

**THE**  
**6FT6**<sup>TM</sup>  
**M E T H O D**

FT: BONE REMODELLING, HORMONE  
HACKING & MORE...



**You're now reading the long-anticipated 6FT6 Method**

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**ENJOY...**



# INTRO

You see, it's a well known fact that being short can disadvantage your life in many ways. You'll get less women, be less elite at sports such as basketball, and EVEN suffer consequences in your work life. In short, people don't place the same importance on you if you're short.

But fear not, you're not going to always be like this. And if you're already fairly tall, you're at an even better starting point. I myself suffered from shortness all through my teenage years, and my main reason for creating this guide is to help you guys out. From 5"9 at the age of 18, to 6"6 at the age of 25, my story serves as a reminder of just how possible it is to grow taller.



# THE PROMISE



But I need you to keep a promise. If you want to see similar results to me, and the other students who've grown over 5 inches after using this method, you must dedicate yourself. This means critically following every-single step there is in this guide. If just one step isn't implemented, success may not follow. All these growth factors are linked, and you'll learn about this as you come to read my guide.

# VITAL STEP.

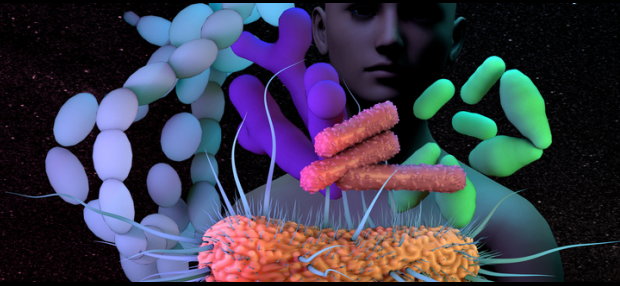


And there'll be a number of supplements and nutritional products that you'll definitely need to grow. It's vital that you opt for these particular ones, and not any other brands. Reason being, these supplements have been tested by my students, and have a 100% success rate with them – if you go for any random supplements on Amazon, don't expect results anywhere as good as the ones experienced from the supplements listed in our book.

The saying goes “you pay for our knowledge”. And our knowledge of nutrition and supplements is trusted, so don't go buying any odd supplement brand – it could seriously affect your results.

Before we get into the first method, I've saved you time and made this eBook easily digestible for you guys. This means you can start your routine as soon as possible.

# #1: HORMONE HACKING



HGH is the main hormone from the body that results in bone growth. There are several others like IGF-1 and Testosterone that also control growth. We'll be covering methods which aren't available anywhere else, on how to boost your HGH levels and experience growth. It's known that in teens, HGH is extremely high as they go through puberty. You can experience growth after puberty, but the method is covered later on, and isn't so much to do with hormones!

Now, you can get HGH from the Doctor, but injections are unsafe and only prescribed for people with extreme growth disabilities. It's also extremely artificial and expensive, so is impractical in a health and price sense. Don't worry though, our blueprint will teach you how to NATURALLY have a huge HGH boost.

# 1.1 GROWTH SUPPLEMENTS

1.1 (This means part one of chapter one). Here we're gonna cover the best supplements to boost Growth.

Supplements are BY-FAR the best way to boost HGH, and bone growth as they provide us with essential vitamins and nutrients that can't be gained naturally through food-sources.

These supplements are cost effective, and mean you don't have to go shelling-out loads of money on growing taller. There's 2 in total that help boost essential hormones and processes for growth. They've also worked wonders for our past students.



## 1 - VITAMIN D3 & K2

Vitamin D3 is actually not a Vitamin at ALL. It's a steroid hormone that regulates 1,000 human genes!

The University of Geneve, Italy found that Vitamin D is highly related to bone-growth. And later it became clear that it also enables production of HGH levels.

Add to the fact that Vitamin D3 also increases testosterone, and you have an all in-in-one supplement.

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## WHO'S IT FOR?

### IF YOU WANNA:

- Boost your facial bone development (jaw)
- Increase testosterone
- Increase HGH and shin bone production

...Now, Vitamin K2 essentially performs a BONUS function which'll really help you guys out here. It's unrelated to height, but another golden nugget.

K2 increases bone growth in the jaw, increasing your gonial angle and width of your jaw. Basically, it aids the development of a masculine jawline.

Now, as promised I've linked this first VITAL supplement. You can get it here, and I recommend getting it right now, as it's a popular option for my students - and regularly out of stock.

This is a blend of both, so you get to save the cost by having 2-in-1. It's genius!

[GET VITAMIN K2 + D3 BLEND](#)



# BEFORE WE CONTINUE...

By now you may be wondering which out of these supplements you should take?

It's best to not go for both 2 at once.

Start with one type of supplement, which most appeals to your needs...

Then add an extra one into the mix a few months later to see further results!

## **FOR YOUR INFORMATION**

Our most successful students use both supplements, but in the beginning this is not recommended.

It's best to see which one will be best for YOU



# 2. TESTOSTERONE BOOSTERS

Aromatase is an enzyme in your body that produces estrogen. Estrogen has been proven to make your growth plates close faster, though!

So the question here is how do we lower estrogen, and override these levels with testosterone?

If you wanna reduce chances of estrogen production, you can reduce body fat, intake minimal soy products, as well as these reducing intake of these foods.

This is a VITAL factor. One of our students who was obese came to us, and we helped him lose weight.

Once he'd lost weight and started boosting testosterone with the EXACT supplement we've kindly linked here for you, he saw some impressive height increases!

Once growth plates are closed, you're generally unable to grow - that is, if you don't read the 6FT6 Method. So, if you're sure they've closed: we've got a method later on in this book to explain how to re-open them!

This supplement is a combination of NATURAL herbs that have been proven to increase testosterone. A blend if you like! You've got Horny Goat Weed, Zinc, Hawthorn Berries and other 100% natural sources included in the blend.

Combine this supplement with one of the 2 HGH boosters we've covered so far, and you'll see CRAZY growth results. The HGH booster is increasing the hormone production, and Testosterone Booster stops the Growth Plates closing! WEworking hand in hand!

## WHO'S IT FOR?

### IF YOU WANNA:

- Boost your overall performance and masculine appearance.
- Grow body hair faster
- Stop growth plate closure so you can grow for longer

**GET THE TESTOSTERONE BLEND**



# 1.2 CHAPTER

# CONCLUSION

In conclusion, we've discussed supplements that both boost HGH production, and bone growth. Both slightly differ, but again, growth is all hand in hand. Ensure you get **AT LEAST** one of these supplements from our kindly recommended brands. This is your first step to growing taller!



So you've got the supplement now! It's time to move on to the next chapter. **STEP ONE** is complete! In this chapter, we'll explore the wonderful habits that can increase our growth potential. These include: bone remodelling, fracturing, heat exposure, and special exercise routines + **MORE...**



# #2: OUR SECRET GROWTH METHODS

So STEP ONE is complete. You've ordered your supplement of choice! It's time to get started with the routine! When we talk about bone fracturing we consider Wolf's Law.

As horrible as bone fracturing sounds, these fractures are actually micro-fractures, so invisible to the naked eye, and it's nothing like breaking bones. This law follows a similar concept to muscle growth, where fibres are damaged, then repair themselves to grow.

19th Century Julius Wolff discovered that these structures inside the bone can be put under stress, and grow back stronger or longer, to increase bone density and size.

So following this evidence we've considered and optimised a plan that'll be effective for you guys!



# #2.2: WOLF'S FRACTURING METHOD

This is the first one out of our MANY exclusive methods. So here's how you'll do it.

STEP 1) Ensure that you're currently supplementing AT LEAST ONE of our recommendations for chapter one.

STEP 2) There's a few parts to this routine. This includes a sprinting protocol, swimming protocol and cycling protocol. These 3 activities, although they sound normal: are indeed anabolic for your growth!

STEP 3) Sprinting. For optimal gains you've gotta do 8X200m Sprints. Try to do this once a week, and see how your HGH increases. Moreover, apply weight on your back when sprinting, or ankle weights. This will lead to micro-fractures. Start with minimal weights such as 1KG.

STEP 4) Swimming. Swim once in a while, when you do, you've gotta ensure full arm activation and leg activation, also weight yourself down with something to apply pressure on the bone. Do this for an HOUR a week + combine a sauna visit to boost HGH by 200%.

STEP 5) Ensure you cycle once a week, when you do that your gears are high, and that you're training uphill. This will force limb extension and prompt micro-fractures.

# #2.3 MEMBER EXPERIENCES

Here's one of our members, Josh, talking about his experiences with the Wolf's Law method. You'll learn some extras from him, as he can tell you exactly how it went - and provide you some GREAT motivation to start!



# #2.4: MIKE'S

# NUTRITIONAL METHOD

Mike, our senior Growth Expert has pioneered this method for you. Here's how you grow at LEAST +3cm with FOOD alone.

1) Glucosamine is an essential vitamin that can be gained from Shellfish, but it's more efficient to gain it from this supplement [here!](#) It helps you maintain your height throughout the day and avoid spinal compression!

2) Protein: more specifically amino acids, are building blocks! You've gotta gain high-quality protein from Grass Fed sources such as Steak and Eggs, and this intake of protein will lead to increased production in height hormone IGF-1, responsible for bone growth!

3) Zinc and Magnesium. Aid a healthy sleep schedule for optimal HGH release during your hours of sleep. Get this better from the ALL-IN-ONE supplement [here!](#) (contains both)

4) Avoiding estrogen foods and combining the Testosterone Booster blend is the BEST decision to maximise your growth. This stops the process of aromatisation, which closes growth plates early! (Before 25)

5) Glutamine and Vitamin D3/K2 are essentials for bone growth and promoting HGH/IGF-1 release, gain these most notably from high-quality Grass-Fed eggs, and nuts/beans, as well as peanuts and asparagus!

# #2.5: HEAT

## + HORMONES METHOD

Believe it or not, heat, hormones and sleep are all related!

STEP 1) We've discussed the sauna earlier! Actually going into the sauna for 30 mins a day can increase HGH by 500%, so do this twice a week!

STEP 3) Fasting. I don't mean going to the extreme and fasting for days on end, what I mean is even the simplest fasting plan can DRAMATICALLY increase HGH. Ensure to space out your meals at least 6 hours between each other for optimal HGH release!

STEP 5) Further ways to mega-boost HGH for growth include: Sun exposure to gain Vitamin D, eating a handful of almonds each day to increase niacin intake, having an intake of Grass Fed protein sources.

STEP 2) HGH is released during the midnight hours of 10-12PM, as studies have shown. Not only is it important to sleep 9-11 hours, but it's also important to follow the Circadian Rhythm for sleep patterns.

STEP 4) Swimming. Swim once in a while, when you do, you've gotta ensure full arm activation and leg activation, also weight yourself down with something to apply pressure on the bone. Do this for an HOUR a week + combine a sauna visit to boost HGH by 2,000%.

# #2.6: THE ANCIENT CHI METHOD

How activating muscle and bones in yoga can make you grow!

1) Hanging by your arms or feet. This is by far the MOST effective ANCIENT method to enable spinal decompression, do it once a day at night for 2 mins!

3) Pullups. These are excellent at building muscles, as well as activating similar spinal benefits as hanging by your arms, although the repeated motions of going down aid EVEN more spinal decompression. It's suggested that 2 inches of our body can be gained through stretching!

2) Cobra stretch. Another particularly effective ANCIENT stretch that enables decompression, pair this with the hanging motion, to achieve full decompression! This aids the spine and gut-area's decompression

4) The Ancient Chi method has been used in the past by those looking to grow, whilst it provides instant height gain, this is not through the bone, it's the potential you lack due to modern habits! Next section we'll discuss how to grow YOUR BONE!

# 2.7 CHAPTER

## CONCLUSION

So, several methods have been discussed! Time for you to get to work and see what they can do for you... Although, you're probably gonna want to see what lies ahead in the next chapter (SPOILER: It's an ABSOLUTE goldmine of advice...)



Yes, we've discussed how anyone can grow taller in this chapter, by harnessing powers of nutrition, ancient yoga, hormone optimisation and bone fracturing. These methods are definitely NOT mainstream, but the next chapter is even more astonishing!

# HORMONE HACKING



So, you've probably heard about growth plates and the so-called fact that if they are closed you will not grow taller anymore!

Science is progressing every day and new scientific evidence has suggested that growing taller can occur at any age, so this may be because of the fact that your growth plates never close, and I will explain the full science of this what growth plates are in the following guide

But before you need to know what growth plates are and how they work. So, these growth plates are thin layers of cartilage sitting at the end of your bones, known as the epiphyseal plates in science.



# CARTILAGE

Guys, the type of cartilage of which your growth plates are made is different from the cartilage you would find for example in your ears. Whilst your ears contain elastic cartilage, the growth plates contain a type known as hyaline cartilage, so you've gotta remember this term, because we'll return to it later in the video.

So this is how growth plates work. Most of the longitudinal bone growth in Children and Teens comes from the epiphyseal plates.

But, how does this process actually work?

It all happens through a process called endochondral ossification.



# OSSIFICATION

So, in this, the epiphyseal plates are made out of loads of cartilage cells which are called chondrocytes.

Keep in mind, these chondrocytes have the ability to slowly, but surely turn into bone cells.

And to put it more simply cartilage cells will turn into bone. When you're going through a growth spurt your cartilage is growing in size. Each time it grows, some of the cartilage turns into bone, and this process occurs within your growth plates until the entire cartilage has turned into bone.

At this stage it's fully ossified.

A yellow lightning bolt strikes down from the top center, flanked by two large, curved yellow shapes that resemble stylized wings or a pair of horns. The background is black.

# THEY NEVER CLOSE!

According to most scientists, now, your growth plates have closed and there is no way for you to grow taller anymore, but this is only a half truth.

While it is true that your epiphyseal cartilage has mostly closed down your growth plates are still actually open and you will still be able to grow taller!

For this you need to remember which type of cartilage the epiphyseal plates are made of which I told you at the beginning of this chapter, hyaline cartilage is what the epiphyseal plates are made out of.



# ARTICULAR CARTILAGE

Another type of cartilage, the articular cartilage is located in your knees, ankles, spine and other places.

This type of cartilage never fully ossifies, because it would turn your body into completely bone, and you wouldn't be able to move.

But, while the articular chondrocytes can't turn into bone, they can turn into epiphyseal chondrocytes and those do have the ability to turn into bone this means that you can turn the articular cartilage in your knees, ankles and spine into your own growth plates and to make things even better!

A yellow lightning bolt strikes down from the top center, flanked by two large, curved yellow shapes that resemble stylized brackets or parentheses. The background is black.

# STIMULI

The articular cartilage never closes, or better said your growth plates never close!

But how do you trigger growth plates trigger this change where the articular chondrocytes change into epiphyseal chondrocytes it all comes down to a stimuli which triggers this change and there are two types of stimuli which are important here mechanical stimuli and chemical stimuli

Now, when we talk about mechanical stimuli, we're on about the force that transfers over to the bone!



# MECHANICAL

These stimuli can come from landing on your feet and letting your bones absorb all the force, they can come from the constant force and pull of your muscles during – for example – an arm wrestling match, or they can come from a combination of both, which would happen when you sprint.

What is important is that the exercises you use to generate these mechanical stimuli generate tensional force, and not a compressive force, since tension on the bones will stimulate them to increase in length, whilst compressive forces stimulate the bone to become wider!




# CHEMICAL

Now, the second thing you need is Chemical stimuli. When I say chemical I'm not talking about injecting chemicals like plastic in your body!

No! I am talking about chemicals that occur naturally in your body such as hormones, growth factors and certain proteins.

So, the most important chemicals are the hormone HGH and the growth factor igf-1.



# HGH + IGF-1

HGH is created by your pituitary gland and is the precursor of igf-1, and so if you want to increase the levels of igf-1 in your body - you'd first of all need to obtain higher levels of HGH to increase HGH in your body.

You can do the following things:

First, eat at least 125 grams of protein, daily amino acids which are in protein, and are absolutely essential to increase HGH levels. So, for example the amino acid L-Arginine has the power to increase HGH levels by 400 percent. Moreover, take a testosterone boosting supplement such as the one recommended at the start of the book. And second of all, sleep. Third one is some good old sprinting, and this one is very easy you will need to do 8 lots of 200 meter sprints, where you just go at the maximum speed you can, and so between each Sprint you take one to three minutes of rest , and you'll do this two to three times per week. As a result, you'll experience a big increase in growth hormone levels



# INSULIN!

Whilst these three things I just listed will already increase igf-1, you need to do another thing too!

Igf-1 stands for insulin like growth factor one, and the name already gives it away!

Insulin is crucial for the creation of this growth factor, and so is HGH!

The problem is that insulin and HGH are antagonistic, meaning that if insulin raises HGH goes down!!

This is why if you want to have the highest levels of igf-1 you can have, you need to have high levels of HGH before you spike your insulin.

This is why I recommend the following: just eat high amounts of protein the entire day, and then in the afternoon or evening you'll do some Sprints, assuring that your HGH levels Spike!

Then after you complete the Sprints you want to spike your insulin with a meal containing lots of carbs or drink some milk, with two to three tablespoons of white sugar.

# MY OWN HEIGHT ROUTINE



So guys, this brings me to one of the final chapters! I'm hoping you're ready to see how I grew SO tall! Thing is, it's gonna be quite a long one so stick with it!

...But, the length of it is solely down to the fact that it's PACKED full of GOLDEN tips that'll increase your height dramatically!

So, make sure you've got your supplements ready, this one's gonna be a CRAZY, value-packed guide!



# MEDITATE!

We'll begin with meditation.

It's been shown again and again to improve health by lowering cortisol, which enables optimal testosterone production for you guys out there, and increases Growth Hormone levels!!

Do it for just 10 minutes before you sleep, that's how I personally got started!!

So, I know you guys will be wondering how do I meditate?

Well, the best type of meditation you can do is known as dot meditation. It's the best for activating the pituitary gland so it releases Growth Hormone!!

You'll want to write this down: start by marking a red dot on paper, draw a pea-sized black circle around the red dot and stick this paper on the wall.

Now, place the paper on the wall so it's around 25 to 30 centimeters away from your face. Once this is done, line up your eyebrow with the red dot on the wall, so your eyebrows and the dot are level.

Stare at the dot now for 5 minutes and try not to blink! The dot may start looking hazy, and this is a good thing guys!

After those 5 or so minutes are up, you'll close your eyes and should now get the image of the dot in your head!



# EXERCISE!

So now meditation has been discussed, it's on to exercise!

This was covered earlier in the guides, and exercise can statistically increase Growth Hormone by up to 400 percent after a few hours!

But guys, avoid deadlifts and overhead exercises, these will compress your spine! Playing a sport is best, especially basketball, this explains why athletes are so tall!

I incorporate a 30 to 60 minute walk each day, 8 lots of 200 meter sprints twice a week and some High intensity training, all this should be in your routine, and WILL dramatically boost Growth Hormone and Testosterone, as well as aiding bone fracturing processes involved in limb lengthening.



# SLEEPING!

Now let's talk about sleep, which is the most important thing for growing taller since most GHG and growing is done then.

It's important to establish a sleep and wake cycle so your body knows when to sleep and produce GHG.

Try to get 9 hours or so with a light nap in the afternoon. Make sure there's zero light in your room and that it's cool for optimal rest.

Also, put a fan on low and turn off all electronics as the frequencies & radiation they emit can cause cancer in later life, and will disrupt the sleep cycle.

Sleeping position is also important. Mattresses don't support the spine properly, causing compression and damage. I sleep on my back or in a fetal position.



# DIETING!

And now it's my favorite part, the diet!

This is possibly the most fun part of your growing tall journey, it's easy to control and can be tasty!

So you're gonna want to eat plenty of green leafy vegetables, they contain lots of minerals, especially potassium which is hard to get.

Also, they actually contain aromatase inhibitors meaning they reduce estrogen, which is a great thing if you want to delay growth plate closure.

But, the amount of food you eat is just as important as sleep! I'd aim for 2500 to 3000 calories. You've gotta eat plenty of meat & eggs since they are so nutrient dense.

I also do this, but it's entirely optional and may seem weird to you guys, have 2 spoonfuls of non-oxidized Olive oil each day. Olive has healthy fats, is nutrient dense, and contains polyphenols that lower estrogen and oxidants.

Supplements have already been covered, but I'll go over some more essentials here, too! It couldn't hurt, could it?

In addition to the ones that are recommended inside our 6 Foot 6 Method, I'd recommend electrolytes, these are important for bone growth and overall health!

So, that's a wrap! We've discussed food, and now it's time for the yoga secrets!

A yellow lightning bolt strikes down from the top center, flanked by two large, curved yellow shapes that resemble stylized wings or abstract forms.

# STRETCHING!

You've gotta decompress your spine, it's so important for bone growth and WILL add an inch to anyone's height!! This is crazy simple to do as well! Hang on a bar for 3 minutes in the morning, and 3 minutes in the evening. Then do an upward dog, cat pose and y pose each morning too!! That's all you've gotta do to gain an extra inch! simple!

Now we're gonna discuss the sauna quickly, I've already mentioned that I do this twice a week, so do that for 30 minutes two times a week!!

A yellow lightning bolt strikes down from the top center, flanked by two yellow banana slices. The background is black.

# RECIPES!

So, estrogen speeds up the closing of growth plates so it's important we reduce it. This exclusive blend will also allow you to increase your testosterone and other health benefits.

Get your pens ready, it consists of: 2 kiwis, 1 diced lemon, 1 cup of diced broccoli, a chunk of ginger, 2 diced bananas, and obviously water if you're looking to make this a smoothie! If not, try and mix these in with your meals!

You're welcome!



# AVOID THESE!

But now we're gonna talk about what you've gotta avoid!

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

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

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