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Tips for Growing Taller - Gain 3-Inches in Height! by [Muhammad Imran](#)

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Most of the people think that they stop to grow at age 18 and most of the people think that this is their final height. But, this is absolutely wrong and you can add some height at any age.

Let us first start with some ways that will not work:

You cannot grow your bones

There are many experts saying that you can also grow your bones. But this is not at all true. By adding height in bones is impossible and never fall in any schemers who is claiming that this works.

Herbs do not make you taller.

Herbs do not work. Either calcium you can't grow the bones and these herbs are been sold on promise of bone growth and if someone tries to sell you the magical herbs, say no. Thus, what are ways to add 3-inches in your height?

In order to understand why you are growing taller with the help of stretching exercises, it is very important to understand our body growth process. When you do these work out your body secretes the hormone called human growth hormone. And this secretion is liable for the growth of your bones & cartilages resulting in the increase of your height. But with the increase in age quantity of the growth hormone decreases and therefore chances to gain height also gets limited.

become taller

But good news is the high intensity work out can help to improve the secretion of growth hormones after teenage. Purpose here is to give you some tips for increasing your height and grow taller. Carry on reading to get to these tips.

Burst sprinting is well known to aid you grow taller quickly. In case you may run at the good speeds for very long time this can produce good hormonal growth. Sprinting will also help to increase length of your legs that in turn will result in getting taller.

One more very important component of grow taller by stretching exercises is swimming. Most of the swimmers have the athletic & slim body. This is just because whenever you swim earth's gravitational force on body gets negated to some extent by water. Swimming makes an effect that is similar to floating in the space. Reduced impact of the gravity also allows bones & cartilages to grow or expand freely and thus increased height. You starting swimming minimum three times in a week and for just 1 hour each.

One more work out that will help you grow taller is an upside down hanging work out. You can take the stable pole and hang upside down just by strapping both your legs in a right way. You must do this work out for very short time of around 10 minutes. Excess of this work out will cause damage to back. Apart from exercising, there are some fun activities that you can add to this list of the natural methods that will help you to grow taller and these are cycling, swimming, and jumping.

how to grow taller

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[Muhammad Imran](#) - About Author:

<http://www.growthmax.com>

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