

How to Increase Your Height Even After Puberty & No Matter The Age: Scientifically Proven Guide

In this ebook you will find some text, chapter or topic **highlighted** or simple written **IMPORTANT** this simply means that this part is very important to increase your height so dont f**king skip or jump over.

Now you may think i am already past the age 18 hell no i am over 25

Can I still grow???

The Answer Is F*ing Yes**

This ebook is created to help anyone increase their height no matter their age.

Many of you are skeptical.
I know that and you should be

F**ck yeah even i was skeptical that i would increase my height after the age 18.

But I did it...

Many of you already know me and how I increased my height.
But if you are my new follower then this is for you.

How I Grew Over 4.32 Inch(10 CM) Of Height:

After The Age Of 18

You all know me and my struggles...

How I was thin and started on my journey to get jacked up...

And other than becoming muscular, I also noticed growth in my height.

From 5 feet 7 inches to 5 feet 9 inches after the age of 18
(More detail in “Common Question Section”)

Now, at **age 20**, I weigh 83 kilograms (138 pounds), and my height is **6 feet** (182 cm).

But what increased my height?

I was just a normal guy at the gym, so what could be the reason behind my growth in height?

The answer is simple: I followed these things: **Wolff's law, Epigenetic , bone remodeling, mechanotransduction principles. Spine decompression, the correct posture and many more research, finding etc.....**

Now you may be thinking: WTF ARE THESE?

These are all research, scientific findings, proof and case studies which show that increasing the height or length of bone is possible no matter the age.

Some Common Questions:

- **Is it really backed by science?**

→ Yes, this eBook is grounded in the principles of bone biology, the science behind growth plates, the study of epigenetics, nutrition, growth hormone, and exercise science and much other research to help you understand how to leverage these factors to increase your height.

- **How soon can I see results?**

→ **Here is the most real answer you can find, it is not some scam like 6ft or sth book.**

So here is the real answer: If you follow everything properly, you can see results as soon as **1 Week to 1 year**. I personally saw a growth of around 2 inches after 1-5 months of following these principles. However, after the age of around 18.5, the growth rate slowed down, and it took me more than 2 years to gain an additional 3ish inches of height. I think the main reason why my growth slowed down after 18 was because of my study. Therefore, it also depends on how well you can follow the technique, routines, workouts, the principles etc but if you are serious and follow it properly you can increase your height. Don't worry; it is possible.

- **Does this have side effects?**

→ No, not at all. All of the information here is aimed at increasing your height and boosting growth hormone naturally. I do not suggest any therapy, surgery, or medication. So, there are no side effects other than growing your height.

- **I am below the age of 18; can I follow this?**

→ Of course! If you are below the age of 18, you are the lucky one because not only can you use this, but it will be doubly effective as your growth plates would not have started to close down.

- **Do you have proof that this eBook is effective?**

→ Of course. Without proof, I would not dare sell or give anything. I have many pieces of evidence, including case studies and testimonies from my friends (more details below). You will see all the proof and case studies in the latter half of the eBook.

NOTE: Before starting out you will get links in some text here and there which will lead you to the same paid ebook and full version which is this :

[Increase Your Height & Boost Your Growth Hormone: No Matter The Age](#)

Every link in this ebook will lead you to the same ebook , as that ebook has all the details. Difference between Paid & Free At last.

Now let's get to the main part of the ebook.

Reward:

Sign up for my newsletter and get a chance to win my paid ebooks for free.(I pick winners every 3 days!)

[>>>Click Here<<<](#)

Insecure Glowup

How should you read and apply this ebook?(IMPORTANT)

You just downloaded this ebook with the hope of increasing your height.

But you can't just follow some random ebook you downloaded online.

So , in chapter first i will talk about growth plates and how they never closes

Most importantly i won't just talk about it i will provide you with proof of what i am saying.

Then you will learn about some unique cases of people who have **Increased their height even after the age of 20 and even 30.**

Then we will dive into the Untold truth about spines, spines health, decompression and many more.

Then you will receive a bonus chapter on how to increase your height easily within a week, without products , surgery or even buying My paid ebook.

But as said earlier do not skip any part because you may injure yourself if you don't follow every step properly and instead of increasing your height you may be short forever.

Chapter 1: Understanding Growth Plates

Your Growth Plates Never Close

You've probably heard about growth plates and the so-called fact that if they are closed, you will not grow taller anymore. However, science is progressing every day, and new scientific evidence suggests that growing taller can occur at any age. **This may be because your growth plates never truly close.**

What Are Growth Plates?

Growth plates are thin layers of cartilage located at the ends of your bones, also known as epiphyseal plates or epiphysis. The type of cartilage in your growth plates is called hyaline cartilage, which is different from the elastic cartilage found in your ears.



How Growth Plates Work?

Most of the longitudinal bone growth in children and adolescents comes from the epiphyseal plates through a process called endochondral ossification. The epiphyseal plates are made of cartilage cells called chondrocytes, which slowly turn into bone cells. This process continues until the entire epiphyseal cartilage has turned into bone, a state known as being fully ossified.



Why Growth Plates Never Close?

While it is true that most of your epiphyseal cartilage has ossified by adulthood, **your growth plates remain open**. This is because hyaline cartilage, the type that makes up your growth plates, can undergo endochondral ossification at any time. Additionally, your body contains another type of hyaline cartilage known as articular cartilage, found in joints like your knees and spine, which **never fully ossifies**.

**What are
Growth
Plates? Can
Growth
Plates Open
Again?**



open



closed



Chapter 2: Triggering Growth Plates

Mechanical stress:

In the context of increasing the length of bones, the type of mechanical stress that is most relevant is tensile stress, which involves exercises with tension (More in detail in later chapter).

It can be explained by **Wolff's Law**. Wolff's Law, developed by German anatomist and surgeon Julius Wolff in the 19th century, states that the bones of a healthy animal will adapt to the loads under which it is placed.

To explain it in simple terms, let's pretend your bones are like Play-Doh(modeling compounds like clay).

You can shape Play-Doh into different shapes and make it bigger or smaller by *squishing it or stretching it*. Your bones are kind of like that too.

For example, if you squat a lot, the bones in your legs and maybe even your upper body have to adapt to the forces. These forces include the impact from when you are landing each time and the load on your bones.

Weightlifting also puts a lot of force on the bones.

This is why bodybuilders or powerlifters have much bigger and denser bones than the average human.

So, in simple terms your bones will adapt depending on the stress, tension and force you place on it.

So, we will be applying certain stresses which lengthen the bones.

Chapter 2.1: Case Studies + Proof

In the above chapter I said that our **bones will adapt to the forces, stress or tension** .

But how true is it ?

Is it really true or am I just selling you some fantasy ?

These are some questions which can be in your mind.

I will give answers to all of them through real life examples.

**Let's take our One Very special weightlifter: his name is
Alexander Zass,**



He is also called The Amazing Samson. Alexander Zass was a Russian strongman who escaped war camps in World War I as a prisoner a total of four times.

He did this because he had the strength to break shackles and bend the iron bars of the jail cells he was in.

Now was his bone always this strong ?

The answer is no , he wasn't always this strong nor did he have this strong bone that he could break the metal shackles.

He trained his body and while doing so he also trained his bone which made his bone grow **larger in size, wider and stronger**.

But you may be thinking...

Man, I don't want a wider or stronger bone. I want longer bones to increase my height.

Don't worry I understand and this was just an example given to help you understand that bone changes according to the tension, stress , load and forces.

Because of the nature of the load Alexander applied to his body & bone his bone grew wider and potentially shorter.

But we will be applying different kinds of pressures, forces , tension etc. **to lengthen our bones.**

So another question you may think could be that the reason alexander bone grew so much stronger even after the age of 20 or even 30 could also be because of genetics couldn't it ?

What other proof is there that bone can grow ???

Strong men like him inspired **John Wood** to investigate the development of bone. John Wood **spent over six years** experimenting with specific training to strengthen and learn about his skeleton.

An unexpected side effect of this particular training was that he **gained roughly 2 to 3 inches of height in his 30s.** Besides the gain in height, his frame also increased in size.

He discovered that muscle and bone have a **three-to-one ratio**, meaning that when you gain muscle, you will gain bone, and when you gain bone, you will gain muscle.

John Wood knew all of this was working because he got DEXA scans very regularly to check the size and density of his bones.

But at one point, John got so big he didn't even fit in the DEXA machine anymore.

John Wood **grew 3 inches at 30 years of age** just using Wolff's Law, which focuses more on width than length.

But we aint that stupid to only use one principle: We will also follow **m****re, bone r*****g, Growth hormone hacking, tensile stress to bone, Technique of unique tribes in africa** and many other principles and scientific research which all will increase our height much effectively, quickly and without any usages of medication, therapy or anything.

Now, there is another john that also used Wolff's Law to train his bones.

His name is Alex, and he is a good friend of mine.

Alex started doing particular barefoot exercises to train the muscles around his shin bones and **did so twice a week**. After doing them for half a year, his mother said that Alex **looked taller**, but he didnt believe , like nobody would but he remembered that he recently *changed his shoe* because of the size of his foot which grew. Then he immediately called me and we both went to check on his height. We found out that he gained roughly **2 inches of height at 21 years of age**.

If you want the exact routine of what Alex did to gain two inch of height at 21 years of age, [CLICK THIS](#).(Paid)

The two Johns I just listed had great success growing taller using **Wolff's Law and other recent scientific findings to their advantage.**

[And you can put such mechanical stress on your bones through this workout routine.](#) (Paid)

Chapter 3: Chemical Stress

Beyond mechanical stress, you can apply stress to your bones by another very effective way: **using hormonal stress.**

Your hormones have a huge influence on the growth of your bones and **can really boost height growth after puberty.**

Growth hormones and thyroid hormones are the most important ones. Not only will they boost bone growth, but they even have the ability to reopen growth plates if the amounts are high enough, although this is a very rare occurrence.

One of the best examples is Adam Rainer.



(This picture is of young adam rainer and old adam rainer after rapid growth spurt)

You may be confused. The very small one is only like 4 feet and the left one is giant or over 7 feet tall. How could both be the same person???

Adam Rainer was an Austrian man known for being **both a dwarf and a giant**. He was born in 1899 and was documented as being **only four feet tall at the age of 20**.

However, in his late 30s and early 40s, he reached a height of **seven feet and eight inches** by the time he was 50 years old.

But how could this be possible ? His growth plate would already be closed and he never even exercised. So just how ????????????

It's also possible for the **growth plates to reopen later in life**. What caused Adam Rainer's insane growth **was the huge secretion of growth hormones**.

Adam Rainer had a **tumor** on his pituitary gland, which led to an insane secretion of growth hormones in his body.

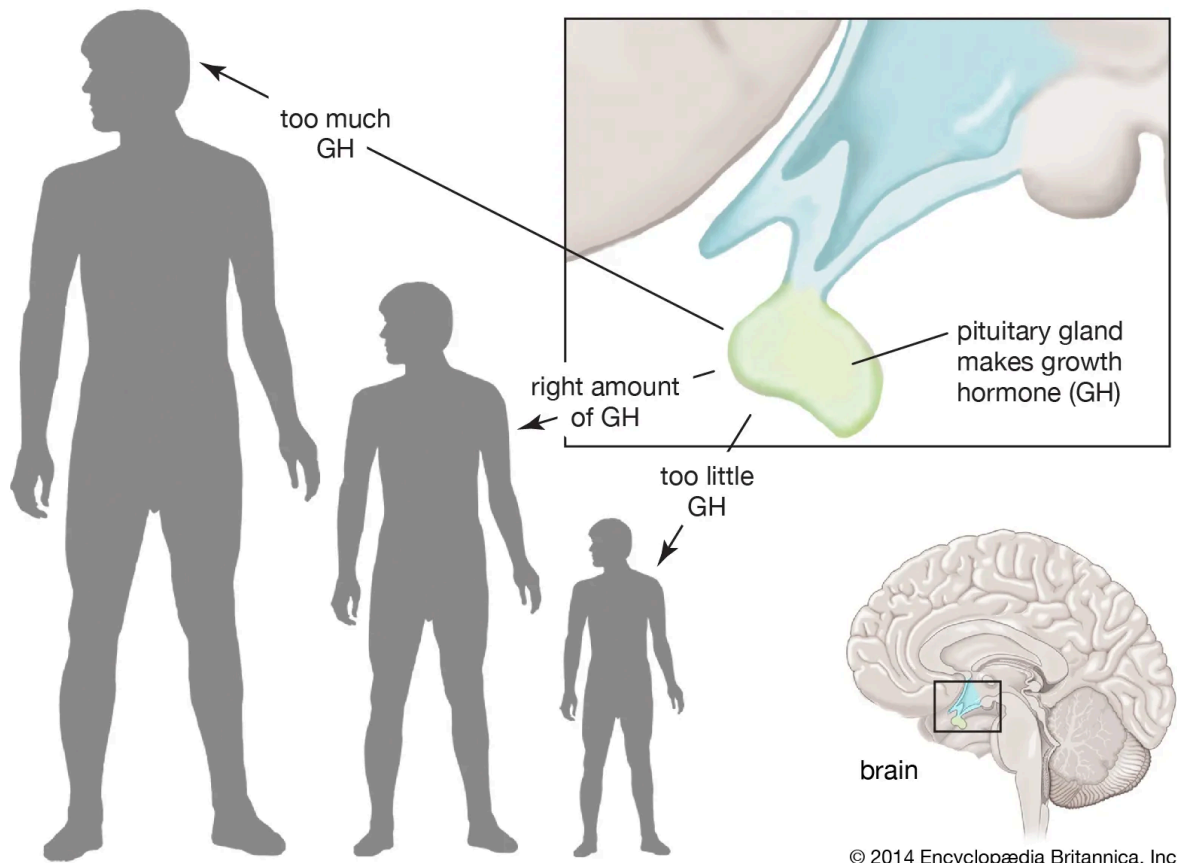
This also explained his huge lower jaw and brow ridge as they all respond very well to growth hormones.

Now wait wait wait.....

You Don't Need To Get Tumor To Increase Your Height, Recent Findings Have Found out about a more natural way to increase your growth hormone to increase your height while also optimizing it so that it doesn't have any side effects like in the case of Adam rainer. (More detail in ch 3,4,5 Of Paid Ebook)

Chapter 4: Maximizing Growth Hormone

You don't have to get a tumor to increase growth hormone in your body to grow taller since you can actually do it in a natural way.



A few ways to increase growth hormones in your body are:

1. **Sleep:** Sleep is super important for your growth hormones. The majority of growth hormones are released in the first 90 minutes of your sleep, so you need to go to bed early. A good way to improve your sleep quality is to limit blue light exposure before bed. Turn your screen orange or get some blue light-blocking glasses.
2. **Protein: HGH and IGF-1** are actually proteins, and more proteins equal more growth hormone. If you want to have optimal growth hormone levels, you should eat at least 120 grams of protein daily. The best sources of these proteins are from animal-based sources such as meat, eggs, fish, and dairy.
3. **Exercise:** Certain exercises boost growth hormones, and my favorite is **sprinting**. For sprinting, I sprint for 30 seconds at maximum force and then rest between these sprints for about one to three minutes. I do this about two to three times a week for maximum growth hormone and recovery.
4. **Amino Acid Intake**
Optimizing amino acid intake is critical for cartilage growth. Focus on consuming **collagen-rich foods containing glycine, alanine, proline, and hydroxyproline.**

If you want to learn more than 20+ ways on how you can boost your growth hormones up to 2000%, naturally without any side effects and also foods to avoid.

>> [click here](#) << (Paid)

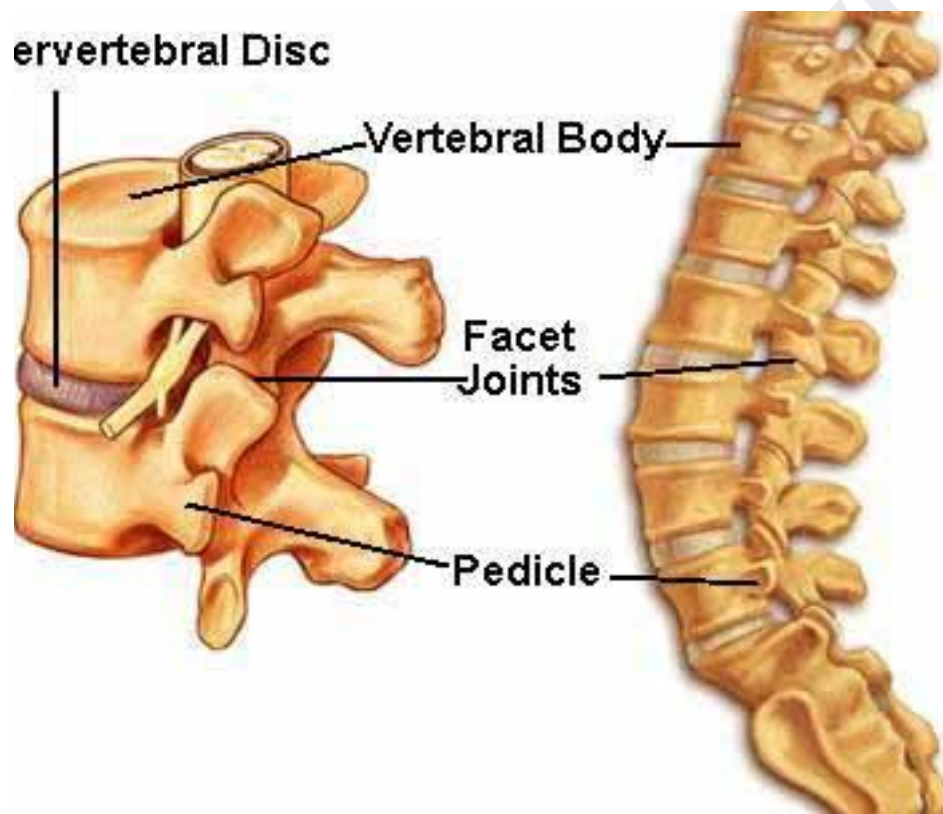
Chapter 5: The Role of the Spine in Height Growth

Secret of the Spine

The spine consists of 24 vertebrae separated by intervertebral discs made of cartilage.

These discs, which account for **25-33% of your spinal height and 10-16.5% of your total height**, can be manipulated to increase height.

The intervertebral discs act like sponges and can decompress, increasing in size when there is no gravity compressing them, such as when lying down or in space.



Decompression Techniques

Decompression involves reducing the compression on your spinal discs, which can be achieved through exercises, proper posture, and adequate rest.

Bonus: Increase Your Height Within A Week(Small Part Of Paid Ebook)

Now, this ebook is very long, and I am sure you cannot wait to increase your height.

So, here I will give you some techniques, workouts, etc., which will instantly increase your height by **1 to 4 cm (0.39 to 1.5 inches)**.

You may be skeptical about it or concerned about its side effects.

Let me assure you, there are no side effects; it is all natural.

But before we start...

You need to learn the basics about spine decompression and posture **(in-depth in chapters 6, 7, and 10)**.

Currently, you are shorter than you should be.

How and why?

Because of poor spine health caused by poor posture.

Your spine can compress and decompress according to the load your body is placed under, and it will return to its normal position a few moments after the load is released.

But...

What if your posture has been wrong your entire life?

Then your spine would also have been compressed your entire life, which means **you could be taller than you are right now**, but you aren't.

So, you need to follow the workouts, correct postures, and correct breathing techniques that will work for your spine health and not against it.

By following these simple methods, you will instantly appear taller than you are now. In case your posture and spine are severely compressed, it may take 1-4 weeks, but if you do this regularly, you will gain 1 to 4 cm in height instantly (depending on your spine).

Okay, but how do you do it?

I have been talking about posture, spine health, and decompression, but **what are they and how do you do it?**

These are some thoughts you may have in mind.

So here, I will give you the names of some posture and spine decompression techniques that you can follow **RIGHT NOW**.

Don't worry; full details with many workouts, etc., will be in later chapters **(6, 7, and 10)**.

Techniques and Postures to Increase Height(Full Detail in Ch 6,7,10)

• Spine Decompression Techniques

1. **Hanging Exercise:** Hang from a bar with your arms fully extended and your feet off the ground. Hold this

position for 20-30 seconds, then rest. Repeat 3-4 times. This helps decompress the spine.



2. Inversion Table: Use an inversion table to hang upside down. This can help elongate the spine and relieve pressure on your vertebrae.



3. Child's Pose (Balasana): Kneel on the floor, sit back on your heels, and stretch your arms forward on the ground. Hold for 30 seconds to 1 minute. This pose helps stretch the spine and relieve tension.



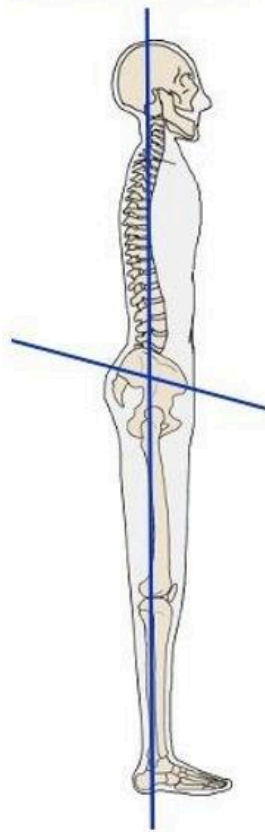
● Posture Improvement Techniques

1. **Wall Stretch:** Stand with your back against a wall, keeping your head, shoulders, and heels touching the wall. Raise your arms above your head and

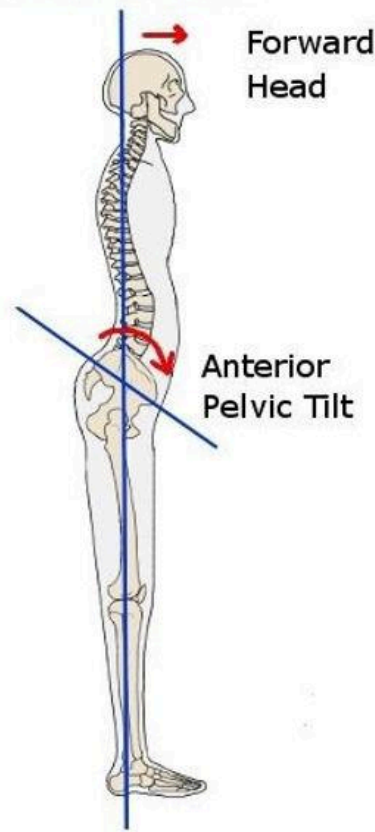
stretch as high as you can. Hold for 20-30 seconds. Repeat 5 times.

2. **Pelvic Tilt:** Lie on your back with your knees bent and feet flat on the floor. Tighten your abdominal muscles and push your lower back into the floor. Hold for 5 seconds, then relax. Repeat 10 times.

GOOD POSTURE



BAD POSTURE



3. **Cat-Cow Stretch:** Get on your hands and knees. Arch your back (cow pose) and then round it (cat pose). Move between these positions for 1-2 minutes. This helps improve spinal flexibility and posture.



Now, these are not the only techniques for spine decompression and posture improvement. More detailed explanations and techniques will be presented in later chapters.

But do these right now. When I say right now, I mean right now. It won't take more than 2-3 minutes.

And don't worry, more in-depth details and additional postures with routines will be presented in later chapters.

So, you might be thinking, "These postures and techniques will only increase our height by **1 to 4 cm** at most, but we want more than that..."

Fuck it, we want to be over 6 feet.

Don't worry and continue reading. The above were just simple things to help you. The main part and most important techniques to increase your height and the length of your bones will start now. So, don't skip any more.

ADVICE IN CH 6,7,10

Workout Advice For Height

Choose workouts that apply tension to your bones rather than compressive force. Compressive force can make your bones stronger and wider but may also cause them to become shorter in some cases.

The REAL INFORMATION STARTS FROM
NOW.

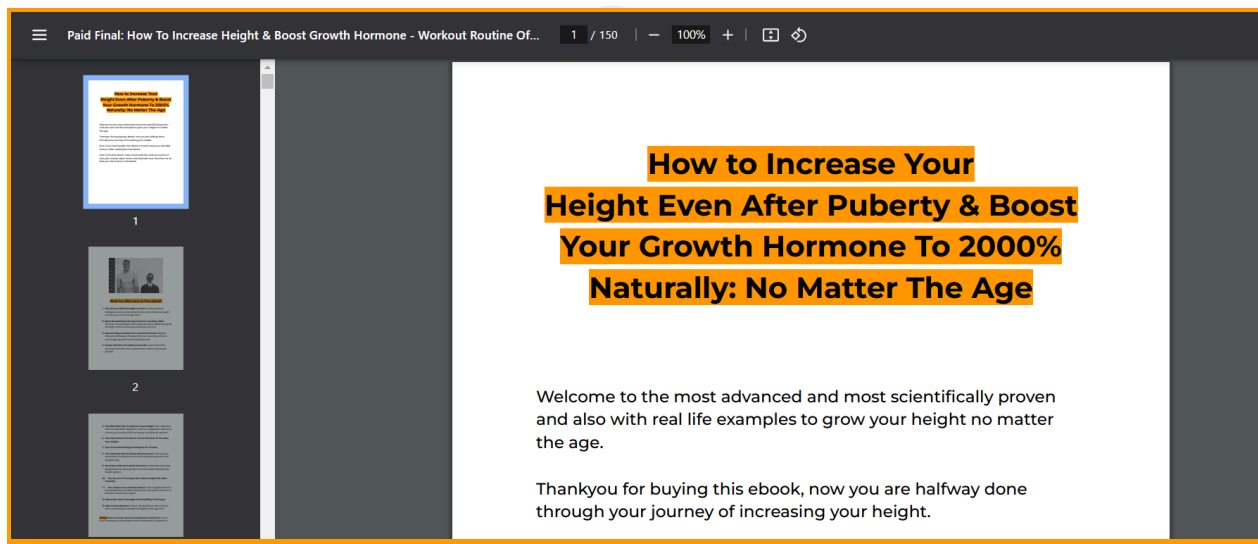
And that's all for this free version.

There are many of you who still want more real techniques to increase your bone length, boost your growth hormone including testosterone and many other benefits.

But you may be confused because you don't understand the **difference between the paid and free version.**

Here is the difference:

This is the screenshot of the paid version of the ebook.



You can easily see over **150+ pages** where I have explained in detail about **each and every way that has been scientifically proven to increase your height in the most effective way.**

But that's not all .

You will also receive **two other supplementary ebooks** to increase your height; *the chapter in these free ebooks is only a part of those supplementary ebooks.*

And you may still be confused or want to learn more about these topics.

1. Which types of exercises to perform? + workout routine of alex
2. What about bone remodeling? How to do it ?
3. What about microfractures? How to do it ?
4. What about correct posture to increase height? How to do it?
5. What type of sports to do ?
6. What type of yogas or stretches to do ?
7. What about spine decompression technique? How to do it ?
8. Which types of foods to eat? With what ratio?
9. How to properly trigger growth hormone to 2000%?
10. How to apply proper mechanical stress to bones?
11. How to apply proper Tensile stress to bones?
12. How to apply proper chemical stress to bones?
13. How to lengthen your spine?
14. What about the secret technique of African tribes?

So.....

If you are really serious about increasing your height as effectively and as soon as possible then this is for you.

**>>>“CLICK HERE IF YOU ARE REALLY SERIOUS
ABOUT INCREASING YOUR HEIGHT AND**

BOOSTING YOUR GROWTH HORMONE **INCLUDING TESTOSTERONE”<<<**

Wish you luck in your self improvement journey

Insecure Glowup