

Grow taller by 3 to 6 inches after Puberty!!!! 5 Simple exercises that will increase your height naturally at any age



Grow taller by 3 to 6 inches after Puberty!!!! 5 Simple exercises that will increase your height naturally at any age. I guarantee!!!!

If you have a desire to grow tall and add a few inches to your height naturally through exercises, this is the Hub for you. Whatever your age may be, the exercises given in this article will help you gain extra height through natural exercises. These workouts are scientifically proven to increase height even after puberty, if done properly and regularly. By stretching and flexing your body, these exercises will stimulate your body to secrete **HGH(Human Growth Hormone)**, which will increase your body height.

1. VERTICAL HANGING:

This is a simple but an extremely effective stretching exercise which you can do at your home. All you need to have is a solid bar strong enough to hold an individual, fixed at least 7 feet above the ground such that the distance between your feet and the floor is atleast 4-6 inches. Hold your arms neither closer nor wider and start hanging. Hold as long as you can, and as you begin to tire, slowly

swing back and forth and try to touch the ground with your feet. This will flex your spine and elongate it, so that you can add few inches to your height

Make sure that you flex your spine while stretching, and not merely twisting your wrists

Perform the Workout **3** times a week for optimal results



2. COBRA STRETCH:

This is basically a Yoga exercise intended to stretch your spine and make it supple and flexible, so that the cartilage between your vertebrae grows thereby increasing your vertical height

Lie on the floor face down with palms on the floor under your shoulders. Begin to arch your spine up leading with your chin. Arch as far back as possible. Do **3-4 repetitions** with each repetition lasting between **5-30 seconds**



3. PILATES ROLL OVER:

This is an excellent workout to stretch your spine and lengthen your upper body. Apart from your spine, it also stretches and lengthens the vertebrae of your neck.

Lie on your back with your arms along your sides, palms down. With your legs together, extend them straight up toward the ceiling and bend them backwards so that they touch the floor. It may not be possible to touch the floor at first, but you can do this by practice. The more you stretch, the more your spine lengthens



4. FORWARD SPINE STRETCH:

Sit up tall on a mat. Your legs are extended about shoulder width apart, and your feet are flexed. Reach the top of your head but let your shoulders stay relaxed. Inhale and extend your arms out in front of you and slowly bend forward and try to touch the tips of your toes. If you are able to touch your toetips, stretch even forward so that your spine is flexed to the maximum extent.

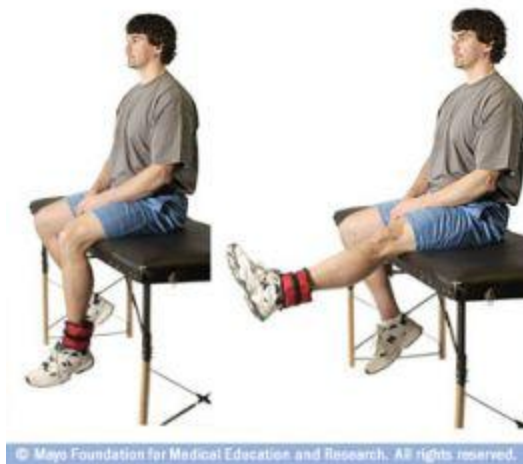
Do **3-4** repetitions and hold each stretch for **10-15** seconds



5. **ANKLE WEIGHTS:** This exercise is solely intended to increase the length of your lower body, by stretching the cartilage between your knees. Prolonged stretching will elongate the cartilage and increase its mass, which in turn will increase the length your lower body

Sit on a high chair and use a Ankle weight fastener to add weights to your ankle. Start with small weights initially and gradually increase as you go on. Allow your legs to stretch down with the pressure of the weights. Once completed, remove the weights and relax your legs by kicking your legs gently for **5-10 times**, and then vigorously for **5-10 times**. This will flex your knee cartilate to enable it to grow in length

Perform the Workout **3** times a week for optimal results



Apart from exercises, your body needs **HGH(Human Growth hormone)** that is essential for the growth of the **long bones** of your body. HGH is secreted in your body by the **pituitary gland** and it helps in the growth of bones and cartilages in your body. Through HGH is naturally produced inside your body, you need ample Growth Hormone to ensure maximum growth of your body. Artificial HGH can be obtained through Pills and Sprays and these augment the growth of your body.

The best and most effective HGH enhancer is the amino acid Arginine, which is available in its pure form as **L-Arginine**. L-Arginine stimulates the pituitary gland to secrete growth hormone and thereby increase your height. L-Arginine works well when combined with **L-Ornithine**, which is an other amino acid. L-Arginine also works well with **L-Lysine** and **L-Glutamine**. **Arginine/L-Arginines** supplements are available in Pills and the popular brands are Growth Enhancer, Growth Flex, Growth Booster etc

List of natural foods that increase height naturally. Grow 2-6 inches taller naturally!!!!

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List of natural foods that increase height naturally. Grow 2-6 inches taller naturally!!!! In this hub, you are going to learn about the list of natural foods that help you grow taller and increase your...

The ultimate HGH amino acid supplement that will release Growth hormone fast and help you grow taller!!!!

- [The ultimate HGH amino acid supplement that will release Growth hormone fast and help you grow taller](#)

Which is the best food supplement to increase your height naturally? The ultimate HGH amino acid supplement that will release Growth hormone fast and help you grow taller!!!! Amino acids (building...

Grow Taller and Get rid of Buttocks Fat!!!! Ultimate exercise to increase height as well as reduce Butt fat

- [Grow Taller and Get rid of Buttocks Fat!!!! Ultimate exercise to increase height as well as reduce](#)

Grow Taller and Get rid of Buttocks Fat at the same time!!!! Ultimate exercise to increase height as well as reduce Butt fat!!!! Result 100% Guaranteed The amazing "LYING BUTT BRIDGE FLEX" - For a Flat...

How to get rid of Love Handles? Three best exercises to get rid of Love handles and get a Slim & Sexy waist line

- [How to get rid of Love Handles? Three best exercises to get rid of Love handles and get a Slim &](#)

How to get rid of Love Handles? Three best exercises to get rid of Love handles and get a Slim & Sexy waist line in Weeks!!!!!!! The term "Love handles" is given to condition where the waist/hip line of a...

This Hub was last updated on October 21, 2009

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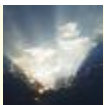
Comments *555 comments*

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LaLa L3ourssa 3 years ago

Thankyou So Much!!!

Bless xx

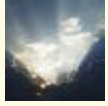


[cooljohnny23](#) 3 years ago Hub Author

You're welcome buddy

dinesh 3 years ago

its really useful for me...i ve worked it out which resulted in height increase of 1.5 inches



[cooljohnny23](#) 3 years ago Hub Author

thats great to hear. A real life testimony for the benefit from this article indeed!!!!thanks

hotgirl 3 years ago

i'll try

kimm 3 years ago

I'll try it too



[BrettDavis](#) 3 years ago

Hi - I've had first hand experience with growing taller naturally, and the exercises above are just the basics.

With the exercises and dietary guidelines in the book 'Grow taller 4 Idiots' by Dr. Darwin Smith, I was able to put on 5 INCHES in just 6 WEEKS!

Go to the link below to see my story, and see how you too can grow taller naturally:

<http://hubpages.com/hub/Grow-Taller-Naturally-Toda>



[neoyyf](#) 3 years ago from UK

I am a bit sceptical about this as I dont think it is a permanent solution. If i stop doing these exercises, surely i will go back to my original height? My belief is based on the fact that when you lie down on go to sleep, you relax your spine which allows it to loosen up and stretch so if you measure yourself in the morning, you will be taller than if you measured before bedtime because during the day, your spine will squash together simply because of gravity when you walk and sit around.

Please prove me wrong! I'd love to grow taller a few extra inches instead of wearing platforms all the time!

Taller 101 3 years ago

Wouldnt have thought exercise could help in growing! Weve been told that growing stops at 18!
Thanks for sharing.

Pankar95 3 years ago

Hyy guis id love to grow a few inches too and i have the same question as neoyyf. Pls answer his question soon ar answer it too at my email pankar95@gmail.com.

Zanza 3 years ago

Woah it does work!!

rigzy 3 years ago

i am going to try

vineeta 3 years ago

can height increase at 17 for girls

vince 3 years ago

Do you have to do all of them? Or just focus on one?

sydneygirl88 3 years ago

dinesh u said it worked for you, how long did it take you to grow 1.5 inches??

faith 3 years ago

is the growth permanent? thanks.

umer 3 years ago

i am going to try this , pry for me

MATHI 3 years ago

I am also in running for increase my height . I will add this all so . Thanks . Oh it must be permantly

Wayne 3 years ago

Hey CoolJohhny do you have to do all 5 exercises in order to grow or are you allowed to choose a couple & still grow?

mohanbiswal 3 years ago

how to a 19 years boy taller in 2 monbths 2 inch sir

James 3 years ago

Yeah can some one answer if i grow taller will my arms grow taller because i have stubby arms and i need them to be longer or if anyone could tell me a way to lengthen my arms

dilip 3 years ago

i'm gonna to try this one incase if its works means ,surely i will share the benefits to others also

john 3 years ago

hey i m trying this exercise from 2 dayz pry for me to b taller thx

shan 3 years ago

hey BrettDavis your website is not opening in my net u please tell ur story here i m waiting for ur story i also want to be taller like u not even 5 inches but only 2 inches or 3 inch please please tomorrow write ur story here v all want to b larger please

rakamadafaka900 3 years ago

man i hope it will work.if it work let god bless you

Dave 2 years ago

Hey. I used this and shrunk by an inch. Use Grow Taller 4 Idiots, it helped me grow from 5'5 to 5'10

Saturn118 2 years ago

I'll give this a try. I'm currently 5.7" and I'm hoping to gain at least 3 inches. This may or may not work, either way my flexibility will increase.

girly0017 2 years ago

i tried it n i grew about an inch yehey!

sindhu 2 years ago

i also ll try this.... can u add a few more tips...please

jh2010 2 years ago

I've just started this regimen at the beginning of last week, and YES it does work! I've grown 1 cm in 1 weeks time. It really does work. I thought it wouldn't at first, but it takes persistence.

grow hight 2 years ago

Hi Nicole

We are in exact boat. My height is 4 feet 5 inches and I have done all things but nothing work. I usually wear high heels but this is not the solution.

short girl :(

nikhi 2 years ago

wow man it works

APARNA 2 years ago

cn any1 tell me how much it ll tke to increase 2-3 inches???

pooja 2 years ago

hey. I'm 17 and just 5 inches tall. how many more inches can i grow if i follow these exercises?

cc107 2 years ago

hi am 15 yearsold and 160cmi feel like i am short.My friends are always taller.. i even feel like standing between coconut trees sometime.. so starting today i am going to follow all this tips and get taller

EVER TRY

NEVER CRY

nick 2 years ago

is it possible to grow 5in. with "grow taller 4 idiots"?

Noooooo 2 years ago

What if I stopped exercise, I will go back to my real length

shiva kumar 2 years ago

i am 19 years boy my height is 5.6 i want to be height at least 2 inches

abu 2 years ago

is it possible to increase ht after 24



[Slyoung](#) 2 years ago from Nigeria

Please any1 who has used 'grow taller 4 idiots' should contact me thanks. My email sly_iro@yahoo.com , u can also get me on facebook thanks

priyu 2 years ago

Will my daughter grow? she is 14yrs & very short. Docs say it is unlikely that she will grow further.PI help

AIMAN 2 years ago

I'LL TRY.....LETS SEE WHAT HAPPENS

AWesomely bad height 2 years ago

i will try this

how long un til u get results?

i want to be 5ft 10 - 6ft

i'm 14 at the moment and 5ft 4

john22 2 years ago

WILL THESE EXERCISES WORK.....???? I M GOING TO TRY FROM TODAY ON
WARDS.....

sanakhasn 2 years ago

I AM GIRL MY NAME IS SANA YOU CAN CALL ME THIS NUMBER.00923457732609 I TELL YOU
TOP PILL FOR GAIN HEIGHT. OK PLEASS CALL ME OK BY

izzy 2 years ago

it's really works in only 4 months thank you so much.

prince 2 years ago

does it works.for God sake tell.i m 23 and 5'4" tall.

Jose 2 years ago

Everyone just try them and see how it works out, start by doing each excercise 5 times,30 seconds
each and when that becomes easy add 30 seconds to each one, nd kept doing that, just be patient
and don't overdo it in the beginning

lional messi 2 years ago

i vl try

Derek 2 years ago

I'm gonna try this out soon. I'm only 174, I wanna grow to 183 :/

I've downloaded the Grow taller 4 idiots thing. That's based on stretching as well but many people
told me they've tried desperately but they didn't manage to gain an inch where as the testimonials in
the website say otherwise.

waqas 2 years ago

i will try these exercises tomorrow.....nw m 5ft 7 inch..bt increase more 3 inch.pry 4 me

timmy 2 years ago

I grw a whole inch in 2 weeks!!!

munk 2 years ago

thought i was alone its a comfort to know am not the only person who worries about my height. what i would encourage all of us is to try the same exercise and if dont work we are still good looking just the way we are

Joy 2 years ago

I'll just take my chances & do the exercises coz i've gat nothin 2 lose.Joy

Tallboy 2 years ago

I've been doing these exercises for one week and i've gained one inch it does work, age 20.

derek 2 years ago

how long will it take to increase height with these exercises? im still 17

George08 2 years ago

Hi , i m 25. 5.1' weight 45 kgs . is it possible to gain height at this age by stretching exercises at least 3 inches more . pls help as I really want to grow my height .

totally harmless 2 years ago

What abt the use of Ankle Weights?

How can I start with it?

Ralphy 2 years ago

Please help me... tell me the truth if this does really work i am a 14 year old boy desperate in growing 4 inches taller for basketball please

danielle 2 years ago

hey im 13 and im only 5' 2" and im desperate to grow taller b/c my 11 year old sister is almost exactly as tall as me! Help!!!!

valerie Alcantar 2 years ago

once i stop if i ever do will i fuse back to my original height?

Jojo 2 years ago

How long does it take to kick in?:p just wondering

meme 2 years ago

dose this really work?

Danielle 2 years ago

Does it realy work? and is there any oher ways to do it?

Vansh 2 years ago

Heym a 19 male nd my height is xactly 5'9 barefoöt!

And my build is athletic wid 8 pack abs nd weight 67 kgs!

Wil dese stretching xercises accompanied wid skipping and running(including short sprints) help me to gain a couple of inches more to my height?

Vansh

ash 2 years ago

i will try

vanessa 2 years ago

Do I need to do all the exercise or can I just do one or two of them??

dishes 2 years ago

I grew 2 1/2 inches in one month! i didn't think it would work, but it did! trust me on this one guys..i am now a model:)

Shortyyy99 2 years ago

I am 5'1 and want to be 5'4 and i am 13 years old. How long will it take to do these excersizes and how many times a week, etc... Also how long does it take to see results since other people here say they grew up to 2 inches in a month. Please help its really frustrating and i'd be oh so very thankful :)

And sorry for sounding so cheesy but really it would help a TON. Thanks

Shortyyy99 2 years ago

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Saidur 2 years ago

Hi i am saidur i am 18 years old boy can i do this exercise? Please reply

Kevin 2 years ago

A lot of these comments are staged. And none seem innocent. Just a bunch if illiterate idiots who don't know proper grammar. But I'll try it.. Is the height gain permanent? I know a lot of these answers and questions were staged by the web site distributors to draw more sales. I just want an answer. An honest real answer. Price means nothing to me.

ash 2 years ago

hi i am 15 years old and i am 5 feet i reaally want to be 5'4 will this actually work as my cousins are really tall my small siter is the same height as me this is really embarassing i always need to wear high heels and in school i am they shortest one i am really shamed guys please help me any other tips advice etc

thanks XXXX

oz 2 years ago

i'll try it. @ kevin who said anything about money here. why dont you read through the post and see all the exercises and they are given 4 free.

grazya 2 years ago

to prove it right why not try?

mansi 2 years ago

oooo really it works lhave increase my height about 3inches;

charl 2 years ago

hi ././ plz help me to get right things ././ am looking for atleast 3 to 5 inches in a month , its possible , bcoz am 27 now male , plz save me ... if anyone get better result plz chat me ././ my mobile +919894183998././

ohlala 2 years ago

@mansi, how long did you do this?

want to 2 years ago

@mansi, pls give a little detail. Pls help the rest of us.



[jimmyhart](#) 2 years ago

hi,

i`m 24 male...height-5'4.....doctor said my growth plates are fused.....does it work for me???? please i`m dying to get another few inches???please help me...

Jimmy

Zach 2 years ago

hey guys am 6 foot tall male and am 15 i weight only 135 pounds (yes skinny) but i think i might wait till am 18 but am scared that i will only end up 6"2 when i wanna be 6"4.Should i wait and i think i was 5"6 when i was 13 so will i still grow thx guys

shwetha 2 years ago

i will try...

desperate 2 years ago

i am certainly going to try these...thank you so much

this problem has been hogging me for past 10 years n if it does help then god bless u

shilpa 2 years ago

Hi my height is 5.1 and my boyfrnd is 5.8 . I want to grow atleast 3 to 4 inches taller. I am 23 year old female.Is this possible to gain at this age?Please help me.

Lola 2 years ago

Heyy Im 5'4" or 5'5" idk i just really want to be five seven or possibly five eight realllllllyyyy badly i want like an entire routine like p90x with a diet and everything so PLEASE help



[Supercellbaebe](#) 2 years ago from LONDON

I am 5 ft 3 ins, I should be taller but Malnutrition thro9ughout childhood and adolescence stunted my growth. I really really want to be as tall as I should be!

I am going to try all these things and see if it works. Thank you mate for sharing this!

xxx



[ballorfall1](#) 2 years ago

a key to these excercises they keep out is resistance training thats what gives the secretion of hgh and also causes tiny micro fractures in the bones . if you add a 3 day a week resistance training excersice with all of these stretches with very good sleep you are guarated to grow dramatically .

i can answer any questionsyou may have and also have alot mre info on this.

Randeep 2 years ago

i want to grow taller fast

Jordan 2 years ago

does this work if a 14 year old weight lifts and does this at the same time? cause i heard weightlifting stunts your growth.

Jordan 2 years ago

does this work if a 14 year old weight lifts and does this at the same time? cause i heard weightlifting stunts your growth.

lisaaa 2 years ago

im 14 and i'm on 5'1 :(want to be at least 5'3 or 5'4 just tried one of these excercises the day hopefully will grow:L :(

manosankar 2 years ago

Can Someone Wanna tell me

I am aiming 12 inches in 12 months thats a inch a month...by heavy exercise

can some one tell me.....how much i need to do for a inch i need to get results in 4 weeks for a inch!!!!!!!!!!

aymen 2 years ago

<http://www.fileserve.com/file/PPnxRKb/How> to Grow Taller - Stretching Exercises to Increase Height.flv

aymen 2 years ago

<http://www.fileserve.com/file/PPnxRKb/How> to Grow Taller - Stretching Exercises to Increase Height.flv

aymen 2 years ago

<http://www.fileserve.com/file/eG8FgWH/how> to grow taller in a week GUARANTEED!.flv

aymen 2 years ago

<http://www.fileserve.com/file/w4SGSMK/How> To Grow /file/w4SGSMK/How To Grow Taller.flv

John 2 years ago

I'll try doing one of these exercises and within 3 weeks I'll let you know whether it has increased my height :)

Derek 2 years ago

I tried these for 4 days and I've grown 1 cm so far :).. But trust me, it's not easy. P.S. I'm 17

@manosankar - No mate, that's not possible in hell. 1 inch a month is impossible.

mansi 2 years ago

does even work for ppl below 18

VIKRAMADITYA 2 years ago

DOES THIS REALLY WORK??IM 5'7 BUT I WANT ATLEAST 2 MORE INCHES



[hansa26](#) 2 years ago

please help me. i'm so desperate because of my height. here most of people are in agreeable height. but i'm just 4 feet 10 and i was rejected from most of the interviews because of my height. so i want to be at least 5 feet one inch. I'M 25 YEARS OLD FEMALE. CAN I STILL GROW USING THESE METHODS?

alisena 2 years ago

hi im a 18 years old guy im 5 feet 6 inches tall will these exercises work and if it does how much time will it take

charl 2 years ago

hi frd ././ any1 know how increase height naturally./././ if u knw plz mail me coral.pondy@gmail.com r mobile 9894183998

Ahsan Murad 2 years ago

I Want To Became taller I M 24 Year Old please tell me what thing grow my height i m very thankful if you tell me about this thing

bahar 2 years ago

I grew taller about 2 inches in 6 weeks just using the first method and having lots of milk when I was 15.

Well,I'm hoping to get 2 inches more,now.Let's see what happens.

mike 2 years ago

do u have to do all of them?

Jazmin 2 years ago

I'm about to be 23 and I only 4'8 I at least want to be 4'11 or 5 feet. I will try anything anyone know any more tips or rodents that help? I wish I could wear sandals or pretty flats and look somewhat normal but I don't I just want to grow 3 or 5 inches I would be super happy to be a least 5 feet that's all I ask for :(

julia 2 years ago

voting is fake, just refresh the page and see

cjanez 2 years ago

in 2 weeks - 1 month's time ill be back and say if ive grown at all. im currently a hair under 5'9... (15 yo, 2 months & male)

Jennifer 2 years ago

I'm 17 years old/ F/ 5'4, hope that I can at least make it to 5'6 or 5'7.

Juan 2 years ago

Im a 22 year old male, 5'5 and a half, will give this a go and post my results here

sandy 2 years ago

hey hi im 21 year old female and i am jus 157 cms tall...you knoe how embarrassing is to be so short.....please help me out i need to grow atleast 3-4 inches tall...please help me out....

james 2 years ago

Hi i am 16 and am 5,7", i have prom in two months and want at least 2" growth, will this regime work for me?

clara 2 years ago

hi i am 23 old female.and i am just 148 cms tall.please let me know if i could increase my height even now.....is it possible to increase my height by doing any exercises...please do guide me.many guys have rejected me because of my height.please do suggest me.....

Gowtham 2 years ago

i was 24 yrs old. if there possible to grow at this stage.

tanu 2 years ago

i m 22 i want to grow more tall ,it is posible after doin these excersises

Noman 2 years ago

I'll try

Nimi 2 years ago

Hey! 17, 5'1. Can I get taller.my dad is like 6 ft. I'm as tall as my mom. Has anyone seen any changes while doin thes excercises. Females I mean. Plz help

sunny 2 years ago

i m 5'5. i want to grow 6. is it possible ?

please suggest me !!!!!

Aviola 2 years ago

I am 33yr old... NOT loosing hope n i know it ridiculous to say this at my age. I am on hgh, exercises am thinking of limb lengthening... anything that works. I am 4'11. any one with a good solution..

john 2 years ago

hi,am 25 and am 5.4 can i still grow taller

Lauren 2 years ago

I'm gonna try this. I'm 13 and only 5'2" tall. I hit puberty when I was 10 (very early) so I know that's why it's been very slow for me to grow. I only grew 2 inches ever since. Is it possible for me to grow 3-4 more inches? My mom's 5'2" tall and my dad's 5'7.5" tall. Please help, I'm desperate.

John 2 years ago

Hi and thanks for the tips, but i have a question to ask if i follow this exercise will i gain 6inches and i just 15 170cm but early puberty around 10.How long it will take

sona 24 months ago

I will try.I hope it will work.

magicseafood02 24 months ago

Hi.Is okay if I will only do 1 type of exercise.Thanks

livlonsteR 24 months ago

LOL, PEOPLE ????? WHOM YOU ASKING THE QUESTIONS ????

shelbylugal 24 months ago

awesome!! follow me on twitter? im shelbylugal. look me up:)

Thomas 24 months ago

I'll try these exercises sure, but I know they won't really work. I just want to say some things. If you're over 5'7 nobody considers you short. If you're younger than 16, you shouldn't be on this site because you're still growing. If you're a girl of any age, you shouldn't care because guys are more accepting than you think. And for EVERYONE, we shouldn't care because we're not alone, we've got each other. Through cyberspace sure, but we're short and we should be proud. Come on, let's just get out there, be the best people that we are and defy those weird tall people. Let's make short cool. Now, who's with me?

suji 23 months ago

i am 17yrs/f/ and am 5feet and 50kg..i want to know what is the maximum height for a girl..pls anyone tell me

sana 23 months ago

hi you can 3 inch grow for easy.you can call me this number 00923457732609. i give you tip for grow tall i w8ing.

sana 23 months ago

hi you can 3 inch grow for easy.you can call me this number.00923348513732.i give you tip for grow tall i w8ing

farooq 23 months ago

hi my age is 20 year.pleas give me madicane name for grow tall is 3 inch you can me for this number 00923455915091.

mojtaba 23 months ago

hi I'm Iranian my height is 167cm and I'm want to become taller and I'm want to know how much time I must do it ?

Soul 23 months ago

what is the maximum weight that we should have for ankle weight?

Adithya 23 months ago

iam only 155cm now, i need to grow 180cm,and iam 16 year old will i grow anymore

mojtaba 23 months ago

it dose n't work before now but I trying I'm belief it will work and really I'm want to know what is the max weight that we should to use ? some body answer me ok? thanks

Bryan 23 months ago

what time you will do these? in the morning? and the in the evening? answer my question please.

Bryan 23 months ago

can i do these everyday? or 3times a week?

Sati 23 months ago

Im 22 year old I m 5"6i wona be 5wonna be5;8 aleast

Sati 23 months ago

Im 22 year old I m 5"6i wona be 5wonna be5;8 aleast

mojtaba 23 months ago

thanks god it does work 1cm only in 13days

if you like to chat about our height and you can add this id : mojtaba_2008loo@yahoo.com

and you can find me by this id in the nimbuzz : [number.one.mojtaba](https://www.nimbuzz.com/number.one.mojtaba)

Lana 22 months ago

I'm 15, but I am only 5ft. I just started these exercises about 2days ago. I know for a fact that it will take some time to gain the extra height. Keep in mind though, this height gain is temporary. I read

from various websites that if you stop using these exercises, you should go back to your original height within a week. Also, I have gathered much research from various websites and I have come to the conclusion that it would be impossible for you to gain 4+ inches through this method. If you are lucky, you can gain 3 inches of height. I honestly don't mind that, though.

Jmpunk 22 months ago

hi,i'm 5'4 in h8 nd im 18. . I'll try this nd see wat hapens. . .

bigheart 22 months ago

i am 29 years old with 5'5" tall,

i will try this then post a comment for my result soon..

vumeca 22 months ago

Hope For the Best Result..:]

rakamadafaka900 22 months ago

i increased height doing this exercises by 2 or 3 inches i dont remember exactly. but im gonna try again to increase height,i am 15 and 5,5 ,i was 5,2 or 5,3. but i only dont do ankle weights :P.i think with exersises most important thing that helped me is milk and sleep,2 glasses of milk everyday and 8 hours a sleep :)

muyibi yisau 22 months ago

being tall those not mean----u,re an achiever or being short i s illness.

actually i'm short at the age of 18+, just like 14 years old boy. but can i still grow more inches.

hank you.

sana 22 months ago

my age is 21 but iam too short how to increase my height plz give me some solution.

my mailid is sanaraj675@gmail.com

sara 21 months ago

hi.guyz i am going to try this method plz pray for me

kawser 21 months ago

I'm 23 my height 171 cm I think I'm enough bt my girl friend 172.5 so sometimes I feeling shy when I go out with her if I do all exercise so may I grow more 3 cm.is it possible for me?

Parwinder Kaur 21 months ago

I'm 18 years old but my height is 5'3" only.I want to increase my height from 5'3" to 5'9" plzzzzzzzzzz help me. plzzzzz reply at my id :- pari.chattha@yahoo.in



[patilmayur43](#) 21 months ago

thanks a lot.. I hadn't tried yet.. but i will try.. thanks for the advice..

leo 21 months ago

hard work never failes... Lets try this exercise...

Rifayee 21 months ago

i am going to try man

thespina 21 months ago

hallo i'm 5'1 feet and i am 15 years old and i would like to be 5'4 is that possible ? I would be grateful if you would answer me :)

rob 20 months ago

hi i'm 5'3 feet and i am 13 years old and i would like to be 5'8 in middle school and 6'4 by the end of high school is there anyway to give me good tips to grow 5 inches in middle school and grow 7 inches by the end of high school. i would be grateful if you answer my question thank you

sourabh sharma 20 months ago

i m going to try it on 6/9/2011.and do practice daily

sai 20 months ago

i am 14years,can i grow still 4-5inches. please give me a better advice

tyler 20 months ago

my name is tyler and i am 16 years old and i am wondering if i could grow 9 feet tall?

Sonu 20 months ago

I will try

sourav 20 months ago

hi i m 5.3 feet tall and 17 years old i gonna try it from today and lets see it really works or not

shalu 20 months ago

I am just 14 yrs old i am too short.does i have a growth,if it is possible pls contact me in this number 9941229459.from this minute i'll try this.

Joe 20 months ago

You don't technically 'grow' any. All you are doing is stretching the compressed spaces between your vertebrae.

In fact, if you measure yourself standing up, you are at least an inch shorter than if you measured yourself lying down.

But yes, you will be taller because you decompress your vertebrae. But you need to do this regularly or your spine will compress again and return you to your regular height.

marco 20 months ago

this worked for me! i was 18 5'4 male when first started now 20 i gained 5 inches by hanging an playing basket ball an swimming. i am 5'9 an let me tell you height does make a different in everything women work ect. i think i might of had a late growth spurt an still growing idk?? but i am loving it!!!!

rutuja 20 months ago

hey i m 16yrs and i m 5'4 in height, can i increase atleast 3 to 4 inches at this age and my father is also tall,he is around 5'9.....

EDGE 20 months ago

GOD HELP!! I WILL TRY

arnold 20 months ago

I will try..

pradii 20 months ago

Keep faith in what u do...Hard work never fails.i'll try it from today..Hoping for the Best..!l post the result in my height frequently...

Roopam 20 months ago

I'm 22 yrs old n my height is 5'6". I wana grow more 4 inches. Plz help me.

megha 20 months ago

I'm 16yrs old n my height is 4'10" somebody plz help me nd do reply if it really works

Loonz 20 months ago

Hey guys im a boy and im 5'6 i was wondering if its possible to get with one of these methods at least 3 to 5 inches plz reply.

tenk 19 months ago

hi guy i just follow this plan i just get tall 1 inch in 1 month !!haha form 177cm to 180cm

manasa hari 19 months ago

if i do this everyday....how long will it take for me to grow 3 inches taller < i am 16 yrs old>

pradii 19 months ago

Hey foolish people don ask anybodies help here saying "Can any 1 help me ??" and don't ask the question "Can i grow??"...Its all up to you that how you take it and how you practice it..U can grow at any age if you ahve full Confidence...All the best.

Michael 19 months ago

Seriously, whom are all of you questioning? Are you really expecting responses?

I will say now that I was 5 feet 8 3/4 inches when I started hanging daily (coupled with some exercises), and after a very slow month I seem to be approaching 5 feet 9 inches. Still, I highly doubt I will continue growing -- or even retain this aforementioned growth -- if I ever stop hanging. I will

probably need to continue for half a year before I reach 5 feet 10 inches, and for the rest of my life if I'd like to keep it there.

I am nearing 24 years old, and wouldn't continue this if I didn't enjoy the feeling hanging has on the spine and the strength it builds in the hands and forearms.

Aaron Joe 19 months ago

hey guyz IM 23 5'8 3/4 male asian how i wish i could gain a few inches but mostly some of the asian's are short like us filipinos but im gonna try this one and see what would happen.. thanks for the information

sunita 19 months ago

i wanna be a model but i m just 5'4" and i am 17 and a year old indian can i also gain height by this plzzz reply

sharonlcy 19 months ago

tried ankle weights before, didnt kick at all tho.

basically i just leave it on my ankle for an hr & continue browsing internet ;) but the pain, if u cant bear it, ure gonna give up after ur 1st time. results very surprising, lol, couldnt help but kept measuring to see if its real.

grew an inch in few days time. but then i stopped for few months, nothing happened (heights still the same), tried it back, results ok but ive expected more.

dont recommend doing it daily tho. 2 or 3 times a week would be ok. basically, thats just making ur knees longer (sounds weird). i will try some other stuffs lately, might post if i remember ;)

try it if u really wanna know if its real!

sharonlcy 19 months ago

fyi i was around 19 when i started. girls can do it no prob! i will start it again ;) now im taller than my mom by few inches but a bit shorter than my dad. for a girl like me thats something good ;)

pradii 19 months ago

@ Sharonlcy : How many Days it took to grow few inches ...Hav u tried any other Exercises ,diets in order to increase Height ...pls mention...Ur Tips will help us...

sharonlcy 19 months ago

@Pradii: it's actually less than a week to see the improvement, but of course it depends on how much weight u use. i used around 2kgs for each at first then add up to 2.5kgs each. i didnt do much exercise tho, and no diets. i was worrying that doing this would hurt my bones so i drank milk/yogurt before i sleep :) but i dont think it's much related.

i prefer doing ankle weights just before i sleep, that way i dont walk around much. sometimes i got lazy and leave it on while i sleep but trust me, u will wake up in middle of night just to get rid of it.

now i'm back to 1kgs for each, doesnt hurt as much and i can do it for longer time. but i researched and found out that HGH (human growth hormones) is important for growth and can only be found after exercising, so perhaps u can do some exercise (jogging sounds good) before u do ankle weights.

pradii 19 months ago

@ Sharonlcy : Thank u ..i am doing all the above Exercises except Ankle Weigt with some diets since few days and weighting for the result...Pls post some of Tips here which helps us a lot

sleep_silence 19 months ago

I started this exercise 2 months ago I was 5'8" almost 5'9"now after 2 months im 5'10"

I grew 2 inches in 2 months .I do these streches daily 2-4 hours daily

T 19 months ago

@Sleep_Silence in what order did you do the exercises and what was your diet like?

Guillermo 19 months ago

How long will it take to see results?

Raymond 19 months ago

Why do people keep asking if it is possible? Idiots. The purpose of the article.

shiwangi jaiswal 18 months ago

its really work?

shiwangi jaiswal 18 months ago

i will try it. thanks to suggest this

shiwangi jaiswal 18 months ago

i will try it. thanks to suggest this

Pravin BIEBER 18 months ago

Thanks 4 gave this information . Today onwards i'll be start. .. My number z +919677686449

Gusgus 18 months ago

A stray bullet passed over a short man and went through d chest of a tall man.

nonu 18 months ago

hey i've just started these exercises today im 19 female my height is 4.11

Anuj 18 months ago

I am 18 and i am only 170cm. I want to be 178-180cm. Will I grow if i do all these things and how fast i will grow if i will grow?

Rockycool 18 months ago

I m 17 and just 5'3.

I want to grow 6 inches.

Is it possible.

I 'll do anything to grow my height.

Pray for me friends.

Ga eul 18 months ago

How many times n how long shud I do it????

Ga eul 18 months ago

How many times n how long shud I do it????



[Crazygap](#) 18 months ago

Does it work

lokesh 18 months ago

my h8 is 5'9 i want 3 inches more..its d desired h8 for d gal whom em lovng :p....plzzzz help me
?????

Hey 18 months ago

test

Sameer khan 18 months ago

hurrayyyyy.....i gained up my height by 3.5 inches in 6 months.....i will pray for u
brothers and sisters....really good thanxxx.i m 20 years old.

go 17 months ago

Can i grow 6 inches with using these stretches?

Sharayu Chute 17 months ago

Well i am trying this for the first time n

i was actually comfortable with my height first but

yesterday we had a discussion on the farewell

n i realised that i m gonna look ptheatic because m short !!!!!!! so wish me luck!!

Kim Kardashian 17 months ago

Hey it's the Kardashian's, we want to grow taller wish us luck

Danny V 17 months ago

What the hell? ^^ hmmm...

Anyways, I hope it works. Hoping to gain 3-5 inches within 4-6 months..

Connor 17 months ago

I'm 16 year old boy and i am 5ft 7. The problem is i have been this height since i was 14. I want atleast 3 inches more cos i have gone from being one of the tallest in my year to one of the shortest of my year. My father is 5ft 7 and my mother is 5ft 6. I hope i have my mum's genes in terms of height.

Shawn Castillo 17 months ago

About how many times a day for this to work and how long? It doesn't say in the comments above.

Evan 17 months ago

Does it work well with minor back problems? Nothing severe or at risk but I'm just curious

Sharonlcy 17 months ago

@Evan

Do consult with a doctor before you try.

saknia 17 months ago

Please, can one of you who already growth inches for doing this stretch tell me how many hour you do that and the frequent??

Thanks for anyone who answer it. kiss from bali :*

Funky cat 17 months ago

I tried this a couple of months ago and grew like 1 inch so in going to do it a agian

soniya 17 months ago

i am just going to be try it let se how its work!

shawty 17 months ago

To people who have tried this exercise, we would appreciate it if you guys post your progress here so that we know we still have hope. Thanks ! :]

narendra 17 months ago

i dont have ankle weights can i skip this exercise? plz tell

Cecileo 17 months ago

I'm 5ft 9in tall and want to be at least 6foot, preferably 6ft 2in tall. So I'm definitely going to start doing these exercises. You guys need to have a positive mindset when you do this because if you don't then it won't work, just like with everything else in life (relationships, your finances etc.) So if you have a positive mindset you will succeed but if you have a negative mindset then you won't! I'm not 6ft 2in tall at the moment but I know that I will be that tall by my next birthday! May God Bless All Of You! Happy Holidays!

OOO 17 months ago

Darek, you said that you download Grow taller for idiots, can u send it to me? My email is osawakenji@yahoo.com thx in advance in u do send. really need it. i want to see it even if it doesn't work. pls.

somraj 17 months ago

my age is 26. my weight is 72kg. is that exercise work for me? plz reply me on this email id-roy_somraj@yahoo.com. thanks for your suggestion. I know It is good for health.but I want to increase my leg's bones. so sir plz suggest me a healthy exercise to improve my height.

somraj 17 months ago

my age is 26. my weight is 72kg. is that exercise work for me? plz reply me on this email id-roy_somraj@yahoo.com. thanks for your suggestion. I know It is good for health.but I want to increase my leg's bones. so sir plz suggest me a healthy exercise to improve my height.

abhijit majumder 16 months ago

how much time it takes to grow taller...after practicing those excercises....

lodger 16 months ago

I grew 2 inches in two weeks doing this..ty.

dagmar 16 months ago

i am 15 years old and i am 6 feet tall can the exercise increase my height to 6feet 6inches

bridman 16 months ago

Agreeing with sidney but i will try these exercises before buying the book

SidneySealsShort 16 months ago

The special cocktail is a special and easy and nutrition drink only containing 3 vegetables that would boost your growth hormones making you having 3x more than usual and by exercising it boost it even more!

harsha 16 months ago

i am going to try

shamnath 16 months ago

amam 20 yr old,my height is 163cm ... Is diss works for me in my age ...i did many other excercise...bt no use

Vidyotma Chandra 16 months ago

I'm going to follow the instructions by taking god's name,pls pray for me

If it works I'll tell it to you after 2 months

gender-girl

age-13

height-4.5"

lambogod 16 months ago

I am a bodybuilder, If i do squats and shoulder press, will this prevent me from growing about 2 inches?

Rohit 16 months ago

Frnds i m of 17 and my height is 5.6" .How much can i grow can u tell me?

Ish 16 months ago

There is a chance this would work- basketballers have longer arms because they their other arms because they exersice them more. Who knows.

fazil 16 months ago

hi. I am 15 years. my height is 5ft only. I want to add 6 inches to my height. What can i do. Plz reply me my email is fazil.rahuman@ymail.com

mahtb ansari 16 months ago

thanks for this

umair farooq 16 months ago

is this really true for increase in height...bro?

Too Yang 16 months ago

Thank A Lot ... I gonna train myself Thanks Again ^_^

roya 15 months ago

ok i bought grow taller 4 idiots and followed every thing that they said, but nothing happend i was 21 then. just complet waste of money.

orchad 01 15 months ago

these exercises didn't work my height is same than before

sana 15 months ago

you ppl should better take proteins for example: cereals, and pulses.. these are rich in protein and will help you to grow taller... ;):)

Rashmi 15 months ago

Ya man it works

sharad 15 months ago

hi frnd i m sharad and i,ll try this and i m ansyring for one month

bawa.khatri@yahoo.com 15 months ago

you can check images and video at my facebook account these exercise works but you can try daily and take vitamins and calciums i am also doing this

abc 15 months ago

is is really possible

karthick 15 months ago

do the work

almoghnino 15 months ago

hey guys,I am almost 6 foot (1.78) and want to grow to 6"4. I hope those exercises will work. should i do it all together'before or after sleep or to do it seperatly?? anyway,comments will be good

ROCK 15 months ago

WASTE MY TIME

Dj 15 months ago

Guyzz i want to grow am 14 (h-4'9) want 2 add an inch in a week. Is that possibleee?

Lolo 15 months ago

hey im a girl going to be 18 years old after 3 monthes i am 160 cm please help me i want to me atleast 170cm , what can i do to grow like 6 inches ?? naturally ? please its very important

gaki 15 months ago

is this really true???

John 15 months ago

Well im 15. Im about 5ft 7inches. From where I come from, thats a really good height, but being here in America...I dont think it is. I am not the shortest either, but i would like to be atleast 6ft. My mom is 5ft 4inches and my dad 5ft 8inches. I think this numbers that bounce around my head are making me lose hope for my 6ft goal. I will do all excercises exep the vertical hangin(i dont have a bar thing to hang on), and i will also try the natural foods that are supposed to help. Please give me some hope!

ayesha 15 months ago

ILL TRY THIS AND IN RESULT ITS WORK DUDE U GUYZ HAVE TO TRY THIS AMYZING!!!!

may zin min 15 months ago

I want to grow taller exercise.Please give me, now.

may zin min 15 months ago

I want to grow taller exercise.Please give me, now.

noun 15 months ago

hey buddy m 24yr, is it even slightly possible dat i might increase my height from 5.6 to atleast 5.8 inches..plz do reply

stella 15 months ago

hi i'm 12 and i already have my puberty.. is it possible to grow taler? i'm 148cm and my friends were like 160cm. dont want to be left behind. please do reply thanku

allenna 15 months ago

hi i am 10 it worked now i am as tall as my mom she is 5 foot 3

john 15 months ago

i l try.....!!!!

umesh vasihnav 15 months ago

hi friends, my name is umesh my height just 5'3 i improving & increace height one month please give comments.

rathii 15 months ago

im 26 years old now my hight 160 i want to 172 how can i improve this hight please answer me [rathikumark@gmail.com] hope i start to exercises

imagirl 15 months ago

i tried just doing the floor exercises for 3 days, so far it hasnt been working. but then i tried the bar plus the floor exercises and i grew a centimeter next morning. of course my spine compressed throughout the day and i remained back at my starting height at the end of the day. so i guess im suggesting that it works, but you need to do it consistently. im 14 btw

Pruthvi 15 months ago

Hi sir my age is 16 my height is 5.3 i want to grow more 4inches in 3months it is possible plz plz help me sir

Yuval 15 months ago

in what world do u guys live that u think u can increase your height by that much.

S0nnicx 15 months ago

Im gunna try it :) hope that works cuz im only like 153 lol

Ishita vats 15 months ago

I am thirteen would these exercises work on me please someone give me some guidelines I am only 5 till now I want to grow taller I am fed up because of the comments of people

Ishita vats 15 months ago

Please some one give me a tip

raman 15 months ago

this is all fake

raman 15 months ago

i am gonna try this

daivd k 15 months ago

i m 5ft 10 and I play football so i work out everyday i wanna be 6ft by summer will this help a lot?

crace 15 months ago

hi im a 17 year old girl who is 4 ft 9 ... i really wan to get taller even being 5 ft can make me happy... can i do this exercise?

please please reply

Kiara 15 months ago

Hi I'm 15& only 5`2, i still want to grow 5 inches to height,will these exercises help me??? i will try these....thank you very much for your advice

anonymous 14 months ago

^don't worry, you're only thirteen, you'll still grow.

anonymous 14 months ago

damn, that was meant for ishita vats

anonymous 14 months ago

also, stop saying "plz help me", the tips are posted up there bright and clear, its your choice to read and follow them.

shivani 14 months ago

ok now i m gonna try it, lets see what happens

UltraAbi 14 months ago

I love this exercise thank you so much!



[Snenickiminaj](#) 14 months ago from Mumbai

woah.. so many comments...

i had read many hubs of yours, they are excellent.

curious 14 months ago

about the ankle weights exercise, i didn't fully understand that one. it says "Allow your legs to stretch down with the pressure of the weights. Once completed, remove the weights and relax your legs by kicking your legs gently for 5-10 times, and then vigorously for 5-10 times" but in the picutre the guy is kicking his legs with the ankle weight. just a bit confusing too me :P

locco rocco 14 months ago

gotta to dis one

Ishita vats 14 months ago

Thanks anonymous for the tip and courage

Jeeva 14 months ago

My age 23 year and height is 5.5' feet only i want increase 3-4 feet please any one help me. My id is Jeevas006@Gmail.com

himanshu singh 14 months ago

really going to try this

Herpaderp 14 months ago

Lik dis if u cry every tyme

swaran badwal 14 months ago

hi all of u there ,,,

these exercises will be more effective if done in summer days.

thanks.

anonymous 14 months ago

nice

Nam 14 months ago

9910022734 sinsak.1998@gmail.com

Lazlotabor 14 months ago

It WORKS!

I doing this now for 4 days and I grew 1 cm without ankle weights. So please do not say fake to it, if you didn't try it...)

sabir 14 months ago

hi i am sabir hussain i would like to try it any one can me tell how to do it...plz call mo 09290679476
ok dear n near i m waiting

sunny 14 months ago

ok i will try

rayan 14 months ago

it works ,u got me :*

kingsley 14 months ago

hei, i think i hv 2 try ur prescriptns. Bt i dnt understand those exercises well. I think a pictoral ilustratn wil b of help. Wats dis L-arginine? Is dat d name of a drug? I simply nid 2 b properly informed. Help me pls. 2 be 23 and yet shorter dan my age is nt a gud thing.

shankar 14 months ago

I have not known one thing that is when i should do these exercises to maximize my height. In the morning or in the day or before going to bed for better result.. Plz help me.....

Estevan 14 months ago

I'm Estevan Mendoza

I'm 16 years old

I'm 6ft tall, but I want to grow up to 6 ft 5.

How many weeks does it takes for streching to increase height

sree 14 months ago

i will definitely try this fro today

thank u for ur advice

Ap 14 months ago

im 25 yrs old nd im jst 5"2 how i increase my hight up to 3 inches..pls suggest..

rakshita 14 months ago

hello,

i am on the tanner stage 4. if i do these exercises regularly, how much will i grow more? i am now only 5 feet 3 inches tall girl. i want to become at least 5 feet 10 inches tall. can i get my dream height?

Nadnad 14 months ago

What if i just do 4 of the exercise, i don't have ankle weights??! Will it work? I'm 15 years old girl,156 cm

Barkha 14 months ago

Guys you can try Ayurvedic medicines for effective results without any side effect.It'll definitely work for you.

neha 14 months ago

hey people, those who got there height increased, please also mention your age.m 21 f , is there any possibility of mine??

samantha 14 months ago

ive hit puberty im a girl and 14 can i still grow 6 inches?

aa 14 months ago

I'm 11 can I grow 4-6in?

arjuun 14 months ago

its awesome...i grew 4 inches in 2 yrs...ima 5'11 now

bharath 14 months ago

i have to grow my height plz ur information about that product pls send it detail information its my e mail id

sunilswee@gmail.com

kay 14 months ago

ii am 21years of age cn dis exercise wk for me and it will take to hw many long before ii will be seeing result pls reply me

aarav 14 months ago

hope this works,looking forward to increase from 175 to 178

Riya 14 months ago

I am 21 yr young lady my height is 4.6 inch how to increase my height plese suggest me

nadia 14 months ago

I am 30years of age my height is 4.11.i am much worried about my height how to increase my height pls suggest me some medicine and exercises that will help me. plzzzz

optimist 14 months ago

In order to get these things work, you need confidence and persistence. Put in all your efforts. Remember, hard work pays off. Nothing is impossible. Keep that in your mind. Good luck and happy growing tall!

optimist 14 months ago

In order to get these things work, you need confidence and persistence. Put in all your efforts. Remember, hard work pays off. Nothing is impossible. Keep that in your mind. Good luck and happy growing tall!

Mihir 14 months ago

I am starting this today and I will post the result on 21th April on my 22nd birthday. I am approximately 173 cm tall . Let see what I can achieve.

My routine will be -

Cardio (jogging only) - 15 minutes

cobra stretch - 10 minutes

vertical hanging - 10 minutes

Pilates Roll over - 10 minutes

I wont use Ankle weights (for now) because they weaken your joints but I might if things wont work out.

pratyush 14 months ago

can i grow taller at the age of 29? if yes, then how many inches i can add to my height at this age? plz answer.

pratyush423_2007@yahoo.co.in is my email id. i am 5ft 2 inch.i am a male.

nilofer 14 months ago

facing so many probs like being teased by others im planning to all this exercise inorder to prove myself hope il grow

Leight 14 months ago

Ok im gonna try that out! a 9 year old is almost taller than me!!

Matth 13 months ago

Eyy yoo i was wondering if this is permanente ? If that so it would be worth trying , if not i don't see the ide whit it.

krishnakant 13 months ago

I am 22 years old i want increase my hight 1 inch it is possible

alzyy 13 months ago

hi im 25 and i want to grow at least 5'5 I'm really short my height is 4'12 can anyone hep me how to grow in 6months pls thank you guys

henry 13 months ago

Day one

Ngch 13 months ago

Pray for me!!! If it work I will thank you

Autumn 13 months ago

Has anyone ever tried this ? Please tell us about your experiences and pray for me I want 2 inches

uh 13 months ago

finally sth for free. i'll try it, hope it'll help to get few inches taller (dream - from 5'10.5 to 6'1-6'2).
thanks man.

Justme 13 months ago

I'll try it, starting tomorrow morning and for straight 30days. I'll be back :)

Rachel 13 months ago

I'm eleven years old, and I went through puberty when I was nine. I'm only 4 ft 8" and haven't grown. Puberty slows down growth. I'm tired of everyone saying I'll be short and I'm tired of being shorter than mostly everyone. I'm definitely going to do these exercises everyday. Cross your fingers for me!

nini 13 months ago

i am 11 and i am about 4'10

Anurag Rai 13 months ago

Hi,

I'm 18 and my height is 5.2 and i want my height 1.3 inches more,
is there any idea to increase my height.

Anurag Rai 13 months ago

Hi,

I'm 18 and my height is 5.2 and i want my height 1.3 inches more,
is there any idea to increase my height.

bhrugupada kandi 13 months ago

i have got 5 inch after this exercise

henrych 13 months ago

Bhru@ what did you do give advice and how old are you I am 17 and boy

arun 13 months ago

I am 23 age person i increase my height 8cm. so i doing yoga for that.

Milos 13 months ago

I am currently 17 6'1", i wish to be 6'4 if possible, for basketball reasons, and also not to be called the midget in the house

lazyboy 13 months ago

Already try for a week , nothing happens f---

awesome 13 months ago

If you don't have ankle weights, fill up a backpack or bag with weights, jugs of water, or other heavy objects. Hope this helps.

ankur 13 months ago

sir i m 19 years old boy having a height of 5.7inchs

can i get upto 5.9 using these exercise

plzz plzz let me knw sir

my id is ankur.atorthy@gmail.com

vicky singh 13 months ago

i am 17 years old . my hight 5.4. me chata hu mery hight 5.10inch ho batona 9667827758

jenjay 13 months ago

omg i wanna grow taller in 2 weeks time...do you think that,that would actaually work?

Hozan Diaz 13 months ago

i'm 15 years old boy and i'm 167cm too short right!

i just want know can i became taller and up to like 175 or 180 i would love your help thanks any way..

Hozan Diaz 13 months ago

this is my email if someone need fire.land@rocketmail.com

som 13 months ago

can i grow taller at the age of 25? if yes, then how many inches i can add to my height in 3 months ?
plz answer.my id som_oops@rediffmail.com

Samantha 13 months ago

thank you it helped a bit but not very much anyway thank you but fingers crossed for tommorow

Loya 13 months ago

I am 24 female My height is 151 cm. I want to increase it by 3 inches. I've been doing this exercises except the hanging and ankle weights, 3 times a day 20 min each time and I've been taking calcium supplement for 4 weeks now nothing had happened however I do feel better and got a better posture, but I can't stand for long cuz I get a very bad backache do u thing I should stop or carry on.
Thx

Joseph 13 months ago

any body can grow taller no matter age you just have to put in a year. younger people just grow faster

Nadnad 13 months ago

Please if someone already tried it and success, please inform me..(i'm stressed cause this friend of mine always say "hey i'm taller than u now")..

Please inform me to

Nadya_hime@yahoo.com

Thank you very much

Cameron Diaz 13 months ago

hello guys how are you my fans i just want to say hello to all of you and my new movie ((what to expect when you are expecting)) it's open on may 11th and thanks to you by the way my tall 175cm 5.9 you must know right ha ha ha and these is my manger email for the autographs if any one want OK it's fire.land@rocketmail.com and my fans website is WWW.cameronfan.com bye love to all of you

Growth Flex 13 months ago

Nice post. Your information is really good. Thank you for sharing.....

bubbi 13 months ago

hmmmm...i was going to try the ankle weights, but then some successful people said that they didn't do it. but on the other hand, one person said it really helped. ugh. idk now

lj 13 months ago

hi im 15 will this work for me and how long does it take? bcos i lk this girl and shes jus 2.5 inches taller...so all i need to do is grow 2.5 inches taller:p

DJ 13 months ago

im 18 year old male my height is 184cm nd want to increase my heigt to 192 in 2 months

nth 13 months ago

thanx for this picture share

Loya 13 months ago

Hi it's me again I didn't stop the exercises, back pain is much better (read my Previous comment). I have grown 1 cm in 4 weeks . Be back in 2 weeks time. My goal is 3inches. 2 and half more to go wish me luck.

Pari 13 months ago

sir i m 18 years old and my height is 156cm i want to increase my height upto 184cm .plzzzzzzzzzz help me.plzzzzzzzz guide me ///////////////.plzzzzzzzz contact me soon

my e-mail id is pari.chattha@yahoo.in

progeek 13 months ago

@Loya: how do you grown 1 cm in 4 weeks? Please share your secrets? :)

pam 13 months ago

hi guys, i am only 4ft 6 & my aim is to reach 5ft... i have been doing these exercises every evening before i go to sleep for 40mins...(except hanging exercises)... and i can see results :) i have grown 1 inch (3cm) in 11 days... it does involve commitment & dedication but you cant give up... it truly works for me & i will keep you posted in 2 weeks time :)

Exar kun 13 months ago

All of you guys asking if it will work just need to try and see if it works. I am 17 and 5'6" and will start trying these workouts after I graduate (1 month). And unlike all the other "keep you updated" people I post on my progress (or lack there of) every week. Check back in 1 month 1 week.

reemus 13 months ago

i tried this when i saw it about 9 months ago, after doing it everyday i was an inch taller in about 3 months, then i got lazy and stopped doing it. and if i measure myself now im back to my original height that i was before i tried these exercises

ashok 13 months ago

Will start doing these. I wish to be 185cms. My current height 180cms.

Hope this works for me.. ;)

Zander 13 months ago

Really works...!! but you gotta add some nutrition for your spine (no blood vessel feed the spine) and the main ingredient is not included in our food. Add supplement such as Glucosamine, Chondroitin and MSM (they come together as supplement) and you will see results faster. If you see the general gains are around 1 to 2 inches. But if you really wanna reach out to the potential 5-6 inches mark, add these supplements to your food routine.

ruby chaudhary 13 months ago

i am 19 years old my height is 5.1 plz gie me some way for increase height my id
rubycaldhary277@gmail.com

Spencer Drew 13 months ago

Hey there guys,

I'm 18 years of age, and am 5'10 and want to get to 6'0-6'1 if possible, since I play soccer and I model. If there's anything you guys can tell me, anymore exercises or stuff like that, any supplements to take, common sense things, tell me through comment or Email me!
spencer.drew@hotmail.com

Thanks guys!

prashant 13 months ago

i'll try it too.....

Mihir 13 months ago

HEY I AM BACK AFTER EXACT ONE MONTH (read my previous post for my routine)

Well 1 cm in 1 month is not too bad for starters ,I measured my height and now its 174cm.

I am doing other things as well (300 routine) to strengthen my bones.

I will increase time from now on (more reps & sets) .In addition I will do ankle weights training as well that I missed in the last month with lots of calcium , amino and protein diet.YEE HAW

sunil 13 months ago

yup its going to work..... thanks fa ur tips its really working out...plz do it....

amar anokha 13 months ago

hye! i am amar anokha of 17 years old and have 5ft 9 inches and want to be above 6ft. i will start today onwards does it works for me?

amar anokha 13 months ago

hye! i am amar anokha of 17 years old and have 5ft 9 inches and want to be above 6ft. i will start today onwards does it works for me?

naveen 13 months ago

im going to try it regulary im 13 years old hope it will make diffrence to my body

CJ 13 months ago

Sadly I did this for 5 weeks and did not gain a single millimetre. All that happened was my knees got sore from the ankle weights, my back got sore from sitting with able weights for an hour each night before bed, and I gained an inch of fat on my stomach from all the dairy I was consuming for calcium.

Madonna.abraham 13 months ago

Hi.Thank u so..much for letting me know this exercises,im 15 years old but according to my weight that is 62kgs my height is less n coz of which i look short and fat as well so wud u suggest me sum exercises which wud give me instant result please get me back on my query!

Rocky 12 months ago

Em a 20 year old boy

i cant afford any height growning capsules or pills. . Nor can i afford steroids. . . i m 5.5 . .and wanna increase my height upto atleast 5.9 . . Is it possible just by doing these exercises?

Justin thomas 12 months ago

I will try it

Tall? Nah! Short? Yeah 12 months ago

I'm 12 almost 13 and I'm very short I think I'm about 5-5.1ft and I really want to grow taller my friends are way taller than I am and I get really frustrated about that. I hope I do grow a few more inches:)

fake or real?? 12 months ago

is this really real?

Matt 12 months ago

^ Dude your 12 you have plenty of growinf left you probally havent even reached puperty

huhhfnì 12 months ago

ghantaaaaaaa

Marshmallow :D 12 months ago

Hi, I am a 16 year old female and I haven't been growing for the past 3+ years, I am at 5'0 (152cm)tall...Is there anyone that had an experience like me that can give me some advice?

Thank you so much :)

Indian 12 months ago

Hey i think these are stupid exercies because i am trying these exercies since one and half year but i haven't grown a inch and now i am 17.....

Soulofsanity 12 months ago

im 15 year old male and i am 5'2. I would like to grow at least 3 inches, and i know it wont be easy, but i will do everything possible to grow taller. Any advices or routines for me to grow taller? i appreciate it alot.

ragini mehta 12 months ago

i am 15 year old .i am going to do exercise regularly.i want to increase my height at least 5 feet 7 inch

needing help 12 months ago

im a 15 year old girl and am 162 cm do you think i could grow to 174 cm in say 3-6 months?please help

raymond gutierrez 12 months ago

hey guys im only 16 and my height is 5'5 and a half or 5'6 ? ill try this exercise is it effective even tho im smoker ?? im a half black american and a half filipino, asian ? :D heres my facebook for additional tips. Itwiznglamang@yahoo.com thanks..

kashmira roy 12 months ago

i like your suggetion and i will apply this beautiful n useful method exercise

God 12 months ago

A shit blog! I don't see the owner blog answer the reader even a question? shit that's all i can say !

Osabeeta@yahoo.com 12 months ago

M 19 my h4'11",really it's work?it's not posible within 2 month...,

Baljit singh from batala 12 months ago

Respected sir plese help me im 22 nd my height is5.3' plz how increse my height 9872794394 plz plz help me....

phem 12 months ago

will start the exercise today. hope it work. 4'8" female here. 22 yrs old

Candler 12 months ago

Im 14 and i really want to try in 5"1 and everyone but me is growing even my sister is almost taller than me and she is 10

rotaryseven 12 months ago

One word answer...YOGA

kanwal 12 months ago

whats the better time to do exercise?

in the early morning?

or after wake up? (no meter what time that is)

or after breakfast,lunch or dinner

plz confirm me i want to increase my height urgently

Andrew J 12 months ago

I'm 14 and 5'9". Do you think I could get to 6'0" in a month by doing these exercises? Also, Do you have to do all of them to see results or can you just do one?

PLEASE REPLY I NEED THE HEIGHT FOR BASKETBALL THANKS!

sanjaysinghania 12 months ago

it's exercise are really increase your height.

Anna 12 months ago

i wish they wud work...i am 13 and 5'2". i gotta becum at lest 5'5".

dish 12 months ago

i dnt knw d meaning of HGH r they type of pills

Sarnai 12 months ago

Hello, i am 30years old, woman. i 153cm. how become tall? I want 165cm tall. can i halp you.

Sarnai 12 months ago

Hello, I am 30years old, women. I 153cm. how become tall? I want 165cm tall. I am from Mongolia. My e-mail shoonoo123@yahoo.com Me e--mail send plz. Thank you

egli 12 months ago

Hi guys..i will try these exercises,but i want to know if the results will be permanent or i have to keep doing these exercises to keep my results??i will be grateful if someone will answer me.if a female 24 years old and 5'7 1/2 tall.i want to grow 3 to 4 inches.thank you

tahseen Kapoor 12 months ago

it will work na?

i will try.

i am going to be 15 next month.

does it will work on me?

Faig'z 12 months ago

thanks!!! for the tips.

mohamed 12 months ago

i am 21 years old and iam 1.76cm i want to be 1.83cm can you help me with a diet program composed of natural food so i can use to grow taller send me an email (khodari_mohamed@hotmail.com)

Cambodia 12 months ago

Wow ! this is really work. i did all this exercise in 3 week i got 1 cm taller, Thanks God.

Raj 12 months ago

Hi...sir.,

im 24 yrs old..my height is 5.4 i wana increas sir.. these exercise will do work on me.. please suggest me name of pills or powder name to grow up my height please....please...please... :-(my mail id is

Rajlovely55@gmail.com

Raj 12 months ago

Hi...sir.,

im 24 yrs old..my height is 5.4 i wana increas sir.. these exercise will do work on me.. please suggest me Any workout ivl do and suggest me names of pills or powder names to grow up my height please....please...please... :-(my mail id is

Rajlovely55@gmail.com

anubhav 12 months ago

i will

try it

deepak 12 months ago

hi sir ,

my age 25 and height is 5.4inch , can stretching help me gaining height . i really want to see myself 6 feet ...is that possible ? thank you

Saumya singh 12 months ago

I AM 15 years old my height is 4'8"..... What can i do?????????? Please tell me.....Sir



[piya201](#) 12 months ago

hii saumya tumhari height toh mere jaisi he kam hai mein bhi 15 years ki hu n meri height bhi 4"8" hi hai

Walcott 11 months ago

I going to try this plz pray for Walcott everyone :)

a2d3g4 11 months ago

i am tring.

vinu 11 months ago

i am going to try frm now.....

muna 11 months ago

Hi...sir.,

i am 25 yrs old..my height is 5.3 i wana increas sir.. is it possible for me to gain 3 to 4 inches.. please suggest me what should i do ??? please....please...please... :-(my mail id is 18muna18@gmail.com

Thanks.

Rajlovely55@gmail.com

anamika 11 months ago

i'll try it.....i hope it work....

blake 11 months ago

in the firth exercise can you suspend the two legs at a time

gowri 11 months ago

ohh what abt the heigth is inseres 4 girl

sharry ann 11 months ago

HI I AM SHARRY. MY AGE IS 18. I AM A KARATHA STUDENT I AM DO THIS EXERCISE FOR THE LAST 3 YEARS BUT NOW MY HEIGHT IS ONLY 4.8FEET.CAN YOU GIVE ME ANYOTHER SOLUTION TO INCREASE MY AT selvipavi3@gmail.com

ajay 11 months ago

is this really work

Nwa 11 months ago

Let me try and hope it will work

blessy 11 months ago

i'm 2o..can i increase my height???

keerthana 11 months ago

please tell me can i increase my height.....i'm 20...



[blessydimple](#) 11 months ago

i'm 20..can i increase my height?



[blessydimple](#) 11 months ago

i'm 20..does these exercises work out????can i increase my height????

ann 11 months ago

im trying this nowww

i checked my height minutes ago, and after i did the exercises, i grew a LITTLE bit :D btw im 13, 5 foot 1

Mohit saini 11 months ago

SIR I AM 19 YEAR OLD PLEASE HELP ME TO INCREASE 4INCH

Mohit Saini 11 months ago

iam 19 years old my height is 5feet+7inch but iam not satisfied iam required more 5 inch please help me

Unknown 11 months ago

Okay, guys does it work or not? Simple as that. The people who have tried, did you actually gain any inches or cm?

sheeneta 11 months ago

hi frnds im 20 n wil start tryim

ng ths exercise frm 2morow wish me luck n does anybody tried it n does it worked?

aki 11 months ago

i m 17 and i m doing stretching exercise and hanging 45 secs daily 4rm six bt nothing happen...

What can i do pls help me i m 5'3...

Sandy 11 months ago

It is jst faltu kuch nahi hota hai

susrithi 11 months ago

is it possible to increase height after the age of 20

hiran 11 months ago

i m 16 and my height is 5'1" plz say me simple way of gaining height, i want to be 5'10"

Adolf 11 months ago

Everyone stop asking if it will work, especially if you are under 15 years old. Let the people who have tried it post only.

prashu 11 months ago

sir my age is 22 & height 5.3inches. i want to increasing 5inches height with in 1 month. Is it possible. Plz rply me prashanthgowda30@gmail.com

Sam 11 months ago

I am 17 male n my height is 5"7 plzzz help me can i grow after 17 . r any pills or operations available ??? am ready to do anythin to gro atleast 3 inches plzzzzz help me i am really in need !!!!

jaba 11 months ago

hi

i am now 18..my height is just 156cm...pls give any tips...my id is jaba.dani555@gmail.com

Raja 11 months ago

Thanx for helping me by giving tips about increasing height...

sreekanth kumar m a 11 months ago

i am now 28 years old height is 166cm please give any tips and increase my confident tips also
sreekanthdop@gmail.com

Lilian 11 months ago

Yoga ?

Why yoga?

Who knows it?

did it 11 months ago

lol ppl who talk shit here like 'i grew 2 inches in 2 weeks' are fuckin retards. obviously that works but that doesnt give you that much height in this time. I grew about 2-3 cm (european) in over 2 months, but really? thats about 3-5 minutes for a day, if thats too much you shouldnt even read this article. for everybody to know - i'm almost 20, i used to be 5'10 (177.5) now i'm over 5'11 (180) and my target is 6' if there will be something over like 6'1 or even 6'2 I will be the happiest man on an earth, but dont believe this so I think that may give you about 2 inches and that should be your target.

for other ppl who're dreamin about being taller - just dont ask 'does it work' - do it!

ugly duclky 10 months ago

read this article!! because it really works for last month im only 5'8 after a month ive gain an inch almost just be patient thanks....

ugly duclky 10 months ago

read this article!! because it really works for last month im only 5'8 after a month ive gain an inch almost just be patient thanks....

black goat 10 months ago

HEY FOOLS STOP using plz help me, give me an advice. all what you need to do, are posted above just do it. @###\$

LARRI 10 months ago

This excersice must be done inline with good sleep(about 8-10 hrs aday) to get good result,because growth hormones are active during sleeping time,also make sure u start sleeping at least 3-4hrs before mid night.make sure u eat more vegetables and less cardohydrate.also take a little

carbohydrate food at a time,u can den eat another round of meal 2 hrs later.Note you can grow at any age if your growth plate has not fuse.growth plate fuse EARLY in some people by 18 while some will not stop growing AT 20.

lia marie 10 months ago

i am in 13 year old my height is 4.11 plz give me tips for growing height i am waiting for your ans.....

PANKAJ 10 months ago

I like this . I want to try these exercises

yamini 10 months ago

Does Doctor Ayushveda really affected to increase height with no side effects??

cjforwhat 10 months ago

I'm 11 and I'm 5"4 is there any way I can get taller by 6 inches thathat actually works

sara 10 months ago

if you have just tried and it worked plz inform me, thx in advance saramoosavi2112@yahoo.com

dil 10 months ago

I read all the comments.. Now i m confused.. HA HA HA

rubybharngar 10 months ago

I'am 20 years old how can i increase my height plz suggest me

EinsteinThe4th 10 months ago

Guys and gals, quit asking if this'll work and just do it.

Plus, it'll be much easier for skeptical people (myself in particular) to locate the genuinely helpful comments.

Lol 10 months ago

So many fake comments, looks like a bot with shitty grammar posted 90% of the comments. Why isn't there a captcha code for posting?

shit my pant 10 months ago

It genetic, so give it up

yash 10 months ago

Thanks, I'm 21 and my height is 5.2 inches, I'll try it from today.

awanthika 10 months ago

tankx for this tips , im now 160 cm. with 54 kgs.

i look little fat sice my shoulders are long,

if i grow high , may be i look slimmed. :)

sharlin 9 months ago

world,s best gandu are here

robert 9 months ago

now am 5.7 inch but my girl frnd wanna 6.2 inch taller and six pack.. all girls are same... Il try

khali 9 months ago

i will surley going to try this

GOD plse HeLp Me

hemanth 9 months ago

i wanna want to try

Padmanaban 9 months ago

Am 22years old, Let see how it works or helps to increase my height..

From today am going to follow these process....

Am really worried about my height!!

Pray for me friends...!!

raja 8 months ago

iam 5.6 ,i wanted to be atleast 5.9 so please suggest me to grow taller,iam good looking but am short

vaibhav tomar 8 months ago

sir, i am 19 years old. so, i want to ask to you can i increasing my hight. but i am already 19 years old sir. please tell me sir what can i do for increasining my hight please sir.

diya 8 months ago

like it... I will surely do that. .

Keno 8 months ago

How long does it take to grow, I cant waste any time

sharonlcy 8 months ago

@Did it -- "lol ppl who talk shit here like 'i grew 2 inches in 2 weeks' are fuckin retards. "

Well, I've grown 5cm in around 2weeks period. I was 153cm, after around a week I reached 155cm~156cm, and the last time I checked, which was few months after my last try for ankle weights, I was 158cm.

So everyone who wants to give it a try, just give urself like.. 3 weeks.. And if u dont grow a bit, then quit it. U'd never know if u never try ;)

Good luck

metallicaoldschool 8 months ago

iam tryng its not working =/



[theawesomegirl](#) 8 months ago

It's definitely possible for a girl to grow when they're 12, nearly 13? Coz I'm not really sure if I'm growing or not... (I'm only 5 foot 5, 165cm)

viju 8 months ago

i am 20 year old...my height is 148cm...so pls can u tell me to increase my height or to take medicine? or is that over growing after 20?...pls pls give suggestions pls mail to sangu34@gmail.com

shama ravi kumar 8 months ago

i am 23 years old my height is 5.4 inches ?and i am doing gym since 2 years but my height stucked at the age of 19 since i am doing some exercise but no responce .so pls can u tell me to increase my height or to take medicine.please mail to ravishama47@gmail.com.

sara 8 months ago

i did this for 2 weeks and i got 2 cm taller and after my school started i stoped and now im back to my old height :(

pavankumar 7 months ago

i am going to try

jason 7 months ago

I really hope one of these work. Imma try the bar one first. My girl friend is 5'10 and I'm 5'7 and we've dated for 3 years. She says she doesn't care about my height but I'm so insecure about it. It seems like everyone is taller these days to. I'm a senior now and I'm 18 btw. I don't know I'm just really depressed. When I was a freshman I was only 4'10 so I guess I should be grateful but it really hurts me everyday. Hell the freshman now are taller then me. I hate my height! :(so can anyone tell me if I'm wasting my time doing these excers

Jason 7 months ago

Exercises? Plz just help me I'm really depressed and I don't want to tell my girl friend that. When I see her she is tall and so beautiful and I just feel short. I'm a pretty good looking guy but being short I think it makes me unattractive. And like I said my freshman year I was 4'10 and I got made fun of. I don't anymore but I don't feel good enough. And I know some one is going to say gain confidence I would gain confidence if I was just 5'10. That's all I'm asking.

TheLordOfTheTrue 7 months ago

Jason ^

Look, after 18 its hard to be taller than u already are, this exercises can help you gain 2 inches, but dont be depressed, look at Tom Cruise, he was with Kate Holmes she was taller than him so what? They liked each other that is what matter, dont give a fuck about the others say dude. (Sorry my bad english)

Jason 7 months ago

It's not that I care what other people think or say its that when I take my girl dancing I look around and think does she want a taller guy? I'm skinny and short my good qualities are I'm pretty good looking blue eyes funny very smart 3.9 GPA and that's what I have tp work with. Maybe ill wear boots or those heel inserts... I thought I'd be bigger my dad is 6'0 215 and can bench 550. I guess I feel like less of a man compared to him... He always is like I rather had ur brains bc you will make more money. Idk I'm ranting but I just want to keep my girl. I've known her for all my life and she isn't shallow like the rest of these girls.

heeya 7 months ago

will this really work i m 16 now n my height is 154.2 cm i want to increase it will this help me ?

Deniss 7 months ago

FOR THOSE WHO ARE DESPERATE TO GROW TALL....

AYURVEDIC UREA is the onlu way to grow tall....imagine you all can grow 8 inches for 3 months....but of course its very very expensive but i sell it cheaper....who is interested contact me at ayurvedicurea@ymail.com

ashley 7 months ago

Hi im a 15 year old girl and im 5'4" i want to be 5'6" or 5'7" as soon as possible

Dimple 7 months ago

hi! i am 23 .Is it possible for me to increase my height.My height is just 4'11 .please tell me truly ..is it actually possible for or not.???

kevin 7 months ago

I found some ayurvedic urea for 7000\$ for 6 inches. To me it would be worth it I'm a 5'6 guy. To the girl that's 15 ull grow another inch or two wait and see before doing anything. Honestly a height for a

girl doesn't matter but when a guy is short girls don't look twice at u... Even if u have a good body and face

kevin 7 months ago

I found some ayurvedic urea for 7000\$ for 6 inches. To me it would be worth it I'm a 5'6 guy. To the girl that's 15 ull grow another inch or two wait and see before doing anything. Honestly a height for a girl doesn't matter but when a guy is short girls don't look twice at u... Even if u have a good body and face

bhumika 7 months ago

is this is beneficial for above 25yrs

divy_venu2302@ymail.com 7 months ago

now i am 19 nd my height is 5.3... i wanted to grow still more

steve 7 months ago

i am

steve 7 months ago

i am 18 5'4" pls help me .i want to reach even 5'10"

subject singh 7 months ago

i am 19 5'4pls help me. i want to reach even 5'11/// now any saluasion call me 8620011920

CM 7 months ago

I'm 16 year old female and 4'8" and I want to grow 6 more inches. I have been doing all of this and I have seen no results. Please help me!!!

Enxhi 6 months ago

hej people i have the solution for you all,,,Ayurvedicurea its the only way to grow tall without doing anything but of course its very expensive,,,i sell it cheaper contact me at ayurvedicurea@ymail.com

jack 6 months ago

im 14 turning 15 im 5'4" only started puberty at 11, wanna reach 5'8" help!!!

joseph 6 months ago

hi i am 18 now i am a male.iam now at 163cms.has anyone increed height by doing any of this exercises.plz inform me joseph.a908@gmail.com

joseph 6 months ago

how many times i want to do PILATES ROLL OVER....

sharmila 6 months ago

can i increase ht aftr 20 age,,,how many tym i increase my ht

vishal 6 months ago

hi i am 21 years old .my height is 163cms pls help me to increase a height to any excercise or any other ideas.pls inform me on vishalvchandra@gmail.com.pls help me



[tabrezrocks](#) 6 months ago from Calcutta, India

very good tips i must do these

Toy boy 6 months ago

I'll try it

redul farhad 5 months ago

good sugestion

shankey 5 months ago

i think this must b the best way to increase height

H 5 months ago

I TRY IT MADAM,

Enxhi 5 months ago

Ayurvedic urea for sure grows you taller from 4 inches to 8 inches....if you interested to buy it to change your life contact me at ayurvedic urea@ymail.com

Ben 5 months ago

right ok ladies and gents i better answer all your questions of does it work or not, and after trying it myself i can say NO, no it does not. it is physically impossible to add height by cartilage between your bones alone, it cannot be done. agreed you are taller in the morning because your cartilage has stretched out due to lying down. but what your essentially asking for is to turn your spine into a slinky, like the one that go down the stairs. the cartilage is not strong enough to support your weight alone. that is what bones are for and your skeleton is the structure for your height, you cant stretch the cartilage between your bones out to add height. you can increase your height by straighting your posture by a couple of inches but asides from high heels, thats about all you can do for your height. i tryed this myself and granted it did work. i went from 5.9 to 5.10 for just one day then back to normal the next, this happened every time i tryed it for 3 months. on top of not working it is incredibly damaging to your spine and can really mess up your joints and cause pain. so my advice is to avoid the risk and just deal with what youve got. height isnt everything and we cant all be perfect 6ft handsome people. if your below 18 - 20 years my advice would be to be as active as possible, get plenty of sleep and eat alot of protein like fish etc. that will at least help your chances of growing alot more. good luck!

Height Increase Solution 5 months ago

Increase Your Height just 2" to 3 " inches without any pills & any capsules.

Height Increase Shoes

<http://www.zenamart.com/index.php?categoryID=311>

malini 5 months ago

for a day how much time and how many stretching exercises i will do .and i am 5 ft only, how to get taller upto 5.3ft give best suggestion

shivani 5 months ago

hey!!!!!!!!!!!!

i m a 19 years old my height is 5'3" i m not happy for my height

plzzz

tell me hwo can i incese

Chandra 5 months ago

i am 27 year old my hight is 157 CM how to increse my hight

deuces12 5 months ago

someone wanna reply to some comments

pavan 5 months ago

it works

UnKnown 5 months ago

hi im almost 17 im 6'1 (186cm) i was wondering if doing this will make me go to at least 6'3(191cm), can anyone tell me?

Unknown 5 months ago

How long does it take t see results.

tania 5 months ago

for a day how much time i need to exercises.

sonu bairagi 4 months ago

my age is 24 can i increse hightt

Average Joe 4 months ago

At 17 and 5-11, will this work?

Height Increase Shoes 4 months ago

Height Increase Shoes In India

<http://www.zenamart.com/index.php?categoryID=311>

Bane 4 months ago

stupid ppl asking questions... nobody is gonna answer them u fools!

And those exercises doesn't work, after 18 nobody can grow taller.

joseph 4 months ago

i will try this exercise and i will inform everyone if it really works or not

ezell2film 4 months ago

if u ought to know ...simply try it..all u need to know are posted above....dnt ask stupid questions like does it wrk?....how are u going yo know without even trying it.

crackhead77 4 months ago

will try

lak 4 months ago

is this working?

sss 4 months ago

it is workng or not.. rpl

raja singh 4 months ago

this exercises stretches our bones and cartilage to the final extent and then our height stops so first get of atleast 18 then try this.....

karan 4 months ago

hay , i am 20 year old and my height is 160 c.m. and i want to gain height atleast 170 c.m , plz tell me it is possible to me to gain height

karan 4 months ago

hay , i am 20 year old and my height is 160 c.m. and i want to gain height atleast 170 c.m , plz tell me it is possible to me to gain height ,my mail id is karanrawat9971@gmail.com

shweta tiwari 3 months ago

0

khushdeep 3 months ago

iam 17 years old iam 5.2 inches tall iwant to grow 6inches more

Babu 3 months ago

It will not work...

taniatrendy 3 months ago

0



[taniatrendy](#) 3 months ago

@bane:may i know your age as your telling this exercise wont work..

hana 2 months ago

it is work for 18?and...where to get the ankle weight?

Bane 2 months ago

@taniatrendy iam 20 year old.

ADEEL RAMAY 2 months ago

my height is 5.6 i increase hight just 3 inch plz pary for me thanks

rald 2 months ago

thanx...

pari 2 months ago

koshish karte aggar badegi to bad jayegi warna jitni hai utni se khush raho...

truthhh 2 months ago

i was one of you...i tried to grow tall with this exercises but i didnt...

the only way to grow tall is ayurvedic urea

contact ayurvedicurea@ymail.com

nayla memon 2 months ago

i am 22 years old .my hight is 5.1 only.i want increase my hight.2-3 inches.please sir, give some suggetion. reply please.



[sadafmalyk](#) 2 months ago

aoa i have a height increase wazifa if any1 is interested plz contact me . . .

m_nuts@ymail.com

aman 2 months ago

i am 17 bt jst 4.9 incplz suggest exercise

sanjana srivastav 8 weeks ago

my height is 4ft and 11 inchbut iwant more 6 inch so suggest me

mohan singh 7 weeks ago

hai friend please fallow my advise ,, prayer the jesus

only everything is a possible for the jesus christ

god bless you all my friends

Hema sinha 7 weeks ago

i'm 17yrs old my height is 4ft & 20 inch i wanna grow till 5.7ft if i try diz exercise it wil really works ah...?????

gk 7 weeks ago

thamx..... surly try

arun 7 weeks ago

2maro i will start these xrsises. am only 5ft 6inch. pls pray for me.

Bach 6 weeks ago

i'm 19 years old Guy .. and only 5.3 ..

Wish to gain 4-6 inches ..

Plz God =')

Mai 6 weeks ago

tnx for this ..

ammi 6 weeks ago

i am 23 ole guy and only 5.4 i wana grow moar.....

sadaf 6 weeks ago

aoa i have a height increase wazifa if any1 is interested plz contact me . . .

m_nuts@ymail.com

dimpy 6 weeks ago

does it going 2 work i jst wnt 2 add 2 inch more to my height

nandhu 6 weeks ago

i haveght thyroid how to increase my he

Babar 6 weeks ago

I'll try it.I'm 19.5 years old and my height is 5'7". I want my height to be at-least 5'10". Hope for the best.

bsalo 5 weeks ago

not working

kaif 4 weeks ago

hi sir my age is 28yrs,i want to increase my height atleast by 3-4 inches,is it possible by your product if yes then plz plz sent mail kaifali588yahoo.com

gerdy 4 weeks ago

Does this really work? If so, can you tell me how much gain you have actually attain?

Need to get taller 3 weeks ago

Does anyone know the answers to the questions these people are asking ... I want to gain about six inches maybe more but the article doesn't say how long and when to practice these 5 exercises....
PLEASE I' m desperate

Morgan 3 weeks ago

Has anyone of you people ever tried the instaHEIGHT program? please respond ASAP!

Baseball guy 2 weeks ago

I've been doing them for about 3 weeks straight, already have grown an inch. The people who are saying it doesn't work are probably not getting enough protein, or probably not sleeping the recommended way.

Morgan 2 weeks ago

Baseball guy, may i know your age please?

Imamul 12 days ago

you didnt say the weight of the ankle weight. how much weight should i put in my ankles for the excercise. can anyone help.....

juatme 7 days ago

Hi,i just want to say thank you very much.....It really works....may god bless you :)thanks again...i grew around 5 cm in a week

farhan ahmed 7 days ago

sir i am in 10th std my height is 4.5 and i want to increase my height pls tell me some tips.....and pls pls pls send me at farhanrockstar653@gmail.com.....PLS

farhan ahmed 7 days ago

sir i am in 10th std my height is 4.5 and i want to increase my height pls tell me some tips.....and pls pls pls send me at farhanrockstar653@gmail.com.....PLS

Jiya 4 days ago

Helo! I am 14 year old and my height is 5'1 i just want 2 more inches in my height but the problem is i am overweighted can u tell whether these time limits will be aplied on me too .and yes I am a girl

krishna 4 days ago

i m 22 years old n of 5 ft how can i increase my height plzzzzzz help me.



[LilaLola](#) 3 days ago

I'm 5'5"....i need to be 5'7" ... im gonna try this, hope it'll work !! wish me luck!

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