

Real Rapid and Sustainable Results

5 INCH HEIGHT GAIN

WELCOME!

You made it to the only real 12 Week Natural
Height Increasing Blueprint.

5 INCH HEIGHT GAIN
BY JASON ALESSANDRINI

CHAPTER 1: INTRODUCTION

What is 5InchHeightGain About?

Welcome to the 5InchHeightGain Blueprint! The material that you are about to read will drastically change your life and the height that you are if you pay close attention and follow all of the steps provided.

It's well known by society that shorter, smaller people are more disadvantaged as you have probably already realised. It can affect someone's life in so many different ways and others that don't have this problem just simply wouldn't understand.

How many times have you been told that you won't be able to grow any taller after puberty? Many I guess, well what you are going to learn will change all of what you have been told.

It's everyone's dream to become taller, and we will show you how to reach maximum growth potential and get the most out of your body when it comes to height. Someone's height at a mature age is still not as tall as they could have been as there is remaining potential within someone to grow even more. You want maximize your growth and this can be done for an individual at any point in time. Using certain facts and techniques that are known to us can easily have someone grow 2-3 inches taller, and in some rarer cases reaching even 4-5 inches taller. It is hard to find this good quality information because people are so misled these days on the internet with many different people telling others how to get taller which often reveal no results whatsoever.

You need to follow every area from this program, not looking for any shortcuts or missing things out on particular days. This is not acceptable because the program will only work if it's taken seriously and used perfectly as outlined in this course below for the 12-week period. Then you will guaranteed see an immense difference in your height, but if certain factors are skipped, you will not see the full potential.

THE BLUEPRINT 5INCHHEIGHTGAIN

While genetics still holds a large reason to blame for you being the height that you are, it's not impossible to further your growth and change that. If your ancestry and your parents are of shorter stature, it is probably more likely that you will be too unfortunately. Thankfully with this research your height does not have to be left in the hands of fate.

As anyone at any point can grow taller, it is known that younger people can speed up the process faster than someone that is older. Keeping in mind that anyone can grow taller at any point regardless of their age, someone who is between the years of 10-29 years old may experience slightly better results than someone 29+ years old. This is not to say that they will not gain height.

When wanting to increase ones height, many different factors will come into play. Certain topics that we will cover in this book will show you how to appear taller and carry yourself with more confidence. We will target every factor from every different angle so that by the time you are finished with this program, you are basically a taller, more confident and more attractive individual.

We will also be learning what kind of factors can inhibit your growth potential and stop you from reaching your maximum height. These factors will be extremely important to make sure that you are not doing them while in the process of using the 5InchHeightGain blueprint, as we would not want to stop any growth processes going on in your body at the time.

“DEDICATION IS A MUST FOR THE SUCCESS OF 5INCHHEIGHTGAIN

I know that you are desperate and searching for an answer to get taller, and that is why you will follow all of the steps continuously, perfectly just as I did myself to achieve these results.

THE BLUEPRINT 5INCHHEIGHTGAIN

You can't just absorb the knowledge in this book, but you must apply the principles. This is crucial to success. It is the ones that will do what they need to, to get where they want, that will reach success and never look back.

It is important to get your mindset right, you must get it strong, when you wake up in the morning the first thing you need to think of is what you must do to follow this blueprint perfectly. When you wake up in the morning the first thing you will think about is getting taller, and how bad you want it. Getting into this mindset early on in the day, will prepare you. It will result in you doing what needs to be done within this blueprint to achieve maximum height results.

If you feel weak sometimes and slip up, this is not acceptable, you need to be focused and 100% driven to doing whatever it will take.

As harsh as that sounds, applying the knowledge in this book is easy!

It is very easy to apply the principles and techniques in this book with its easy step-by-step blueprint that will outline what needs to be done at specific times. For example diet, nutrition, stretching and specific exercises, etc.

All you will need to do is look up what specific diet and exercises you have in your regime for that particular week and follow through with them.

I would recommend that you chart out the week plans from week 1-12. This way you will easily be able to see where you are up to and which specific nutrition and exercises must be commenced for how many remaining days.

2 Main Factors Behind This Program

Before we begin any routines with certain nutrition or exercises, I would like to give you a quick run down on the most important factors resulting in growth.

Number ONE -

HGH (Human Growth Hormone) is the main hormone in the human body that will result in bone growth. There are several different hormones that we will be covering in this book to target all of them from all areas. It is known that young children and teenagers, when they are going through puberty have high levels of certain hormones running through their body. It is because of this that we see young individuals growing taller, but as someone gets older we do not see so much growth. It is because of a lack of these hormones.

Now it is possible for people to get HGH from the doctors, which would need an injection to get your levels higher resulting in growth. However it is very hard to get these prescriptions and they are only given to people with extreme growth disabilities that probably have never had much HGH. They have a deficiency of it and that's why only a select few can be prescribed it. On-top of that it is extremely expensive and also is not natural, it is an artificial form of HGH, which still does most definitely work but we will be increasing your own body's natural HGH levels.

Other important hormones do come in to play, for example testosterone is a large factor resulting in muscular growth. It is also required for overall bodily growth along with a few other hormones. We will be learning in this blueprint, how to optimize and increase all these hormones resulting in an extreme growth spurt increase, similar to a young child or infant.

Number TWO -

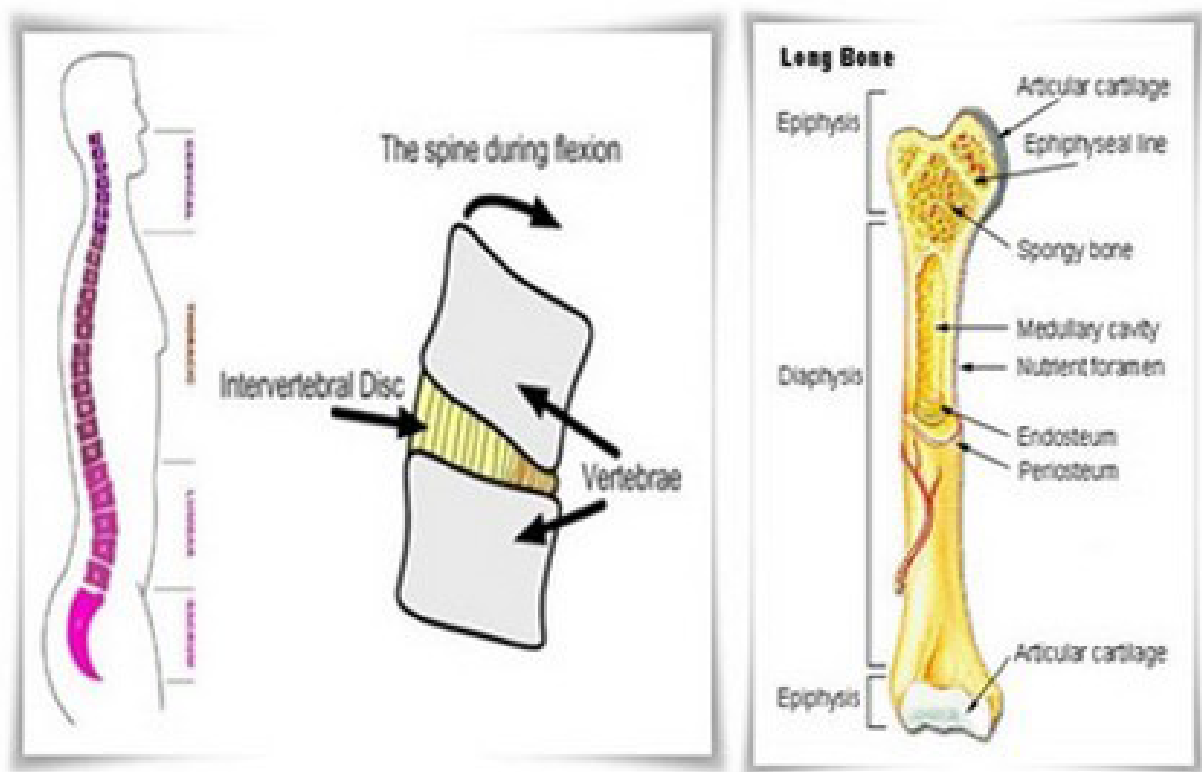
You MUST stimulate the growth of cartilage discs in the spine and also decompress the spine. There are 33 discs in the human spine, 7 of these are in the cervical vertebrae, 12 are in the middle of the back, 5 discs are in the lumbar of the spine, 5 discs are in the sacrum and also 4 discs are in the coccyx.

THE BLUEPRINT 5INCHHEIGHTGAIN

These bones have a more elastic texture than other bones, because these bones are usually used as shock absorbers in daily activities. If each segment of disc thickened 3 millimetres, then your spine would grow 4 inches longer.

Cartilage thickens on your backbone when you sleep. You can prove it by measuring your height before and after sleep, I guarantee you your body will be taller when you wake up. When you return to daily activities, that part will shrink again.

To increase your height, besides stimulating the growth of cartilage in the spinal discs, you can also stimulate other cartilage potentially becoming thicker. Other cartilage is the epiphyseal line. The epiphyseal line functions as a growth plate on the thigh, where the tendon attaches to the lower leg bone. Epiphyseal line also functions as a shock absorber between the joints.



THE BLUEPRINT 5INCHHEIGHTGAIN

The exercises in this blueprint will not only show you how to decompress your spine and stimulate the growth of cartilage discs. It will show you what nutrition, vitamins and minerals will be needed to up your testosterone and boost HGH levels through the roof. We will also take into account other certain factors, which will help resulting in growth and also ways you can use that will make you appear taller and walk with more confidence.

CHAPTER 2: NUTRITION

Boost HGH & Other Hormone Levels

As I had mentioned previously one of the main factors in the 5InchHeightGain blueprint, that has carefully been constructed by our team over the last few years is the HGH cocktail.

There are 8 different vitamins, minerals and other hormones which we will use in this cocktail that will in turn effectively raise your HGH levels through the roof. This will give your body the growth spike needed in these next 12 weeks to achieve best results.

You will not need to spend hundreds of dollars to purchase these products but can merely find them in your cupboard at home and in certain foods. Keep reading on to understand what we will be using and why.

Number 1 - L-Glutamine

Researchers at the Louisiana State College of Medicine gave their subjects 2 grams of L-Glutamine dissolved in a cola drink.

After 90 minutes of consuming the glutamine-cola, human growth hormone levels were significantly increased among the test group.

Number 2 - L-Arginine

L-Arginine has been shown to increase growth hormone levels in a handful of studies.

In one study the researchers gave their subjects a mixture of L-arginine and L-leucine, surprisingly their growth hormone levels increased by 700%.

Number 3 - Vitamin D3

Activated vitamin D3 is actually not a vitamin at all. It's a steroid hormone that regulates up to 1,000 human genes.

In the University of Genève in Italy, researchers suggested that vitamin D is highly related to bone growth, and later on it became clear that vitamin D plays a key role in multiple processes, which help your growth hormone levels to increase.

Add the fact that vitamin D is also good for boosting your testosterone levels and many other bodily functions, and you have a great reason to start supplementing with D.

Number 4 - Melatonin

Melatonin is a hormone in the brain that is called the "sleep hormone" or "night hormone", as it improves sleep quality drastically.

Recently one study found out that melatonin supplementation before bedtime increased growth hormone levels by 157%.

One way to naturally increase your melatonin production during the night is to sleep in a completely dark room. By this I mean completely dark, as it has been studied that even a single led light in a microwave oven or similar is able to interfere with the pineal glands ability to produce melatonin throughout the night.

Number 5 - L-Leucine

L-Leucine was very effective in a study where the researchers combined it with L-Arginine, with a huge 700% increase in growth hormone levels those two amino acids might be the best growth hormone boosters discovered so far.

Also it has been shown in dozens of studies, that L-Leucine improve bone growth, protein synthesis, helps with weight loss, and helps to build lean muscle mass, all of which are very clear signs of increased HGH levels.

Number 6 - L-Ornithine

Japanese researchers found out that 8 grams of L-Ornithine before sleep, consumed by a man who weights 80 kilograms, will lead to a 300% increase in HGH production.

Polish researchers also took a study where the researchers gave their subjects 10 grams of L-Ornithine before a weight lifting session. The results were of significant growth hormone increase in all of their subjects.

Number 7 – Mucuna Pruriens

This is one hell of an amazing testosterone and dopamine booster, however recent studies show that this testosterone booster is also a potential growth hormone booster.

Mucuna pruriens boost growth hormone levels because it contains high levels of L-Dopa, a precursor of dopamine which has been scientifically proven to help your pituitary gland release more human growth hormone.

Number 8 - GABA

GaBA or Gamma-Butyric acid, is a neurotransmitter that's found primarily in the human brain. The human body derives GaBa from glutamine.

GaBa has been shown in studies to increase growth hormone levels. The increase is always quite significant, as the subjects HGH levels quadrupled.

Other Factors To Take On Board:

Sugar

Eating sugar will always lead to insulin spikes. Insulin spikes will then lead to suppressed levels of both, growth hormone and testosterone. Adding on top all of the other negative effects sugar has on hormones, it wouldn't be too bad to leave it out of your diet completely.

Water

Surprised too see water on this list? – Well it's one of the most important ones. Although technically it isn't a food, but it really can increase Human Growth Hormone levels naturally, along with other hormones like testosterone.

When you're drinking a lot of water, you're constantly hydrated which helps your hormonal system to operate at it's peak 24/7.

To maximize the anabolic effect of natural growth hormone, you should also boost your testosterone levels naturally.

As you can see by all this, Human Growth Hormone levels are quite easy to manipulate, so if you ever were thinking about going in for a HGH treatment to receive injections. Think again.

So now that we have science out of the way, how can we can get these ingredients to boost our HGH?

Thankfully these ingredients can be found in most foods.

The 5InchHeightGain cocktail will consist of:

- 1) 150 grams of Goji Berries (if you can't find them use blueberries)
- 2) 100g Pineapple
- 3) 100g Watermelon
- 4) 50g Fava Beans
- 5) Green Tea
- 6) 4 Cod Liver Oil Capsules

Preparation

You need to get in all of the ingredients listed above every morning and night after exercise without missing it for the 12 -week period, or however long you continue using it until you reach your desired height.

Personally what I prefer to do is put the goji berries, pineapple, watermelon and fava beans into a blender with some apple or orange juice and turn it into a decently tasting cocktail.

After that I recommend to separately have your green tea and cod oil liver capsules. This is for best taste but you can work with whatever is best for you as long as you consume these foods.

This HGH cocktail should be taken directly after each exercise session in the morning, as well as at night. So you will be having it 2x per day every day of the week.

Now if for any reason you can't find some of the ingredients, or you just don't have time to make this cocktail every morning and evening then I have a surprise for you...

I HAVE A SURPRISE FOR YOU...

ATHLETIC GREENS

I have something special to share with you.

If you're like myself, and you have children, or your day is super busy, I have just the thing for you. From months of experimenting with different products, I discovered a product that contains all of these powerful height increasing minerals in the HGH cocktail, PLUS MORE that is all packed into one powder.

This means that you won't just get all the benefits from the HGH cocktail ingredients listed above. But you'll also have everlasting energy from these pure ingredients, see the ingredients for yourself below:



ALL HGH COCKTAIL INGREDIENTS IN ONE DRINK

ALKALINE, RAW, EXTREMELY NUTRIENT-DENSE GREENS.

This is nature's bounty, a careful selection of the highest quality, highest efficacy superfoods on the planet, naturally packed with goodness. These ingredients are freeze-dried to preserve their molecular structure. They are then cold-milled (hotmilling damages enzymes and nutrients) and blended gently into the formula.

NUTRIENT-DENSE, NATURAL EXTRACTS, HERBS, AND ANTIOXIDANTS.

They are extracted from high quality, raw foods, providing naturally occurring antioxidants, herbs, and phytonutrients which aid greatly when increasing height. ONE serving of Athletic Greens contains the antioxidant equivalent of 3 servings of the HGH cocktail.

PRE AND PRO BIOTICS, NATURALLY OCCURRING DIGESTIVE ENZYMES.

These ingredients help your gut function properly, thereby letting you absorb nutrients better.

GET ATHLETIC GREENS HERE



THE BLUEPRINT 5INCHHEIGHTGAIN

Some of you may have heard about this product before, and some of you may have even tried it before. Athletic Greens is everything that I believe in to increase height. Here are a few reasons why I love this stuff!

REASON #1

Phenomenal Nutritional Insurance: Nature loves Variety! Athletic Greens is packed with 75 specially selected natural ingredients in optimal amounts. Athletic Greens makes it easy to avoid nutrient deficiencies and optimize total body health, aiding significantly in height increase.

REASON #2

Energy: Boost your absorption of nutrients and feel the difference. Athletic Greens contains whole food sourced ingredients in their natural form, with co-factors and enzymes intact that are recognized as nutrients and absorbed by the body.

REASON #3

Alkalinity: Athletic Greens is massively alkaline forming, with more than 8 grams of nutrient dense RAW green superfoods per serving.

REASON #4

Absorption: Athletic Greens is packed with digestive enzymes, prebiotics and probiotics that all work together to improve digestion and gastrointestinal function.

GET ATHLETIC GREENS HERE



REASON #5

Protection and Immunity: Athletic Greens is full of plants, fruits, herbs and mushrooms to detoxify and protect – each serving provides the antioxidant equivalent of between 10 – 12 servings of fruit and vegetables.

And best of all, Athletic Greens tastes delicious!

I know that sometimes the worst tasting supplements are the best ones for growing taller. That makes it hard to eat or drink something that doesn't taste very good, and stay consistent with it too!

Thankfully Athletic Greens has done an amazing job even with the taste, especially being able to mask the taste of Fava Beans and Cod Liver Oil nutrients! You will love drinking your 5InchHeightGain cocktail every morning and evening, with Athletic Greens!

And here's a surprise for you!

I've teamed up with Athletic Greens, so that I can offer you an exclusive discount that you won't be able to find anywhere else other than right here!

GET ATHLETIC GREENS HERE



CHAPTER 3: MACRONUTRIENTS

Learning To Count Macronutrients

As the most important part of your nutrition is going to be getting in the required foods listed above. It is also vital that you are consuming the right foods. Simply for the reason that if your HGH levels are increasing and your body is wanting to grow taller, you need to fuel it for it to grow.

Its just like someone that wants to be a bodybuilder, someone in the gym can not simply go and lift weights and put on mass amounts of muscle like some of the biggest guys out there. It is a large combination of different things, how could their muscle get bigger just from training if it did not have the right fuel, enough protein, carbohydrates and fats.

The exact same principles apply to get taller, if your body wants to grow; it needs the correct foods to fuel itself for it to do so. So any individual perusing this course with a poorly laid out diet and food plan will not see the most optimal results possible. You want to do everything in your willpower to get the most potential in the next 12 weeks. You want to be a changed person.

Great, so now that we know all of this, well what should we do?

Any individual no matter who you are, what colour, shape, size or sex needs at least 3 meals a day to keep them fuelled, if not even four. These foods should be coming from good sources.

There are 3 main macronutrients that we consume everyday of our life's in the foods that we eat. They are:

- Proteins
- Fats
- Carbohydrates
- And, technically, alcohol is a stand -in fourth

THE BLUEPRINT 5INCHHEIGHTGAIN

Protein comes from many different sources, here are just a few listed below.

- Tuna or most any fish.
- Cottage cheese.
- Eggs (especially the whites).
- Chicken breast (boneless skinless).
- Turkey breast (boneless skinless).
- Lean beef.
- Low fat or no fat cheese.
- Low fat pork.
- Milk protein isolate.
- Whey protein.

Carbohydrates comes from many different sources, here are just a few listed below.

- Sweet potatoes.
- Oat meal, oat bran, oat bran cereal (i.e. cheerios).
- Bran cereal.
- Brown rice.
- Wheat bread
- Beans.
- Low fat popcorn
- Fruits
- Dextrose (during workout)
- Vegetables.

Fats comes from many different sources, here are just a few listed below.

- Olive oil.
- Nuts
- Egg yolks.
- Fish (salmon especially).

All other fat should come as a by -product of your carbohydrate and protein intake.

THE BLUEPRINT 5INCHHEIGHTGAIN

Each macronutrient yields a certain number of calories.

- One gram of protein yields 4 calories.
- One gram of carbohydrate yields 4 calories.
- One gram of fat yields 9 calories.
- One gram of alcohol yields 7 calories.

Here is a nutritional label, we can see that there are 13 grams of protein, so we will times this by 4 calories.

We can see that there are 36 grams of carbohydrates so we will times this by 4 calories as well.

We can see that there is only 1 gram of fat so we will times this by 9 calories.

Protein = $13 \times 4 = 52$

Carbohydrates: $36 \times 4 = 144$

Fat: $1 \times 9 = 9$

If we add all of these together we end up with 205, this is the amount of calories in anything that you are consuming when it is written on a nutritional label. **$144+52+9 = 205$ calories**

Nutrition Facts			
Serving Size 172 g			
Amount Per Serving			
Calories	200	Calories from Fat	8
% Daily Value*			
Total Fat	1g		1%
Saturated Fat	0g		1%
Trans Fat			
Cholesterol	0mg		0%
Sodium	7mg		0%
Total Carbohydrate	36g		12%
Dietary Fiber	11g		45%
Sugars	6g		
Protein	13g		
Vitamin A	1%	Vitamin C	1%
Calcium	4%	Iron	24%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
NutritionData.com			

Be careful when reading food labels to note how many servings are contained in what you are eating. There are micronutrients in all food but they do not contain calories. Remember that for foods such as fruits and vegetables, look them up online to find their total calories and the macronutrients in them as they obviously do not have a nutritional label.

It is important in your diet while gaining height not just to make sure that your intake is sufficient on enough calories but to make sure that you have a good plan as to how many of the different macronutrients are in your food plan.

THE BLUEPRINT 5INCHHEIGHTGAIN

This is because of a few different reasons. Lets say for example that someone was eating pop tarts all day long, 3000 calories worth for that matter, yes they would be able to survive. But certain things would take a massive hit, which is why we just can't allow this while following the 5InchHeightGain blueprint as it would discourage growth.

If your body is not receiving adequate protein from several different sources it will not give your bones the strength to grow, you may also experience extreme strength and muscle loss.

If your body is not receiving adequate carbohydrates, you and your brain will lack energy, you will be deprived and feel weak. You will not be giving yourself the energy that you need for your body to become taller.

Fats are extremely important, obviously the good ones of course. They help to keep the body's hormones regulated, so we can say that if this is not on point, it will be hard to boost HGH, or any other hormones for that fact. If your body is not receiving adequate fats from the right sources it will be tough to reach your maximum height potential. This is why we want to be doing everything perfectly for perfect results.

So we have macronutrients sorted now, what next?

It is also extremely important to make sure that not only are you covering the right macronutrients, but you are also receiving the right amount of calories in total.

If your body is trying to grow, and it requires the energy intake of 2500 calories, but you are only eating 1500. It will be hard once again to get the most potential out of your growth.

Everyone is of a different age, shape, size, color, race and sex. We are all extremely unique, and because of this reason and many others factors we cannot all follow the same food plan. A 30 year old man will eat a lot more than a 10 year old boy.

So how do we find out how many calories to eat?

There are two parts to this equation, the first one is to find out your BMR (basal metabolic rate). This is done using an online calculator which will take your height, weight, age, sex and put out a number which is your BMR.



Your basal metabolic rate is the amount of calories that your body would need to consume to stay its current weight and maintain itself if you were to be lying down all day not moving or doing anything.

There are few different online calculators that you can use, personally I prefer this for its ease of use and accuracy. You can find it here at:

<http://www.bmi-calculator.net/bmr-calculator.php>

Lets take a look at my own results:

You have a BMR of 1959.29.

 **Tweet** 920  **Like** 18k

BMR Calculator (Basal Metabolic Rate) Metric BMR Calculator

Height ft in

Weight lbs

Age

Female ☐ Male ☒

So at my current statistics using this easy calculator tells me I have a BMR of approx 1960. This is how many calories I would need to consume everyday to keep things running smoothly if I was lying down not doing anything. However peoples energy expenditure every day varies a lot, dependant on how physically active you are at your job, school or sport.

Part 2 of the equation, Using the Harris Benedict Equation

This is a simple step but very important, to determine your total daily caloric needs, multiply your BMR by the appropriate activity factor as follows:

- If you are sedentary (little or no exercise) : Calorie - Calculation = $BMR \times 1.2$
- If you are lightly active (light exercise/sports 1 -3 days/week) : Calorie -Calculation = $BMR \times 1.375$
- If you are moderately active (moderate exercise 3 - 5 days/week) : Calorie -Calculation = $BMR \times 1.55$
- If you are very active (hard exercise/sports 6 -7 days a week) : Calorie -Calculation = $BMR \times 1.725$
- If you are extra active (very hard exercise & physical job or 2x training) : Calorie -Calculation = $BMR \times 1.9$

Personally I am moderately active, so I will take my BMR of 1960 and times it by 1.55, this gives me 3038. This is the required caloric intake that I need to use when growing taller, you will not permanently have to follow this diet plan so strictly and make sure you are getting enough of the right foods in the right quantities but for the next 12 weeks while your height is increasing, this is important.

3038 would be the minimum amount of calories I would consume per day, it does not matter if you go slightly above, but I would do anything to make sure I'm tracking my intake and not getting any less.

So once we know how many calories to intake, how many should be proteins, carbohydrates and fats?

Every individual is safe by using the 40/40/20 rule. This means that 40% of your total calories should come from protein, 40% of your total calories should come from carbohydrates, and 20% of your total calories should come from fats.

Remember to take into account that 1 gram of fat yields 9 calories unlike a protein or carbohydrate which yields 4.

THE BLUEPRINT 5INCHHEIGHTGAIN

Lets work this out and use myself for this example. From the Harris Benedict Equation I need 3038 calories, this is what my macronutrient intake should look like:

Protein – 1215 calories divided by 4 gives us 303 grams of total protein.

Carbohydrates – 1215 calories divided by 4 gives us 303 grams of total carbohydrates.

Fats – 608 calories divided by 9 gives us 67 grams of total fats.

So using all of this will give you personally the specific amount of calories from which macronutrients to fuel yourself while growing taller. This along with the Growth Hormone Drink contains substances crucial to the success of this blueprint and cannot be skipped at all.

CHAPTER 4: SLEEP

Sleep Is Crucial To Growth

Sleep is absolutely critical to bone growth, or any growth in the body for that matter. Getting the right sleep, which is undistracted in any way and also the right amount will yield a large potential of results when gaining height.

If you are not giving your body enough recovery time or time to grow you will simply not achieve your goals. It is not just for this fact but also that a large amount of HGH is released every night when you sleep. What we want to do is optimize this the best way possible to have the largest amount released.

It is during deep sleep that growth hormone does its job of thickening and lengthening your bones. So appropriate sleeping time (the longer, but more importantly the better) and correct sleeping posture is very important for your body to grow. Sleep is defined as a natural periodic state of rest for the mind and body, in which the eyes usually close and consciousness is completely or partially lost, so that there is a decrease in bodily movement and responsiveness to external stimuli.

During deep sleep, growth hormone produced by your pituitary gland is released into your blood stream and travel through your body and causes the thickening and lengthening of your bones. Therefore, you should achieve “deep level” sleep on a daily basis in order to coordinate your affords of exercises and proper diet. The following are some helpful tips on how to easily achieve deep level sleep.

- Sleep on a comfortable and firm mattress, also sleep in a room that is dark, quiet and fresh smelling.
- Keep your hands and feet warm. Scientific studies have shown that warm hands and feet will help induce REM (rapid eye movement) deep sleep. Cold hands and feet will keep you from deep sleep.
- Drink a big glass of water before going to bed and when you wake up; this will help clean out your system.

THE BLUEPRINT 5INCHHEIGHTGAIN

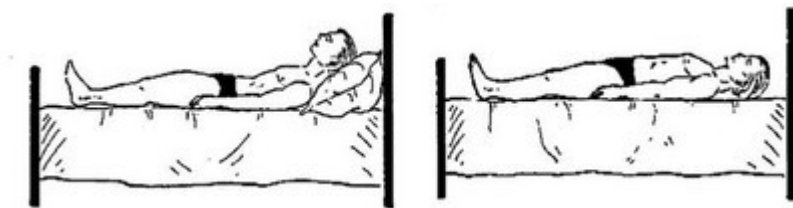
- Practice total relaxation and deep breathing for a few minutes before you go to bed.
- Relax from head to toe. Close your eyes and relax every part of your body.
- Maintain a habit of sleeping at the same time everyday, including weekends.
- Sleep on your back with a flat pillow under your knees. This will align your spine properly and prevent any backaches caused by sleeping in a bent position.

Undoubtedly, the quality, quantity, and type of food we eat affect our height, growth, and health. We cannot emphasize enough how important your food intake is in determining how much growth you can possibly obtain. The types of food you eat will either improve or decrease your growth potential.

As we discussed earlier a large part of this program will come down to decompressing the spine, and as we know when we sleep our spines decompress pressure from the disks. So not getting enough sleep every night is simply just not sufficient.

As other factors in this course are the real focus, it is still important to make sure everything is in check, your sleep included because without it you are very potentially limiting yourself and not get the best results possible.

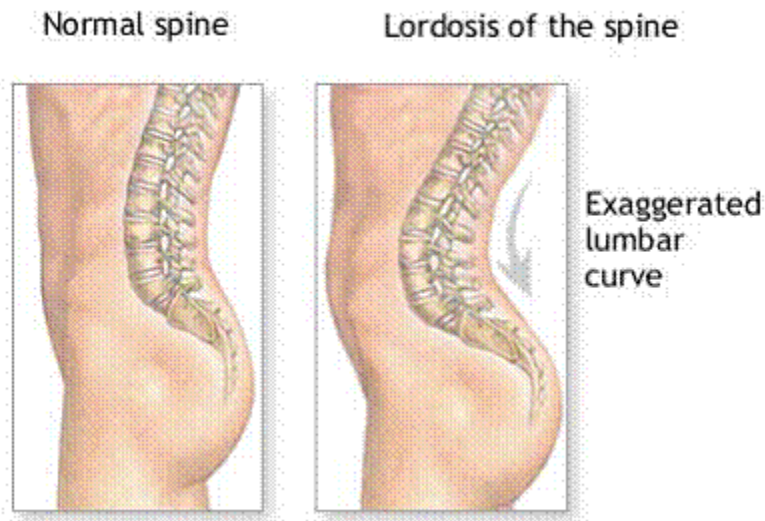
Last but not least, sleeping in correct posture can significantly maximize your growth. This is because when you sleep, your spine decompresses, you want to allow your body to be most suited for it to undertake this. It is important that you sleep flat on your back, without a pillow.



You may find that getting into these regimes may be a little difficult at first but after the first few weeks of this program you will adapt and they will become second nature to you without having to worry about the little things.

CHAPTER 5: POSTURE

Is Your Posture Making You Shorter?



One of the basic things that people wanting to increase their height seem to forget and miss out is the issue surrounding their posture. You may remember your mother telling you as a child to 'sit up straight' or 'stop slouching' or even 'put your shoulders back when you walk'. Well it seems that in this circumstance mother was actually perfectly correct! There are a multitude of scientific papers supporting the benefits associated with a good posture. These are not only physical but psychological too.

THE BLUEPRINT 5INCHHEIGHTGAIN

Kyphotic spine



Normal spine

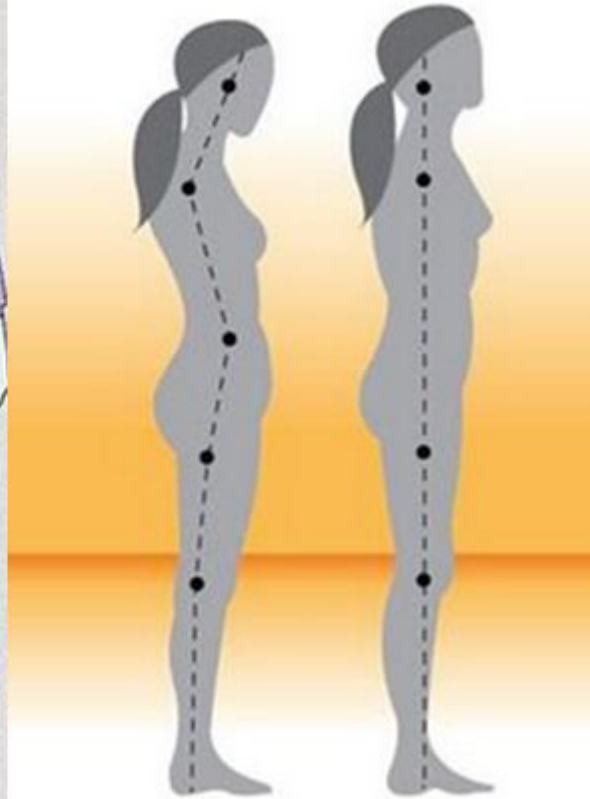
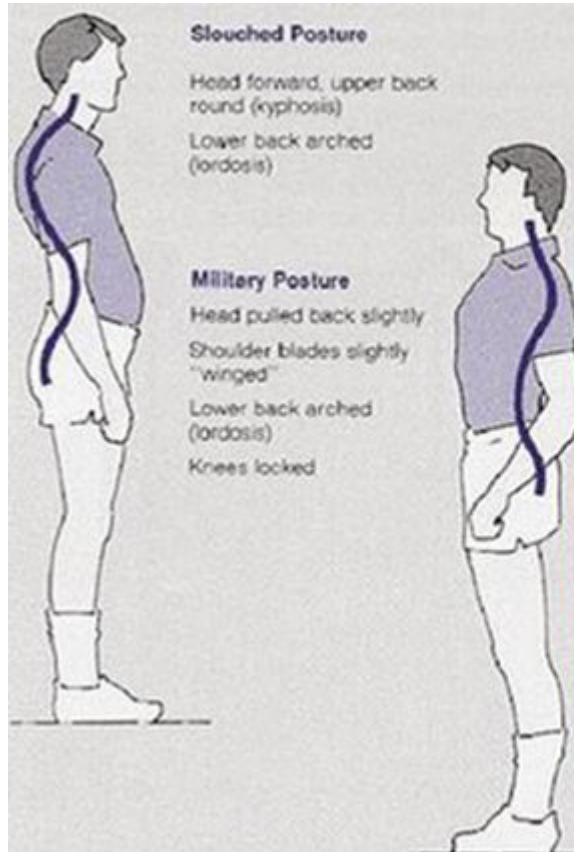


However for the purpose of this we will be focusing on the issues surrounding your posture and if it could possibly be making you shorter than you are! Yes it's true; a poor posture can lead to you losing several inches off your potential height. Next time you are in a public place take a look around, you'll see that a bad posture is quite common. Ailments such as bowleg syndrome or hunching shoulders are not as uncommon as you might think.

So How Does This Happen?

Well there are several factors, which will contribute to an individual's bad posture. Some of these are present at birth but for the majority it is something that develops over time due to the way your body is treated.

THE BLUEPRINT 5INCHHEIGHTGAIN



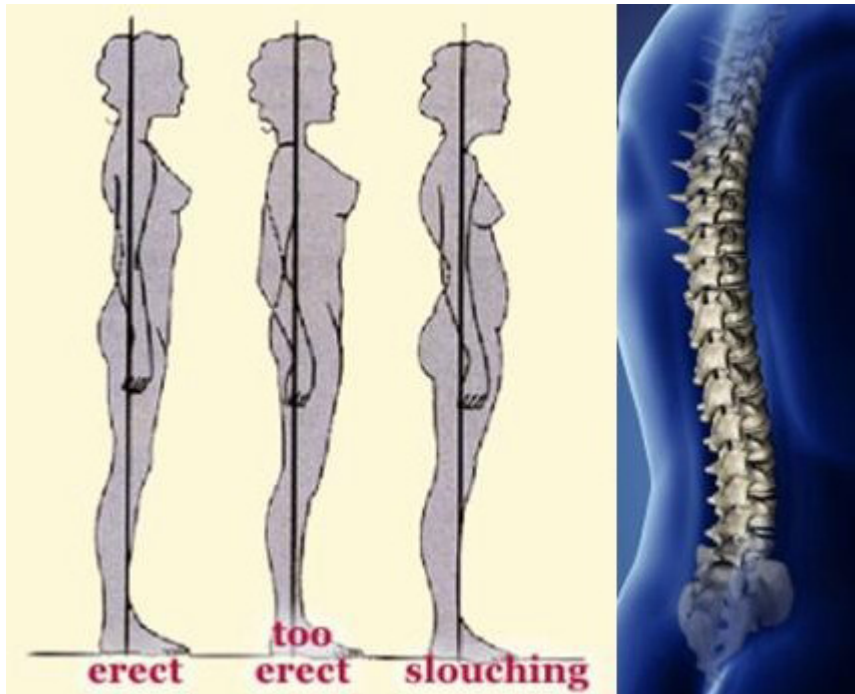
Let's begin with exercise. A lack of regular exercise can lead to weakening of the muscles in the back and in the stomach regions. These are your primary stabilizing muscles so a weakness here can lead a body prone to injury. More importantly it means that the imbalance of muscles can lead to your spine adopting a more unnatural hunched over position which means you will lose some of your height. Not only will a poor posture cause you to lose some of your height and make you appear shorter, but it will also have the knock on effect of potentially causing chronic ailments later on in your life too.

Some of these can include:

- Constant and/or acute and/or chronic pains. Particularly lower back pain, stiffened shoulders, neck discomfort and weak core muscles.

- Possibility of auto -degenerative diseases such as osteoporosis, arthritis or osteoarthritis due to weakening of muscles and increased pressure on joints.

How to deal with posture related problems

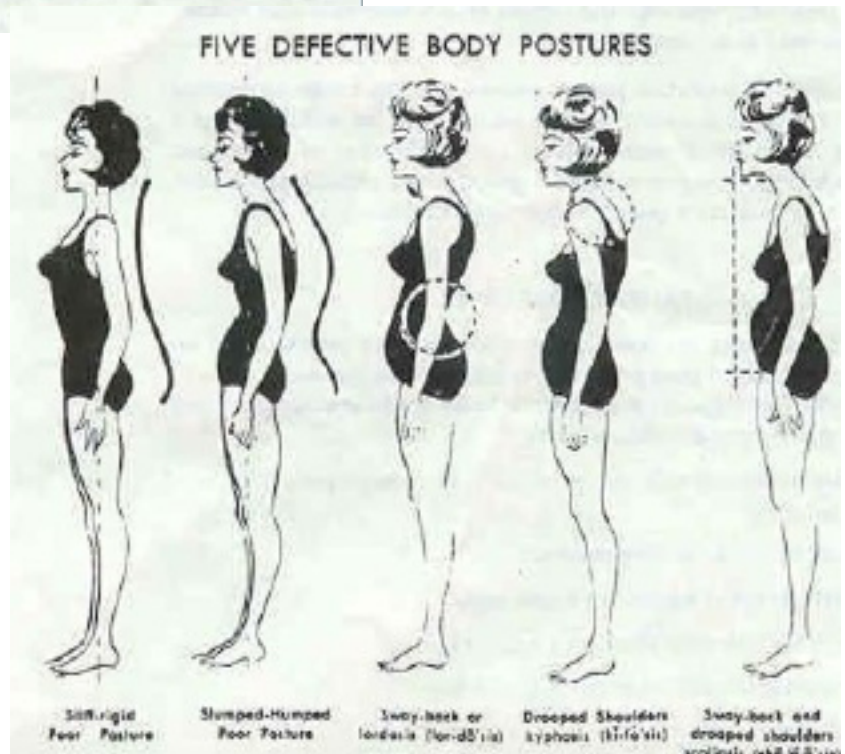
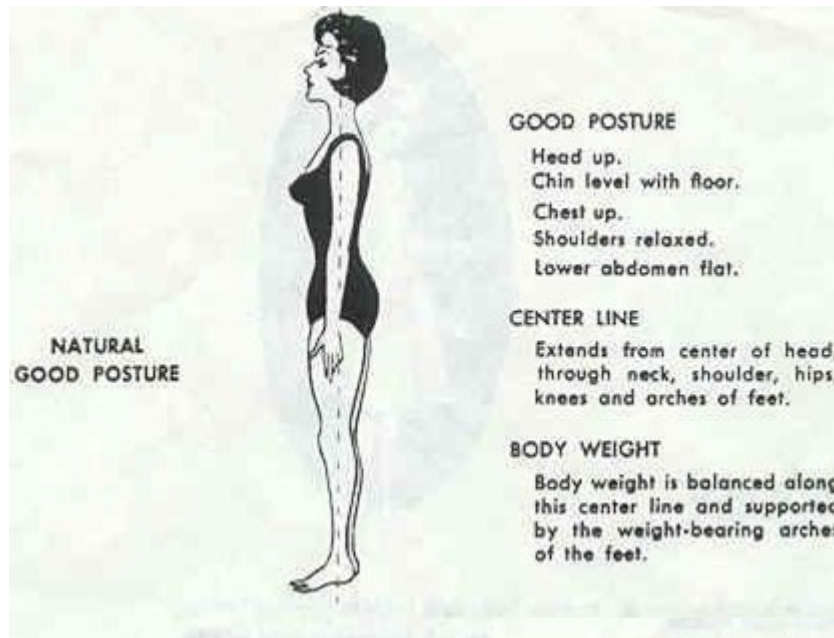


A great way to relieve these conditions and even avoid the development of them in the first place is through a series of regular stretching and core muscle targeting exercises. Over time this type of intense routine stretching will strengthen your muscles and help keep your spinal column in line and in the correct posture. This will have the roll on effect of helping you maintain a healthy posture in your everyday life.

You may want to consider visiting a medical professional before beginning any serious exercise program to double check that there are no underlying problems and issues that you might otherwise be unaware of. This will help you avoid making any ailment worse. Always begin your programmed exercise gradually and make sure you listen to what your body is telling you!

The 5 Most Common Posture Related Problems

The human body is a fantastic piece of biological equipment which is essentially a strong movable frame (which we know as the skeleton) surrounded by a series of strong flexible muscles which are connected to the skeleton by ligaments.



THE BLUEPRINT 5INCHHEIGHTGAIN

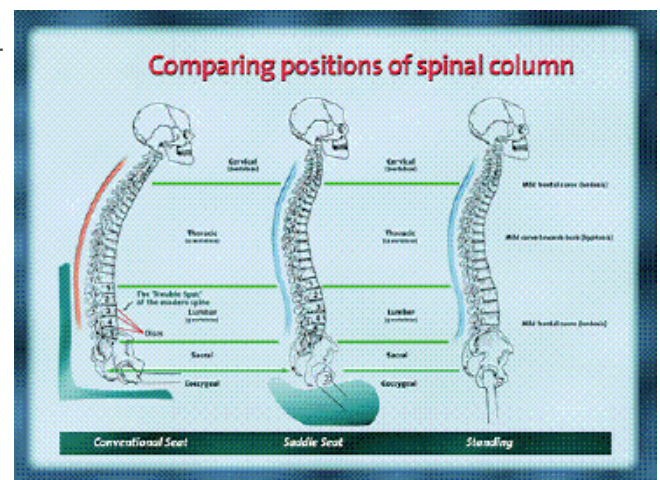
This ingenious set up means we are able to move around at our will with a large degree of freedom and control. However due to the nature of our daily lives in this day and age, many of us develop poor posture. This means we do not hold our body in a good position when doing things such as walking or sitting at a computer desk. This is a concern for many as a good posture provides us with a series of benefits such as a strong spine, and a higher sense of self -confidence. It also gives the impression to others we encounter that we are strong, intelligent and capable. There is also a more serious effect of having a poor posture that is far more relevant to you.

Having a poor body posture will effectively reduce your height and make you look far shorter than you actually are. For those of us looking for ways to increase height naturally this is a major problem as height and posture are closely linked and impact on one another.

You've probably noticed that as people age they can sometimes begin to stoop over and their spines start to hunch forward.

This means that you will likely see a good deal of older citizens who look substantially shorter than yourself. In fact, in truth they are probably no shorter than you, but the poor posture they have developed gives the impression that they have lost height. The same can be said of many people these days.

Modern working jobs such as typing and writing means that some of us hold our bodies in a bad posture for hours at a time, each and every day. Over time this can cause bad posture all the time and as we already know posture and height are linked together.



There Are Many Posture Related Problems But Here Are The Most Common 5:

Titled Pelvis Problem –

Your pelvis has a particular purpose in your body. It acts as a lever and has a big impact on your posture and height. Sometimes individuals who are overweight will develop a problem known as 'tilted pelvis' whereby the weakened stomach muscles means the weight pulls the pelvis forward which induces a bad posture which reduces your height.

Knock-Knees & Bow-Legs –

These are two quite common conditions that are the opposite of one another but have the same negative effect on posture and height. Sufferers generally walk with the majority of their weight either on the instep or the out -step, which can induce a poor posture and again steals inches from an individuals height.

Rounded Shoulders –

This is also a fairly common condition where the individual suffers from an abnormality in the curvature of his or her spine, which makes the shoulders push forward and look like the individual is hunched over. Obviously somebody in this position will be losing height as they will be bent forward more than usual.

Joint & Foot Pain –

Those people who suffer with a poor posture can also experience difficulty in their joints and in their feet too. Normally this is due to the skeletal system becoming poorly aligned and so pressure is placed on areas of the body which are not designed to take it.

Chronic Disorders –

In more serious cases it is possible for individuals with a poor posture to develop chronic ailments as a result. The poor posture will mean blood flow and circulation can be limited and unsteady which over time can lead to problems with bodily functions and internal organs.

This may seem quite a shock to you and may even be frightening, but you should be aware that everything we've talked about can be avoided if you make a conscious effort to improve your posture.

Target Height Growth Through Posture Improving Exercises

Posture is one of the biggest influences on human height growth and back health. If you want to achieve your full height potential, it is important that you maintain good posture throughout all of your



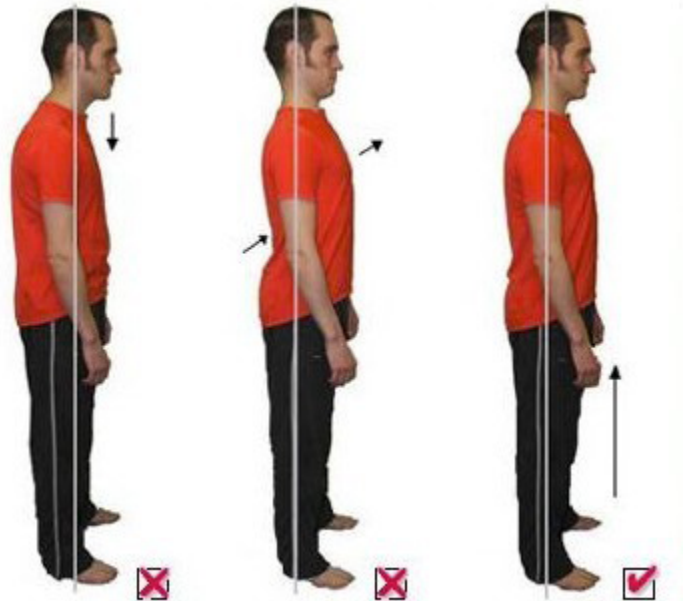
activity. Making a conscious effort to stand up straight is, of course a good way to have good posture. However, performing regular posture improvement and height growth exercises will help your body have better posture naturally.

To help you better understand why posture plays such an important role in your height, you need to know a little bit about the structure of your spine. Your spine is naturally "S" shaped and when you are standing, a correctly aligned spine will appear as if a string is running straight through your body from the crown of your head, down the center of your torso, and into your heels. This makes your body stand as tall as possible. When you have poor posture, a portion of your back is curved too much in one direction. For example, people who tilt their pelvis too forward can develop a "swayback" that slumps their body. When your body slumps in this manner it puts stress on your back and wears down the discs in your spine, decreasing your height. In fact, many people with poor posture are one to two inches shorter than their real height. You should always try to maintain good posture in any position. If your back, neck, and other related muscles are not in shape then you will find that you have to make more of an effort to do so. However, if you strengthen these relevant muscles you will have a natural ability to resist the tendency to slump and fight the pressure put on your spine that causes you to become shorter.

THE BLUEPRINT 5INCHHEIGHTGAIN

In the following paragraphs, you can learn about three height growth exercises designed to help you improve your posture

1) The first exercise is called Bowing Down to Yourself. It is one of simplest height growth exercises and you can do it almost anywhere. This move improves your posture, and also stretches out the muscles in your upper back. Sit down into a chair and keep your back straight and head facing forward. Keep your feet flat on the floor. Slowly lower your chin to your chest and take three long breaths before raising your head back to the starting position. Repeat this movement as necessary.



2) The Bowing Down to Yourself exercise should be followed by the Ear to Shoulder. Like the previous exercise, this will help improve your posture and stretch your upper back muscles. This movement especially stretches the muscles that run along the sides of your upper spine and neck which helps hold your neck and head in a position of good posture and increase height growth. Sit in the same position as before, with your spine straight and feet flat on the ground. Take a deep breath and when you exhale roll your right ear towards your right shoulder. Take another deep breath and as you exhale roll your chin to your chest. On the next deep breath, exhale and roll your left ear to your left shoulder. Finally, take another deep breath and exhale as you roll your chin back to your chest. All of your movements should be steady and slow and you should inhale deeply. Repeat this set at least 3 more times.

3) As you perform the next exercise, called the Turkey Stretch, you will be able to feel the stretching and lengthening along the back of your neck. Because your neck is such an important factor in good posture, this exercise is great to increase height growth, and general fitness. Once again, you should keep your spine straight and feet flat while

THE BLUEPRINT 5INCHHEIGHTGAIN

you sit in a chair. Act as if there were a string pulling up the crown of your head to make you as tall as possible. Focus your eyes on the area in front of your nose and raise your hand to your chin. Take a deep breath in, rest your hand on your chin and then begin to breathe out slowly. As you exhale, lightly push your chin into your neck until you feel the stretching on the back of your neck. When you finish exhaling stop and then repeat the set, you should do this at least 3 more times.

CHAPTER 6: EXERCISE PLAN

What Will Be Required

The exercise plan of the 5InchHeightGain blueprint is one of the most vital important parts of this program so taking your time with these exercises to make sure that they are done properly, and also done everyday is crucial. Keep in mind that it may take between four to six weeks for results to start showing.

Remember the whole way through that if you follow this blueprint correctly and do everything that is mentioned above you are guaranteed results by the end of the 12 week period and you will never look back. These results also won't be ones that only last for a certain period of time but are ones that will last forever, when you gain the height using these methods it is permanent. This coupled with working on making yourself appear taller will give so much more height than you would have ever previously had.

The exercises in this program are not difficult although there is a beginning stage and also an advanced one in later weeks. They will not take you copious amounts of time and you will become quicker at them after the first few days of having them in your routine.

You do need to push yourself with these exercises, but you do need to take in consideration your ease and care. You do not want to put any strain on your ligaments, joints or tendons as this could affect the bones that they are jointed to and encourage them not to grow to potential. Also without taking ease and care, this could potentially result in injury in a rare case. This could take you out of the program and you would have to restart it from the beginning once your injury has healed.

THE BLUEPRINT 5INCHHEIGHTGAIN

There will be 4 parts to this exercise regime, they will all take place over different weeks throughout the program. See below:

Week 1 -3 Introductory Exercises (Spinal Decompression)

Week 4 -6 Specific Regime (Tendon & Ligament Stimulation)

Week 7 -9 Advanced Regime 1

Week 9 -12 Advanced Regime 2

There will be quite a few exercises to learn and do which will not be hard or difficult, but you will need to put them into routine and get them done everyday.

As we advance through this program I will explain to you exactly why these certain elements are specific and necessary to success of your growth.

In week 1 -3 the introductory exercises must be followed continuously throughout the program right up to the end of week 12, or beyond if you would like to further the program to continue your growth. This is necessary as these specific exercises will decompress the spine, and that is needed throughout all 12 weeks to allow passive growth.

Without further ado, **lets get stuck into the program!**

CHAPTER 7: EXERCISE PLAN

Weeks 1-3 & Beyond

Introductory Exercise – Spinal Decompression

These exercises must be performed day and night, once in the morning as soon as you wake up and also right before you go to sleep at night.

This must be done consistently and followed right throughout the 12 -week period. These will be the only exercises you follow for the first 1 -3 weeks, after that they will be continued and used in conjunction with the other stretching routines.

As mentioned above, this is vitally important as this is the spinal decompression phase and we need to keep it decompressed right throughout the program to stimulate and encourage growth. This will occur with these exercises because it will create a lower pressure in the disc that will cause an influx of healing nutrients and other substances into the disc. **Let us Begin...**

Exercise #1



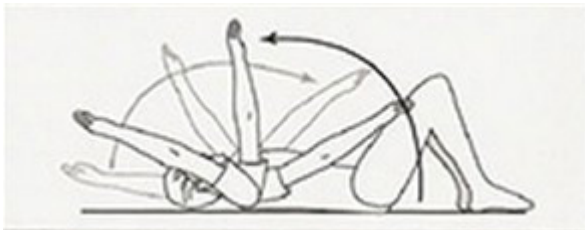
Always start your routine with this stretch. Simply get in the above position and gently pull your knee to your chest and hold for a count of 20 seconds. Slowly lower the leg and repeat the other side. Do each leg 3 times, make sure you do not force it or you can cause yourself significant lower back pain.

Exercise #2



Simply suck/contract your belly button downwards (not by deeply inhaling) and tighten your buttock muscles, now hold this position. Do 4 sets of this each for 15 seconds long.

Exercise #3



Assume the above position. Now tighten your stomach and buttocks to lock your spine in place. Slowly lift your left arm upwards like a railroad crossing -gate; keep it moving until it rests on the ground next to your side. Simultaneously do the same thing with your right arm only in the opposite directions. Both arms are going in opposite directions. Do 2 sets of 20 repetitions with each arm.

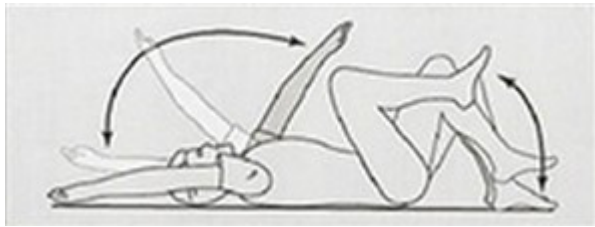
Exercise #4



Assume the above position, tighten your tummy and slowly raise your knee towards your chest. Keep your tummy as tight as you can as you lower it back down to the ground.

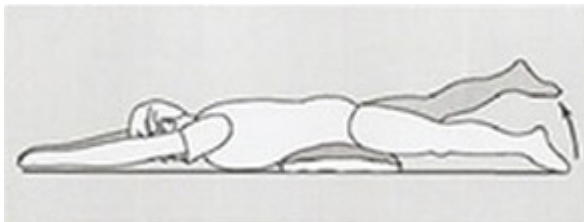
Repeat this with the other limb. To make this more difficult, lift your head off the ground as well and hold it up as you do the leg -ups. Complete 2 sets of 10 repetitions with each leg.

Exercise #5



Tighten the tummy and slowly lift the left arm and right leg simultaneously. Hold this for 15 seconds and return them to their original positions. Repeat this on the other side and complete 4 repetitions with each leg.

Exercise #6



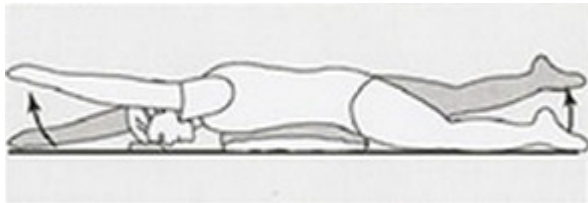
Take two or even three pillows and lie on top of them as shown. Slowly raise your left leg (keeping it straight) upwards and hold it at the top for 20 seconds. Slowly lower and repeat with the other limb. Only raise your leg to a comfortable height. Don't go so high that it causes pain. You don't have to go very high for this to be effective. Complete 1 set of 3 repetitions with each leg.

Exercise #7



Take two of even three pillows and lie on top of them as shown above. Note that the pillows are more forward on the chest than compared to Exercise #6. Also note that you should use a little pad for the forehead. Slowly raise your left arm (keeping it straight) upward and hold it at the top for 10 seconds. Slowly lower and repeat with the other arm. Only raise your arm to a comfortable height. You don't have to go very high for this to be effective. Complete 1 set of 3 repetitions for each arm.

Exercise #8



Take two and even three pillows and lie on top of them as shown above. Simultaneously lift the left arm and right leg slowly upwards. Don't force it but just go as high as you can. Hold this top position for 10 seconds and then lower. Repeat this on the other limb and complete 1 set of 6 repetitions each side.

Exercise #9



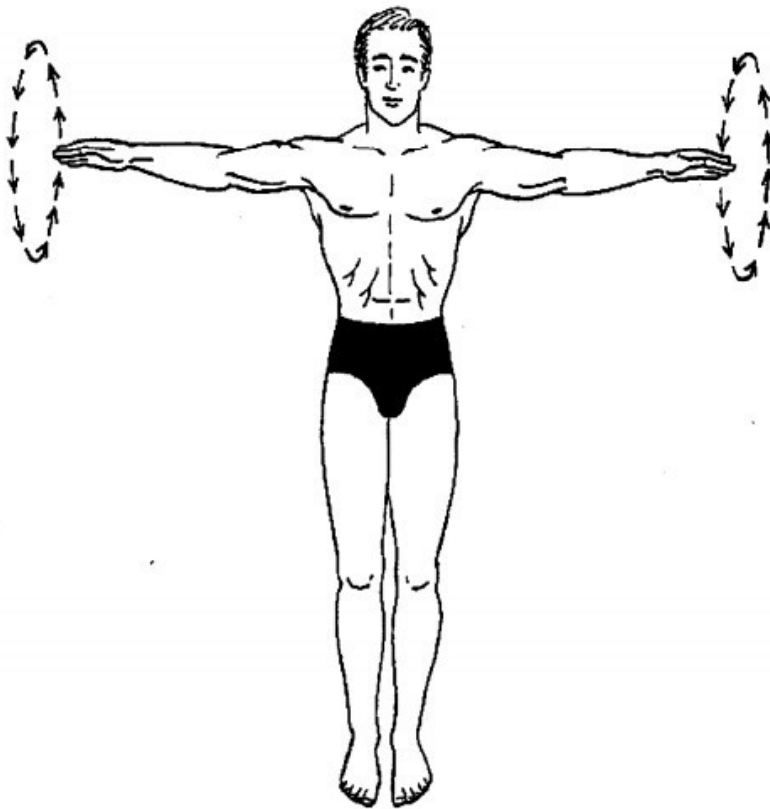
Start with your left leg fully extended (straight). Tighten your tummy and slowly skim your left heel towards your buttock, then left the leg and curl your heel towards your chest. Reverse the direction and return the leg slowly to the original position. Repeat this with the other leg and complete 2 sets of 10 repetitions.

CHAPTER 8: EXERCISE PLAN

Weeks 4-6

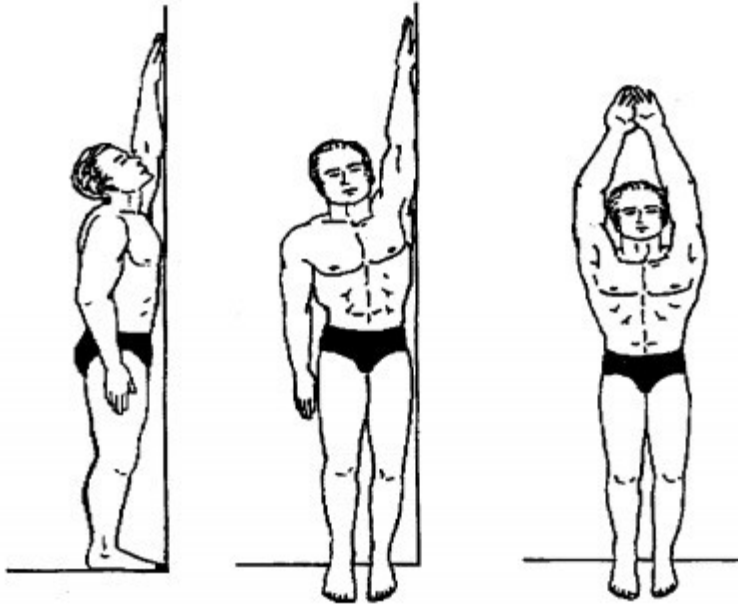
Specific Regime (Tendon & Ligament Stimulation)

Exercise #1



In the standing position, raise both your arms up into a horizontal plane stretched out as far as they can extend. Rotate your arms in a circular motion approximately 1 foot in diameter, extend your arms back as far as possible at each rotation. Remain in this position and do not let your elbows bend, after rotating clockwise for 30 seconds then rotate anti-clockwise for another 30 seconds. Repeat this process twice.

Exercise #2



In the standing position facing a wall stand right up nice and close against it, from there you will fully extend one hand while keeping both your feet flat on the ground. Reach for your highest point possible and hold it there for 15 seconds, switch to the other hand and repeat the process again holding it there for 15 seconds. Repeat this process three times on each side.

Once you have completed this turn to your side so it is facing the wall and again fully extend your arm as high as you can reaching for the highest point while keeping your feet flat on the ground. Hold for 15 seconds, then repeat this on the other side using the other arm and complete this three times on each side.

Lastly standing with your back up against the wall, extend both of arms until they are completely straight and reach once again for the highest point on the wall while keeping your feet completely flat on the ground. Hold for 15 seconds and repeat this process 3 times.

Exercise #3



FIGURE 1

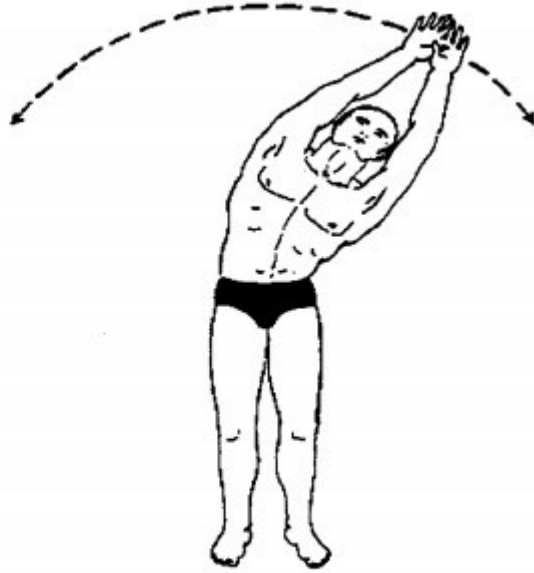


FIGURE 2

Stand completely straight while extending your arms above your body as high as you can with your fingers interlocked. Stretch your body powerfully upwards while keeping your feet flat on the ground. From this position you must remain in the same plane of movement without tilting forwards or backwards, but moving from side to side as the diagram shows. Go slowly to prevent any injury and repeat this ten times on each side of your body.

Exercise #4



FIGURE 1

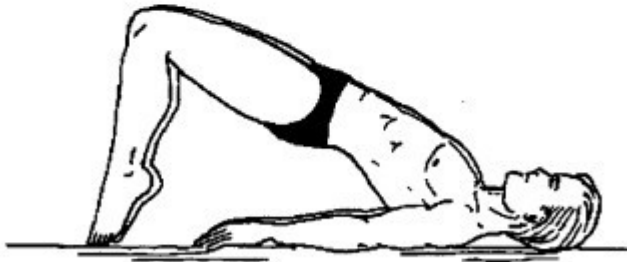


FIGURE 2

Get into the starting position as in figure 1 by lying flat on your back with your arms running straight down your sides. Bring your knees up as high as they can go while extending your heels off the ground onto your toes. From here you must clench your buttocks and extend your hips up towards the roof. Hold this position for 30 seconds and slowly come down and relax. Repeat this process over three times.

Exercise #5

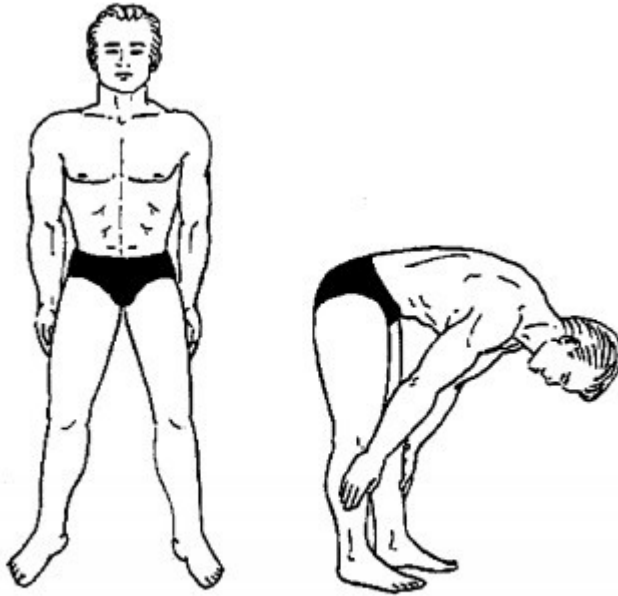


FIGURE 1

FIGURE 2

Start in the standing position with your feet placed just outside your shoulders and your arms running directly straight down your body. Without letting your knees bend, you will tilt over with your hips having your arms completely straight trying to reach as far as you can towards your ankles. Make sure you hold the stretch at the bottom for 10 seconds, complete this exercise slowly and repeat this process five times.

Exercise #6

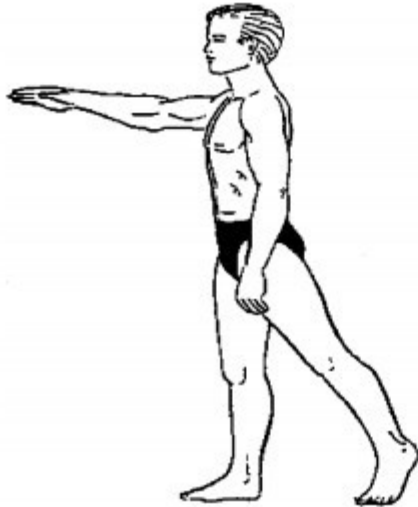


FIGURE 1



FIGURE 2

In the standing position, position your left foot back to your rear while elevating your ankle off the ground. Raise your right arm until it is parallel with the ground, keep it straight and fully extended the whole time. From here you must slowly reach towards the ground trying to reach your most far point while keeping your left leg completely straight.

Hold the stretch at the bottom for 10 seconds and slowly move back to the starting position. Repeat this exercise on the other side of your body using your right foot and left arm. Complete this five times on each side of your body, with every movement completely focused on achieving a great stretch.

Exercise #7



FIGURE 1

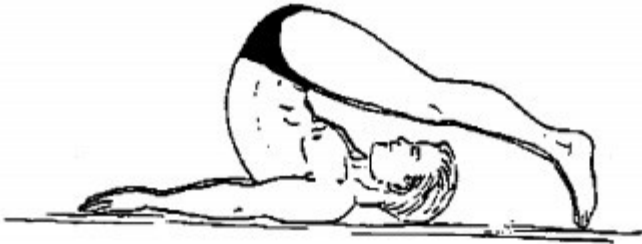


FIGURE 2

Lie completely flat on your back on a firm but comfortable surface. Have your body completely straight with your arms extended directly down your sides. While keeping your legs straight and fully extended slowly raise them up to yourself until your toes come over and they can reach the ground.

Your arms must remain straight and flat on the ground. Hold your toes on the ground for 15 seconds and then slowly let them return. While it is important for your toes to touch the ground, this can be difficult for some people so go as far as you can without having any strain and still getting a good stretch. If your toes cannot touch the ground, continually keep working until they can. Perform this exercise six times.

Exercise #8

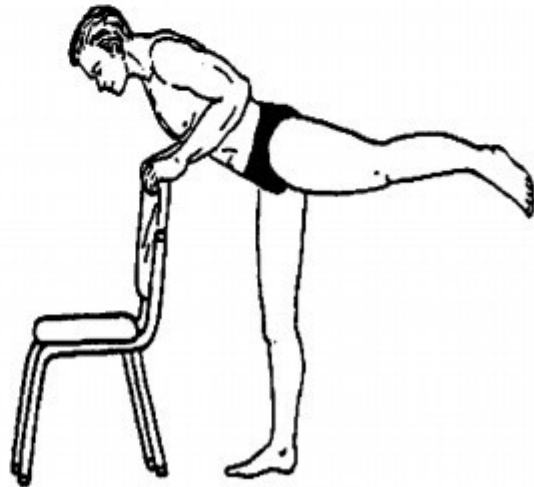


FIGURE 2

Stand positioned up with your hands up onto a chair approximately waist -height. While keeping both of your legs completely straight begin to raise one of them up into the air while tilting your torso over the chair. Come over as far as you can until you feel the stretch. Hold this position for 10 seconds and then repeat on the other leg. Complete this exercise on both legs 3 times each.

Exercise #9



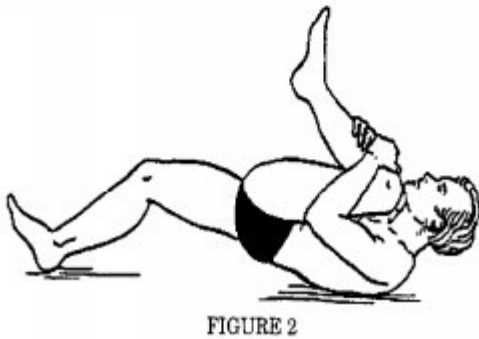
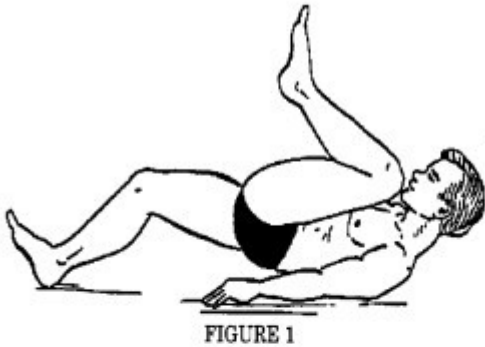
FIGURE 1



FIGURE 2

In the standing position, interlock your hands and fingers and raise them behind your head. Use your hand and arm muscles to push your neck down while resisting with your neck muscles. Not to the point where this could strain a muscle in your neck but just gently. Come all the way down until your chin touches your chest and then release backwards. Repeat this procedure 5 times, then rest for 30 seconds and repeat it another 5 times.

Exercise #10



Start by lying down on a flat but comfortable surface with your body straight and arms by your sides. Raise one up with a slight bend in the knee while having the heel remain touching the ground. Now with one leg, raise it all the way up as high as it can go while keeping your hands straight down along your sides, this is the position shown in figure 1.

Now keeping everything in place, take your hands and grab your shinbone and gently pull it down as low as it will go resulting in a great stretch. Slowly release and lower it back down to the ground. Now repeat the same movement with the other leg, make sure at the top you are holding the stretch for 10 seconds, complete this exercise on each side 5 times.

CHAPTER 9: EXERCISE PLAN

Weeks 7-9

Advanced Regime 1

Great so you have finally made it half way through the program! I am excited for you to have made it here, you may have already realised so far that it takes a lot of discipline to make sure that you have everything in check, but the results are well worth it as you will be experiencing already.

Remember the first 6 weeks of the program are just the kicking off stage while everything crazy is right about to happen now over the next 6 weeks until the end. The results will surprise and amaze you.

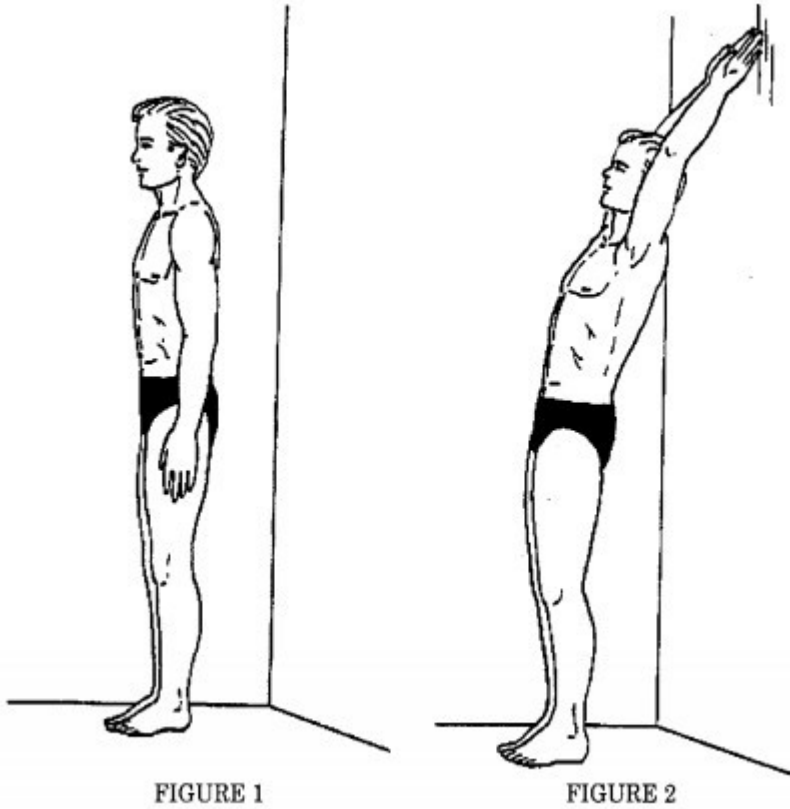
Keep going strong with your diet, making sure you are having the HGH cocktail and are eating the correct calorie requirements containing the correct macronutrients for your growth.

It is all in this leading up stage till now where your body is ready to start growing at a rapid rate.

Without further ado lets move onto the next stage of this program remembering to keep in mind that you are still continuing with the introductory exercises to keep your spine decompressed.

Lets begin with these next few exercises, which are part of the advanced stretching routine.

Exercise #1



Begin standing up straight with your hands by your sides and your back facing a wall. You may want to begin about 1 foot away from the wall and over the next 3 weeks you can gradually start improving your distance. Raise your hands up above your head and slowly start leaning back towards the wall as shown in figure 2 until you can touch the wall. Keep your feet flat on the ground, hold in this position for 20 seconds and then return to starting position. Repeat this exercise over 3 times.

Exercise #2



FIGURE 1



FIGURE 2

Get into the starting position by lying on your back, flat on the ground. Find a firm but comfortable surface, elevate your hands above your head so your body is in a completely straight line. Slowly without allowing any other joints to move, raise your hips up towards the ceiling while squeezing your buttock muscles. You will not need to pause and squeeze on these ones but simply complete 3 sets of 20.

Exercise #3



FIGURE 1



FIGURE 2

Begin by lying with your back flat on the ground, raise your knees up half way so they are slightly bent as shown in figure 1. Interlock your hands and fingers and place them behind your head on your neck. Raise your body so your torso is directly up, reach your left elbow to touch your right knee, and your right elbow to touch your left knee. Make sure you are customizing yourself to this and stretching as far as you possibly can. Complete 3 sets of 10 knee touches on each side.

Exercise #4

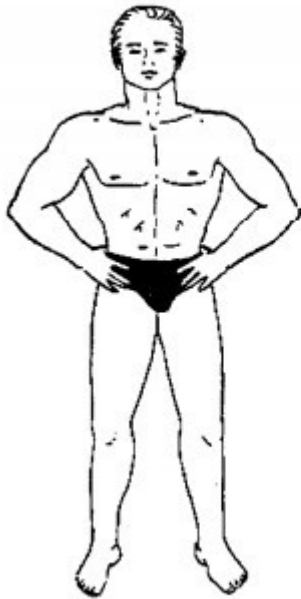


FIGURE 1

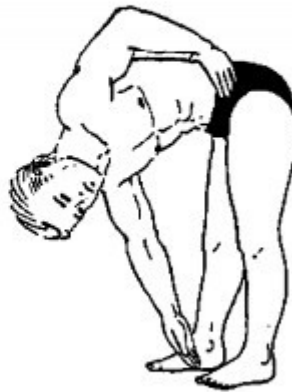


FIGURE 2

As shown in figure 1 above, get into starting position with your head at shoulder width. Place your hands on your hips. With your right hand, slowly reach down towards your left foot, and your left hand reaching towards your right foot.

Stretch as far you can, you will notice fast improvement with this stretch over the course of 3 weeks. If it becomes easy just to touch your toes, try to place your hand flat onto the ground. Remember with these exercises always to challenge yourself to make improvements. Hold at the bottom for 5 seconds, repeat this exercise over 12 times on each side.

Exercise #5



FIGURE 1



FIGURE 2

Place yourself in the starting position shown in figure 1 with your back lying flat on a firm surface. Place your hands under your buttocks, this is used to support your lower back as it will feel uncomfortable on your spine when your legs are raised.

Make sure you are keeping your legs completely straight the whole time, slowly raise them up so they are pointing towards the roof. From here start opening them up until you feel a stretch in your groin, hold this stretch for 10 seconds, then close your legs and slowly lower them to the ground. This exercise must be completed 8 times.

Exercise #6

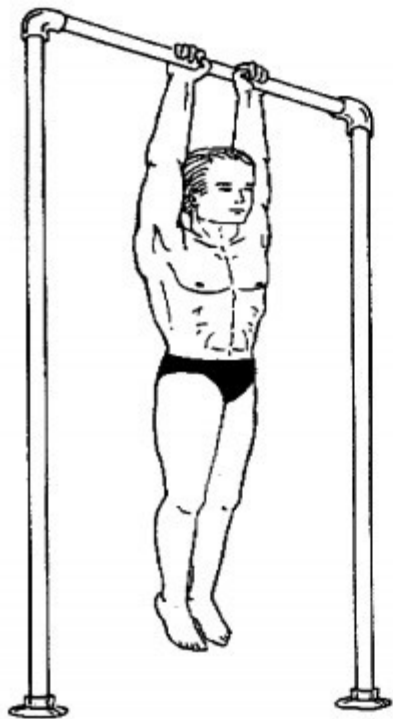


FIGURE 1

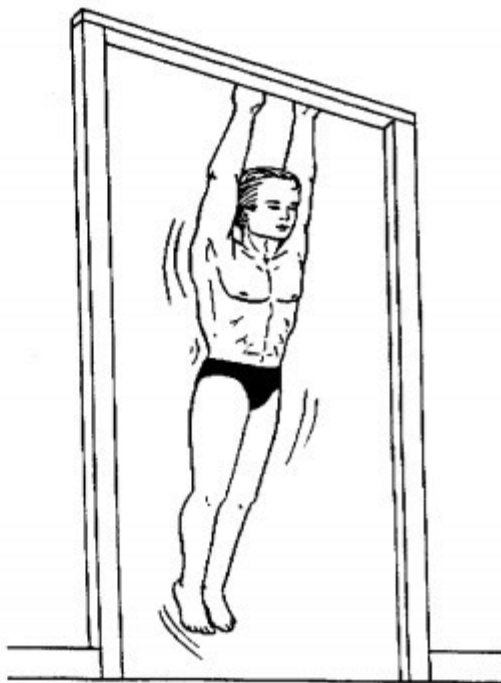


FIGURE 2

For this next exercise you will either need a pull -up bar or an obstacle that you will be able to hang from. Grab the bar and with a completely straight body gently swing back and forth while trying to accelerate your body downwards stretching yourself out.

Let yourself hang and feel the pull. This will further decompress your spine and allow certain nutrients to flow through the spinal column. Slowly swing back and fourth completing this 15 times.

Exercise #7



FIGURE 1



FIGURE 2

Standing straight with your feet close together in a narrow stance and your hands running directly down your sides.

Raise your hands above your head pointing towards the roof with your hands internally rotated, this must be done while in conjunction with raising your heels off the ground. Raise up as high as you can go allowing a good stretch all right throughout your body, you will not need to hold up the top but simply complete this 30 times.

Exercise #8

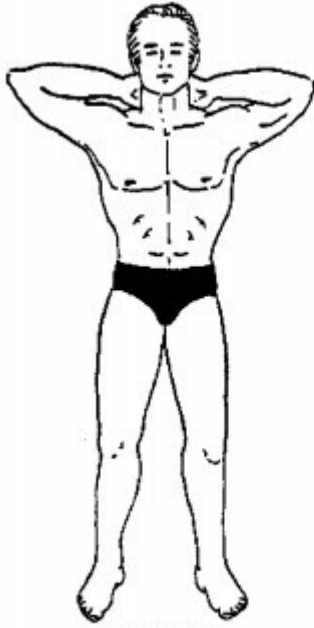


FIGURE 1

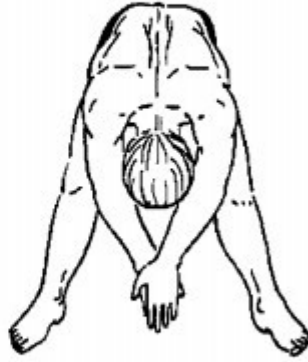


FIGURE 2

Replicate figure 1 by standing up straight with your feet just outside of shoulder width. Interlock your hands and fingers and bring your hands behind your head placed on your neck. Begin by lowering your torso down towards the ground, when you reach as far as you can go extend your arms from your neck towards the ground and reach until you can touch the ground. Hold this position for 20 seconds and repeat this exercise 6 times.

Exercise #9

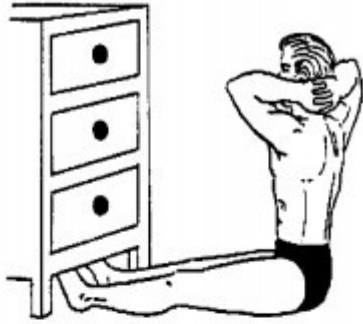


FIGURE 1

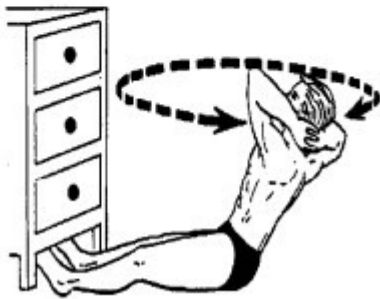


FIGURE 2

Find an object such as a desk, bed or anything that you can lock your feet under. Make sure your legs are completely straight and your torso is directly raised upright pointing towards the roof. Interlock your hands and fingers together while placing your hands on the back of your neck as shown in figure 1. Slowly lower your torso downwards towards the ground until you reach a 45 -degree angle. Now rotate your elbows around as shown in figure 2 making sure that every time you turn you are spinning around as far as you can go. Rotate both clockwise and anti -clockwise, do 5 rotations on each side and then rest for 15 seconds. That is 1 set complete, complete 3 sets in total.

Exercise #10

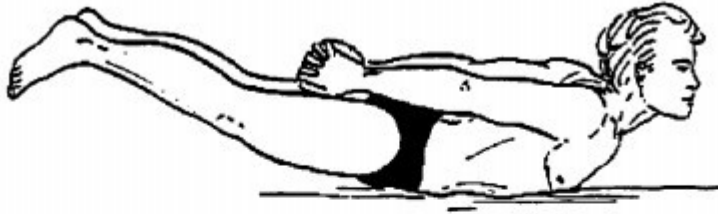


FIGURE 1

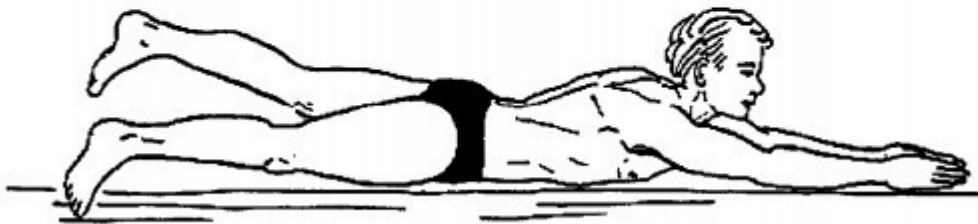


FIGURE 2

In the final exercise for the first advanced routine, place yourself on your stomach lying flat on the floor. Interlock your hands and fingers together bringing them behind your back, keep your shoulders back and fully extend your arms, allow your chest to raise a little off the ground. Now raise your legs as high as they can go, this is all shown in figure 1.

From here you can lower one foot until your toes touch the ground and slowly change feet as one remains in the air while the other can touch the ground. While this is being done you must stretch your arms as far as they can go while bringing them out and around the front of you making a circular motion outwards from your body. This is by far the most difficult exercise in the advanced regime, which may take you a little practice to get right. Complete these movements for 90 seconds without stopping.

CHAPTER 10: EXERCISE PLAN

Weeks 10-12

Advanced Regime 2

Exercise #1

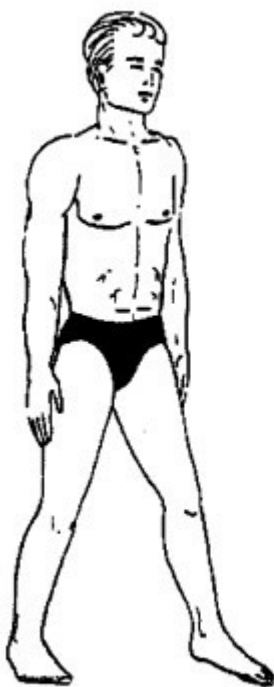


FIGURE 1



FIGURE 2

Begin this exercise in the standing position with your feet parted just outside shoulder width and one foot just in front of your body with your hands by your sides as shown in figure 1. From here lean forwards with your torso keeping your left hand on your knee, which is in front. Perform this exercise slowly and really work on lowering yourself to the floor as much as possible achieving the best stretch that you can get. Hold this stretched position at the bottom for 10 seconds and return. Perform this exercise 5 times on each side of your body.

Exercise #2

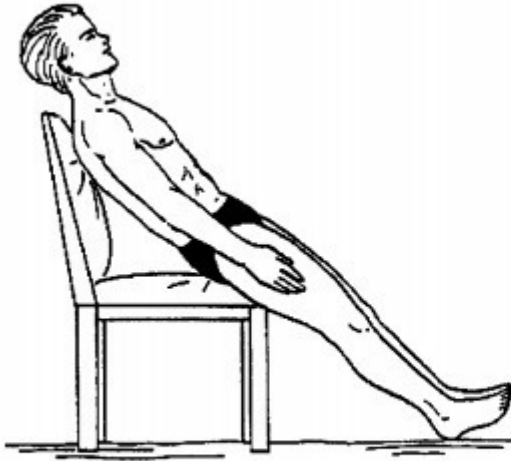


FIGURE 1

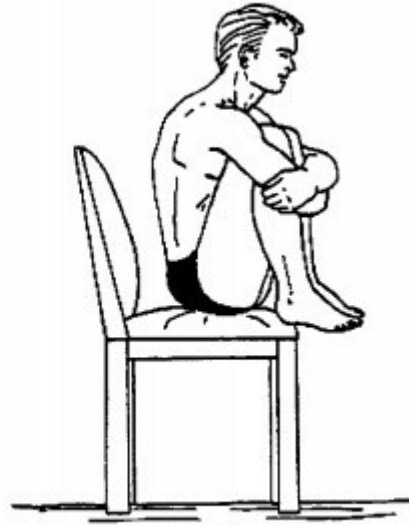


FIGURE 2

Assume the position on a chair as shown in figure 1. Make sure you are holding a completely straight body with your hands down your sides and your ankles up on the ground. Make sure you have enough stability with your buttocks placed on the middle of the chair. From here crunch your legs up while in conjunction with wrapping your hands around your legs as shown in figure 2. When you reach the top make sure to squeeze your abdomen tight, slowly lower your legs and arms back to the starting position. Perform this exercise 10 times.

Exercise #3



FIGURE 1



FIGURE 2

From the standing position elevate yourself onto your toes with your hands internally rotated directly above yourself. Reach up to the highest point possible while keeping your feet touching the floor. Use your best efforts to stretch your abdomen and spine upright as much as possible and not just standing there with your hands above your head. Hold the top position for 3 seconds, perform this exercise 15 times.

Exercise #4

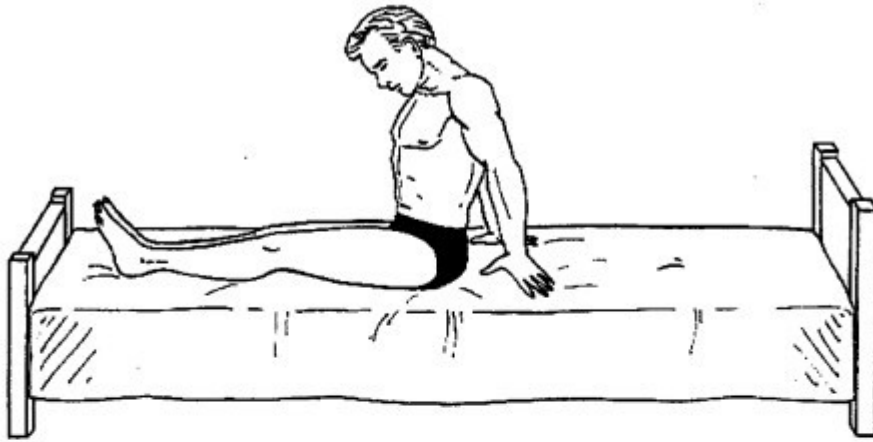


FIGURE 1

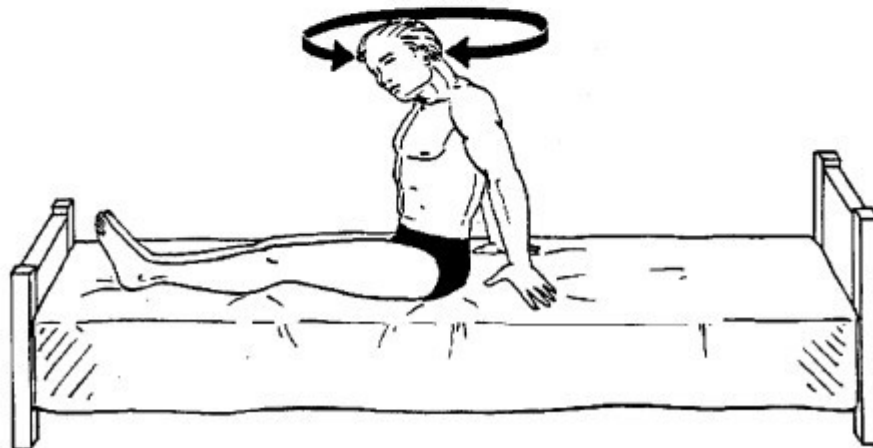


FIGURE 2

Assume the position as shown above in figure 1 by sitting on a comfortable surface, I would suggest a bed. Place both your hands behind your buttocks with your legs pointing directly in front of you. From here slowly rotate your neck around and gently stretch. Perform this exercise and complete 20 rotations, both clockwise and anticlockwise.

Exercise #5

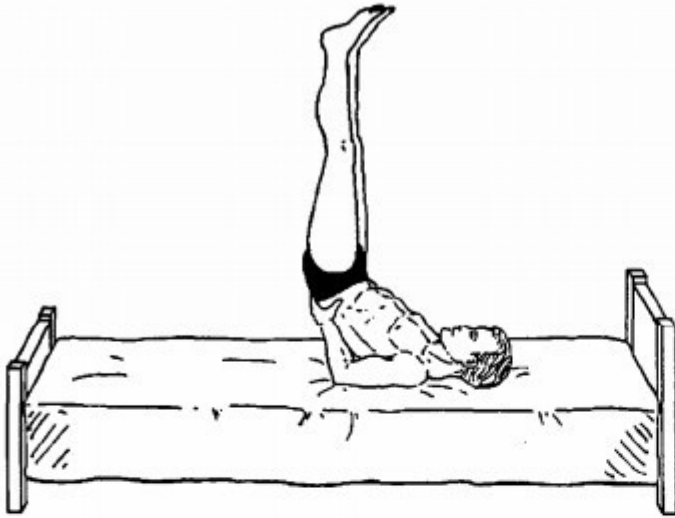
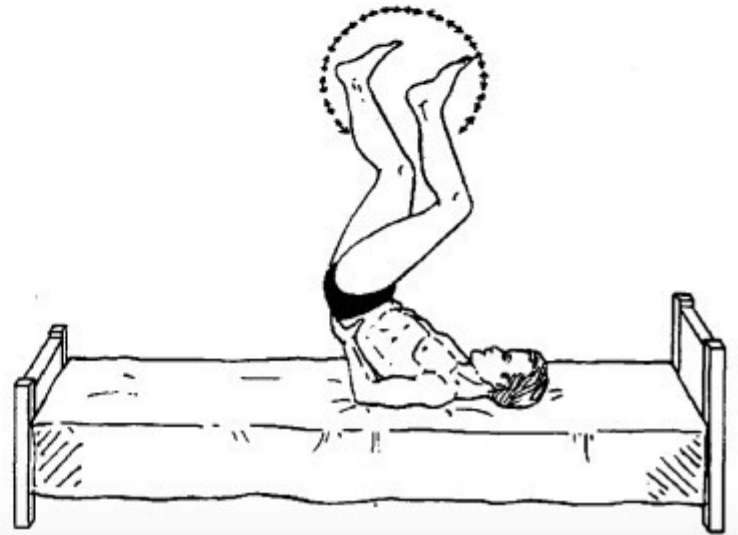


FIGURE 1



Assume the position as shown in figure 1 by lying on a comfortable surface, I would once again suggest a bed. Place both your hands on your hips and elevate your buttocks off from the floor with your legs pointing directly upwards. From here slowly rotate your feet around about a 1 foot radius. Perform this exercise both clockwise and anti - clockwise with your legs as if you were pedaling a bicycle. Complete 20 rotations with both legs.

Exercise #6



Assume an upright standing position with your legs at shoulder width and your arms outwards from your body raised up to a parallel level with the floor. While keep your arms locked in to this position, move side -by -side down towards the ground stretching the oblique's of the abdomen. This will also decompress the thoracic vertebrae and allow minerals and nutrients to flow within. Move through the exercise slowly and complete 20 stretches on each side of the abdomen.

Exercise #7

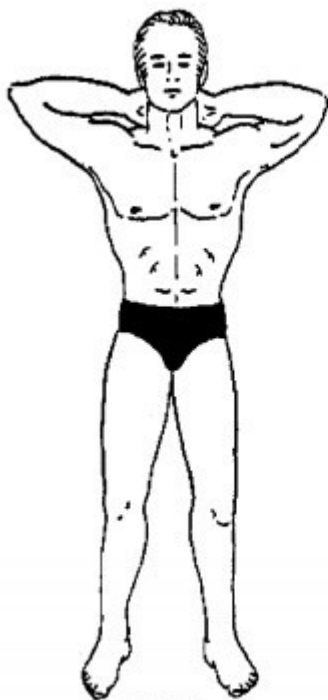


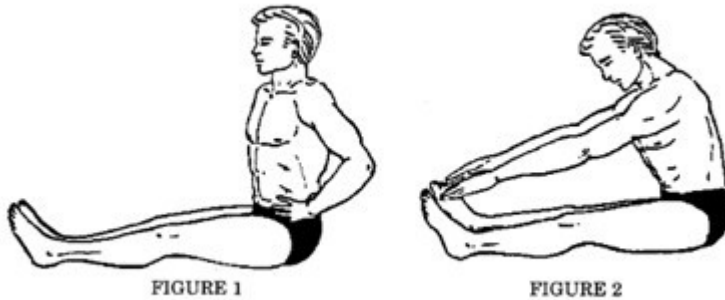
FIGURE 1



FIGURE 2

Begin this exercise in the standing position with your feet shoulder width apart, interlock your hands and fingers and place them behind your head bracing your neck as shown in figure 1. From this position gently tilt forward as far as you can go down and then return to the starting position. When lowering your torso over make sure to brace your abdomen and feel the stretch in your lower back. Complete this exercise 15 times.

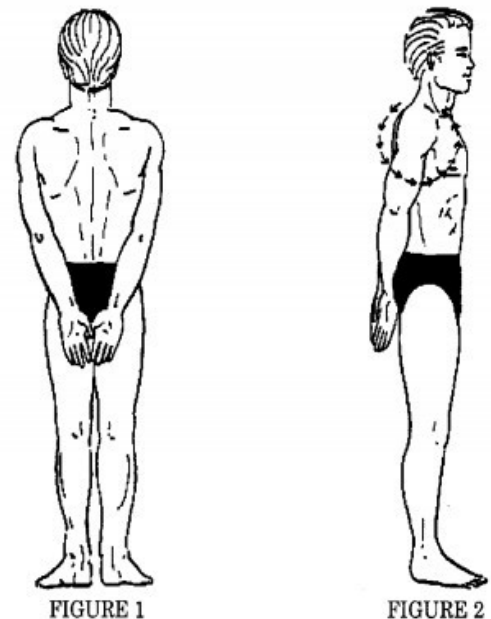
Exercise #8



Assume the starting position as show in figure 1. Find a comfortable surface to sit on with your legs positioned out in front of you. Take both your hands and reach towards your feet feeling a strong stretch in your lower back and hamstrings. Hold the end position as far as you can reach for 20 seconds and return back to the starting position having 10 seconds rest. Repeat this exercise over 3 times.

Exercise #9

Begin by standing up nice and tall, place your hands behind your back. Now we will rotate your shoulder joint around clockwise 5 times and then switch to rotating it anti - clockwise 5 times, this will be 1 set complete. Make sure when you do this that you are covering the largest circumference with your shoulders possible resulting in the best overall stretch. Repeat this exercise again completing 5 sets in total.



Exercise #10

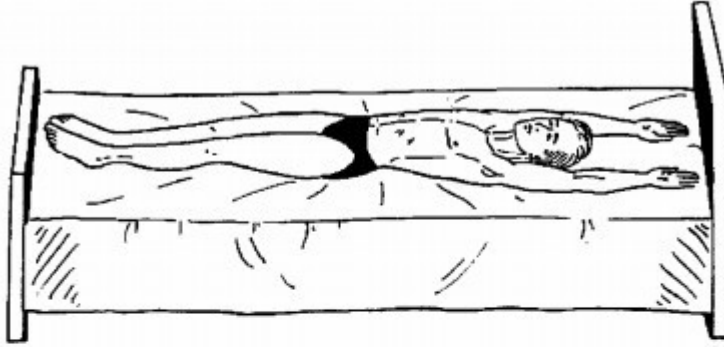


FIGURE 1

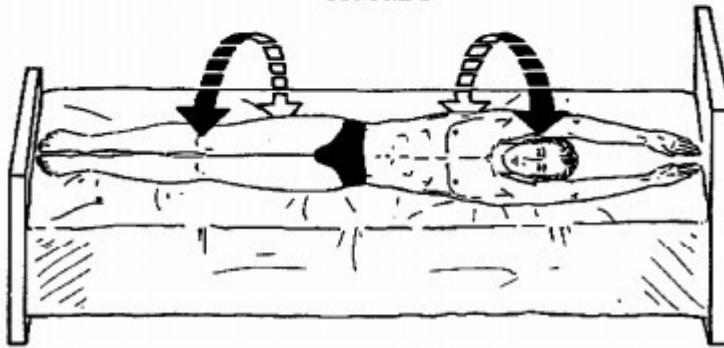


FIGURE 2

We have finally made it to the last exercise for the advanced stretching routine. Begin by finding a comfortable area to lie down on, I would again suggest a bed. Fully extend your body out as far as you can with your hands raised above your head continually working on stretching. While maintaining this position you must use your torso to rotate both 3 times clockwise and 3 times anti-clockwise. Remember to keep holding a straight position with your body and not allowing your body to bend at any joint.

CHAPTER 11:

Additional Training & Tips

As we know, some of us grow quicker than others; this is because not everyone experiences a growth spurt at the same time. Here a few extra tips to help assist you along your 12 week journey that you can put into place.

Make sure you get enough vitamin D from the Sun!

Vitamin D will help you to grow taller. There have been several studies of teenage girls, which have found that girls who were vitamin D deficient were fatter around the stomach and shorter than their non -deficient counterparts.

You should ensure that you get adequate vitamin D intake also because it decreases your likelihood of suffering from multiple sclerosis, many common cancers, bone disease, cardiovascular disease and respiratory illness.

Sun exposure is the best way to generate vitamin D. Failing that and provided that you do not have a history of melanoma or skin cancer and do not burn very easily then you should look to use a sun bed once or twice weekly on a moderate basis, ensuring you do not burn.

Keep Active

Even though the daily exercise routines will get you moving and using muscles you should aim to be active in other areas daily as well to help promote your growth over this 12 week period. Swimming, aerobics, football, basketball, tennis and cricket are all a good way to keep our bodies growing and physically active. Active involvement of our muscles not only improves our growth prospects but also helps in detoxifying our body through sweating.

Will weight training stunt an adolescent's growth?

The biggest concern amongst people wanting to get taller or those that are in a growth stage is whether strength training will stunt their growth. This is a common public belief. Is this belief true or just a myth? Science proves it is a myth. So where did this myth originate?

This myth that strength training damages the growth plates of children, which would cause decreased stature growth, is believed to have stemmed from an old report, which examined children in remote areas of Japan. This report stated that these children, who performed heavy labor, were short in stature. It should also be noted that these children “performed heavy labor in mountainous villages for several hours a day” in addition working and living on a poor diet.

From this, it was speculated that strength training could damage the composition of the epiphyseal junctures, or “growth plates”, from which bone continues to emanate until complete skeletal growth is achieved. This belief was not based on scientific findings, but an anecdote. On the contrary to this belief, strength training improves the bone mass density of children and adolescents. Osteoporosis, a progressive disease that causes bones to lose their mineral mass and become brittle and spongy, is an ever -growing disease that affects more than 20 million Americans.

Due to an insufficient intake of calcium, the body begins to use bone calcium for its needs. This is a problem in itself, but is further aggravated by the sub -optimal levels of bone mass on adults due to inactivity. Bone mass also decreases as one ages. Without going into too much detail, exercise, more specifically weight bearing exercise, leads to the buildup of calcium in bones, assuming calcium intake is adequate. By exercising at an early age, children can give their bones a head start in the fight against osteoporosis.

Science does not support the myth that strength training has a negative effect on the growth of children, but rather it has positive effects on their bone health and growth. These facts have led to The American College of Sports Medicine, American Orthopedic Society for Sports Medicine, and the National Strength and Conditioning Association supporting child and adolescent participation in strength training programs.

Malnutrition & Growing Taller Don't Work Together!

Stunted growth is a common effect of malnourishment. Without the proper vitamins and minerals, a child or adolescent is unable to gain weight and grow in height. Over time, the person will weigh less and will be shorter than average for their age.

This delay in growth can continue as long as the child is malnourished. Even with proper and effective treatment, an individual may never catch up to their peers, and may be shorter than average their entire life.

CHAPTER 12: HEIGHT SCAMS

How You Should Avoid Them

As you are probably already aware, there are many different height gaining systems out there, and they usually leave people walking away with disappointment. This is because these programs do not use proven and tested methods, but merely have just thrown any material together and are selling it to whomever they can.

It is important for someone to go with a product like 5InchHeightGain that has been proven to work, by many different people, and on top of that having many different positive reviews from real people around the world.

If you have already followed this blueprint right through you will already know that this works, and I congratulate you because I bet you have never felt better before. Please make sure you contact us to let us know your success story, and exactly how much height you have gained. Also if you would like your story to be featured with us, be sure to send us in before and after photos.

If you are just about to start the 5InchHeightGain blueprint, be rest assured that you are in good hands, with top leading advice in the market and being a best seller. There are ways to manipulate the growth process as they are outlined in this blueprint, however some others just do simply not know how to gain height. These certain people will formulate products together in the hope of making a quick sale.

I would love to be able to name out certain products that just simply don't work but I cannot. Be aware of height increase pills and supplements, these usually contain such minor traces of the correct ingredients that will deliver such a poor boost in human growth hormone levels. Not saying however any of these products could not be beneficial to you, they will not deliver a rise in HGH that is noticeable enough to deliver height gaining results. They will help with the process and can also deliver certain vitamins, nutrients and minerals to your body which will help keep other hormones as well as HGH within your body in check.

CHAPTER 13: APPEAR TALLER

Learn How To Appear Taller

10 Steps To Appear Taller For Women

Fashion is magic and magic is all about illusions. The right color and style can make you look taller, thinner and will compliment the workouts you're doing at the gym. Also when you meet your fitness goals, what better way to celebrate than to buy new clothes?

Good posture and a confident attitude are mandatory for every woman. So is stocking your wardrobe with the right clothes to help you look thinner while you wait for the scale to catch up.

Here are ten fashion tips to make you look taller!

1) High heels can solve any problem.

Wearing high heels will obviously make you look taller, but shoe color can be just as important as shoe height. Wearing heels that match your skin color or your hosiery will make your legs seem like they are going on forever. It's all about forming a clean line. Avoid strappy heels, ankle boots and chunky shoes – they will attract attention to your ankles, add bulk and make you appear shorter.



2) Go high and go wide.

Flared, high waist pants give the illusion of longer legs. Flare jeans are flattering because they elongate your legs when paired with chic heels. The higher the better! Avoid three-quarter style pants or cropped shorts because their edgy cut will make your legs look clunky. Choose pants that skim the top of your shoes. If you can make them touch the floor, even better!

3) Show some leg.

Wearing a skirt/dress with a slit up the side (or up the back or front for that matter) will definitely make you look taller. With all that leg on display it's impossible to think that they don't go on for days. Add heels for a bigger effect, dark tights and matching shoes for an even more powerful punch! Megan Fox looks a lot taller than 5'3" with this super high slit.

4) Not all patterns and shapes are created equal.

Vertical and diagonal stripes are definitely a timeless trend that let you put your best body forward: they lengthen your torso and make you look even slimmer than you are. Dresses, shirts, slacks and even long sleeve cardigans with vertical and diagonal stripes are a petite woman's best friend. Stay away from horizontal stripes, check or dot patterns, which can make you look stumpy. When picking shirts and dresses, opt for V-necks, they elongate your neck and will give you giraffe like qualities. Tuck a V-neck into high-waist pants or a skirt to increase the optical illusion.



5) Come undone.

A great way to create a long line is to leave your jacket/cardigan/blazer unbuttoned. That's why shorter guys never button their bottom blazer, sure it's more comfortable, but it also makes them look taller!

6) It's all about the accessories.

Wear a long necklace, better yet wear a few. This will give you the illusion of having a long neck and you definitely want as much of the giraffe effect as you can get. Stay away from chokers, which although they are cute, will cut your neck in half. Also throw on a hat, it adds height and the right hat can take an outfit from ok to OK!

7) Pick one color and stick to it!

Wear monochrome outfits because you'll create one long line of color that will make you look taller. Wearing lots of drastically different colors shows exactly where each body part begins and ends and can actually make you look shorter. Dark colors: black, dark grey, navy, purple, dark tan can make you look taller and thinner. For a softer appearance, you can choose lighter neutrals such as cream or ivory. If wearing one color seems a little dull, mix up the textures to make your outfit pop!

8) You're slimming down so tighten up!

Here's another way to look taller that also helps you look thinner: wear tighter clothes. No one is talking about so tight that you can't sit down (or bend over) but tight enough to show off your body and create long lines. Baggy clothing swamps you and makes you look sloppier, wider and shorter. You're a woman and you're sexy no matter your size or height. If you've got it flaunt it, and if you're working on it, flaunt it anyway!



9) Avoid wide belts like the plague.

Sure wide belts are cute and can add some pizzazz to your outfit, but they also cut your body in half, which we have learned is a major don't! If you want to wear a belt to close up your cardigan (because you're not buttoning it right) or to add some oomph to your high-waist pencil skirt, think thin and go with a skinny belt.

10) Stretch, stretch and stretch some more.

If you spend a lot of time on your feet or you never stretch, your calves will look bigger and heavy. When you stretch them regularly, they look longer and less swollen. Improve your posture, your flexibility and the possibility of looking taller with simple stretching exercises.

10 Steps To Appear Taller For Men



Short men have always had a tougher row to hoe than their taller fellows. It can be frustrating to be picked last for the pick-up basketball game, to feel like you're overlooked when walking into a party, and to struggle to see your favorite band at a concert.

Then there are those studies that say that tall men are perceived as more powerful, better leaders, are more desirable to women, and make more money. But short men shouldn't despair. The news isn't all bad.

First, while height may give men a leg up in the race for success (US presidents have been on average 4 inches taller than the general male population), there are always exceptions to the rule. Andrew Carnegie (5'0")! Martin Luther King Jr. (5'7")! Harry Houdini (5'5")! TE Lawrence

(5'6")! Robert Reich (4'10")! And have you seen Dennis Kucinich's wife? There are ways to appear taller. Key in this is the way you dress and present yourself, we will share ten tips on how you can use style to enhance your stature, and perhaps more importantly, your confidence.

The Guiding Rule – Always Streamline Your Look

Looking taller is all about getting viewers eyes to travel smoothly up your body. It's pure illusion: the more their eyes have to sweep upward, the taller their brains will register whatever they're looking at as being.

That means that a shorter man wants to ease and encourage the viewer's eyes upward towards his face. Visual clutter– such as eye -grabbing stuff on the body–breaks up the impression of height. That means staying away from obvious accessories like big chunky watches, but it also means keeping an eye out for things as simple as the pockets on your suits and shirts. Something as simple as a pocket flap instead of an unadorned slit pocket can clutter up your appearance and lessen the impression of height.

10 Tips on Dressing Taller

I put these ten tips in orders of practicality and cost. I realize some of these are beyond some men's resources or are not options worth considering–but I lay them out there so that you can make that decision yourself.

1) Monochromatic Color Themes

Along the same lines as minimizing visual clutter, removing contrasting color from your appearance helps streamline the way you look. Keeping all your clothes within a fairly consistent color theme, especially a dark one, will create an illusion of height. Different color shades are fine–just try to keep it loosely monochrome.

When you do wear different colors or different shades of the same color, try to weight the darker colors towards the bottom half of your body. That way people's attention starts down near your feet and travels upward. Dark trousers with a lighter shirt create a lengthening effect; a darker shirt with lighter pants shortens your appearance.

2) Wear Vertically-Oriented Patterns

Most people have heard that vertical stripes are “slimming” and horizontal stripes are “widening.” That’s just a simplification of the same visual effect we’ve already been talking about: where people’s eyes go when they look at you. Patterns that run horizontally make you seem wider because the eye wants to follow them naturally out to the sides of your body. Unbroken vertical stripes are one of the best ways to add an impression of height without seeming to try for it. Dress shirts that increase the perception of height ideally have striping that is narrow enough to not create broad empty spaces of monochrome but wide enough to be visible at a glance. The equal -width alternation of white and colored stripes often called candy striping is a good choice.



Textured cloth with a visible up and down pattern has the same effect as any other vertical striping, so corduroy or very narrow herringbone weaves are also worth working into the wardrobe. Other than those very definitively vertical textures, however, stick to smoother fabrics where possible, rough textures add the visual clutter you want to avoid.

3) Wear Close Fitting Clothing

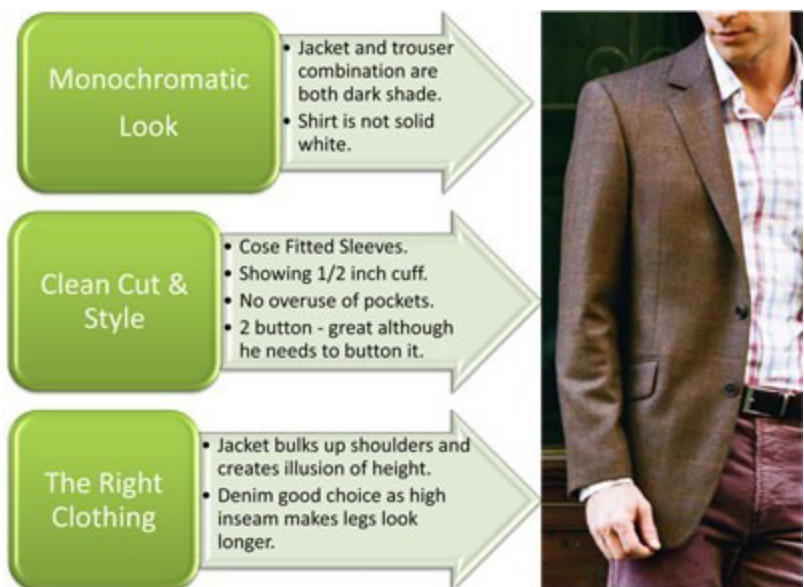
A loose fit on a short man actually emphasizes his petite frame, it makes him look sloppy, and it signals that he's too small to find clothing that fits him right. Don't let your own clothing send this message to the world.

When shopping for menswear, pay close attention to where your clothing sits on your body when you try it on. Most men are used to wearing clothing that is 1 to 2 sizes too large on them, and smaller men who have never given it much attention are some of the worst offenders.

Steer clear of jackets that hang loose in the armpits, even if the sleeves are short enough for your arms, and avoid any trousers with a lot of slack cloth in the crotch. Trust me, this doesn't make you look more endowed. Instead, that sort of bagginess leads straight to the stereotypical "kid in his father's suit" look.

Remember that most menswear is deliberately cut loose to accommodate as many body types as possible. Clothing marked small isn't made for one type of small; it's often made to try to accommodate shorter men who are anything from stout to round to thin and the results are rarely flattering.

Savvy short shoppers often find a brand, oftentimes from a particular designer that consistently suits them. They do this because designer clothing is often built for a narrower variety of body types, and as a result accommodates those limited builds better than the one size made to fit all variety. Designer clothes generally cost a bit more, but carefully watching sales and knowing when and where to shop for your particular size can lead to savings that make buying higher end clothing affordable.



Finally, have a trusted tailor who you can take your clothing to. Ensure he has an understanding of proportion and the needs of your body type, and you'll find the adjustments he makes can transform your look more than any of the other tips in this article. It's relatively inexpensive to have sleeves or cuffs shortened; more complicated work like having your trousers slimmed or jacket torso tightened isn't too expensive either. Having a jacket shortened, or adjusting shoulders on a shirt is often limited by proportion, but again these small adjustments will transform your look from dopey to dashing.

4) Smaller Proportions

Be aware that as a smaller man you won't always want the exact same proportions in your clothes as other men. For example, it's traditional to wear a sport coat or suit cut so that a half-inch or so of shirt cuff shows beyond the end of the sleeve. A shorter man, however, wants to pair shirts and jackets so that there's less of a broad band, as little as a quarter-inch. A sliver of cloth color down around the wrists will look more proportional on shorter arms than $\frac{3}{4}$ of an inch.

The parts of your clothing that fold over one another contribute a lot to your visual effect. On your upper body, that usually means the shirt collar and the jacket lapel, if a jacket is worn. Try to keep both of those on the narrower side, though be cautious with lapels; jackets with very broad or very wide lapels run the risk of looking dated, depending on when that particular extreme was in fashion.

Collars with shorter points that aim downward help as well. Stay away from anything with an extreme spread (more than 120 degrees) or longer collar points (2.5+ inches), especially when the collar points are angled dramatically outward.

Your necktie should be on the slimmer side as well, particularly if you have a smaller torso. If your torso is very broad, a narrow tie may start to look undersized. However, this is a better problem than overemphasizing the latter.

It may seem like splitting hairs to recommend narrower collar spreads, shorter trouser cuffs (or no cuffs at all), 2 or 1 button jackets, thinner lapels, and pockets closer together on a jacket. But when you start combining all the usual elements of a piece of clothing in smaller proportions, the effects add up. A small difference here, a small improvement there—next thing you know you have a significantly improved look.

Most of these details are things that different companies do in their own style—you don't need lots of expensive tailoring, just the patience to figure out which brands have the smaller, more vertically -tilted details that work best for you.

5) Wear Attention Grabbing Details Up High

You can keep attention moving up from your feet toward your head by weighting the brightest details at the top of your body. A pocket square or a brightly colored tie helps guide the eye's motion upward. Just be careful of adding too much clutter all at once. A bright lapel pin on its own is helpful, worn at the same time as a patterned tie and a pocket square, it edges into the distracting category.

More casual outfits can utilize details such as epaulets on a shirt's shoulders or a contrast inner collar on a dress shirt.

Resist the temptation to add a few inches with a hat unless you regularly wear one, if not worn naturally or with confidence it can backfire on the wearer. Some even argue that the visual effect is actually shortening as a hat puts a "lid" on your body and stops the viewer's gaze dead. I have seen it work both ways. Again, this is an attention getting detail that takes confidence, practice, and the knowledge of which hat compliments you. Always keep it simple, vertically oriented, and limited to one or two extras at most.



6) Wear the Right Clothing

Wear a Jacket – Wearing a sport jacket or suit jacket builds up the shoulders taller and more pronounced shoulders emphasize height. Use this to your advantage every chance you can and match the jacket with either trousers of the same fabric or trousers of a similar shade. Again know how to buy the right type of suit for maximizing height by following the guidelines in this chapter.

Shorter men benefit from a longer leg line, and you get a longer trouser leg by wearing the waistband higher. Wear your pants at the natural waist rather than down on the hips, which only makes your legs look stubby. Trousers at the natural waist don't need a belt cinched tight the way that they do on the hips, which helps your middle from looking distractingly pinched. For the best effect, wear trousers without belt loops and use suspenders.

Short men are short because their limbs are smaller than those of their tall counterparts. Wearing clothing that draws attention to your limbs, especially if you're big or built, makes you look shorter because your limbs are proportionally more compact. Although not always practical, especially in the summer a man on the short side should consider linen trousers and lightweight long sleeve shirts that he can roll up on the forearm. A classier look that helps create a streamlined appearance.

7) Physically Add Height

Playing around with patterns, collar sizes and details are all good ways to make a combined impression of extra height. But what if you actually want to add real height?

It's doable, but remember to do this in moderation. Some short men find it useful to wear a heeled shoe, and there are definitely styles that look fine with a half -inch or so of heel on them, but know what you're buying. Manufacturers that advertise specifically as "for short men" are often slapping chunky heels on styles meant to be worn with a more moderate heel, and the result is eye -catching and tacky. Stick to black pumps for a formal look or heeled boots in more casual situations. And always avoid athletic shoes or regular dress shoes that come with an exaggerated heel, you'll just end up tripping.

Heel inserts are a matter of personal preference. They add height but can be uncomfortable, and it can be embarrassing to have to take your shoes off in public if you have inserts. Definitely don't wear them with an already thick -heeled shoe; you'll end up tilted forward like a woman in high heels.



8) Shop Internationally

Mass manufactured clothing is made for specific regions based off taste and average target customer size. As such, American clothing is big; however, there are regions outside the ole USA that make clothing for a smaller demographic.

Think Japan & Italy, two countries where style is at the forefront and clothing is manufactured for a man who is much smaller than the average American frame.

The internet has made it possible to get clothing from overseas without a trip yourself, the downside is that international shipping isn't always cheap and many of the best online stores in Italy or Japan do not have an English storefront. Google translate helps, but it doesn't translate size, especially when you're trying to figure out what equals what, inches to centimeters, and then you have to account for brand variation! If you go this route, try to work with a merchant with excellent customer service or a website that gives you exact measurements of the garment you'll be sent. Start slowly, ensure you get the fit right, and then buy in bulk to save on the shipping!

9) Visit The Young Man's Department

There is great clothing to be found in the "Youth" section of American stores. Some styles obviously won't work on an adult, but there are a good number of clothing manufacturers who make scaled -down versions of perfectly presentable adult outfits.

The biggest challenge of the Youth/Boys department may turn out to be fit in the chest and stomach. Most adult men wearing youth sizes need an XL or a L, which have recently started to be made looser and looser. "XL" for a child carries an expectation of weight as well as height, which wasn't as true ten or fifteen years ago. You may need to seek out long established and more old -fashioned manufacturers to find youth sized clothing that's long enough for a short adult and also not cut for a very heavyset kid.



An added bonus is that these clothes are oftentimes value priced. If you're small enough to fit clothing marketed for children and young adults, it's worth the minor hit to the pride to browse the children's section of a few high -quality clothing or department stores.

10) Go Custom or Buy from a Specialty Store

Seeking out a custom men's clothier or short clothing specialist who can help optimize your look is an option many men take. They realize a second set of eyes and years of experience dealing with hundreds of men with similar problems gives a clothier expert status.

Finally, keep your look natural. By this I mean you have to be comfortable in your clothing – wear it, don't let it wear you. There are a lot of tips listed here. Make sure you DO NOT implement all of them into a single outfit. Instead pick a few and apply them in moderation over the next few days.

Keep the ones that work, discard the tips that don't. And remember that being a sharp dressed man is all about confidence. Know who you are and have fun expressing that individuality with your personal style.

CHAPTER 14: FINISHING UP

Be sure to leave a review with us when you have finished this blueprint, we would love to hear your success!

Putting everything into place mentioned above and having been done correctly will guarantee you your maximum height gain that your body can output. These certain procedures need to be followed step -by -step exactly as they are laid out for you to reach your maximum potential. It is important for you to have all procedures in place and you are not just using the body stretching exercises or just the nutrition, but a combination of both along with the other factors listed in this book will lead you to great results.

Step 1 –

Have your nutrition in check, make sure your calorie consumption and macronutrients are specific to your own needs to grow using the BMR and Harris Benedict Formula to make wise food selections. This will give your body the fuel needed to grow and also keep specific hormones in place including your HGH.

Step 2 –

Most importantly make sure you are having the HGH cocktail full of the right amino acids which in turn will make you hit a growth spurt. This is absolutely 100% necessary and without it, it will conflict with your final result.

Step 3 –

Make sure you are receiving adequate amounts of sleep each night so that your spine has time to decompress. Also so that your body has time to repair and deliver required nutrients. You will grow in your sleep!

THE BLUEPRINT 5INCHHEIGHTGAIN

Step 4 –

Have your posture in check, analyse it and if it is not spot on, use the regimes above to correct your posture. After all if your posture is not correct you are immediately limiting your own height. Walking with bad posture does not give off a strong confident appearance; this can all be prevented following the steps above.

Step 5 –

The main focus around this program is also the exercise routines throughout the 12 -week period. These cannot be skipped at all at any point as they are key to success for you to reach your maximum height.

We look forward to hearing your success story and wish you all the best.

Jason Alessandrini & The 5InchHeightGain Team