

Grow Taller 4 Idiots

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Introduction

Introduction

How many times have you heard someone say that because their parents are lacking in the height department, that they too stand no chance of being very tall? They live their life complaining about their height and irritated about how they received the short end of the stick.

While genetics do hold significant blame for your height, there are actually other things to take into consideration as well. Your height doesn't have to be left in the hands of fate. You too can make a difference on how tall you become. People of both young and old ages can help to increase their height. However, younger people will have more options than the older.

Minor factors such as how you carry yourself, what type of diet you follow, and what kind, if any, supplements you take, can all have an impact on just how tall you are or appear. This book will tell you how you can achieve this. We'll review ways to enhance your height to its greatest potential during the growth stages. You will also learn what can actually disrupt your height growth along with a few effortless ways of increasing your present height. Last but not least you'll be

educated on which scams you should be cautious of so you don't waste your money or time on something that won't work.

Let's start this height analysis by reviewing the process of height growth and how it happens.

Growth Process

Chapter 1

Growth Process

Everyone grows and nobody can prevent the growth process, it's just a natural part of our lives. Of course, while we all grow, some of us grow quicker than others. This is because not everyone hits their growth spurt at the same time. It can happen in short bursts or it can happen all at once. If there is a delay in growing when it comes to children, however, they should be seen by a doctor to make sure there aren't any problems. Some children experience growth defects and you want to make sure this is something you can still completely rule out by visiting your doctor.

Did you know that there are 300 bones in your body when you are first born? Did you also know that there are only 206 bones by the time we reach adulthood? Why does this happen? Mainly because our bones are basically cartilage when we're babies which is why baby's bones are so much more susceptible to break with light impact. As we get older our bones go through what is called 'ossification' where the cartilage turns solid. Eventually all of the smaller bones will unite and then be one large bone therefore reducing the total number of bones in our body.

Growth plates are located at the ends of some of the long bones in our body. When some of the cartilage doesn't ossify all at the same time, these plates continue to make new tissue while the old tissue turns into bone. Therefore making you grow even more. Once you stop growing which is usually when you are an adult, the plates will ossify as well, leaving you at your final height. If something damaging happens to these growth plates while you are still young, your growth could be stunted and could cause some bones to be more mature than others, and some longer than others.

You can actually estimate the potential height of a child by watching their growth pattern. A female will usually have a full height of double her height when she is three years old. A male will usually have a full height of double his height when he is three years and three months old.

Predict Your Height

You can use growth charts to track your child's height development but they are only one of the many ways to make sure your child is healthy, growing, and properly developing.

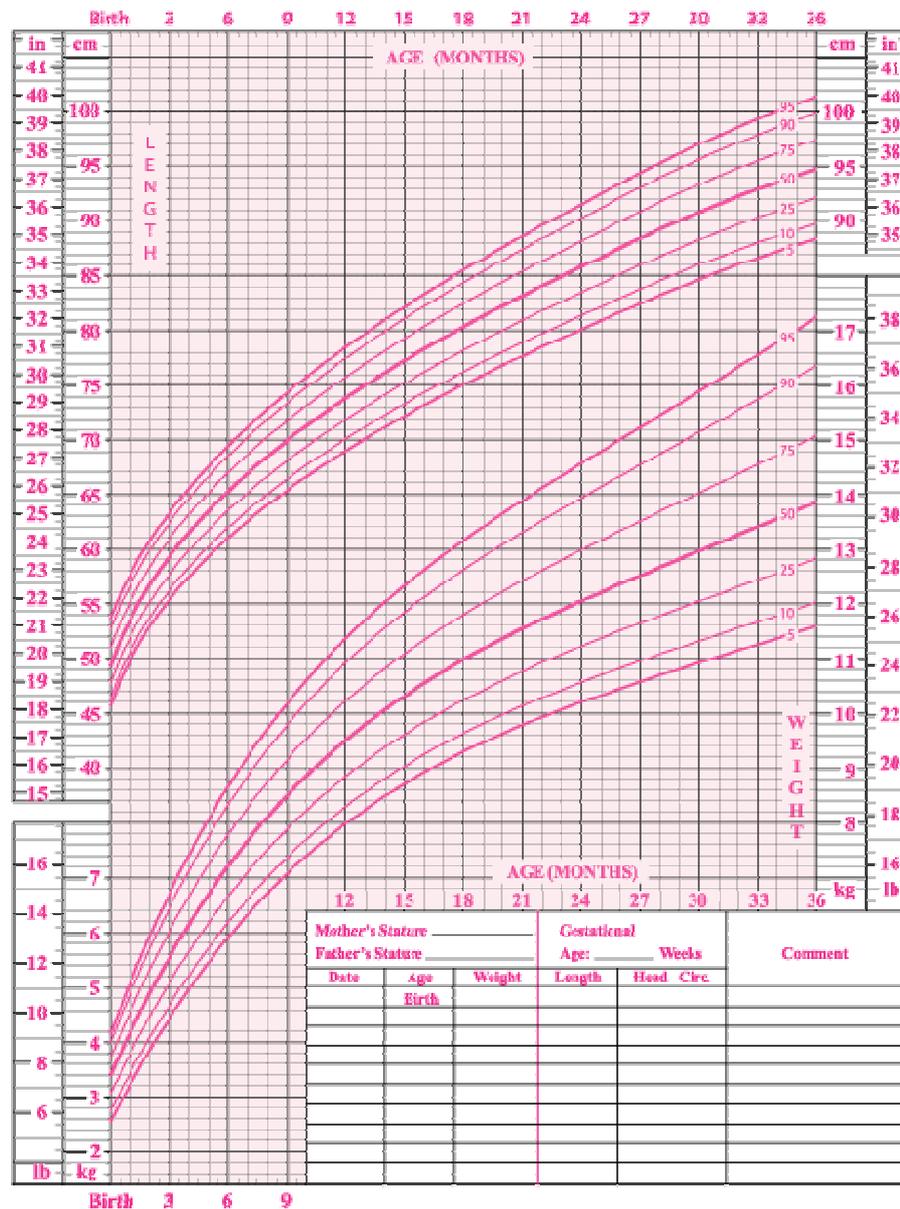
We'll discuss all the reasons why charts will never be right-on because of the many various points that play a role. The below charts however can be a rough guideline to give you an idea.

Girls Birth to Age Three

Birth to 36 months: Girls

Length-for-age and Weight-for-age percentiles

NAME _____



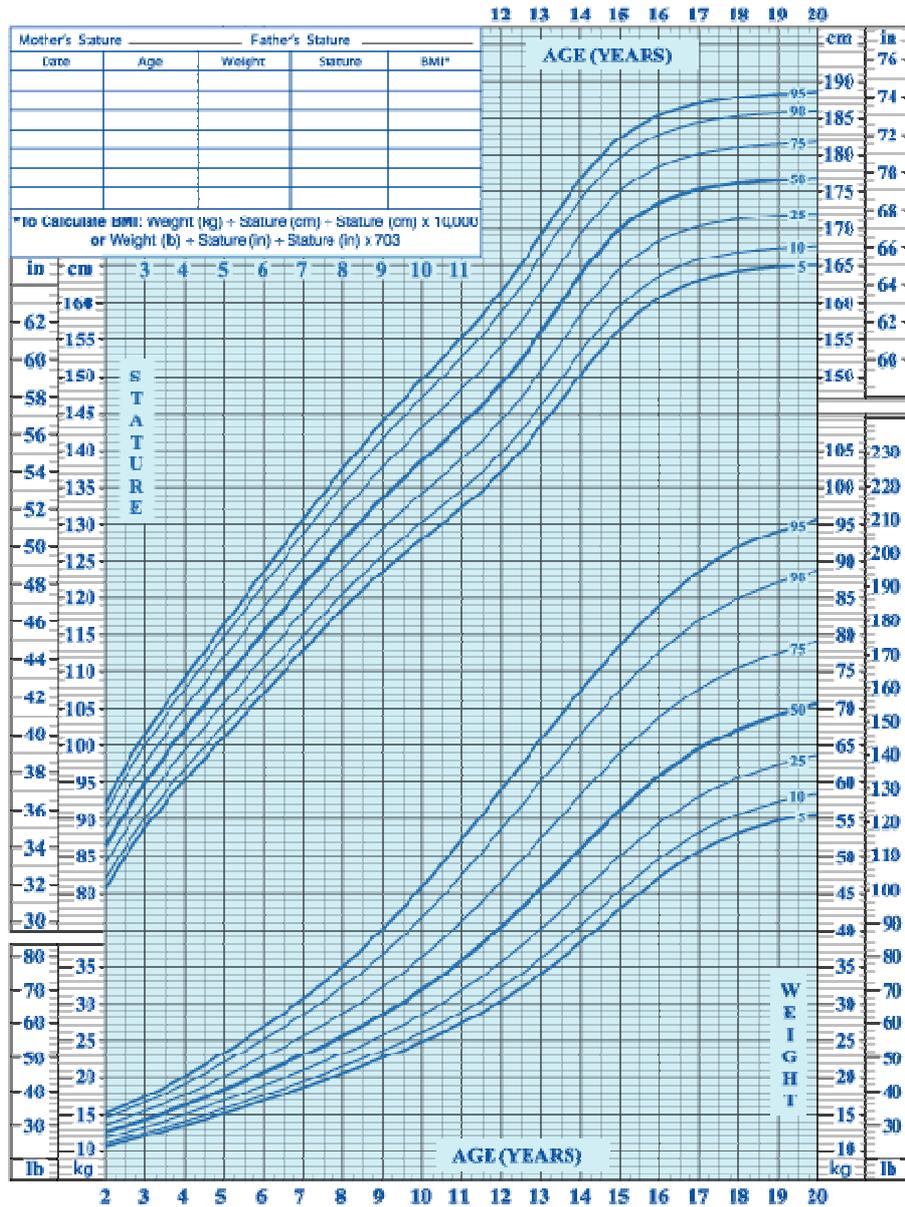
SOURCE : Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000). <http://www.cdc.gov/growthcharts>

Boys Two to Twenty

2 to 20 years: Boys

Stature-for-age and Weight-for-age percentiles

NAME _____



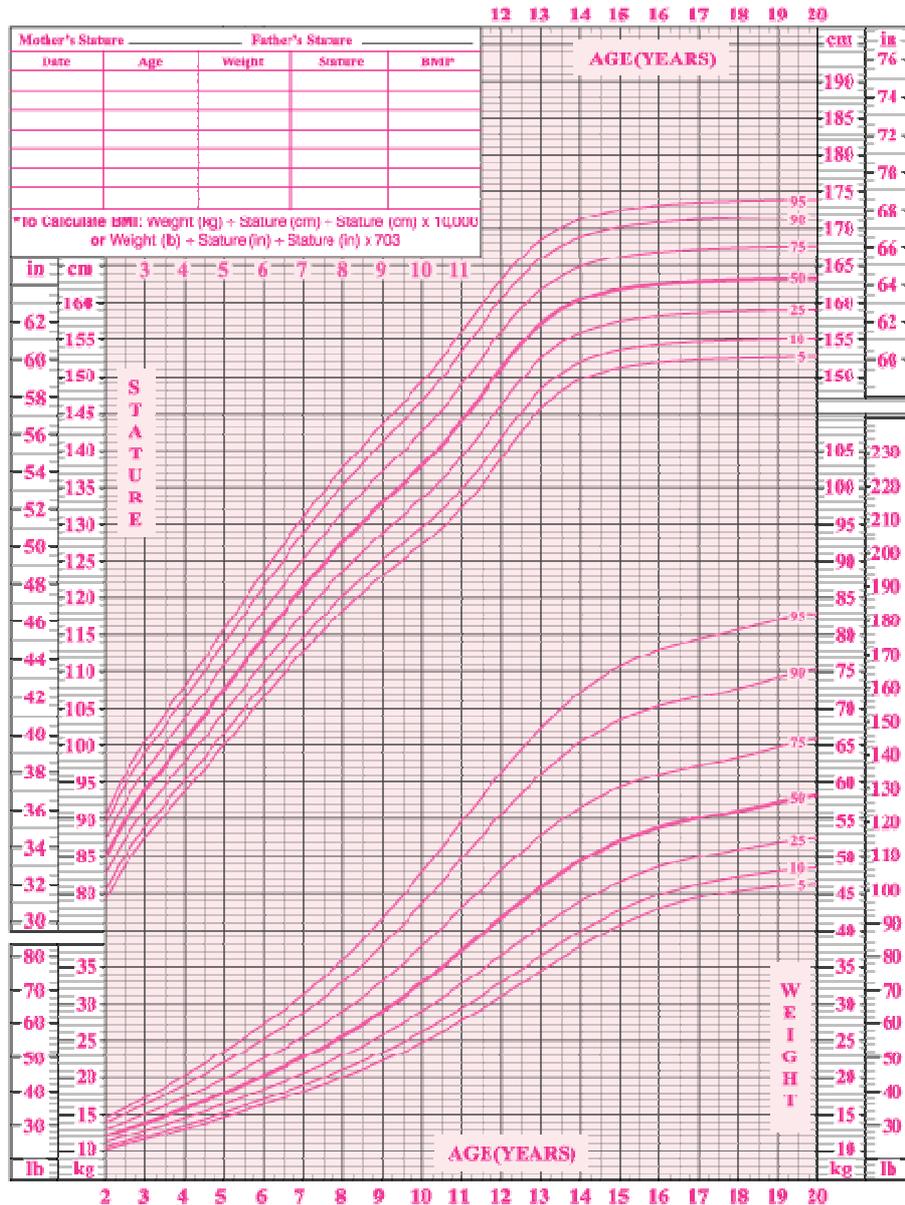
SOURCE : Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000). <http://www.cdc.gov/growthcharts>

Girls Two to Twenty

2 to 20 years: Girls

Stature for age and Weight for age percentiles

NAME _____



SOURCE : Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000). <https://www.cdc.gov/growthcharts>

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