

How to keep your bodys feedback loop positive? - READ THIS!

I just read every post that Xrunner211 has wrote and it took me about 2 hours but it still was worth it. So listen up folks, X said that you grow from GHenerate + IGH1 only if you keep your body feedback loop positive. And the most common question is how?

HERE IS THE BEST WAY!

1. Masturbate MAX 2 times a week and the best time is when your hungry. Never masturbate before sleep and also do not masturbate on workout days, only on your off days and that your off days should be spaced and not consecutive.
2. Stop weightlifting
3. Stretch twice a day for 20-30 minutes
4. Play basketball for an hour max (2-3 times a week and against opponents)
5. Do pullups 2 sets of 20 everyday

Never masturbate before sleep! The ideal time to masturbate is at noon before launch. He also said that you shouldn't masturbate on workout days, only on your off days and that your off days should be spaced and not consecutive.

I believe he also mentioned once that if you're getting morning erections then it's an indicator of excess testosterone in your body and it has to be released in order to keep your endocrine positive.

*For first 2 months: Ghenerate+IGH-1

-Play bball 1 hour per day

-Take ghenerate+igh-1 ONLY once in the morning (before eating) and once at night (3 hours after last meal)

-Stretch twice a day, once in morning before taking ghenerate+igh-1 and once at night before taking ghenerate+igh-1

-After first 2 months: Ghenerate+IGH-1+Chondroitin/Glucosamine/MSM

-Same routine as first two months except now take Chondroitin/Glucosamine/MSM directly after stretches

-Keep going until you achieve a height of 6' or more (lol)

*Proper Dosage for supplements:

-Ghenerate: 6 sprays under tongue, once in morning (XX mins/hrs before breakfast), once at night (3 hrs after meal)

-IGH-1: 1 pill in morning (XX mins/hrs before breakfast), 1 pill at night (3hrs after meal)

-Chondroitin/Glucosamine/MSM: Proper Dosage unknown, taken after stretching

xcrunner, can you please correct me if i'm wrong for your ultimate method on gaining height?

i will tweak it up a bit by saying take the ghenerate 30 mins before your grow taller exercise....masturbate twice a week max..on days you masturbate, the only exercise you do is stretches twice a day!, on days you dont masurbate, pay bball for an hr AGAINST OPPONENTS! NOT YOURSef, do pullups and then stretches!..do this method consistently for 3 months first before worrying about the others!

Well there are various ways..you can take puerarin that's number 1,-puerarin stimulates pi3k pathway which increases osteoblast proliferaion! This can increase your height a max of 2 inches only You can also take chondroitin and msm in addition to doing pullups, stretches and playing basketball..this will give you 2 inches max also(this works because basketball cause microfractures and the msm and chondroitin repairs the microfractures in addition to cartilage wear and tear...there are other ways but I will stop here for now. Hope this helps!

melatonin increases tgf growth factors and if your plates are open, it keeps them open longer! you can take melatonin with the ghenerate but only 3mg! no more than that

the chondroitin plus msm i took directly after stretches for sometime contributed also, but i dont know exactly how much height i gained from it! I have settled at my current height which is very close to 6'1

well once you have started masturbating, you can not stop!!! or else you definitely ruin your chance of growing taller..why? because testosterone will accumulate in your blood and your body' negative feedback loop will kick in. The bet thing is to limit it to two time a week max on seperate days spaced apart, and never masturbate before bed!! masturbate when you are hungry...I would have been stuck at 5ft 6 if i had accepted the whole no growth after puberty but i had to do something bout it and i am glad i did as i am now 6 feet tall at age of 22!. I was 5 "9 at age of 18 My goal is 6ft 1 and i will be satisfied

Ghenerate is the only product with pure puerarin and its even good because its in spray form. Spray 6 under your tongue twice a day and take it with igh-1(1 capsule twice a day). This will give you 1 to 2 inches max only if your plates are already closed and 3 to 5 inches if your plates are still opened. You can gain even more inches with it if you play basketball and do some grow taller stretches! Yes stretches do work!! but only if you keep your negative feedback loop inactive!

And whatever you do, please do not take puerarin in pill form! It will never work because of the blood brain barrier.(can elaborate on this if you want)... Besides, the pill form puerarin isn't pure and its been chemically altered. That is why I laugh when people think they absorb all the contents of a substance in pill form!..you are even lucky if you absorb half of it..why? Because your gut breaks down most of it unless you take it in injectable form(100 percent absorption rate) or in form of oral spray which is not perfect either but gives you up to 75 percent absorption rate.In addition, you must take the igh-1 with the puerarin because of ghrp!..it enhances the effect of the puerarin! And like is aid, there are way other options to increase height, but this should be sufficient for most, unless you are really short, then you can pm me and I will b willing to let you know the other routes to achieving more inches of height! Hope I made myself clear! Good day

Furthermore, let me let you in on a little secret! Beef and milk contain artificial gh used to make cows grow to adult size in less than a year! This is what is causing cancer so much in America! They are very bad for human health although they do make you taller! This is why I am planning to stop eating beef and drinking milk once I achieve my goal height(6ft 1 inches)

I grew 1.15 inch first with puerarin,it should have been 2 inches had i gotten enough sleep and played basketball then that wasnt enough so i took chondroitin and msm while performing stretches twice a day, keeping my negative feedback loop from kicking in so that the stretches can have its desired effect! and then playing bball for an hour 3 times a week. By the way, basketball and volleyball are the best activity you can do to grow taller before growth plate fusion and possibly even after(if you take chondroitin plus msm and the other options i know of!).why? because it does the least damage to the body while at the same time raising some gh. it is better to play bball and raise your gh 20 percent which will all be extra, than to lift weights and raise 400 percent gh which will all go to repair those muscles/ligaments. Play bball/volleyball instead of lifting weights! that 400 percent or whatever gh increase is very misleading, what is missing is where the gh is going to!!!!!!!!!!!!!! Therefore what we need is extra gh, not how much we produce!!!! At first i increased my height from 5'6 to 5'8 in 5 months! then that wasnt enough, so i took other options of getting further height increase while keeping my negative feedback loop almost inactive and now i am 6 feet tall!!!

Yep take ghenerate and igh-1 twice a day, preferably on an empty stomach and at least 3 hours after dinner! it would be even better to do stretches in conjunction with it! After a month of taking it twice a day, everyday, you will begin to only take it 5 days a week, and take 2 days off and then resume back to 5 days a week. Once you run out of the puerarin plus igh-1,(probably around 2-3 months) write back to me and i will tell you two other supplements to take together to get more height gains!

When your body releases gh it also releases testosterone!..now if you have excess testosterone(and you will know this because you get frequent erections, sometimes to the point where you can't sleep) then your brain switches off the release of gh, you can also have excess testosterone by not exercising, or by stopping masturbation completely if you had already been doing it(this is why I recommend masturbating maximum of twice a week!), that way you release excess testosterone and your body's endocrine feedback loop becomes positive and continues releasing gh!. Now if you are taking gh secretagogues such as amino acids, niacin, zinc, lithium(YES lithium indirectly increase IGF-1 which is a gh derivative.'lithium gets metabolized in nerve and brain tissues...this was proven to us at medical school and further research I did,) you won't grow with it if you don't exercise or masturbate twice a week! Why?, because testosterone accumulates in your blood and your body's negative feedback switches off the release of gh regardless if you continue to take the supplement!..therefore what you can do for example to defeat your negative feedback loop is:

Masturbate twice a week max, never before bed!..why? Because masturbation then will slow down your nighttime gh release and even if made it will go towards repairing those sperm cells and none is left to increase your height!)

Play basketball 3 times a week for an hour max against opponents and do pullups everyday(2 sets of 20)!

Stretch evermorning and everynight before bed and take chondroitin and msm right after your stretches!

Take the puerarin on an empty stomach once in morning and once before bed(3 hrs after dinner)!

I hope you now understand the concept of the endocrine feedback loop! It regulates everything in your body including Height Increase!

And also during teenage years kids release lots of gh, even more than us that are taking gh secretagogues!!! And this is why its often bad to lift weights during those years because you cheat yourself out of extra inches of height! What is best during this period are body conditioning exercises like pullups, situps and basketball or volleyball!

And remember: Only extra gh goes towards height increase! The more gh you have left after repair, the more chance you have in increasing your height!!! Its that easy!

Yes replace running with basketball, running is good if you are trying to stay healthy but it releases too little gh, unless you sprint the whole distance!

About diet, drink less of milk and eat lots of beef, like I said in my earlier post, these food groups contain artificial gh that are used to help cows grow to adult size in less than a year! they are actually very bad for human health but they do help you grow taller! Therefore once you reach your desired height, stop eating beef and drinking milk!

For the stretches, do the ones on the grow taller blog..just pick 6 to 10 stretches and do those morning and at night..this will be one of your exercises in addition to the(basketball, pullups and masturbating once a week max for you since you are 35)

And you know the rest, sleep at least 7 to 9 hrs a day and no smoking and excessive alcohol consumption(over once a week in my opinion)..Regards!

Yes take Lithium orotate, do not take more than one pill as too much Lithium is toxic to the kidneys and you dont want to overstimulate stem cell differentiation and proliferation as that can cause cancer. we want to cause just enough stem cell proliferation to increase height! Take the Lithium directly after you induce your microfractures..Regards!

Create microfractures and then take lithium! Lithium is a very critical supplement but it would only work if you create microfractures! Some of my clients that used this method of taking lithium in addition to inducing microfractures, reported to me that their Alkaline Phosphatase level increased rapidly!!This was a good indication to me as high Alkaline P levels indicates new bone formation. The lithium increases stem cell proliferation which would maximize the effect of the microfractures you are inducing and when the bone heals, it heals in a LENGTHENED STATE!!!! I can say in a month of consistently doing this you can add at least a quarter of an inch to your height and this is for EVERYBODY INCLUDING ANIMALS...NO EXCEPTIONS!..TAKE CARE

1) About Cartilage: Whoever says that cartilage does not divide is missing a lot. They might have read some anatomy and physiology book in their high school or college and they are telling us that even if they didn't get the entire idea. Here is the right idea. (Its right in terms of logic and science, i can prove every thing i say in millions of different ways, if necessary) Cartilage divides! Do you know how teenagers and kids grow? Its because of growth plates (among many others). And do you know what growth plates are made of? Cartilage. But that is a different cartilage than you back and knee cartilage. Growth plate is Hyaline cartilage, but knee/back cartilage is articular cartilage. Hyaline cartilage is also what makes your soft part of nose and ears lobes (i think..but its not important). The two are very different. Hyaline has many many more cells and they grow faster than articular (under stimulation by many hormones mainly IGF-1(GH derivative)). But if they are growth plates, then they will grow extremely fast because the bones bring them a rich supply of blood that is rich in nutrients and IGF-1. That is why they are used as growth plates. So the top part can divide as cartilage and the bottom part can be converted into bone. Hence teenagers grow very fast (compared to after plates fusing). Thats part of the reason teenagers and young adults right after plates fusing still grow a few inches...but slowly over a period of months or years. Thats because now all they have is their articular (back/knee) cartilage to divide and thicken. But Articular cartilage is not used in nature so they can grow, their purpose is to act as shock absorbers. Hence their blood supply is very very poor. That is why you only see them growing when IGF-1 (gh) supply is very high.

2) Growth hormone: Every heard this? "Men physically and sexually peak around 25" . (those are average

numbers, there will always be exceptions of course, so no need to mention and bother me about them). That is absolutely true if you're a guy. That's because that is when your body's growth is the highest it will ever grow and that's when you have the highest level of testosterone (sex drive/sperm-muscle production). Growth hormone/testosterone/DHT all of these will peak when you are about 18 years old. But they will still be high till about 25. After that, it's all down the road. That is when your aging process kicks in. By this time, you will have accumulated lots of DHT in your scalp/prostate...if you masturbated too much, that is why some of us will start balding here. That's also the reason why many people start to grow bald after their married life begins. (By the way, genes play a big role in balding, that is why many of us won't even get balding till we die). I can go on about this....but I don't think many of you care.

3) Growth Hormone again. THIS IS VERY VERY IMPORTANT to us grow taller'. There is this idea that doing weight lifting/ strenuous exercise will increase growth hormone. There is this idea that stretching exercises will increase growth hormone. They are absolutely right.....and very very wrong. I will take weight lifting for example: Weight lifting raises GH by several hundred %, which is true. But what you probably don't know is that weight lifting also damages your muscles. When you are lifting heavy weights you use a lot of energy, deplete your glucose reserves that are close to your muscles being used....until you grow tired and stop (eg. Bench pressing your weight for 10 reps). Immediately you will feel very tired and will have to wait a few minutes before you can bench-press again. What also happens when you lift heavy weights is that your muscles tear in small amounts. Your ligaments also tear a bit, and your bones also form micro fractures depending on the exercise. THIS IS VERY BAD FOR GROWTH!!!! . What does IGH-1 do? its basic function is to divide cells and repair organs. So when you create those damages you also have to repair them. So ALL (and I mean ALL) that GH you released due to high stress exercises will end up repairing those damage by adding more cells to that muscles or to the bone, etc. So what do you have left? NOTHING, NADA, Kuch NAHi ! As a matter of fact weight lifting will need more than you release due to that exercises, which will use up any extra that you release while sleeping. This becomes a vicious cycle if you lift weights every day. Soon you will age fast. Ever wonder why those big weight lifters (world's strongest man, ESPN2 channel) take tens of thousands of dollars worth of supplements a year when they lift weights? If you think it's so that they can get bigger.....you are very wrong. They take so much because what they do while training requires a huge amount of GH, testosterone and other minerals, chemicals. They train so they can mostly maintain their strength/increase muscle efficiency/stamina (and grow a small bit). All weight lifters need extra nutrients unless they want to grow old quickly. Whoever says that weightlifters are short because of their thinning cartilage is not correct. It's because they used up all IGH-1 for their muscle building/repairing purposes. That is also why over-masturbation is not good. Why? because sperm production requires lots of IGF-1. Put it this way. every time you cum if you are losing 2 spoon fulls of sperm. Then about half is pure sperm cells (1 spoon), rest is other stuff (prostate fluid, sugar etc). Now cut off that 1 spoon full of skin (not dead skin) from your body. How much will it take to repair that damage? Quite a bit! That's how much IGF-1 (GH) is required to reproduce those lost sperm cells. Of course it won't mean that your wound will heal in one day, because most IGF-1 will be going to reproduce sperm cells first because they are for human reproduction, which is the ultimate priority (after food and defence) in order for humans as a species to survive (that is how evolution has produced this instinct). Only a part of the GH will go to repair that wound enough for it to be protected from immediate damage (like raising immune function around the wound). Same thing is with Wrestlers (I mean real wrestling, not WWF Fake stuff), They don't

grow much taller either. That is simply because wrestling is not very far away from weight lifting, requires a lot of muscle power (muscles tear).

This feature is a natural instinctually automatic process. As soon as a living creature does damaging stuff, growth related hormones are raised so the damage can be repaired. It is one of those natural processes that keep creatures alive. Or not living things will age extremely quickly.

So what exercises are the best? In my opinion basket ball is the best. It is very high intensity, yet does very low amount of damage on the body, hence most of the GH is left alone. Why is it not so damaging? because basketball movements happen in split seconds and they are high intensity(eg, jumping and blocking etc). Using muscles for split seconds will hardly tear them (this can be explained under physics/friction laws). And there is not a lot of running involved (running is also not very good for GH because it creates some damage, but at the same time produces nearly zero GH, which is not good). Added to that, Basket ball does not stress your bones like many others do, unless in your opinion playing B-Ball means doing nothing but dunking or trying to touch the rim all day. (Playing a full B-Ball game might do more damage than good). Playing Basket ball with opponents for an hour a day is perfect for growth!!!!!!!

Bottom line about exercise READ VERY IMPORTANT: So am I saying that weight lifting is bad? Yes and NO!. If you take supplements then you can lift weights for long periods of time. But if you want to maintain health/build some muscles without damaging your body, then doing it for max 30 minutes at not too heavy weights (50% of your max) is good for you. Same thing with running, if you are gonna run for a few miles a day, that will be very good for health, and you should do that till you grow very old (60's?). But if you are running 30 miles a day then you will grow old quickly. That is also the reason why marathon runners are generally short!!!! Either way, long term weight lifting(heavy weights for hours), running (for tens of miles) will do severe damage, you might even grow impotent....unless you take supplements to maintain your health.

That's why I stress it so much that in order for the puerarin and chondroitin to work, you must do stretches, play basketball, do sprints, do hanging and pullups while keeping masturbation and strenuous exercises(which slows down the process anyways and stunt growth for those who are going through puberty) to a bare minimum!!! Things such as the stretches and basketball, etc, speeds up the process of growing taller post puberty because it communicates an emergency situation to the hypothalamus, that height increase is very much needed!!..regards!

By the way I usually advise not to use niacin in combination with ghenerate and this is because too much gh after puberty will cause ACROMEGALY! By the way, people with Acromegaly don't grow taller, instead they stay the same, why? because they get WAYYY TOO OOOO MUCH GH!!! That will result in their bones (in between joints) fusing faster than the Articular Cartilage divides! That is why they get a form of arthritis

called Reumotoid arthritis. This is where the Fingers fuse together. Their Back bones will fuse together, like old peoples.

That is why WAY TOO MUCH GH will do the exact opposite instead of making us taller. SO be careful

More on masturbation!...now i recommend masturbating twice a week max and now I will elaborate! when you masturbate twice a week, dont do it all in one day and wait for the rest of the week, The point is to properly distribute your timing!

By the way Exercises is like a mini-masturbations, since it also consumes testestrone and GH, and if its done properly, it will also release GH and testestrone, just like powerful orgasms do.

so taking me for example, the day i did masturbate, i took the ghenerate plus igh-1. On the days i didn't masturbate i worked out a bit harder. stretching 45 minutes a night, 50 or so pull-ups, played bbal, etc On the days i do masturbate, i played bball for 45 minutes and stretched for 45 mins, thats all.

By the way, NEVER MASTURBATE OR HAVE SEX BEFORE BED TIME!!!!THAT is very bad. That is the biggest mistake that MOST people make after they are married. Thats another reason people usually start balding after they get married. The explanation is long, so i wont try unless someone cares for it.

Best TIME is BEFORE Lunch, or Dinner. Doing it while hungry is best. Why? because when u eat, whatever GH is in your blood is converted to IGF-1. Thats the stuff that causes cell division! Remember, this is the part of the reason you have to exercise after 2 hours after a meal. Having an orgasm when your hungry will release MORE GH.! Then immedeatly you can eat lunch or dinner, which will convert any extra GH to IGF-1. This allows more "room" for GH to be release. When ever you have too much of ANY hormone, its opposite is release just to balance it out. Or that hormone is not release anymore at all.

Remember this is the same principe for the ghenerate plus igh-1 or any growth hormone stimulator(niacin, zinc, melatonin). the igh-1 Slows down the release of stomatostatin . This is the hormone that is released when your hypothalamus detecs too much GH in ur blood. That is how the igh-1 works, its supress its release, so that the Hypothalamus will continually release more and more GHRH (Growth hormone releasing hormone) till the igh-1 plus ghenerate or any other growth hormone stimulators effect, wears out.!! Actually, thats part of the principle for MOST GH formulas out there! take care

Best exercises for growing taller are volleyball, basketball, pullups, swimming, cycling extremely fast with raised seats!

2)

bmp-2 and lithium but you need to cause microfractures along using it

I use GHenerate for 2 months and gain 2 inches.

Now I'm 5 ft 8

Then I continue GHenerate, but add Chondro/Gluco/MSM and gain 1 more inch.

Now I'm 5 ft 9.

And now I'd like to gain some more height, but not if it's in the torso.

I take Hexarelin and gain 2 inches, but where and how???

3) didnt use any of any of these except for the puerarin, chondroitin and msm after stretches, and one of the other substance which i havent listed, because i am quite close to my height goal which is 6ft 1, which i feel is the best height for a GUY in my opinion! These 2 chemicals i listed(methylprotodioscin and dimethylicaritin) will make me too tall(taller than 6'1)!

4 : For me i took 75micrograms/kg intranasally twice a day, but it gave me only about 1.9 inches since my plates where inactive! people with active plates would probably achieve more growth from its usage

Hexarelin is amazing for growth by what I have read so far

How grow taller forever : horny goat weed has insufficient amount of dimethylicaritin to be of use! you must get it pure...very hard products to get since the medical profession refuse to release it for sale! and tribulius terrestris is just protodioscin not methyl protodioscin(which increases DNA METHYLATION! Quite a difference!

By the way, I know where you can get this two products but i am afraid to tell because i dont want trouble with the government! if you take these two products, you can grow forever because you prevent(if growth plates are open) or reverse(if growth plates are INACTIVE), growth plate senescence and simultaneously you increase cnp expression and the expression of kidney growth secreted factors!!!

Why would anyone want to use a product that will make them grow until they die?

maybe that is part of the reason why the government supress it from people in order to prevent too many cases of gigantism! And in addition, these two products are part of the chemicals that was fed to Yao by the chinese govt when he was 16 because he was being bred for basketball! However, the government also release these height chemicals on rare occasions to some basketball players(esp those being picked for the olympic squad), and thats why in most cases you notice some bball players growing very much after puberty! anyways, I will stop here as I dont want to say too much! take care!

ok let me elaborate! now cjc1295 wouldnt work post puberty for the same reason that hgh wont increase your height post puberty! why? because your stem cells around your hyaline cartilage are inactive! but you can grow post puberty without growth plates through the articular cartilage! this cartilage have poor blood flow and their main function is to act as shock absorbers, but they get stimulated by osteoblast inducers! if you increase hgh output excessively post puberty, your bones would grow WIDER! instead of longitudinal!. osteoblast inducers(puerarin, for example increase height in your spine, but then you take it with a gh secretagogue like ghrp, igh-1), this helps the gh work in sync with the osteoblast increasing as suppose to taking excessive gh alone post puberty which can lead to cancer and acromegaly!

You can achieve a max height of 2-4 inches through the osteoblasts alone.

Now the methylprotodioscin plus dimethylicaritin is where the big height gain comes in because it stimulates collagen 2 and kidney secreted growth factors! what does this mean? IT RECREATES PUBERTAL CONDITIONS AND TAKE TAKE YOUR BONES TO THE STATE OF CARTILAGE! with this 2 chem substances, there is no limit to how much you can increase your height! The government use it in their lab and they release it to certain people(olympic bball players, some rich models or if you are extremely rich!) but it is very difficult to find!

Hexarelin would also increase your height but that would give you a max of only 4 inches! this is also extremely expensive for the amount you need to take daily to increase your height!

Sustanon would work also but its not much height gain in that! and puerarin would give you anywhere from 1 to 2 inches max!

so there you have it, i hope i have answered your queries..take care!

XCrunner, that product contains 250 mg MSM, 50 mg of chondroitin sulphate, and 750 mg of Glucosamine sulphate.

Is that high enough dose of MSM and chondroitin or do I need more of it?

if you are going to use this route of increasing your height, take this right after your stretches!
and one right after waking up

at 83 kg, you would need about 12.5 mg per day.

taking 75 mcg/kg intra-nasally 2x a day

x said you he gained one inch per month

so YOU would pay around \$8000 per inch.

hang off a pole for 10 mins everyday should be sufficient for the stretch in addition to using the ghenerate..check out the other thread "dna methylation"

if you are going to use this route of increasing your height, take this(capsule) (gluc/chon/MSM) right after your stretches! and one right after waking up

What i mean is that body is controlled by hypothalamus(master gland)..For any changes to occur in the body, the hypothalamus must feel like there is dire need to approve and make that change occur!.If it feels like body is in optimum state(negative feedback) and doesnt need anything(no matter what you feed your body, you will see no results or minimal at best)..But on the other hand, if hypothalamus is convinced that you really need the change(height)through keeping your body in positive feedback state(, then it won't inhibit what you are giving to your body in order to cause the change)!, So now what you are probably thinking is how to make your loop positive and make hypothalamus to allow the SM to have its desired effect One way is to take anti aging drugs for years before taking SM but never together at same time with SM(This will trick the hypothalamus into thinking your body is in a very young state and therefore it will release endogenous hormones and exert a cooperative effect with the SM growth)..this expllains why Tim is highly reactive to SM than the rest of us! second way is to abuse the body(HIGH INTENSITY INTERVAL TRAINING, VIGOROUS STRETCHING, SWIMMING, third is masturbate twice a week, and never right before bed,..masturbate an hour before using the SM fourth, DO NOT EAT OR DRINK ANYTHING 2 HRS(1 IS NOT ENOUGH!) BEFORE AND AFTER THE DOSE, AND THIS INCLUDES WATER FIFTH, GET 7-8 HRS OF SLEEP EACH NIGHT Last---Dose twice a day..(first dose must be when your metabolism is at its peak)..then 2nd dose is right before bed with no food or water 2 hrs before then

es your body would go through lots of changes in the time period(6 mts to a year) and increasing dna methylation to optimum level(not excessive to point of cancer) will extend your life span and keep your internal self young and you would age at an EXTREMELY slow pace compared to normal individuals! Remember your body stops growing and you AGE due to dna methylation depletion!!!!IF YOU DONT AGE THEN YOUR BODY HAS NO NEED TO STOP GROWTH! ENDOCHONDRAL OSSIFICATION AND CESSATION IS CONTROLLED BY DNA METHYLATION!

and one last thing i must say is that make sure you use the SAM-E in a pharmaceutical grade enteric coated tablet, unless your stomach acid would destroy it! SO REMEMBER, USE THE SAM-3 IN A PHARMACEUTICAL GRADE ENTERIC COATED TABLET! you must use it in this form for it to work, this is the only way your body would absorb it!!!

trust me, take 2000mg of sam e in the pharmaceutica enteric coated tablet form plus folinic acid800 mg folinic acid plus the ghenerate...split up the sam-e dosage during the day but the third one should be right before bed with ghenerate and first one right after waking up

I tried it with 2 of my clients(ages 15 and 17), although they had inactive plates to begin with. Gave them 2g of sam-e enteric coated tablet form plus about 500-800mcg folic acid and pure puerarin!..today they are now both 21 and the 17 year old is now 23. The 23 year old is 6ft 3 and still growing!, he still has the same amount of facial hair since he was 17 and no hair on his legs still! His plates never became inactive as a result, and the crazy thing is, his mum is 5ft 3 and dad 5ft 6..Amazing isn't it!

Methylprotodioscin, Icariin and Glycine Propionyl L-Carnitine.

About 500mg 2x a day, once in the morning and once later in the day (3-6pm)

This will re-open the growth plates + IGF-1 boost from the Glycine Propionyl L-Carnitine.

I will be combining the MENS routine with this as it will re-open the growth plates.

You can lift weights and fap.

Avoid junk food and don't cycle these supplements.

2000mg SAM-e (enteric tabs only)

800 ug folinic acid

800 ug folic acid

*6 sprays of GHenerate under tongue (2x a day)

*I-GH-1 (2x a day)

-> everyday for 2 months then every 5 days

3mg melatonin [once a day for every 5 days]

[Some form of exercise + stretching + keep your feedback loop positive (search the forum for more info)]

For ME:

Morning = 800mg SAM-e, 800ug folinic acid, GHenerate + I-GH-1

Night = 1200mg SAM-e, 800ug folinic acid, GHenerate + I-GH-1, and 3mg melatonin

You can get SAM-e at bestsame.com (look for coupons) or bestvite.com

As for folinic and folic acids (u can get them anywhere try ebay, use 800 mcg tablets so u have fewer pills to drink) 6 week

I think if you consume 800 micrograms of folic acid per day it will greatly increase your rate of growth by increasing your dna methylation (ignore spelling if wrong). also if you would ingest 2000mg of "sam-e" which also increases dna methylation it would also help. if you increase dna-methylation to a point the growth plates will diffuse and you can grow no matter what your height is (96 for example although height would be needed). all credit to x-crunner because that's how i found this out, it made me grow 1.5 inches in 2 months when i had not grown previously for a year.

folic acid can be found in almost all multi-vitamins, basically costing you £10 at the very most, and from what i know, sam-e costs £45. btw i grew exclusively from the folic acid as i could not obtain the sam-e.

ghenerate+IGH1+SameE+Folinic acid for one year + Sustanon 250 cycle after 2 months of using Ghenerate, thinking of 500mg sus250 every week for 12 weeks in total. Expecting 2 inches from Sus 250 and 1 inch from ghenerate.

Because the growth rate from ghenerate slows down after a few months, I will incorporate sus250 in my routine for 3 months while taking ghenerate+SameE. Then, the height growth effect of SameE and Folinic acid will kick in right after my sus 250 routine. This sounds very perfect. Still, I have to buy letrozole, hcg, clomid for my sus250 routine.. which will cost me a lot of money, at least \$2000 for a year...

Post number is in parenthesis.

(32)

When i took the chondroitin, yes i continued the puerarin and igh-1, just because although, chondroitin thickens and repairs cartilage, but the puerarin and igh-1 directed its focus to also allow it to grow. If you just take the chondroitin, it would simply just repair the cartilage and nothing would direct it to cause growth

(38)

GhENERATE CONTAINS 98 PERCENT PURE PUERARIN PLUS GHRP!!DO NOT TAKE ANY OTHER GROWTH HORMONE SECRETAGOGUES WITH THE PUERARIN..WHY? BECAUSE TOO MUCH GH IN ITSELF ISNT GOOD BECAUSE IT CAN CAUSE ACROMEGALY AND CANCER! and you would die by the time you are 50!!

(49)

Yep this is good!, plus the ghenerate also contains ghrp which itself increases gh!. and i will repeat!!! DO

NOT TAKE ANY OTHER GROWTH HORMONE SECRETAGOGUES WITH THIS SUCH AS NIACIN, AMINO ACIDS, ETC..MELATONIN IS OK SINCE IT INCREASES tgf growth factors but no more than 3mg!! HOPE THIS HELPS..regards

(53)

LITHIUM ONLY WORKS IF YOUR PLATES ARE STILL OPENED!!

(62)

1. Yep take ghenerate and igh-1 twice a day, preferrably on an empty stomach and at least 3 hours after dinner! it would be even better to do stretches in conjunction with it!

2. after a month of taking it twice a day, everyday, you will begin to only take it 5 days a week, and take 2 days off and then resume back to 5 days a week. Once you run out of the puerarin plus igh-1,(probably around 2-3 months) write back to me and i will tell you two other supplements to take together to get more height gains!

(66)

Only take 1 capsule of igh-1 twice a day, do not take it the way they recommend unless u plan on adding muscles!

(76)

Ruby-When your body releases gh it also releases testosterone!..now if you have excess testosterone(and you will know this because you get frequent erections, sometimes to the point where you can't sleep) then your brain switches off the release of gh, you can also have excess testosterone by not exercising, or by stopping masturbation completely if you had already been doing it(this is why I recommend masturbating maximum of twice a week!), that way you release excess testosterone and your body's endocrine feedback loop becomes positive and continues releasing gh!. Now if you are taking gh secretagogues such as amino acids, niacin, zinc, lithium(YES lithium indirectly increase IGF-1 which is a gh derivative. lithium gets metabolized in nerve and brain tissues...this was proven to us at medical school and further research I did,) you won't grow with it if you don't exercise or masturbate twice a week! Why?, because testosterone accumulates in your blood and your body's negative feedback switches off the release of gh regardless if you continue to take the supplement!..therefore what you can do for example to defeat your negative feedback loop is:

Masturbate twice a week max, never before bed!..why? Because masturbation then will slow down your nighttime gh release and even if made it will go towards repairing those sperm cells and none is left to increase your height!)

Play basketball 3 times a week for an hour max against opponents and do pullups everyday(2 sets of 20)!

Stretch evermorning and everynight before bed and take chondroitin and msm right after your stretches!

Take the puerarin on an empty stomach once in morning and once before bed(3 hrs after dinner)!

(93)

there are two ways to reignite growth in the chondrocytes:

Break the bones(microfractures), or use BONE MORPHOGENIC PROTEINS! BMP-2 stimulates proliferation of stem cells into chondrocytes(long bones). And unfortunately, you get the biggest increase in height through the chondrocytes!.Regards!

(94)

I dont know much about Isjl, but if it effectively induce microfractures, then it should work!..one of the things you can do to maximize results from microfractures or Isjl is to create the microfractures and supplement with Lithium, preferrably with igf-1 or BMP-2. This will cause proliferation of stem cells into those microfractures, reactivating those hyaline cartilage around the growth plates and increasing your height..Regards!

(115)

Yea, wake up, stretch, take the puerarin plus 1 capsule of igh-1 then eat breakfast..and for dinner, take it after your stretches 3 to 4 hrs after dinner and go straight to bed

(124)

Swimming would help elongate your spine but basketball is still better because it leaves enogh extra gh to stimulate growth...

(167)

I just grew another quarter of an inch so I am now 6ft 1/4 inches!.Like I said, my goal height is 6ft 1 inches then I plan to stop eating beef and drinking milk and discontinuing my routine. I have also started taking calc phos in order to solidify the new bones to make it permanent!..Regards

(195)

OK, so this is my current routine. Take a look and tell me what you all think. I'm currently 6ft and half an inch (or just under), and aim to get to 6ft 2 (6ft 1 by end of the year preferably). I'm nearly 21, and am 80% certain my growth plates are closed by now.

1) Getting puerarin extract, and IGF-1 (oral/spray form obviously due to the blood-brain barrier theory), along with a healthy diet, good sleep, no alcohol, high protein and multivitamin, and glucosamine, MSM and chondriotin.

2) Spinal stretches (vertical hanging) for at least 15-20 mins daily), cobra stretches (50 repetitions every 2 hours), and hamstring/leg stretches for flexibility every 2 hours). I also do weightlifting which I need to do for my rowing (3-4 times a week). Also box jumps (vertical jumps) for 10-15 mins everyday.
<http://www.freewebs.com/supertaller/chapter5.htm> (those stretches)

3) Short sprints on a circuit (maybe 20 second sprints at full pace for 6-8 repetitions).

4) May try swimming soon too (breast stroke especially), this may be more difficult to sign up for in the are I love, however.

(199)

by doing just light stretching and playing basketball, you will have more than enough gh towards growing taller!!!this is why bball playes are tall because they play basketball and stretch!!!...If you want your stretches to work towards growing taller, stretch twice a day and take chondroitin DIRECTLY after your stretches!!! then use the puerarin twiuce a day 5 days a week only!!!

(218)

lol I doubt he'll take an x-ray especially for this, unless he's already taken one in the past? I'll keep everyone updated, but my basic plan involved stretching for a total of about an hour or so a day, split up into morning and afternoon stretches, taking glucosamine and chondriotin after, and taking the ghenerate morning and afternoon (or however it prescribes). Also doing box jumps everyday, and sprints every other day. I'm hoping to reach 6ft 2 by another 6 months, so we'll see. Am currently at 6ft and 1/2 inch. Will keep everyone informed!

(237)

That is also why over-masturbation is not good. Why? because sperm production requires lots of IGf-1. Put it this way. every time you cum if you are loosing 2 spoon fulls of sperm. Then about half is pure sperm cells (1 spoon), rest is other stuff(prostate fluid, sugar etc). Now cut off that 1 spoon full of skin (not dead skin) from your body. How much will it take to repair that damage? Quite a bit! Thats how much Igf-1(GH) is required to reproduce those lost sperm cells.

(253)

I've been doing some reading on the anabolic minds forums and IGH-1 seems to be an automatize inhibitor when taken in small doses, of what xcrunner said, so if you take 1 pill with the ghenerate, the IGH1 pill will inhibit AI.

I also read if you take more servings of the IGH1 that will not inhibit AI but rather give you an increase in Growth Hormone stimulation.

(257)

Now where the Ghenerate/IGH1 comes in, is that Ghenerate/IGH1 seems to create surplus in HGH, enough of a surplus, to make you grow taller over a period of time.

But...see...the half life of HGH is approx 20-60 minutes which is the same time as the REM phaseso its not going to be in your system long, your going to need to heal during that time AND be left with a surplus of HGH DURING that time, for it to go into your bones to make you taller,

(278)

the GHRP in GHenerate gives the same effect as GHRP6.

Now...see the thing here is that, GHenerate uses "GHRP Marus Alba Extract" but...theres no such thing as the "Marus" alba extract...its the MORUS alba extract.

What does this tell us ?...GHRP Marus Alba Extract COULD be the Synthetic GHRP6, and this is very

plausible, since i remember a few years back, a supplement company called "American Cellular Labs" made a muscle building supplement called "Tren Xtreme", this was ACTUALLY a steroid, with one of the molecules changed, it took a few years for the FDA to find out about it, since the supplement world isn't regulated, but what im getting at, is the GHRP in GHenerate could be GHRP6 slightly modified

(282)

To gtx-the igh-1 alone wont counter the negative loop, you must do the other things like stretches, pullups, hanging, no weightlifting and less masturbation!

(318)

Yes but Arginine when administered orally, does not work. Unless in acetated form, which mainstream supplements lack in that form.

ALL N.O booster out right don't increase N.O but rather they give you more energy, and focus...BUT NOT increase they one thing they meant to do...increase N.O, theres only 2 TRUE N.O Booster out right now. "Amplify02" and "Plasmagen Nitrate"

Excercise also increases N.O, but when combined with a TRUE N.O booster = mind= blown.

(334)

the only way for it to be absorbed if its acetated
(talking about N.O.)

(398)

Best exercises for growing taller are volleyball, basketball, pullups, swimming, cycling extremely fast with raised seats!

(413)

bmp-2 and lithium but you need to cause microfratures along using it

Not all those posts were by Xcrunner but most were. I probably should have posted this summary earlier. It sums up the most important things in the thread and saves the time of having to read the whole thing.

FOR CLOSED PLATES:

Ghenerate and I-GH-1: Attributed to XCRunner. The Ghenerate increases HGH levels and the puerarin in it is supposed to increase chondrocyte proliferation. The I-GH-1 is an aromatase inhibitor, it also boosts HGH. I-GH-1 is not necessary but it is recommended especially if your plates are open. In this routine it is important to keep your feedback loop positive especially if your plates are open. Up to two inches can be gained if your plates are closed. Most people only gained between .5 and one inch though. Dose Ghenerate (6 sprays) and I-GH-1 (one pill) on an empty stomach when you wake up and before you go to

bed before stretching. Stretch for a while, between 15 and 45 minutes per time. The longer you stretch the better. Only get your nut twice a week on non exercise days. Exercise three times a week by playing basketball for one hour against opponents. Do a few sets of pull-ups on exercise days (I think). Do not do any weight lifting.

Hexarelin: Attributed to XCRunner. This chemical also stimulates the PI3K pathway like Ghenerate. It was X's next suggestion after finishing ghenerate. As to my knowledge no one has tried it on this forum. Hopefully someone will soon.

LSJL: Attributed to Minigolfer. It is Lateral Synovial Joint Loading. It works better on open plates than closed. It involves putting pressure on certain areas to manipulate fluids and induce growth. I really don't know that much about it but I plan on using it in about a month. "The hyaline cartilage does not fuse into bone because there is already an extracellular matrix. Stem cells within or transported to the hyaline cartilage by methods such as LSJL differentiate into chondrocytes. Those chondrocytes hypertrophy and those chondrocytes are ossified into bone. The chondrocytes within the hyaline cartilage do not hypertrophy and do not ossify" (<http://thequestforheight.blogspot.com/20...use.html>). The information on LSJL and a lot of other useful information can be found on thequestforheight.blogspot.com. Here is the one on LSJL <http://thequestforheight.blogspot.com/p/...ding.html>.

ALKOCLAR: He has a lot of different methods to increase height, all chemical. One or two are being tested on the forum right now. It looks extremely promising but is also expensive.
<http://www.growtallforum.com/Xcrunner-Me...62-25.html>

Increasing DNA methylation: Attributed to XCRunner. According to XCRunner this works but so far on the forum it is in the experimental stages. It involves taking 2000 mg of Sam-E, 800 ug of Folinic Acid, and 800 ug of Folic Acid every day split up into morning and night doses.
<http://www.growtallforum.com/XCRET-The-S...-8822.html>

Adultheightincrease.blogspot.com: This site has a few different HI supplements. There is the homeopathic Monster and the Allopathic Monster. There have been varied results on these supplements. Their chemical monster was purported to work, but it was toxic. They are having a trial of a Super Monster soon which look promising.

Ankle weights/shinbone routine/microfractures: Sprinting or kicking with ankle weights creates small fractures in your shins which you can stretch out with ankle weights. It is also possible that your ligaments can be lengthened. Not as effective.

Stretching/Posture Correction: Stretching usually leads to posture correction which can yield one or two inches max. Stretching results in temporary height that is lost after stretching is discontinued. Many assert that stretching can result in permanent height if done over long periods and consistently.

Meditation: Using your mind to induce growth. This method is about mind over matter, also many who pursue this method claim you must believe in it to get taller. People use meditation soundtracks and

mantras and stuff to achieve this. I believe that meditation is good for anxiety, well being, knowledge, and a host of other things, however I would rather stick to more concrete methods of height gain. You can find info on meditation all over the forum.

I am going to try this long, but hopefully rewarding method out. For those who dont know about this, it's:

I'm 21 years old and my growth plates are probably inactive/fused

2000mg SAM-e (enteric tabs only)

800 ug folinic acid

800 ug folic acid

*6 sprays of GHenerate under tongue (2x a day)

*I-GH-1 (2x a day)

-> everyday for 2 months then every 5 days

3mg melatonin [once a day for every 5 days]

[Some form of exercise + stretching + keep your feedback loop positive (search the forum for more info)]

For ME:

Morning = 800mg SAM-e, 800ug folic acid, GHenerate + I-GH-1

Night = 1200mg SAM-e, 800ug folinic acid, GHenerate + I-GH-1, and 3mg melatonin

You can get SAM-e at bestsame.com (look for coupons) or bestvite.com

As for folinic and folic acids (u can get them anywhere try ebay, use 800 mcg tablets so u have fewer pills to drink)

*** Using pure 98% puerarin could improve the chances of growth if used in conjunction wit GHenerate. The specific method and dosage is unknown, but I'm testing 500mg [maybe 250mg each time] under the tongue with 6 GHenerate sprays for 1.5 min (i will slowly increase the dose until I notice a change in my body, might vary for others)***

PROS: not too expensive [compared to spending \$3000 on protodioscin/icariin], better and deeper sleep, (improved immune response?), slower facial hair growth (but faster/more body hair growth)

CONS: stomachaches/diarrhea (CHRISTIAN33 suggests using ginger root helps relieve the pain), red dots on body, acne/oily skin

So far I have grown 1 cm in about 5 weeks [it should be noted that i am also doing lsjl]

"Now the methylprotodioscin plus dimethylicaritin is where the big height gain comes in because it stimulates collagen 2 and kidney secreted growth factors! what does this mean? IT RECREATES PUBERTAL CONDITIONS AND TAKE TAKE YOUR BONES TO THE STATE OF CARTILAGE! with this 2 chem substances, there is no limit to how much you can increase your height! The government use it in their lab and they release it to certain people(olympic bball players, some rich models or if you are extremely rich!) but it is very difficult to find!"

Hexarelin would also increase your height but that would give you a max of only 4 inches! this is also extremely expensive for the amount you need to take daily to increase your height!

Sustanon would work also but its not much height gain in that! and puerarin would give you anywhere from 1 to 2 inches max!

so there you have it, i hope i have answered your queries..take care!

these are some of the most hopeful statements said to our forum.

I think we deserve to know:

1) where can we get either the methylprotodioscin or dimethylicaritin from, and how much would it cost in relation to the hexarelin....also you can just PM this to me, and we can let others know X if you worried of the government!

2) Sustanon = how much height would one get from this in your opinion on average, and why would it help induce height growth unlike other steroids, and would it have to be injected?

Well, puerarin has a lot of research behind it. GHenerate may or may not be more effective than puerarin but the hype is positive. LSJL and GHenerate should compliment each other since LSJL upregulates genes in the TGF-Beta, ECM, PI3K, and Wnt pathways. Puerarin upregulates genes in the PI3K pathway. Therefore they compliment each other.

True statement! by the way, you can also add bmp-2, lithium, and melatonin(weak) in that list

