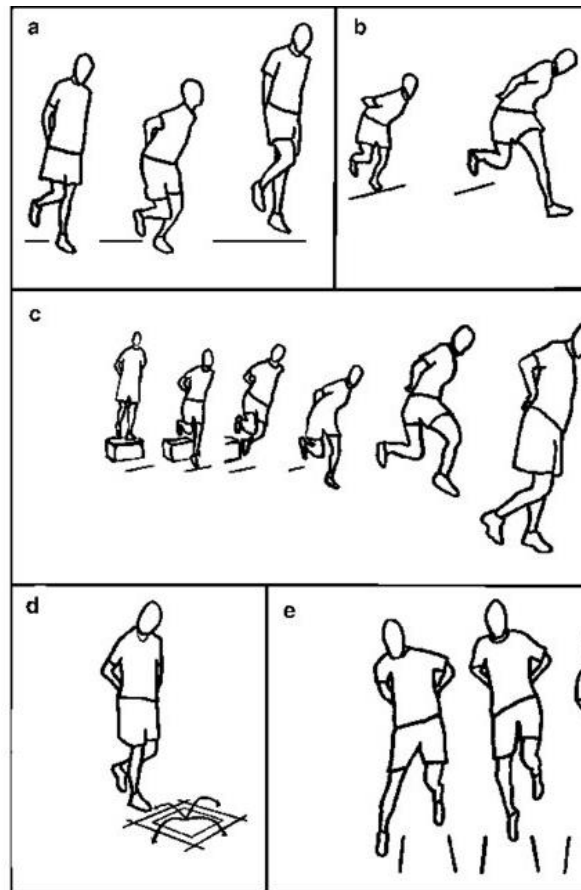
Single Leg Hopping

Hopping exercise to increase height is one of the best fun exercises. This exercise plays a huge role in strengthening your abdominal muscles and promises a thorough workout of your lower body by loading your whole weight on a single leg, this increases the potential for microfractures.

Steps To Follow:

- Hop on your left leg ten times. Put intent into diving with your whole weight on each hop.
- Position your hands straight up pointing towards the sky.
- Hop on your right leg similarly.





Jumping And Skipping

If exercising is a tough thing to do then go for something that helps you have some fun while achieving your fitness goals. Jumping is one such thing. The more the number of times you jump the more likely you will succeed in making your legs longer. Jumping can be done in several ways - trampoline jumping or skipping a rope. Both can help you reach your maximum height.

Steps To Follow:

- While jumping, make sure your both legs leaves the surface at the same time, and land on the surface at the same time.



Sprinting

Sprinting is the #1 exercise in order to load your shin bones and hence increase height, get your sprints done daily in order to have a sufficient amount of overload month-to-month. Doesn't matter if your doing HIIT or free sprinting routines, the aim is to get tibial bone overload at first. Sprinting on a cambered surface or uphill might tremendously increase the loading force.

Steps to follow:

Pull your body into an upright running position as you begin to sprint forward. Keep your arms bent at the elbow and pump them up and down in a smooth motion.

Relax while you sprint to maintain speed. Avoid tensing your body or turning your head to see where the other runners are.

Run on your toes and bring your knees up to a 90-degree angle to increase your pushing force as the foot hits the ground.

Tips: include strenght training focused on core, legs and arms if your aim is to also sprint faster(progressive overload).



Did you know?

Since 1956 there's not a single 100m olympic champion below 1,80m of height (5'11).

The recovery phase.

For this particular method of leg microfractures we need to focus extensively on resting and recovery, our recovery routines should put emphasis on aspects such as sleep, diet and active recovery like swimming or the sleeping technique in order to gain height.

Sleep habits

How much sleep do we need?

Most experts recommend that adults get at least 7 hours of sleep per night. Here's a breakdownTrusted Source of the average amount of sleep you should get by age:

Age	Recommended amount of sleep
0–3 months	14–17 hours total
4–12 months	12–16 hours total
1–2 years	11–14 hours total
3–5 years	10–13 hours total
9–12 years	9–12 hours total
13–18 years	8–10 hours total
18–60 years	at least 7 hours per night
61–64 years	7–9 hours per night

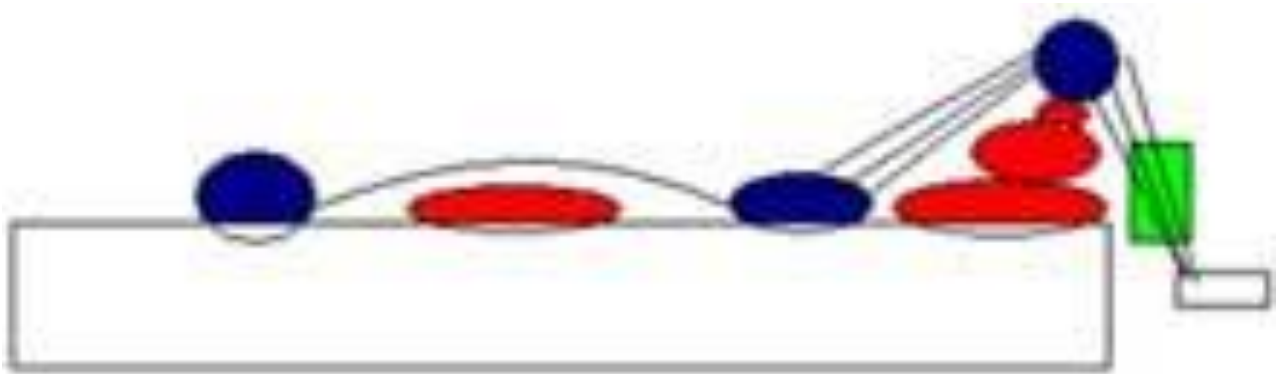
65 years and older 7–8 hours per night

Special sleep routine

In order to extend our shin bones on our resting phase or healing on an extended state we need to go into this routine.

- Sleep looking to the ceiling and with proper head posture.
- Put some pillows under your knees so your legs get lifted up the the knees and hang down the shins.
- Put on ankle weights so your shins receive extra weight that's pulling down towards the gravital force vector.

This allows your shins to heal on a vertical vector so your healing process is being done on an already extended state and prone to get even more extension due to the positioning of the bones.



Footage of one of the creators of the technique.

California (2005).

Diet routine.

In order to maximize the gains you need a diet that promotes the secretion of the necessary hormones for bone anabolism.

The following is a list of the crucial nutrients to improve your bone recovery and health.

Nutrient	Ideal daily intake	Recommended Food/ Supplement
Calcium	1300 mg	Milk, Cheese, Bone marrow broth
Magnesium	420 mg	Salmon, Halibut, Quinoa, Almonds, Beans, Supplemental pill, Supplemental oil spray
Vitamin D	20 mcg	oily fish – such as salmon, sardines, herring and mackerel. red meat, liver, chicken skin, eggs(yolk)
Vitamin K	120mcg	natto, sauerkraut dairy products, especially hard cheeses. liver and other organ meats. beef. pork. egg yolks. chicken.
Omega 3	450 mg	Fishy oil, salmon, herring, cod. Cod liver oil. Cod liver oil supplement pill.

The following is a list based on every hormone necessary to promote bone anabolism.

INFLUENTIAL HORMONES & NUTRIENTS

Nutrients and Bone Health (Table 5)

Nutrient	Role in bone health
	Needed to make calcium phosphate and calcium carbonate, which form the hydroxyapatite crystals that give bone its hardness
Calcium	
Vitamin D	Needed for calcium absorption
	Supports bone mineralization;
Vitamin K	may have synergistic effect with vitamin D
Magnesium	Structural component of bone
Fluoride	Structural component of bone
Omega-3 fatty acids	Reduces inflammation that may interfere with osteoblast function

Hormones That Affect the Skeletal System (Table 6)

Hormone	Role
Growth hormone	Increases length of long bones, enhances mineralization, and improves bone density
Thyroxine	Stimulates bone growth and promotes synthesis of bone matrix
Sex hormones	Promote osteoblastic activity and production of bone matrix; responsible for adolescent growth spurt; promote conversion of epiphyseal plate to epiphyseal line
Calcitriol	Stimulates absorption of calcium and phosphate from digestive tract
Parathyroid hormone	Stimulates osteoclast proliferation and resorption of bone by osteoclasts; promotes reabsorption of calcium by kidney tubules; indirectly increases calcium absorption by small intestine
Calcitonin	Inhibits osteoclast activity and stimulates calcium uptake by bones

SOURCE: BRITISH COLUMBIA
E-CAMPUS: ANATOMY
& PHYSIOLOGY

Tips for microfracture technique.

- Be on caloric surplus, HGH, IGF-1 and Sex hormones are higher during a caloric surplus, whole body anabolism is a result.

-Overload sprints and jumps with ankle weights, this allows for more bone stress when passing a certain threshold.

How much time would it take?

This is a long lasting training method, the usage of it should ideally be present on your whole adolescence and youth meaning that it becomes more effective by doing it on the 12-27 years old range.

The creators of this method itself stated the following:

"Well, I was measured in school right before I began the experiment and I was exactly 157cm tall. I think that's a little less than 5' 2". Now I'm a little taller than 5' 4" in the morning and a little shorter than 5' 4" at night. Since I started off a little shorter than 5' 2" and now I'm around 5' 4" I'd say I've grown about 2 inches in the past five month."

Supplementation.

-HGH/SOMATOTROPINE/IGF-1 INJECTIONS: THIS ALLOWS HUGE BONE ANABOLISM ON SUPRANATURAL DOSES.

-MK-677(IBUTAMOREN): SECRETAGOGUE OF HGH, BY TAKING IT YOU WILL NATURALLY TRIGGER THE RELEASE OF GROWTH HORMONE BY MIMICKING THE HUNGER HORMONE GHRELIN.

-FASTING + SURPLUS: 18 HOURS FASTING + A CALORIC SURPLUS WOULD HAVE A SIMILAR EFFECT AS TAKING MK-677 SINCE THE SAME PRINCIPLE IS REPEATED.

- INCREASE TESTOSTERONE/ SUPPLEMENT TESTOSTERONE: INCREASES BONE ANABOLISM.

Thank you for purchasing this guide.