



Article Side

Foods That Increase Height and Body Growth Best Recommended Natural Techniques by [Jhon Napier](#)

Article published on June 16th 2012 | [Supplements](#)

Body growth is an essential part of life process. There are multiple factors determining growth of body cells. Factors influencing the increase in height can be either physical or psychological in origin. Activation from Human Growth Hormone (HGH) is one of the important factors determining the increase in body weight. Following a balanced diet schedule, regular doing of stretching exercises and intake of certain medications are some best recommended natural techniques to increase height and body growth. Diet schedule plays an important role in maintaining proper health and wellbeing of person. In order to promote the natural growth of body cells, people are advised to follow a well- balanced nutritious diet schedule. Let's see some best recommended foods that increase height and body growth.

As per studies, protein is found to be as an important factor determining the growth and repair of body tissues. Those people who wish to increase their height are advised to include at least 45 grams to 55 grams of proteins per day. Protein is well known as the building block of body cells. For user assistance, today you can find a good number of protein products in online market stores. Some of the best protein rich foods that increase height and body growth include nuts, eggs, fish, milk, soya bean and meat. It improves the growth of bones and cartilages and increases height naturally with no health risks. For attaining best result, people are advised to include two to three glasses of milk and three to six eggs in their daily diet schedule.

Inclusion of vitamin D rich food sources in diet is found to be very effective in increasing height and body growth. Increasing calcium absorption from food is one of the important health advantages of including vitamin D food items in diet. This in turn improves the strength and growth of bones cells. Egg yolk, fish and liver are some of the main food sources enriched with vitamin D concentration. Apart from improving height, intake of vitamin D rich food items are also found to be very beneficial for improving immunity strength, preventing multiple sclerosis and relieving arthritis.

Similar to vitamin D, intake of vitamin A enriched food is an effective natural technique to increase height naturally. For obtaining best result, people are advised to intake 4000 to 5000 IU of vitamin A daily. Nowadays, you can easily get vitamin A products from online market stores in the form of extracts and powders. Some of the best recommended vitamin A enriched foods that increase height and body growth include fish cod, egg yolk, salmon, liver and broccoli. Antioxidant property enriched in these food items repairs and promotes the growth of bone cells.

Proper inclusion of minerals in diet is a natural technique to increase height and body growth. For supplying adequate amount of minerals to body cells, people are advised to include a good amount of fresh fruits and vegetables in diet schedule. In order to obtain satisfactory result, people are also advised to do yoga and swimming exercises.

Article Source:

<http://www.articleside.com/supplements-articles/foods-that-increase-height-and-body-growth-best-recommended-natural-techniques.htm> - [Article Side](#)

[Jhon Napier](#) - About Author:

Read about a [Grow Taller Supplement, Increase Height](#). Also know a [Increase Height Gain Supplement](#). Read about a [Best Weight Gainer Supplement](#).

Article Keywords:

increase height, body growth, increase body growth, natural techniques for body growth, natural techniques for increase height

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!