

Grow Taller 4 Idiots – This Is My Story With Grow Taller 4 Idiots

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Jan. 15, 2010 - [PRLog](#) -- Grow Taller 4 Idiots is created by Dr. Smith, this program is designed for people who want to get taller. Honestly, I am 5 ft 2 inches in height and expected to grow 4 inches. At first I was skeptical because the program sound too good to be true. Well, there may be some real scientific evident that a person who is over the age of puberty can grow taller. I am 30 years of age. I decided to give it a try to satisfy my curiosity.

At first glance, Grow Taller 4 Idiots package comes with 3 books, the first one explain about the science of “increasing height” which read like a college textbook with unfamiliar medical terminologies that could put you to sleep, the second book reviews on nutrition, essentials foods that you should eat to grow taller, well this part is well-written for young child who is still in a growing stage and lastly, the concept of Grow Taller 4 Idiots is contain in the last book about stretching exercise and posture. These exercises can be done at home safely.

Is there anything that I am impressed with Grow Taller 4 Idiots, there is definitely things that I am impressed. I like the stretching exercises and posture that help you to gain a few inches. These training exercises are proved to help people at adult age to gain height and also the posture that require disciplinary. These are very easy to follow but I still find that the materials are too difficult to read. I am someone who hates to read book that contain boring content. I decided to give up on Grow Taller 4 Idiots.

Later, my friend introduced “Grow Taller Dynamics” which is another height increase program, I refused to check it out at first because I hate to read useless materials. But my friend said that the “Grow Taller Dynamics” program is supplemented by an exclusive high definition 16 video grow taller exercise series. The program is designed by Dr. Philip Miller, a health researcher, natural remedies expert and a doctor by profession with a specialization in neurosurgery.

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<http://howcanigrowtaller.net/>

Well, I decided to give it a try, the video teaches you with a step-by-step manner a combination of 16 different scientifically proven exercises for growing taller. I find the learning is quite fun and no boring and tedious materials to be read. In the end, I fell in love with “Grow Taller Dynamics” that the program contains everything and less expensive than Grow Taller 4 Idiots has. I wish I should have known “Grow Taller Dynamics” before so I wouldn’t be wasting time with Grow Taller 4 Idiots. Anyway the title described itself, it is written for “idiot” like me. I would recommend Grow Taller Dynamics to anyone who hates to read a book.

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