

## Grow Taller 4 Idiots Versus Grow Taller Dynamics

*As a user of both programs, I will provide a brief information about which is better than one another so you can decide which to go for.*

**Jan. 19, 2010 - [PRLog](#)** -- If you have come across both “Grow Taller 4 Idiots” and “Grow Taller Dynamics” and wondering what do they have to offer and which one is better. As a user of both programs, I will provide a brief information about which is better than one another so you can decide which to go for.

Visit this website for more information.  
<http://howcanigrowtaller.net/>

Grow Taller 4 Idiots is designed by Dr. Smith, as a rumor the author isn't a doctor himself, but portray himself as a MD to rise the credibility. The grow taller 4 idiots program has come to the public attention with the new belief that people who are over the age of puberty (male 21 and female 18) can get taller naturally. However, his claim is supported by actual scientific evidence that by doing regular stretching exercise and proper nutrition with essential vitamins can gain a few inches in height. Before the product was being release, Dr. Smith recruited a few volunteers to give a trial for the program. Those volunteers claimed that this program works for them successfully.

Grow Taller 4 Idiots has 3 books, the first book focus on the science of getting taller, it written like a science textbook that could put you to sleep. The second book is the reviews on nutrition with essential vitamins but the information is contributed to a daily diet rather than increase height. Lastly, the whole concepts are revealing in the third book which focus on stretching exercises you can do it at home. These exercises are the proven way that can really help you to get taller. But you need to have commitment and disciplinary to implement on a daily basis.

Overall, Grow taller 4 idiots program has the invaluable information about how you can get taller regardless of your age, but I am not quite satisfy with the materials that require so much reading of boring and unnecessary things. If you hate to read a college textbook, then grow taller 4 idiots is not for you, you may give up half way through.

Later, I discovered “Grow Taller Dynamics” which is created by a certified medical doctor known as “Dr. Philip Miller, a health researcher, natural remedies expert and a doctor by profession with a specialization in neurosurgery.” Grow Taller Dynamics is a lot better than grow taller 4 idiots in way that Dr. Miller has put the content and stretching exercises into an exclusive high definition 16 video grow taller exercise series, that teaches you in a step-by-step manner a combination of 16 different scientifically proven exercises for growing taller.

I love “Grow Taller Dynamics” because I can learn the stretching exercises visually by watching these videos rather than reading. If you hate to read, I would recommend grow taller dynamics as an option.

<http://howcanigrowtaller.net/>

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