



## Frequently Asked Questions on How To Get Taller

### 1. What affects a person's height?

Basically, genes and lifestyle determine a person's height. If a person has the right diet, physical activity plus a bonus of good genes from his parents, he can reach his optimum height potential. Stress also has something to do with it, so as much as possible, avoid demanding physical and psychological activities in order to get taller.

### 2. Up to what age can a person still grow taller?

Normally, girls stop growing earlier than boys; it's 16 years old for girls which is two years prior to boys' 18 years of age. Growth stops when we are about to pass the puberty stage because it is believed that a person grows so that its body will be ready to reproduce. During the growth stage, our genes automatically choreograph development for the body to be ready for reproduction.

### 3. Will I be able to grow taller even after the puberty stage?

It is rare that a person grows taller after puberty stage. It is during the infancy and toddler years that a person grows the fastest that is why it is important to be properly nourished during these years to optimize growth. Also, significant increase in height happens suddenly during the span of puberty stage known as the growth spurt.

### 4. Define growth spurts.

Growth spurts occur during puberty. It is the sudden increase in weight and height that makes a teenager reach its optimum height potential. This occurrence starts first with the growing of extremities (i.e. hands and feet) that's why boys instantly needs new basketball shoes in just a span of few months. Following the hands and feet are the limbs, then the spine. It will be also evident that the boys develop more broadened chests and shoulders while the girls will have wider hips and pelvis.

## How To Get Taller Fast

Again, it is important to live healthily during this period to maximize the development.

### **5. Is there any food or diet that can make me grow taller?**

Like any other health advice, the best way to grow is to eat a balanced and nutritious diet. Fruits and vegetables should be on top of the list. Dairy, which is a good source of calcium, is also helpful, together with cereals and protein-rich foods like meat and egg. It is also important to take plenty of water to administer the digestion of all the nutrients taken by the body.

### **6. Can sleep affect a person's height?**

Sleep is really helpful, not just in increasing height, but in the process of regenerating the body. It is important to get enough sleep so that the body can perform efficiently. Also, lack of sleep can impede growth since the body is not being rejuvenated and the hormone level becomes low.

### **7. Define growth hormones.**

Human growth hormone (HGH) is a stimulant to a person's growth. It is produced by a pea-like structure located in the brain just behind the eyes known as the pituitary gland. Hormones are released usually 2 hours after sleeping and after a physical activity that's why it is important that a person have proper exercise and enough sleeping time for the HGH to be produced.

### **8. Will growth hormone pills increase my height?**

Since it is during infancy and toddler stages that a person grows the fastest, growth hormones should also be taken during these years to supplement the development. It is important, though, that growth hormones be taken in moderation because it can result to abnormality. HGH is often used by marketers to mislead consumers into believing that HGH can be taken casually. However, like any other drugs, before you take one, you must consult first a physician or a specialist. In fact, growth hormones are highly regulated and an expert opinion regarding its prescription should always be consulted. To know more about HGH and treatments regarding HGH, have an extensive research with the use of the internet.

### **9. Is there any drug that can help grow taller even after I pass the puberty stage?**

It may be impossible to grow taller after puberty stage even if you take growth hormone supplement. As of the moment, there is still no drug formulated to increase growth after puberty. Growth pills being promoted right now may have the wrong claims as to making a person taller.

## How To Get Taller Fast

### **10. Is it true that stretching can make me grow taller?**

If stretching is done during puberty stage, it can actually help a person increase his height. But other than that, stretching will only help you improve your posture. People who stand straighter relatively look taller than people with the same height but slouch. Proper posture doesn't only make you add a little height; it could also make you look more confident.

### **11. Is human growth affected by proper breathing?**

Oxygen is processed efficiently by our body if we breathe properly and our lungs are healthy. With this, stimulation of growth and development becomes faster. However, it is important for us to breathe effectively through deep inhalations because shallow intake of oxygen will not do the stimulation of growth any good.

### **12. Are there any surgical procedures that can increase height?**

Yes, there is a surgical procedure that is found to be effective in increasing a person's height. If you want to add a few inches to your height, a cosmetic leg lengthening procedure can be done. Like any other surgeries, it is painful and costly, and can take a lot of time to heal completely. Due to the complexity of the procedure, a surgeon sometimes requires his patients to have psychological sessions first before undergoing the procedure to ensure that the patient is certain of what he will go through.

### **13. Is there an available list of hospitals that perform the leg lengthening procedure?**

For list of hospitals that carry out the leg lengthening procedure please check this website: <http://www.shortsupport.org/Health/Leg-Lengthening/hospitals.html>

### **14. Men and Women differ in height, what are the common heights for them respectively?**

Height varies not only in terms of gender but also in terms of race. You may notice that most Europeans may be taller than most Asians.

### **15. Is the generation today taller than previous generations?**

Human height is directly affected by their health. And health, pertaining to that of a nation, in general, is also related to health care services and proper nutrition. Today's time is obviously better than before when it comes to the capacity to be healthy and to grow tall. With improvement in technology, people are now more knowledgeable of things that can affect their height. For example, history will tell us that Asians are generally short people, but due to economic boosts and recent researches on height-enriching foods, Asians' height has increased.

## How To Get Taller Fast

### 16. Is there an ideal weight for a specific height of a person?

The ideal weight of a man in relation to his height can be computed as:

A five-foot tall man should weigh 106 pounds and add 6 pounds more for every inch there after. If a man is 5'9", his ideal weight is 160 pounds ( $106 + (6*9)$ ).

For a woman, her ideal weight can be computed as:

A five-foot tall woman should weigh 100 pounds and 5 pounds more for every inch there after. If a woman is 5'4", her ideal weight is 120 pounds ( $100 + (5*4)$ ).

### 17. Is it true that weight lifting hamper human growth?

Athletes like basketball players, specifically, Shaquille O'Neal and David Robinson, and actor Arnold Schwarzenegger obviously lifted weights. It is part of their regime as athletes but can you consider them as short people? In short, there is no proof that body building stops or stunts growth. Exercise and physical activities can even stimulate growth.

### 19. Are there any fashion ideas that can increase my height?

Fashion cannot increase your height literally but it can make you appear taller, and even slimmer. It's just a matter of optical illusion. Take the quiz to help you determine what clothes to wear to make you look taller.

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