

Grow Taller Through Stretching Exercises

High-intensity anaerobic exercise such as our grow taller stretching exercises, swimming, and cycling are shown by medical researchers to force the body into producing significant quantities of human growth hormone. Exercise-induced growth hormone (EIG) is well recognized physiologically, and is caused from acid-base balance, catecholamines, nitric oxide, and lactate. Of these, the main causes of human growth hormone secretion appear to be nitric oxide and lactate. Both of which are produced by resistance training. Your goal during stretching is to apply resistance-training stretches that will yield high amounts of human growth hormone secretion. Human growth hormone will thicken the cartilage, increase bone density, and make you grow taller. This is why we cannot emphasize enough the importance of the intensity you need to apply with each and every stretch to grow taller. This means that you have to exercise for a minimum of 10 minutes with great intensity to increase your odds of growing taller. The intensity you build must be enough to lactate into your muscles for height increase. This lactate will activate growth hormone secretion even after exercise, during normal rest periods for longer than 24-hours! Your body literally becomes a growth hormone manufacturing machine to increase the possibility of any height increase! No other method, supplement, or technique can possibly yield better height increase results than stretching exercises. All you need is to perform our stretching exercises correctly and you will grow taller.

About the Author

Airport Gyms, the fastest growing community on the Internet for the listing of airport gyms, airport exercise clubs, airport workout centers, and airport.

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