

DOCTOR TALLER™

ALL ABOUT GETTING TALLER

**A SPECIAL HANDBOOK FOR
CHILDREN AND TEENAGERS**



BENEFITS OF AN OUTSTANDING HEIGHT

TALL STATURE BRINGS ABOUT MANY ADVANTAGES IN LIFE



• CONFIDENCE

Outstanding height makes a good first impression and boosts self-confidence in life. Taller children are proved to be more active in school activities than the shorter ones, for instance.



• JOB OPPORTUNITIES

Most attractive jobs require a certain height standard.

Being taller, you'll have more choices of your dream jobs and earn more.



• SUCCESS

Towering over other people makes tall individuals look dominant, healthy, intelligent and powerful. That's why they tend to be chosen for the leadership positions and get excellent promotion prospects.

WHAT AFFECTS YOUR HEIGHT GROWTH?

Human height is determined by **Genetics** (30-60%)
and **Non-genetic factors** (40-70%)



• GENETICS

Normally, if your parents are tall, then you will luckily inherit this beneficial trait and vice versa. Genetic inheritance is mostly an unchangeable thing. However, your height is not solely determined by genetics but other following factors.

• NON-GENETIC FACTORS

NUTRITION



As nutrition accounts for the largest proportion, it is considered the key factor to increase your height. For this reason, you can improve your height considerably by having a healthy, balanced diet during your growing years.

EXERCISE



Regular exercising not only strengthens your bones and muscles but also stimulates the secretion of growth hormone. It's also an effective way to prevent obesity, a disease that stunts your growth. In general, an inactive lifestyle without exercise will hinder your potential growth.

SLEEP AND ENVIRONMENT



At night, when you are sleeping deeply, growth hormone releases 4 times greater than daytime. Therefore, not getting enough sleep means you will miss a golden chance to be taller. Besides, a healthy living environment creates favorable conditions for both physical growth and mental health.



HOW TO MAXIMIZE YOUR HEIGHT?

**EAT
RIGHT**

- ✓ Have a healthy, balanced diet with 4 main groups of food: carbohydrate, protein, fat and vitamins and minerals to provide enough nutrients to your body, especially foods rich in Calcium and protein.
- ✓ Enjoy vegetables and fruits in your diet and drink a lot of water.

EXAMPLES OF NUTRITIOUS FOODS FOR GROWTH



Seafood (twice a week)

- Rich in Calcium, Omega-3 fatty acids, protein, vitamins A, D and B and minerals like iron, zinc, iodine and phosphorus.
- Maintaining strength and health of bones.
- Recovering muscles after exercising.



Milk (2-3 glasses / day)

- High in Calcium, protein, lipid and vitamin D.
- Making bone structure stronger and prevent osteoporosis.
- Good for sleep and brain.



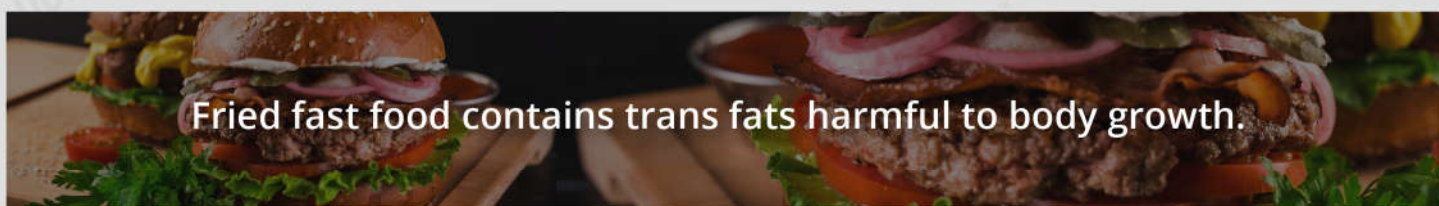
Vegetables and fruits (1-2 servings/day)

- Full of vitamins and minerals needed for protein synthesis.
- Providing fiber to intestines for better digestion and nutrient absorption.
- Helping in healthy growth of bones and tissues.

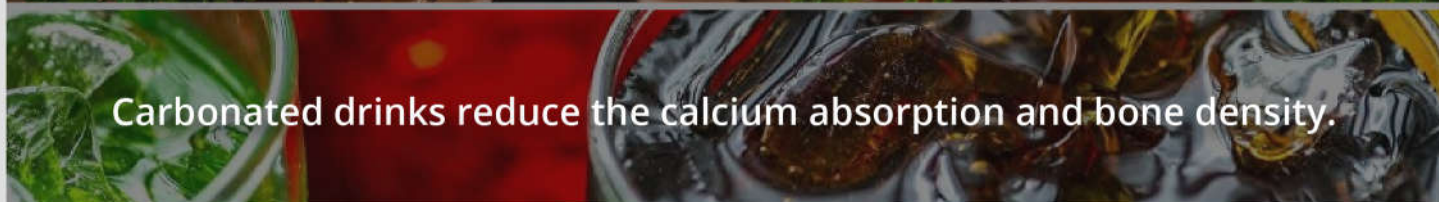
Eggs (1 egg/day)

- An excellent source of high-quality protein, vitamins A and D and minerals such as zinc, iron and copper.
- Containing all of necessary amino acids for body functions.

✔ Limit fast food, salty foods, candies, carbonated drinks, alcoholic drinks and cigarette.



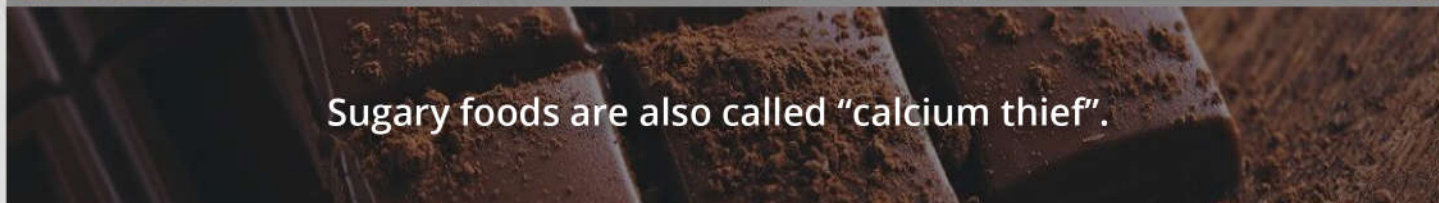
Fried fast food contains trans fats harmful to body growth.



Carbonated drinks reduce the calcium absorption and bone density.



High salt intake causes calcium loss and weakens bones.



Sugary foods are also called "calcium thief".

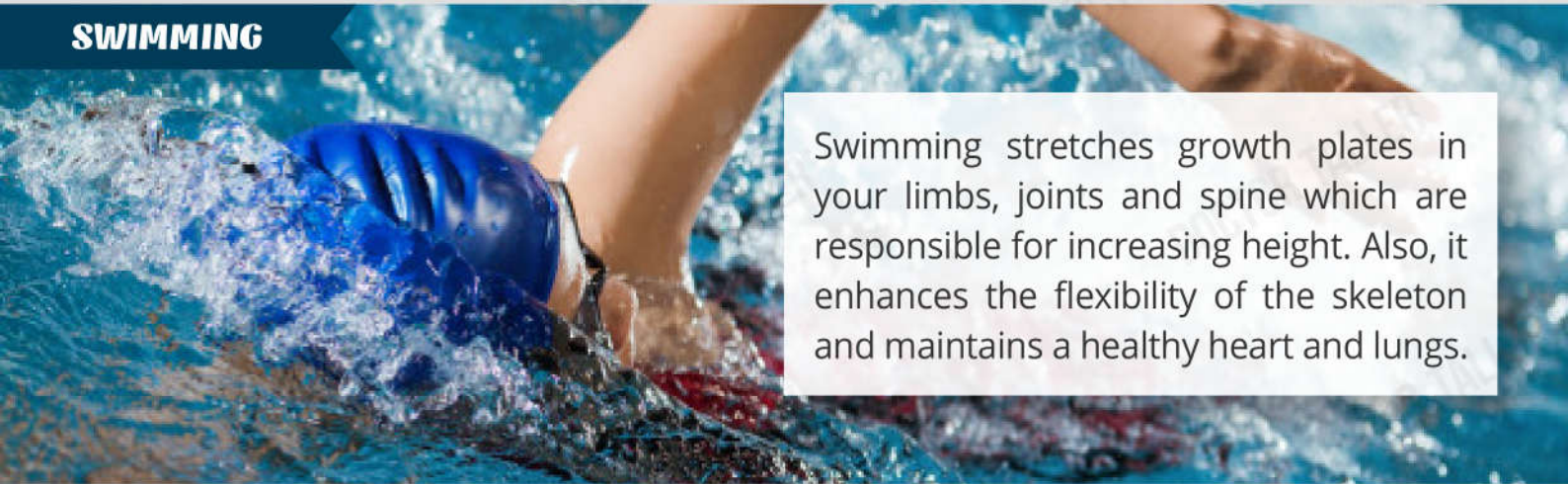


EXERCISE REGULARLY

- ✔ Play sports and exercises that require your body to stretch. Not only does this help to lengthen your bones and joints but also boosts the release of your growth hormone.
- ✔ Avoid carrying weights or doing heavy physical activities too often.
- ✔ Don't focus on sports that don't improve your height like marathon and weightlifting.

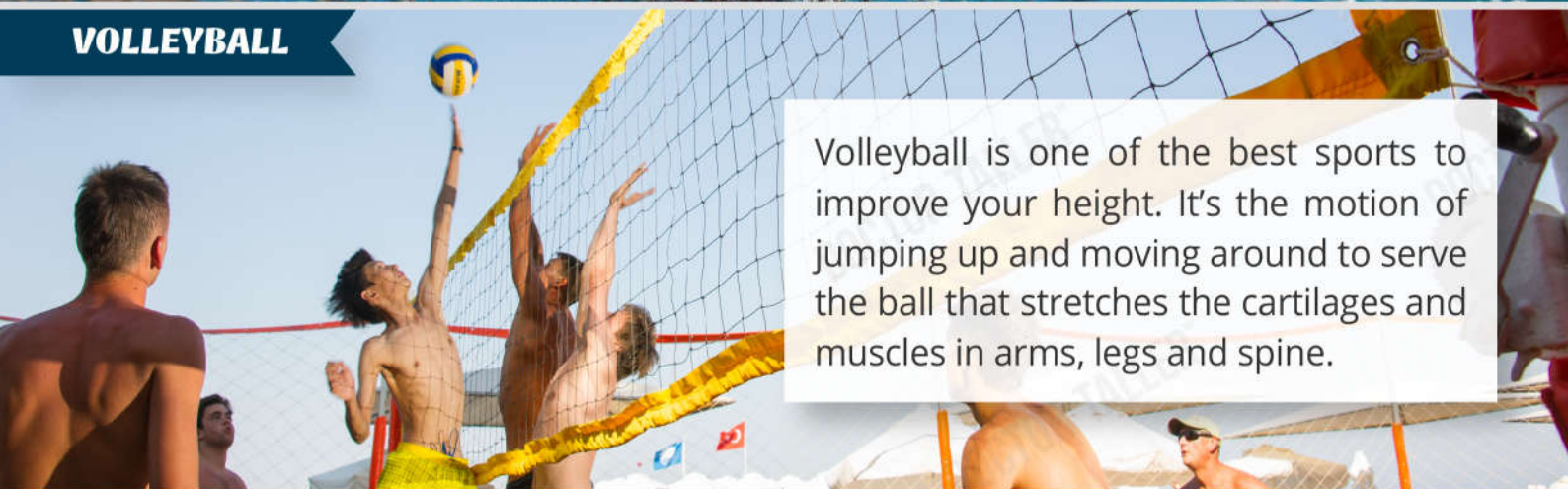
HERE ARE SOME SPORTS ESPECIALLY BENEFICIAL TO HEIGHT GAIN

SWIMMING



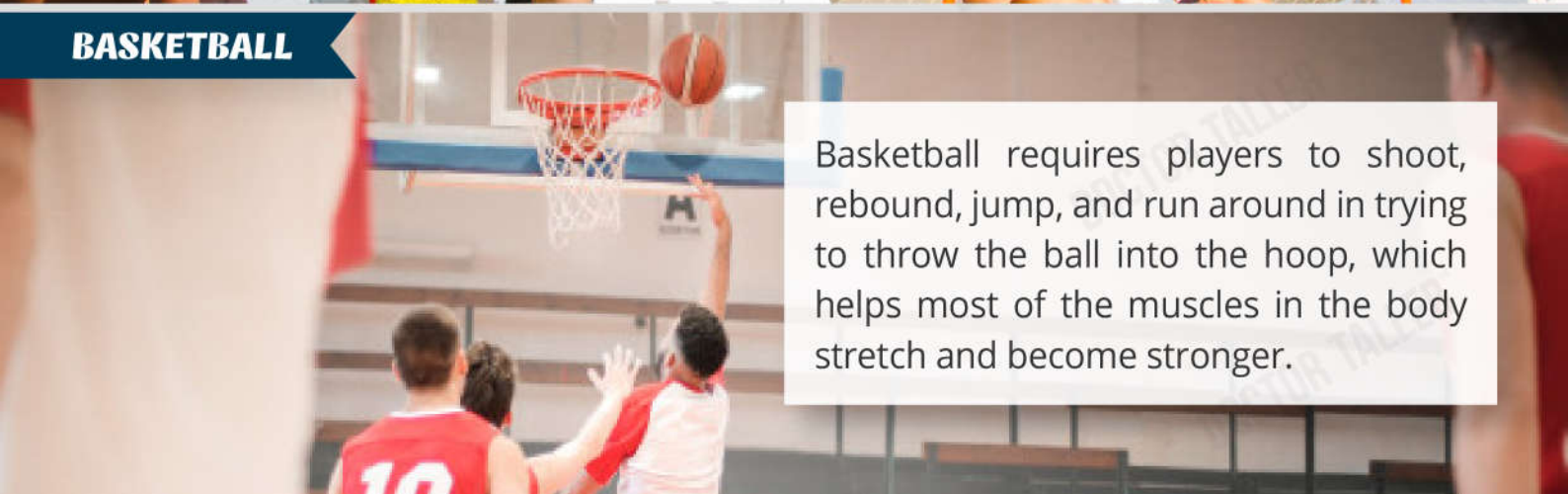
Swimming stretches growth plates in your limbs, joints and spine which are responsible for increasing height. Also, it enhances the flexibility of the skeleton and maintains a healthy heart and lungs.

VOLLEYBALL



Volleyball is one of the best sports to improve your height. It's the motion of jumping up and moving around to serve the ball that stretches the cartilages and muscles in arms, legs and spine.

BASKETBALL



Basketball requires players to shoot, rebound, jump, and run around in trying to throw the ball into the hoop, which helps most of the muscles in the body stretch and become stronger.

- ✔ Work out outdoors or sunbathe 30-60 minutes daily to absorb enough vitamin D for body growth.



- ✔ Accelerating growth is not an overnight thing, but it requires time and effort. Play sports and exercise regularly along with a healthy diet and sufficient sleep to get the desired results.

SIMPLE STRETCHING EXERCISES AND STEPS TO FOLLOW



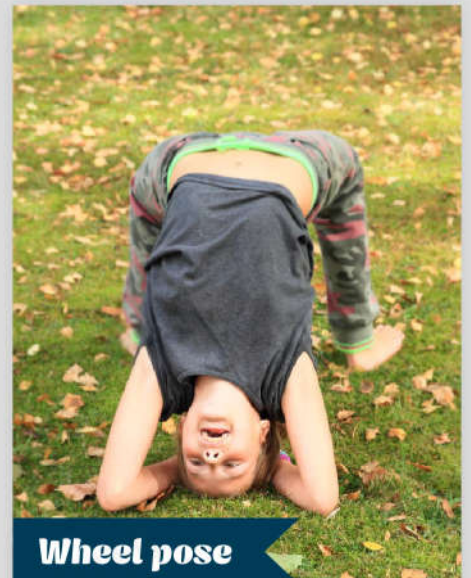
Vertical hanging

- Jump up into the hang in a pull-up bar.
- Allow yourself to hang without your feet touching the ground.
- Let your weight stretch your muscles.
- Keep this position with arms and spine straight in 30 seconds.



Cobra stretches

- Lie on the floor with your face down.
- Put your arms on the floor, directly underneath your shoulders.
- Press your feet firmly on the floor and slowly lift the chest.
- Arch back and keep this position in 30 seconds.



Wheel pose

- Lie down on your mat, put your heels toward bottom and your hands under shoulders.
- Press into your heels to slowly lift up your hips.
- Once your hips are in the air, lift your upper body up.
- Hold this position in 30 seconds.



SLEEP

- ✓ Sleep enough 8-10 hours every day
- ✓ Go to bed before 11 p.m. to stimulate the growth hormone to release more.
- ✓ Make sure your bedroom is quiet, dark and comfortable enough.
- ✓ Keep your mind out of stress to enhance immune system as well as body growth.
- ✓ Maintain a healthy living environment. Unsanitary conditions, polluted air, noise pollution, contaminated foods, diseases, etc. will stunt your natural growth.

Healthy

**LIVING CONDITIONS
WILL BOOST YOUR
GROWTH**

- ✓ Limit exposure to televisions, smart phones and games before bedtime. Blue light from these devices makes you hard to fall asleep, and thus affects the secretion of your growth hormone.



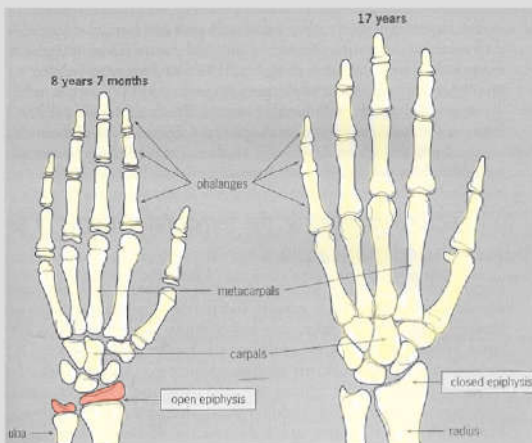
Too much screen time before bedtime is bad for our sleep.

TAKE SUPPLEMENTS



HOW IT WORKS

- Growth plates, the areas of new bone growth, determine the future length and shape of your mature bones.
- Bone growth continues to increase when growth plates are still open - during childhood and puberty.
- Nutrients beneficial to bone growth should be supplied properly during your growing years to reach the optimal length.
- Nutritional supplements will nourish your hungry bones with vital nutrients to grow strong and healthy.



DOCTOR TALLER – PREMIUM BONE FORMULA FOR KIDS & TEENS



Doctor Taller and **Doctor Taller Kids** are premium supplements specially designed to boost bone growth in children and teenagers of different age groups. Packed with advanced formulas from the goodness of nature, our products can help support bone growth naturally.

Doctor Taller and **Doctor Taller Kids** provide a powerhouse of nutrients for healthy bone growth, strong immunity and good overall health. Our products are vastly appropriate for many choices of diets, including **vegetarians, dieters, as well as kosher and halal eaters.**

Doctor Taller works for children (8+) and teens, and is formulated with vitamins, minerals, Essential Amino Acids blend and precious herbs. **Doctor Taller Kids** works for kids ages 2-9. It's packed with a huge punch of vitamins and minerals to help kids grow stronger and healthier. Our tablets come in chewable tablets bursting with grape flavor your kids will definitely love!

How long will it take to see the results?

Users should take the products for at least 6 consecutive months to see the results. Children and teenagers can take the products until their growth plates are closed. The results may vary from person to person.

How do we determine whether the growth plates are closed or not?

In order to determine exactly whether the growth plates are open or closed, you should have an X-ray. Or you can monitor your height in 12 recent months. If you have not grown any inches during that time, it may be a sign that your growth plates are completely closed and your bones will not be able to grow naturally (except having leg-lengthening surgery).

