

HEIGHT MAXIMIZATION PROTOCOL (FOR MEN UNDER 25)

Modern science + ancient biology = the last natural way to maximize height, posture and bone symmetry before your body locks in.

THE GROWTH WINDOW: USE IT OR LOSE IT

Ages 13–21: Growth plates (epiphyseal plates) are still *open*. This is the only time you can directly increase skeletal height.

Ages 22–25: Growth plates are closing—but you can still gain **up to 2 inches** through spinal decompression, posture correction, and alignment.

Hunter-gatherers were 6 ft tall. Modern men shrank to 5'2" when grains, slouching and processed food entered the scene.

MORNING STACK: ACTIVATE GROWTH HORMONE IMMEDIATELY

1. Jumping / Skipping (5–10 mins):

- Vertical jumps, jump rope, or basketball shots
- Stimulates lymphatic system & boosts morning GH surge
- Rehydrates spine post-sleep

2. Hanging (2–3x per day):

- Dead hangs (30s–2min) from a bar
- Spinal decompression = taller posture
- Bonus: add light ankle weights for traction

3. Spinal Stretches:

- Cobra pose (2 mins)
 - Cat-Cow (10 reps)
 - Forward fold w/ deep breathing (1 min)
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HGH SPRINT STACK (3x PER WEEK)

Sprints trigger up to 2000% more growth hormone.

Why aren't you doing them?

Do this:

- Sprint at 80% max for 30s, 3–4 rounds
- Rest 3–5 minutes between
- *Bonus:* Daily 30s sprint + 5 mins jumping

Growth hormone isn't just for height. It strengthens joints, burns fat and sharpens your mind.



ANCESTRAL NUTRITION FOR BONE GROWTH

Height is bone construction. Bones need raw materials.



Bone-Building Foods (Daily to Weekly):

- **Raw milk** (IGF-1, K2, D3) – 1–2 glasses/day
- **Bone marrow** – 2–3x/week (collagen = spinal space)
- **Organ meats** – liver, heart, kidney (growth factors, retinol)
- **Raw cheese** – High in K2



Critical Minerals:

- **Oysters** – Zinc bomb (10–20/week)
- **Beef & Game** – Daily (protein, iron, zinc, B12)
- **Wild fish** – 2–3x/week (omega-3s = hormone regulation)
- **Eggs** – 3–6/day (choline for HGH, dopamine)



Inhibitors to AVOID:

- Chicken & pork daily (inflammatory + estrogenic)
- Bread, pasta, oats – compress the spine and bloat the gut
- Processed sugar – kills collagen & blunts growth hormone
- Low calorie diets – signal starvation = no growth

Starving teenagers = short adults. Eat like a warrior building a fortress.



SLEEP = FREE GROWTH HORMONE

- **Sleep window:** 9:30–10:00 PM (GH peak = 10PM–2AM)
- **Duration:** 8–10 hrs (every hour missed = height lost)

- **Conditions:**
 - Pitch black room
 - Cool temp (65–67°F)
 - Sleep on your **back** for spinal symmetry
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DAILY SUPPLEMENTS FOR HEIGHT + STRUCTURE

- **Collagen (Type I & II):** 20–30g daily (bones + discs)
 - **Vitamin D3:** 5,000–10,000 IU
 - **Vitamin K2 (MK-7):** 200 mcg
 - **Zinc:** 20–30mg
 - **Magnesium Glycinate:** 400–600mg before bed
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POSTURE + ALIGNMENT = UNLOCK YOUR TRUE HEIGHT

Mewing Protocol:

- Entire tongue pressed to roof of mouth
- Spine tall, chin tucked slightly
- Keep this posture throughout the day

Daily Posture Work:

- Wall sits – 5 mins (corrects anterior tilt)
- Chest stretches in doorway – opens shoulders
- Hip flexor stretches – realigns pelvis
- Strengthen **rear delts** and **rhomboids**

Bad posture is height suicide. Fixing it adds inches instantly.

ENVIRONMENTAL BOOSTERS

- **Sunlight:** 20–30 mins/day (testosterone + D3)
 - **Grounding:** Barefoot on earth (reduces cortisol)
 - **Inversion:** Use a yoga pose or inversion table weekly
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WEEKLY GROWTH SCHEDULE

M/W/F:

- AM: Jumping + Hanging + Spinal Stretch
- PM: Strength Training (focus on posture muscles)
- Night: Collagen + Magnesium

T/Th/Sat:

- Active Recovery: Swimming, yoga, long walks
- Deep posture work, foam rolling, massage

Sunday:

- Long hanging session
 - Full-body stretch
 - Grocery & meal prep
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GROUNDING + CIRCADIAN RHYTHM PROTOCOL

If you want to grow, repair and recover...
you need to sync with Earth's clock.

WHY CIRCADIAN RHYTHMS CONTROL GROWTH

Your body follows a **24-hour internal clock** tied to **sunlight, darkness and magnetic fields**.

Mess it up? Your hormones crash.

Fix it? You unlock **growth hormone, testosterone, melatonin, digestion, repair and recovery** — automatically.

THE GROWTH HORMONE TRAIN: 10PM–2AM

90% of your **natural growth hormone** is released **while you sleep**.

But only if you **board the train on time**.

 Peak GH pulse: **10 PM–2 AM**

 Bedtime target: **9:00–9:30 PM**

 Deep sleep goal: **8–10 hours**

Miss this window? Your brain thinks you're under threat → no growth, no recovery, no repair.

GROUNDING: THE HORMONAL RESET BUTTON

Touching the earth **literally resets your circadian rhythm** to match your environment.

-  Walk barefoot outside (dirt, sand, grass)
 -  10–20 minutes daily = enough to reset to that location's **sunlight cycle**
 -  Reduces inflammation → lowers cortisol → restores melatonin production
 -  Triggers parasympathetic state → better digestion, deeper sleep, more recovery
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WHY GROUNDING WORKS:

- **Electrical discharge:** Earth neutralizes static EMF in your body
 - **Cortisol drop:** Cortisol blocks growth + digestion — grounding resets it
 - **Melatonin boost:** Circadian realignment = earlier melatonin release = sleepier at 9 PM
 - **Digestion & nutrient absorption improve:** Less inflammation = better gut lining function
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MELATONIN-BOOSTING FOODS (EAT THESE IN EVENING)

Still not sleepy by 9PM?

You're either inflamed, blue-light poisoned or **undereating** (which shuts down melatonin).

Try these foods **1–2 hours before bed**:

-  **Tart cherries** – natural melatonin bomb
 -  **2 kiwis** – increases sleep onset and quality
 -  **Pistachios** – highest melatonin of any nut
 -  Add a small protein + fat source (like eggs + tallow) to prevent blood sugar crashes overnight
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DAILY CIRCADIAN RESET ROUTINE

1. **Morning:**
 - Go outside within 10–30 min of waking
 - Look toward the sun (no sunglasses) only if the sun is orange with no uv index
 - Barefoot grounding for 10–20 min
2. **Daytime:**
 - Eat most of your calories before 5 PM
 - Move your body in natural light
3. **Evening (Post-Sunset):**
 - Dim all lights after sunset (use red lights if possible)
 - No screens 1 hour before bed (blue light = melatonin killer)
 - Ground again after dinner for digestive boost

4. **Sleep:**

- In bed by 9:00 PM
 - Room cold (65–67°F)
 - Pitch black (no LEDs, no hallway light)
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THE DEEP TAKEAWAY

You don't need more supplements.

You need more **sunlight, darkness and earth.**

 1 bad night = lower testosterone, poor digestion, no recovery

 1 grounded, circadian-aligned day = higher HGH, better nutrient absorption, actual growth

The Formula:

Ground + Early Light Exposure → Cortisol Reset → Better Melatonin → Earlier Sleep → Peak HGH Pulse → Growth + Recovery

If you don't fix this, no diet, no workout, no supplement will save you.

ADVANCED: FACIAL BONE + JAWLINE PROTOCOL

Mewing 2.0:

- Tongue posture on roof of mouth, not teeth
- Keep it unconscious by aligning spine & jaw
- Straight neck = symmetrical face

Jawline Training:

- Chew on weaker side (for even symmetry)
- Sugar-free or mastic gum – 1–2 hours/day
- Humming + neck resistance training

Skin Optimization:

- Cleanser: Sulfate-free
- Moisturizer: Beef tallow, jojoba, or argan oil
- Cold therapy: Ice face 30s after shower
- Exfoliate 1–2x/week + face massage

FRAME MAXIMIZATION PROTOCOL

Build a face + frame women subconsciously chase.

Forget muscles. Start shaping structure.

MECHANOTRANSDUCTION = BONE SHAPING WITH TENSION

When you consistently apply *tension* to bone and connective tissue, your body **remodels itself**.

You can literally **change your neck, jawline, posture, and facial structure** through consistent mechanical pressure.

This is how ancient warriors developed that proud upright posture — not with phones and soft beds, but *gravity, chewing, lifting and breathing right*.

NECK + HYOID TRAINING (MAKE MEWING AUTOMATIC)

You don't rise to the level of your tongue discipline.

You fall to the level of your *neck strength*.

1. Chin Tucks (Wall or Floor):

- Press back of head into the wall
- Slide chin slightly down (double chin effect)
- Hold for 5–10 seconds, repeat 10x
- **Do daily.**

Why it works: Activates deep cervical flexors → straightens spine → *forces correct tongue posture*.

2. Neck Curl-Ups (Lying Flat):

- Lie on back, chin tucked
- Slowly lift head off floor (1 inch), hold 5 seconds
- Return down slowly. 3 sets of 10

Why it works: Strengthens front neck → stabilizes jaw → supports correct mewing angle.



3. Hyoid Activation Drills:

- **Humming:** 3 minutes daily (vibration = tongue and hyoid training)
- **Tongue Slides:** Glide tip of tongue from behind teeth to soft palate
- **Swallow Training:** Swallow with tongue pressed up and no facial movement

Why it works: Builds strength in tongue root and throat → trains unconscious mewing.



4. Resistance Mouth Opens:

- Use 2 fingers under chin
- Slowly open mouth against resistance
- 3 sets of 10 reps

Bonus: Add jaw clench holds with tongue up.



BUILD A FRAME WOMEN SUBCONSCIOUSLY RESPOND TO

Women don't care about muscle.

They care about **frames** — width, shape, posture, symmetry.



Collarbone Genetics:

- If you have long clavicles → prioritize pull-ups, rear delts, lats
- If short clavicles → build big **lateral delts** to visually “widen” shoulders

Your V-taper isn't about muscle mass. It's **shoulder-to-waist ratio**.



FRAME-FIXING EXERCISES:

- **Weighted Pull-ups** (frame strength + width)
 - **Lateral Raises** (build illusion of shoulder width)
 - **Face Pulls + Rear Delts** (posture + symmetry)
 - **Overhead Press** (neck + traps engagement)
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DEBLOAT TO REVEAL STRUCTURE

A lean face = visible jaw

A bloated face = soy softness

POTASSIUM-RICH DEBLOAT STACK:

- **Bananas** – 2/day (muscle tone + anti-bloat)
- **Fresh orange juice + pinch of sea salt** – daily (aldosterone reset)
- **Coconut water** – natural electrolyte rebalance
- **Cooked potatoes, avocado or orange juice** – top-tier potassium foods

Potassium flushes out excess sodium and water retention = sharpens your look fast.

FINAL RULE: STAY LEAN TO STAY SHARP

8–12% body fat is the sweet spot.

Your frame, face and posture show **when your hormones are optimized**.

Aesthetics Stack to Keep You Sharp:

- Lift heavy 2 - 3x per week
 - Walk 10k steps per day
 - Cold shower weekly
 - 20+ mins sun daily (shirtless)
 - High fat, high protein, zero seed oils
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REFRAME WHAT YOU TRAIN

Stop chasing chest pumps.

Start building a **structure that commands attention**.

Train like your bones are clay — because they are.

Mew. Neck train. Fix posture. Stay lean.

You're not building a body.

You're sculpting a masculine frame.

FINAL NOTE

This protocol isn't magic.

It's not about gimmicks.

It's the **last shot** you have before your bones fuse and your structure sets for life.

If you're under 25, this is your chance to permanently change the way you walk through the world.
Stand tall now or stoop forever.

After 25 you can build the shoulder muscles to get a wider frame, the jaw muscles and yes mewing still works at any age but gets slower and harder to see progress.

But keep in mind nose breathing is the most optimal technique to breath by going slow and deep even when training, no mouth breathing it gives you bad breath and ruins your jaw line.

I didn't add any face wash protocols because a clean diet is what makes your skin clear so good digestion and collagen rich foods or supplement with raw liver for retinol,

Everyone has a difference in how they dress or style or even facial features but your shoulder to waist ratio, neck width and clear lean skin is what matters universally.

If you want a protocol I personally just use an organic cleanser and beef tallow as moisturizer while getting frequent massages on face and body to relieve stress and clear out the lymphatic system.

Deep sleep is important for clearing out the glymphatic system which keep your mind clean and healthy and eyes fresh, I recommend something to make you sweat like saunas or boxing so that you can detox heavy metals and microplastics from the body

I still focus on collagen consumption for cartilage health to keep my spine at max length and skin looking fresh while doing mobility, frame and posture exercises, mewing has become a natural to me now since I was 18, I do chew mastic gum now too because it whitens the teeth, sharpens the jaw and improves digestion.

I am already grown now from 5ft 6 at 18 to now 5ft 11 at 23, For context if you say its my genetics, my dad is 5ft 7 and I grew my younger brother to 6ft 1 who is now 18 so the earlier you start the better

Nose breathing is one of the most important things you should take away from this because it has the biggest impact on how you look but most importantly your health.