

DOCTOR TALLER™

BEAT YOUR GENETICS TO GET TALLER!

Why not?

EAT RIGHT

STAY ACTIVE

GET ENOUGH SLEEP

TAKE
SUPPLEMENTS



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Height is half of our beauty. It makes us shine bright and stand out from a crowd. No doubt, you may have the world at your feet if you are tall. Many researches have shown that an ideal height can bring about so many benefits in our lives: confidence, money, success and happiness.

Obviously, taller people seem to look more attractive, dominant, powerful and intelligent than the shorter ones. Everyone desires to be tall; however, not all of us are lucky to have an outstanding height as expected.

ARE YOU SHORT DUE TO GENETICS ?

It's partly true. In fact, genetics only determines 30-60% of our height. There are other factors affecting our final adult height including

Nutrition, Exercise, Sleep and Environment
(40-70%).

As such, though genetics is mostly an unchangeable thing, you still have a good chance of growing as tall as possible no matter how tall your parents are. Here's how.

NUTRITION

**SLEEP AND
ENVIRONMENT**

GENETICS

EXERCISE



FOUR POWERFUL SECRETS TO INCREASE HEIGHT RAPIDLY

EAT RIGHT

You are what you eat. Nutrition during your growing years is the most important factor to speed up your height growth. Hence, to achieve your height goals, following a healthy, balanced diet is a must.

- ✔ 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.



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.



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.



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.



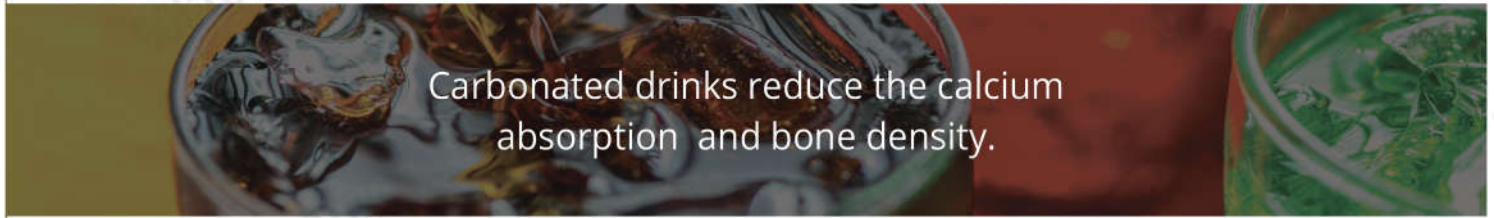
Vegetables and fruits (1-2 servings/day)

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

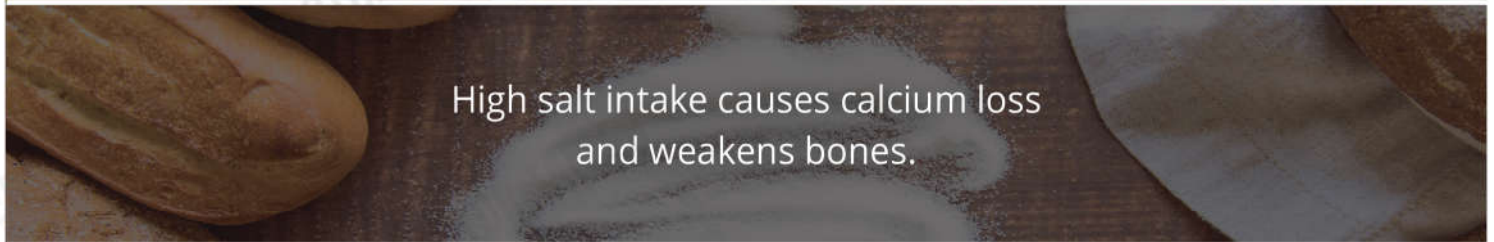
- ✔ Limit fast food, salty foods, candies, carbonated drinks, alcoholic drinks and cigarette.



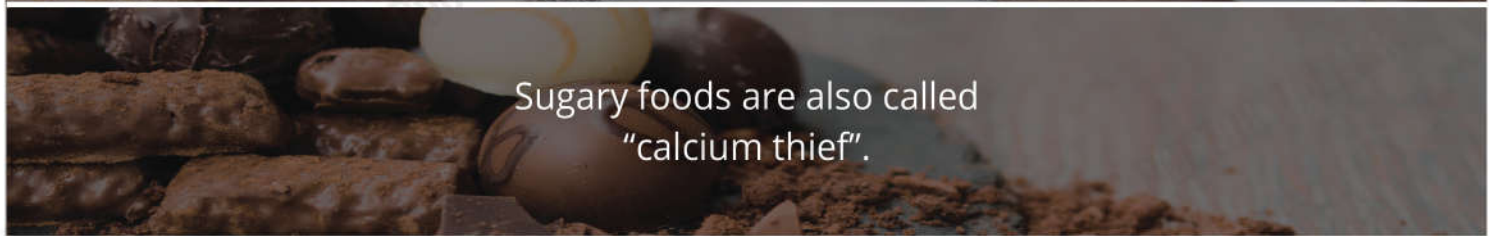
Fried fast food contains trans fats harmful to body growth.



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".



If you want to get taller, don't be lazy! You know, physical activities not only strengthen your bones and muscles but also stimulate the secretion of growth hormone naturally. It's also an effective way to prevent obesity, a disease that stunts your height. In general, an inactive lifestyle without exercise will hinder your growth.

- ✔ 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 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



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 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.



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.

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



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.

Play sports and exercise regularly along with a healthy diet and sufficient sleep to get the desired results.



You actually grow a lot more when you sleep. Why? 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.



Healthy living conditions will boost your growth.

✓ 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.

✓ 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

Taking supplements is among the most popular ways to supply your hungry bones with fuel they need to promote and maintain the healthy growth of your body.

Currently, there are various types of supplements in the market that are naturally sourced and fully loaded with vital nutrients to boost your bone growth naturally and healthily.

However, supplements are helpful only for people whose growth plates are still active or “open”. Growth plates, the areas of new bone growth, determine the future length and shape of your mature bones. Once they close, your bones can’t grow anymore (except having leg-lengthening surgery).

HOW CAN WE DETERMINE IF OUR GROWTH PLATES CLOSE OR NOT?

In most cases, our growth plates close after puberty or no later than the age of 20. This occurs earlier in some individuals and later in a few others. To determine exactly their status, you should have an X-ray, or you can monitor your height in the last 12 months. If you have not grown any inches during that time, it may be a sign that your growth plates close completely.

THE BOTTOM LINE

For your bones to grow strong and healthy, just apply the following powerful formula:

Proper nutrition



+

Regular exercise



+

Sufficient sleep



+

Powerful supplements



Currently, nutritionists have succeeded in formulating a variety of supplements that support your bone growth. These products work by supplying your bones with necessary nutrients, vitamins, minerals and active herbs that promote your bone strength and overall health as well. A smart product will be a great boost for your bones to grow strong during your growing years.

Learn more: <https://doctortaller.com/>