



Food for growth

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Abstract. The problem of short stature makes life difficult for many people. Proof of this is not only the reports of psychologists, but also hundreds of new questions to specialists left on forums and websites on medicine and sports.

People of all ages are interested in whether it is possible to “deceive” nature and increase their actual height by at least a couple of centimeters. All their questions are answered by qualified nutritionists, physiologists and scientists from around the world in their publications.

Key words: food for growth, recommendations, benefits, harm, beneficial properties, contraindications

Is it possible to increase your height through nutrition?

A person's actual height is determined by genetics. However, there are a number of external factors that also have a huge impact on it. These include a healthy lifestyle, sleep, exercise and, of course, proper nutrition. It is from food that the body receives useful substances that allow it to intensively “build up” connective tissue, in particular bone and cartilage.

Moreover, food contains arginine. This amino acid promotes the release of growth hormone and, as a result, increases the actual height of a person. By the way, arginine “works” more effectively when paired with other amino acids - lysine and glutamine, which are also found in food.

Nowadays, a person can resort to the use of nutritional supplements or medications that stimulate the production of certain hormones. However, doctors warn about the dangers of such methods. Firstly, short stature does not always mean a lack of growth hormone in the body. And, secondly, its excess can cause too much final growth. As a result, having gotten rid of one problem, a person will have to look for a solution to another. If the right food products are used correctly, there can be no disastrous results.

Diet to increase height

Those who want to increase their height need to diversify their diet as much as possible. It must contain various vegetables and fruits, fermented milk products, meat, fish, nuts and legumes. All of

them will ensure the supply of vitamins and minerals, which will not only help you increase your height, but also stay healthy and as energetic as possible.

However, for the natural production of growth hormone, it is extremely important to enrich your body with protein, vitamins and minerals, namely:

- Protein of plant or animal origin. It is indispensable for tissue growth and renewal. And the production of enzymes and hormones, including growth hormone, depends on its presence. [1]
- Vitamin A. The impact of this vitamin on the body is difficult to overestimate. It improves vision and skin condition, improves immunity and increases growth rate. [2]
- Vitamin D. It is involved in the formation of bone tissue. [3]
- Soluble and insoluble fiber. It speeds up the process of food passing through the digestive organs and promotes its absorption, as well as the elimination of toxins and waste. [4]
- Minerals – calcium, phosphorus, iron, zinc, selenium and magnesium [5]. All of them are responsible for the growth of bones and the body itself.

However, we must not forget that the same diet can have different effects on different people. First of all, this is explained by individual reactions to certain products. Although the final result also depends on the person's gender, age, state of health, diseases he has suffered, climate, and even the quality and quantity of what he eats. Therefore, to achieve maximum effect, you should definitely consult a doctor or nutritionist before using this diet.

Top 12 Products for Growth

1. Milk. A universal product for growth. It is both an excellent source of protein and a drink that improves digestion. The recommended daily intake is 2-3 glasses.
2. Eggs. They contain not only protein, but also vitamin D (in the yolk). To notice a clear result, you need to eat 3-6 eggs a day. [6]
3. Chicken. Another source of protein that promotes the growth of bone and muscle tissue.
4. Beef and beef liver. In addition to protein, they also contain iron, an essential mineral for any growing organism.
5. Oatmeal. Source of vegetable protein, fiber and iron. [7]
6. Yogurt. It contains protein and calcium, which are essential for building muscle mass and increasing bone tissue. In addition, regular consumption of yogurt improves digestion and metabolism. [8]
7. Water. Drinking enough fluid (about 8 glasses a day) improves digestion and metabolism. [9]
8. Cod. In addition to vitamins A and D, it also contains calcium and phosphorus [10]. Plus, it's an excellent source of protein. You can replace cod with salmon, tuna or seafood.
9. Rice [11], pearl barley. They contain not only vitamins and minerals, which have a huge impact on the growth and general condition of the body, but also fiber, which is necessary for good metabolism.
10. Nuts. They contain plant protein, magnesium and zinc [12].
11. Cabbage. It is a storehouse of vitamins and nutrients, including calcium, which is necessary for increasing bone tissue.
12. Avocado. [13] It contains both plant protein and magnesium.

What else will help you increase your height?

- **Sports activities.** Any physical activity improves metabolism and strengthens muscles. But it is stretching exercises that provide flexibility to the spine and improve the nutrition of cartilage and bone tissue.

- **Dream.** Studies have shown that during sleep, the body actively produces growth hormone. Therefore, a good night's sleep is the key to good growth.
- **Quitting alcohol, smoking and junk food.** They poison the body and impair the functioning of all its organs and systems. In addition, they are all kind of “inhibitors” of growth.
- **Walking in the fresh air and sunbathing.** Sunlight is an excellent source of vitamin D. A lack of it leads to weakening of bone tissue and, as a result, poor posture and reduced height. It is better to go for a walk early in the morning or in the evening, when the damage from exposure to ultraviolet rays is minimal.
- **Correct posture.** It helps to relax the back muscles and straighten the spine.
- **Striving for an ideal weight.** The absence of extra pounds will have a positive effect on the intensity of human growth. The main thing to remember is that ideal weight has nothing to do with being excessively thin.

From school we know that a person grows during the puberty period, which lasts until 16-17 years, since it is at this time that growth hormone is intensively produced. However, proponents of yoga say that stretching and spinal alignment exercises can work wonders at any age. A striking example of this is Darwin Smith, who added 17 cm in height. He stated that “35% of a person’s height depends on his health and muscle tone, and not on the level of hormones in the blood.” He also created a system called “Grow Taller 4 Idiots”, in which he told how he managed to achieve such results so that everyone could use his methods and test their effectiveness on themselves.

And although not all scientists shared his position, they still agreed that proper nutrition and sports can change people's lives beyond recognition. Moreover, in this case we are talking not only about their growth.

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