

“Brutal method👊”

English

How to increase Growth hormone

HGH and somatotropin are natural growth hormones produced by humans, but after the age of 18, the production of these hormones in the body decreases, due to which the growth in height after 18 also starts decreasing.

But we have a secret method by which you can significantly increase the production of human growth hormone i.e. HGH and somatotropin.

First, sugar - it decreases Growth Hormone and test levels. Second, masturbating, which can increase the number of estrogen receptors in your body, sorry boys!! Third, it's caffeine, which raises cortisol and adrenaline, but lowers growth Hormone and test levels. It also makes you feel thirstier, and depletes mineral stores in the body, oof that's not too good, is it?

I've got some final words, and these are to avoid drinking too much milk, and try to find raw milk to gain all the nutrient benefits! The fact is that supermarket milk commonly contains estrogenic hormones that mess with your body, so raw milk is much better for you!

Xenoestrogens are in plastics and unnatural soaps or skincare products, guys you've gotta try and remain 100% natural and organic with your products!

WHAT ARE GROWTH STUNTING FACTORS?

Several factors can negatively affect growth, leading to stunting, impaired development, or a short stature.

Some possible factors that can slow growth include:

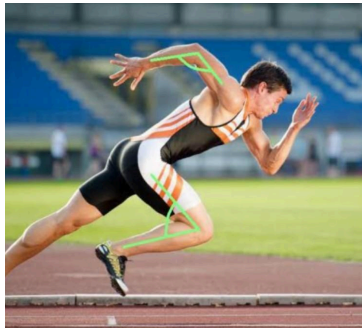
Inadequate nutrition: A poor diet and deficiency in certain nutrients, such as protein, can lead to decreased growth over time.

Stress: Chronic stress can alter the functional activity of human growth hormone, which could negatively impact growth.

Poor bone health: Osteoporosis can cause loss of height, along with back pain and changes in posture. Though this condition can affect people at any age, it is most common in older adults.

Step no.1:- Sprinting

Sprinting increases HGH in your body up to 7 times.
You have to sprint every day with all your might until you get tired. You have to do this 7-8 times every day



Sprinting

Stretching

Every morning you have to cobra stretch for min 5 minutes



Cobra stretching

Sunlight ☀️

You have to take sunbathe for 30 minutes every single day



Sunbathe ☀️

Step no.2:- Diet

Your diet plays a big role in increasing your height.

Milk - You have to drink 250ml milk as soon as you wake up in the morning.



Deit - You have to take protein equal to your weight daily. For example, if your weight is 70 kg then you will have to eat 70 grams of protein daily. Make sure you are taking enough proteins

Though height is mostly determined by your genetics, there are several steps you can take to appear taller and optimize your growth potential.

1. Eat a balanced diet

During your growing years, it's crucial that you get all of the nutrients your body needs.

Your diet should include:

fresh fruits

fresh vegetables

whole grains

proteins

dairy

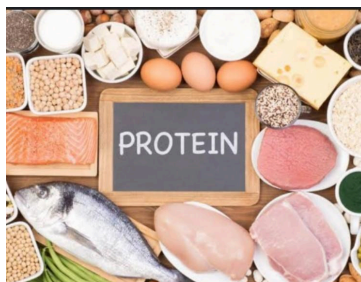
You should limit or avoid foods containing

high amounts of:

sugar

trans fats

saturated fats



Supplements -Use supplements with caution
There are only a few cases where supplements may be appropriate to increase height in children and combat shrinking in older adults. For example, if you have a condition that affects your human growth hormone (HGH) production, a doctor may recommend a supplement containing synthetic HGH. Additionally, older adults may be advised to take vitamin D or calcium supplements to reduce their risk of osteoporosis. In all other cases, you should avoid supplements with promises about height. Once your growth plates become fused together, there's no chance that you can increase your height, regardless of what the supplement label advertises.

Ginger the game changer 🪄:- You have to extract 3-4 grams of ginger juice, mix it in 300ml water and drink it every night before sleeping. Trust me Ginger is the game changer



Step no.3:- Sleep

You should sleep for at least 9 hours a day so that your height increases while you sleep. When you sleep deeply, HGH hormone is produced in your body which increases your height.

Get the right amount of sleep

Occasionally skimping on sleep won't affect your height in the long term. But if during adolescence you regularly clock less than the recommended amount, it may lead to complications.

This is because your body releases Trusted Source HGH while you sleep. Production of this hormone and others may go down if you aren't getting enough shut-eye.

Here is how much sleep is recommended
Trusted Source for various age groups:
Newborns up to 3 months old: 14-17 hours
Infants 4-12 months old: 12-16 hours
Toddlers ages 1-2 years: 11-14 hours
Young children ages 3-5 years old: 10-13
hours
Children ages 6-13: 9-12 hours
Teenagers ages 14-17: 8-10 hours
Adults ages 18-64: 7-9 hours
Older adults over age 65: 7-8 hours

Getting extra sleep may even increase HGH production, so go ahead and take that power nap.



:-Stay active

Regular exercise has many benefits. It strengthens your muscles and bones, helps you maintain a moderate weight, and promotes HGH production.

Children in school should get at least 1 hour of exercise a day. During this time, they should focus on:

- strength-building exercises, such as pushups or situps
- flexibility exercises, such as yoga
- aerobic activities, such as playing tag,
- jumping rope, or biking

Exercising as an adult has its benefits, too. In addition to helping you maintain your overall health, it can also help reduce your risk of osteoporosis.

This condition occurs when your bones become weak or brittle, resulting in bone density loss. This can cause you to “shrink.”

To reduce your risk, try walking, playing tennis,

or practicing yoga several times a week.

MICROFRACTURE METHOD



MICROFRACTURING METHOD

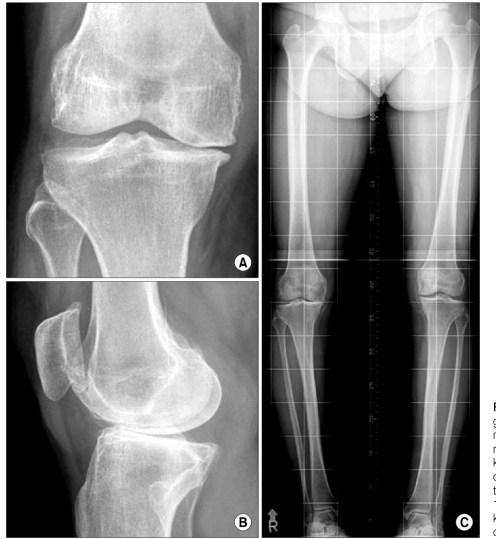
This technique is GUARANTEED to make you grow if done correctly, but will take around 2 hours a day and you need to be very disciplined and dedicated for this method. There really is no known maximum amount you can grow with this technique so if you are really consistent you can grow a LOT.

WHAT YOU NEED

- At least 2 hours a day for maximum
- A good quality resistance band
- Ankle weights

HOW TO DO IT

- Create microfractures
- Stretch microfractures
- Heal microfractures
- Sleep



Step 1

Create the sufficient microfractures, this is done by putting pressure and resistance on the bones, when there is sufficient pressure and resistance, your bones will get small fractures which are called microfractures. Microfractures can be created in a lot of ways because all it really needs is force that is put on the bone.

You can create microfractures by:

- Jumping
- Kicking against a punching bag
- Running or Sprinting
- Dancing
- Skipping rope

These exercises should be done for 40 minutes a day and try to get as much resistance on the shinbone as possible. For example: try to jump as much on one leg or kick as hard as you can.

You want to create these microfractures so you can grow taller. If you have created these microfractures, your body will heal and fill up these microfractures and this results in a thicker bone.

Step 2.

The reason your bones grow thicker but not

longer when these microfractures are filled up is because of gravity. That's why you need to eliminate gravity by using counterforce such as: heavy weight or good quality resistance bands that pull on a body part such as the ankle in the vertical direction which will stretch the bone to get longer instead of thicker. 5 minutes after you've created these microfracture you want to be stretching them. My favourite way is to stretch them by using a tight resistance band attached to my ankles.

Step 3

Keep your limb stretched like this for an entire hour, so your bones will grow in length, but make sure the resistance band or ankle weight pulls on the bone instead of the joints and ligaments. After that hour is done you should stop for a maximum of 10 minutes to restore blood flow and continue stretching again for 40 minutes. **DON'T COMPRESS YOUR LEGS IN ANY WAY.** That is so important because if you walk or stand your legs will compress and gravity will hinder you from growing in length.

Step 4

You want to do all these things in the evening right before going to sleep, so you don't have to leave your bed and compress your bones after doing these exercises and can grow overnight for optimal results. For even more results you can stretch yourself while sleeping on the shinbone with resistance bands.

HOW DO YOU KNOW YOU HAVE ENOUGH MICROFRACTURE?

Feeling of slight pain in the shin bone or on the side. Shinbone will be sensitive to touch. When you move or put pressure on the

shinbone by jumping you feel a sharp pain on the shinbone or on the side of it.



LEG LENGTHENING

Increasing height in legs is quite tricky especially if you've passed the puberty stage but it's not impossible because I managed to do it, there are individuals who did it as you will read later and you too can do it if you're steadfast.

There are three ways you can successfully increase your leg length.

1. Cycling with a raised seat
2. Using ankle weights or resistance bands
3. Doing plenty of jumps every day.

Cycling with raised seat

This method can increase your shinbones by 2 to 3 inches in 3 years. Maximized HGH is crucial for this to happen.

What you need:

- Stationary bike with adjustable seat
- 10 minutes a day
- Determination



HOW TO DO IT

This technique is actually very simple and does not take that much time to do.

It basically consists of you cycling on a

stationary bike with a raised seat so your legs are reaching for the pedals.

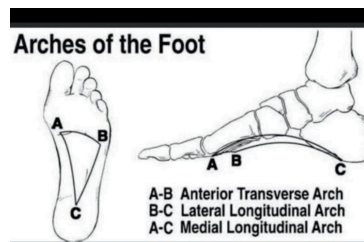
You start by raising the seat by 1/4th of an inch. After you have grown 1/4th of an inch you increase the height of the seat again with 1/4th of an inch.

It's very important that you don't raise the seat too much, because when the seat is too high cycling is almost impossible and you won't grow

Don't cycle too fast or with too much power trying to have the highest speed, rather focus on the technique.

Don't cycle too fast or with too much power trying to have the highest speed, rather focus on the technique.

You want to fully stretch the leg down and reach for the pedal with the arch of your foot (inside the triangle on picture below) and to really feel that stretch. If the technique is done wrong you won't grow.



Do this technique for at least 15 minutes everyday on a stationary bike.

This technique is very easy and doesn't take that much time.

You can expect 1 inch in shinbone length in four months!

THE 10 STEPS TO ACHIEVING
INSTANT HEIGHT



- 1) Fast for 48 hours and do nothing else.
- 2) Hydrate often.
- 3) At the end of 48 hours do your first stimulation.
- 4) Provide the specific nutrients before or after as prescribed.
- 5) Get deep cycle sleep
- 6) Return to eating your normal diet
- 7) Listen to your body and wait for the sweet spot to take your cue to stimulate again
- 8) Touch high things as a matter of habit.
- 9) Measure height twice a week and no more
- 10) Walking at least 1 hour a week with posture emphasis