

How to Grow – Increasing Height with CHAD

How to grow 10 cm in a week, is it possible? How to grow fast? Is it possible to grow up at 17, 18, 19, 20 and beyond 20? How to grow up at home and out?

More and more people are interested in questions of this type, and this is not surprising, because with each new day there are more and more options for increasing growth. And this is where you can find them.



Now, if desired, a person can grow both with the help of medicine and without it. Of course, it is undesirable to increase height with surgery, so almost all the information provided below will be devoted to how you can grow naturally, without the intervention of surgeons. So let's get started.

Growth Method

A huge plus of this technique is that it helps to grow not only young people, but also people of age. Naturally, young people have more effect from classes, since they can still have growth zones open (up to 20-25 years old), but even if you are already over 30 or over 40, it still does not matter. You can add at least a few centimeters to your height in any case. The main thing is to believe in yourself. Believe that you can grow, that success is inevitable. You need to understand that in order to grow in everyday life, you must first grow in "one's own". It is necessary to convince your mind, your own "I" of this. This is very important, by doing this, you will get much more benefit than it might seem at first glance.

If you can truly believe in yourself and maintain this confidence, then consider that you have already mastered half the work on the way to the main goal.

The second feature is the systematic fulfillment of all requirements. That is, anyone who has seriously decided to take care of their growth should lead a lifestyle that positively affects growth.

At first, as in any new business, it can be a little difficult, because you will have to make changes to your usual lifestyle, but after a while a habit will appear, and this will not cause any negative emotions, on the contrary, you will start to like it. Many have already tried the technique, and those who have not abandoned it are satisfied with the result.

I would like to wish everyone more patience and faith. This technique will not take much time. You need to make it a part of your life, so that you do it day after day, month after month. It should become as habitual as brushing your teeth before bed. If you manage to do it, and I am sure that you can, then success is guaranteed. You will be able to grow, the increase in height will not take long, especially if you are still a child.

Everything seems to be simple and clear, but there is one thing . As practice has shown, many will not be able to carry out the entire technique, for a variety of reasons. Some are lazy, others lack patience, others have something else.

Moreover, not everyone wants to mess around with simulators that will need to be designed. That is why, variation of the methodology is allowed. Something can be removed, something slightly replaced or changed for yourself. Of course, giving up something reduces efficiency, so it's still not worth it to "accelerate" too much. In addition to this, there are other methods that are more or less similar to this one, but we will return to them a little later.

The main thing that I would recommend doing in any case is the growth exercises themselves. Performing even one of this element, you can achieve very good results. Much more than if you do nothing.

You should give up nicotine and alcohol. I understand that for many this may be almost impossible, but it would be very good if it were possible to at least slightly reduce the consumption of these "products", they do too much harm.

Adolescents are primarily concerned with nicotine and alcohol withdrawal, since their use in childhood is one of the most serious barriers to growth. Therefore, draw your own conclusions.

In addition, a very important place is occupied by nutrition, which should be well balanced with a high content of vitamins and protein. With poor nutrition, there will be no sense in training. In order to grow, each cell needs energy, and if there is not enough of it, then this can become another obstacle on the way to achieving the goal.

Try to run more, jump, lead an active lifestyle. This will have a positive effect on growth.

In addition, an important place is occupied by sleep, which should be at least 8 hours a day. The fact is that the process of growth occurs at night, at a time when a person is sleeping. At this time, growth hormone is produced in the body, thanks to which we actually grow.

About me (Amir)

Before moving on to questions on the topic, I would like to answer a question that everyone could have to one degree or another, namely: "who is he and why should I believe him?"

I answer. On the internet they call me Chad I'm not some mega scientist and I'm not a doctor of science in this field, but, nevertheless, I understand human growth very well. For several years I have studied and understood issues related to growth. And he was interested in them because he was an avid athlete - a stubborn basketball player. I was looking for different techniques, different exercises, talked with many people. I have studied this topic far and wide, and now I have a complete understanding of how and what to do.

I knew everything that was needed, but I had a problem: I paid more attention to growth, studying it, than using the knowledge gained in practice. I was simply not enough for a long time. I managed to hold out for a maximum of a few months, after which I abandoned this business, then started over, and everything was repeated anew. But despite this, thanks to the fact that I led a "right" lifestyle that positively affects growth and actively participated in sports, I was able to grow at least 7 cm more than I should have. Now my height suits me completely, it is 196 cm, although according to the anatomical features of my body, it should have been much lower, since I was quite "small".

As I said earlier, in case of any questions, ask, I will answer each question and try to help. Also, if you wish, you can share with all your knowledge on this topic or give useful advice. The only request is to read at least part of the answers to previously asked questions. Perhaps there you will find the answer to your question.

We need to act together, helping each other, then we will surely solve the problem of "growth" in the best possible way!

Here are some popular questions and answers that you should read.

Question answer.

I would like to draw attention to some of the most common questions that arise both for those who are just about to take care of their growth, and for those who have already begun to pay close attention to their growth.

1) Question: "Will this technique help?", "Will I be able to grow by doing it?" "Damn, I've been doing everything as written for three weeks and still haven't grown?" etc.

Answer: performing the technique or any other exercises for growth, the result simply cannot but be. It is there, it just may not be noticeable to the eye, or not the way we would like. For those who doubt, I will give an example. If you perform pull-ups for a long time (at least a few weeks), then the maximum number of repetitions that a student can do in one set will increase. Over time, more and more. And so it will continue as long as the muscles will experience a large load. This is natural and obvious. Something similar happens with growth.

Performing growth exercises, a person grows, becomes taller. And even if the increase in growth was not as significant as we would like, this is not a reason to be upset.

Know that without doing anything, the result would be much less or it might not be at all.

2) Question: "Is it possible to combine the gym and classes for growth?" "Will the active pumping of muscles interfere with growth?" "Will I get shorter by going to the gym," etc.

Answer: in general, it is undesirable to combine an active visit to the gym and the implementation of various complexes for growth. Growth, of course, will not decrease, but it may be a delay, due to which the increase in growth will slow down.

But, despite this, for fans of "iron", there is good news. In principle, visiting the gym is allowed, but only with a reasonable approach. It is worth removing almost all exercises with a lot of weight from the program. Is that the bench press, with a strong desire, you can leave. And you can also leave all the exercises in which there is not a "crush" of the body, but, on the contrary, its stretching. This should be done in order to remove unnecessary stress on the spine. In our case, this tension will not give anything good. And stretching it can even play a benefit. But here the main thing is not to overdo it. No one needs unnecessary injuries, so add the load gradually.

To summarize the above, going to the gym with the right approach to increasing height will not have a negative impact and may even be beneficial for increasing it.

3) Question: "I started doing growth exercises and I got back pain, is this normal?", "After a few workouts, I began to notice lower back pain, what should I do?", "My back hurts, what happened?" etc.

Answer: Many people have this problem. This is due to the increased load on the spine, with an unusual load, to which the body has not yet had time to get used to. That is why, in case of pain, it is necessary to significantly lighten the load and perform a lighter version of training for several days. If the pain does not stop or becomes too significant, then you need to immediately suspend training until complete recovery, and then gradually increase the load, gradually returning to the required intensity of training.

If the situation does not improve, then you should definitely consult a doctor. Nobody needs injuries, you need to take care of your health. Be careful.

4) Question: "I have been doing the complex for six months now and have grown only by 1 centimeter, what is wrong?" "Why did I grow 1.5 cm in 3 months, while many manage to grow 3-5 cm in the same time?", "I don't understand, I did everything right, absolutely everything and was able to grow only 2 in six months cm, and not 12, as many say!?"

Answer: each person is individual. No two people are the same, so don't expect the same result. And you don't need to set sky-high goals for yourself, such as growing 10 cm in a year. This is almost impossible to achieve, and an unachieved result will only cause unnecessary disappointment. As for those people who managed to grow significantly in a short period, say 10 cm or more in a year, their achievement can be compared with setting a national or even a world record. And I don't think that, having realized this, anyone will be further upset, because you don't get upset because you can't set, say, a new world record, do you? That is why there is no need to be disappointed if you fail to grow the way the "lucky ones" did.

Now, having familiarized yourself with general information about growth, you can proceed to further study of this topic by clicking on the links provided above, or start implementing one of the methods right now. Good luck! Believe in your success and strive for it! Prove to everyone, and above all to yourself, that you can achieve your goal, that you can grow!

Complex: 1

Any person can increase his height, regardless of his age and heredity. The most important thing is to have the desire to grow. There are many people who really wanted to increase their height and in the end, after a lot of effort, they succeeded, and without any surgery. One such example is the story of a 16-year-old boy who was only 166 cm tall, and four years later he was 186 cm tall. This is just one example, but far from the only one. That is why, each person must understand and believe that he can change his height, that he can grow. - This will be the first "victory", a very important achievement, without which it is very difficult to achieve success. Many people ask questions: how to increase height after 20 years? is it possible to grow at all after 20, 23, 30 years and more? The answer sounds something like this: over it is POSSIBLE! You can influence your height and become taller at any age.



The only difference is how much you grow up. So, performing special exercises and leading the necessary lifestyle in childhood, a person, as a rule, will grow more than those who want to do the same at the age of 18 to 23-25, and the latter will be able to grow more than older people.

This is the pattern and it cannot be changed. But, nevertheless, the fact remains - everyone can grow, at least a few centimeters, you just need to really want to.

To increase growth, you need to do a lot: eat right, lead a healthy lifestyle, have good sleep, play sports games, play sports and much more. In this series of complexes, one, but very important element is considered - these are special exercises that need to be done in order to grow. So here are the exercises:

1) Running: in the afternoon or in the evening you need to run for 30 minutes; you need to run fast, energetically (it's good in a ragged rhythm - you jog for a minute, then sharply for 10-15 seconds, running with all your might ("tear" what the spirit has); of course, this is not possible for everyone, but only for a decently trained person, but who said that it will be easy, at the same time the breath will be what you need; it is better to run in a stadium or in a park in a large circle so as not to distract attention by crossing roads, etc.; while running, you must imagine that your legs are from skin to the depths of the bones warm up, become resilient-elastic, prepare for elongation). You need to run on hard ground or asphalt. You can and should include running backwards (!!! BE CAREFUL !!!), sideways,

jumping on two legs, on one, and so on.



Purpose: as a result of such a run, microdamages of a microscopic size appear in the bone and tissue structure of the legs (especially in the shins, since they are less strong than the hips). Usually such injuries will be "repaired" by a normal healthy body very soon and the leg will be as before the exercises, but we need them for the next stage ...

2) Sitting with weights on the ankles: **!!!WARNING!!! THIS SHOULD BE DONE AS SOON AS YOU COME HOME AFTER THE RUN, AND IF POSSIBLE, RIGHT ON THE PLACE.** Sit on something high (table, chair, legs standing on some kind of supports) so that the shins hang freely in the air, without touching the floor (as in children sitting on an adult chair). Sit like this for at least 30 minutes, more is better, an hour, for example (you don't need to go crazy and sit for half a

day :)). You can read, watch TV. And on your shins at this time you should be wearing weights weighing more than a kilogram (you don't need to hang more than 5-7 kg, well, in extreme cases, 10, if you do n't have shins, but oak trunks). The more powerful your shins, the more weight. Weights weighing up to 3-5 kilograms can be bought in sports stores, they are sold for fitness with iron balls or something else. You can make more weight yourself. The main thing is not to disturb blood circulation, which means that weights should not tightly compress the legs and generally cause significant discomfort. For the same purpose, I recommend that you move your knees forward a little from the edge of the chair or put something soft under them, because. on the back surface of the legs behind the knee joint there are large vessels and they should not be pinched (by the way, for the same reason, you should never cross your legs, women and everyone who cares about the health of the legs - note). Sit quietly, do not move your legs, relax all the muscles as much as possible, mentally imagine how your shins are stretched.

Purpose: at this time, the healing of microdamages is most intensive, and by exerting a significant tensile force on the lower leg in combination with complete relaxation of all surrounding muscles, you sort of stretch the "cracked" lower legs , and the body, closing the microcracks, fixes the lengthening of the legs.

3) Stretching the legs: The second part of the complex consists in a good leg stretch. There are plenty of descriptions of exercises everywhere - choose the most complex and effective ones and make a good sick full-fledged complex that allows you to properly stretch all the muscles and ligaments of the legs.

A lot of good exercises in martial arts. During the exercises , imagine how you, stretching your legs, stretch them, in general, no matter what you do, the sense of images and moods will always help you. Stretching this or that muscle , warm it up, intensively rubbing and massaging it with your hands.

Goal: Well-stretched, warm, obediently elastic leg muscles and ligaments offer significantly less resistance to your efforts to lengthen the legs.

4) Exercises with weights on the legs: closer to bed, slightly warm up and stretch your legs, put on small, well-kept weights and start doing big leg swings at a fast pace. Swing forward, backward, circle inward, circle outward, sideways, imagine yourself as Van Damme and perform all sorts of kicks at different levels (up more than others). Due to the action of centrifugal force, this will increase the micro-gaps in the bones and prepare you for the main ...

5) Immediately before going to bed, immediately after exercise, rest by sitting for an hour and a half just like after running. Read, watch TV, and then go to bed ...

6) Sleeping with legs stretched: there are two options here...

a) you stretch your legs evenly: sleep on your back, attach elastic bands to the wall from the side of your legs (beauty requires sacrifice) or something heavy, motionless (or make it even more difficult, with a block and a load) and attach them to your legs (think up yourself , just do not pinch the vessels). So you sleep on your back and all these hours your legs, and the rest of your body, slowly but surely stretch out. This method allows you to sleep more or less comfortably.



b) you only stretch your shins: sleep on your back with your shins hanging off the edge of the bed. !!! **JUST DO NOT PRESCH THE VESSELS UNDER THE KNEES - PUT ON THE EDGE OF THE BED (UNDER THE KNEES) SOMETHING VERY SOFT!!!** This method is very efficient. Especially for those who have disproportionately short shins.

**WORK HARD AND CONSCIENTLY, BUT DON'T
OVERSTRESS, DON'T GO Crazy, DON'T OVERDO IT, FOR
UNREASONABLE LOADS ARE ONE OF THE MAIN
CAUSES OF FAILURES, INJURIES, TRAGEDIES IN ANY
KIND OF ACTIVITY.**

Sorry for the quality of the photo at the beginning of classes, I was a poor student and lived in another city)

This is how I stretched my legs: I stretched one leg to begin with when I first tried this method but now I've aligned them so I figured it works.

Stretch both legs together and evenly, I beg you!



This is a description of my daily exercises from gymnastics, they also work but not as effectively as the complex above, but for the best result, try to combine everything

Exercises to increase height - # 1 .

I.P. (Starting position): standing on the floor. Hands at the top, clasped together in a castle, legs are shoulder-width apart. We stand on our toes and strongly stretch our whole body up, then lower our hands and clasp them behind our backs in the castle, stand on our heels, raise our socks. We perform 10-20 times.

Exercises to increase height - No. 2 .

I.P: standing on the floor, arms to the sides. We rotate the arms forward alternately in the shoulder, elbow and wrist joints. We perform 10-20 times, lower our hands, relax. We repeat this exercise in the opposite direction.

Exercises to increase height - No. 3 .

We perform, standing on the floor, feet shoulder-width apart. We tilt the head to the left and right, trying to touch the shoulder with the ear. Note: Be careful not to lift your shoulder. We repeat 10-20 times in each direction.

Exercises to increase height - No. 4 .

The legs are wider than the shoulders. We bend forward, while touching the floor with our fingers. We repeat the exercise 15 times.

Exercises to increase height - No. 5 .

Legs are spaced shoulder-width apart. Bending back, each time we try to get our fingers to the heels. We perform 15 times.

Exercises to increase height - No. 6 .

We bend the right leg at the knee and press the foot to the knee of the left leg. In this position, we bend forward. Each time trying to get his hands on the floor. We do 20 tilts to each leg.

Exercises to increase height - No. 7 .

We take our hands back and hold on to the back of the chair somewhere at the level of the shoulder blades. We squat 20 times without releasing the support.

Exercises to increase height - No. 8 .

The legs are placed together. We lean forward 20 times, try to touch the knees with the forehead.

Exercises to increase height - No. 9 .

We perform the exercise, sitting on the floor, stretch one leg forward, and bend the other at the knee, the foot should be pulled back. We bend forward, touching the floor with our hands.

Exercises to increase height - No. 10 .

Lying on the floor, stretch your legs, arms at your sides. Raise your legs alternately at an angle of 90 degrees to the body.

Exercises to increase height - No. 11 .

Lying on your stomach, straighten your legs, arms are located along the body. We raise the shoulders, head and legs from the floor without bending them and stretch up. As a result of this, the body will take the form of a semicircle.

Exercises to increase height - No. 12 .

Sitting on the floor, we adjust our legs “in Turkish”, we clasp our hands in a lock in front of the chest. Raise your hands up and stretch your whole body up as much as possible.

Exercises to increase height - No. 13 .

Stretch your legs forward while sitting on the floor. We bend forward, trying to reach our knees with our heads and our toes with our hands.

Exercises to increase height - No. 14 .

Lying on your back, place your hands on your lower back. We raise our legs up, we try, as if to get them to the floor behind the head.

All these exercises are performed 15-25 times every day.

These exercises, in addition to growth, contribute to the formation of a beautiful, correct posture. We do exercises one and a half to two hours after eating.

By performing this complex, you can increase your height, the main thing is to eat right, lead a healthy lifestyle, in general, you need to do something that will have a positive effect on increasing growth.

In addition, do not forget about inter oral face pulling and exercise mackenzie

You will succeed, I believe in you)