

S.L: So you want to grow taller

Hi [Name]

Have you been looking for a way to grow taller,

Because, people look down on you, literally.

Maybe you're not that short but also not at the height you want.

And that my friend, is ok.

It is quite possible you've paid for these online "how to get tall" ebooks or whatever.

I've seen a bunch. The spartan method, the viking method, you name them.

However I can't help but notice that they are all the same pieces of crap.

I tried them myself, nothing worked, so I decided to do my own research.

I've met up with biologists, doctors and experts for my research,

And here's what I found out throughout my research.

I know, sounds too good to be true right?

That's exactly what I thought at first.

Until I met Josh,

[who documented his whole journey of how he went from a short king to a tall king.](#)

It took him about a year and a half to go from 5ft 8 to 6ft 1 at 34 years of age.

I'm not saying this will work if you're in your late 30's or obviously 40+ years,

But who am I to say.

Genetics also play part in this.

Anyways, Josh was more than happy to share his routine with me,

And I used it along with my research to create a calendar of routine that will no doubt assist anyone as it did me.

[Click here for access](#)

It is absolutely free.

That's all for now

~S A N E L E

P.S: If you want to be part of a community where we help and motivate one another not just about height, but about fitness and health in general,

[Here's a link to my discord community](#). It is also free, see you there.