Top Testimonies of my best customers

Testimonial from Nahom, 18 yrs old(Addis Ababa)

"I've always felt insecure about my height, and at 18, I was only 165 cm. I didn't think I'd grow much more, but after reading Beki's height increase book, everything changed.

In just five months, I've grown nearly 13 cm! I'm now 178 cm, and it still feels unreal. The book's focus on diet,exercise ,meditation, and avoiding certain foods made all the difference. I followed everything step by step, and the results speak for themselves.

This book honestly changed my life. If you're serious about growing taller, this is the guide you need. Tnx bereket😊🙏"

WPS Office

Testimonial from Henok, 23 yrs old(hawassa)

"At 23, I thought my height was set in stone. I was 172 cm and had tried everything to grow taller with no success. I decided to give Beki's height increase book a shot, and I'm so glad I did.

After just four months of following the advice, focusing on diet, exercises, meditation, and stress management—I've grown almost 10 cm. I'm now close to 182 cm! It feels incredible, and the confidence boost has been life-changing. If you're thinking about trying it, I highly recommend this book. It worked for me when nothing else did. Thank you, bereket🤝"

INDEXES

A
- Adult Height Potential, p. x
- Alcohol and Growth Inhibition, p. x

B
- Bone Health and Growth, p. x
- Breathing Exercises, p. x

C
- Calcium-Rich Foods, p. x
- Coffee and Its Impact on Growth, p. x
- Cortisol and Growth Hormone, p. x

D
- Diet and Height, p. x
- Detrimental Habits, p. x

E
- Energy Drinks, p. x
- Exercise Routines for Growth, p. x

F
- Foods to Avoid, p. x

G
- Green Leafy Vegetables, p. x
- Growth Hormone Stimulation, p. x

H
- Height Growth Supplements, p. x
- Hormonal Balance, p. x

M
- Meditation and Growth, p. x
- Moringa Powder Benefits, p. x

N
- Nutrients Essential for Growth, p. x

WPS Office

P
- Posture and Height, p. x
- Protein-Rich Foods, p. x

S
- Screen Time Reduction, p. x
- Sleep and Height Growth, p. x
- Soy Products, p. x
- Stretching Exercises, p. x
- Sugar's Impact on Growth, p. x
- Supplements, p. x

T
- Testosterone Production, p. x

V
- Vitamins for Growth, p. x

W
- Weight Management and Height, p. x

WPS Office

Bereket's height method message of the author

UNLOCK THE HEIGHT YOU'VE ALWAYS DREAMED OF WITH THIS TRANSFORMATIVE GUIDE, DESIGNED FOR THOSE WHO BELIEVE IN THE POWER OF PERSEVERANCE, DISCIPLINE, AND FAITH. THROUGH THIS BOOK, YOU WILL DISCOVER HOW TO MAXIMIZE YOUR GROWTH POTENTIAL NATURALLY IN JUST 90 DAYS. EVERY CHAPTER IS A TESTAMENT TO THE IDEA THAT WITH THE RIGHT MINDSET, NUTRITION, AND LIFESTYLE CHANGES, YOU CAN OVERCOME THE LIMITATIONS OF YOUR GENES. THIS IS MORE THAN JUST A GUIDE—IT'S A JOURNEY OF SELF-DISCOVERY AND EMPOWERMENT, CRAFTED FOR THOSE WHO ARE READY TO TAKE CONTROL OF THEIR DESTINY.

IN THESE PAGES, YOU'LL FIND NOT ONLY THE PRACTICAL STEPS NECESSARY FOR HEIGHT INCREASE BUT ALSO THE INSPIRATION TO PUSH THROUGH THE CHALLENGES THAT COME WITH ANY GREAT PURSUIT. THE METHODS OUTLINED HERE ARE ROOTED IN SCIENTIFIC PRINCIPLES, ENRICHED BY PERSONAL EXPERIENCE, AND FUELED BY THE UNDERSTANDING THAT YOUR POTENTIAL IS LIMITLESS. REMEMBER, LIFE IS FLEETING, BUT THE IMPACT YOU MAKE ON YOURSELF AND OTHERS CAN LAST FOREVER. LET THIS BOOK BE YOUR COMPANION AS YOU STRIVE FOR A BETTER, TALLER VERSION OF YOURSELF—BECAUSE IN THE END, IT'S NOT JUST ABOUT GROWING TALLER, BUT ABOUT GROWING STRONGER IN EVERY ASPECT OF LIFE.

BEREKET BERHE

1. BEST THINGS TO EAT

Introduction to Height-Boosting Nutrition

When it comes to increasing your height, what you eat plays a crucial role. Your diet is the foundation of your growth potential, providing the essential nutrients your body needs to develop strong bones, muscles, and overall health. By focusing on high-protein, low-fat foods, calorie-dense options, organic fruits with their natural seeds, and plenty of green leafy vegetables, you can give your body the best possible support for growing taller. In the following sections, we'll break down exactly which foods to prioritize and why they're so effective in helping you reach your maximum height.

Best Foods for Height Increase

Fueling your body with the right foods is key to unlocking your height potential. Here's what you should focus on:

- **High-Protein, Low-Fat Foods**: These provide the essential building blocks for growth without the extra fat. Include:
  - **Lean meats**
  - **Raw eggs**
  - **Peanut butter**

WPS Office

Get more than 100 gram protein everyday







- High-Caloric Foods: These give your body the energy it needs to grow. Stock up on:
  - **Rice**
  - **Pasta**
  - **Flaxseed**
  - **Injera**
  - **Avocado**
  - **Lentils**
  - **Kidney beans**
  - **Honey**
  - **Peanut butter**





WPS Of




- Organic, Seeded Fruits: Always go for organic and check if the fruits have their natural seeds, as seedless fruits may not be as beneficial. Focus on:
  - **Bananas**
  - **Oranges**
  - **Avocados**
  - **Apples**






WPS Office

- Green Leafy Vegetables**: These are packed with vitamins and minerals crucial for bone health and growth. Eat plenty of:
  - **Salads**
  - **Spinach**
  - **Cabbage**





2. FASTING PROTOCOL

Introduction

When we start fasting, our body undergoes a remarkable transformation. First, cells undergo intercellular cleansing, clearing out old materials. The brain then boosts production of brain-derived neurotrophic factor (BDNF), enhancing cognitive function.

As fasting progresses, the body enters ketosis, burning fat for fuel and initiating detoxification to remove toxins. This fat-burning process also stimulates the production of human growth hormone, which supports tissue repair, muscle growth, and rejuvenation. Fasting is more than just discipline — it's a powerful way to rejuvenate both body and mind.

ጾም የዚህ መጽሐፍ ዋና አካል ነው እና እርሱን ከዘለሉት ምንም ለውጥ በቁመት ላይ አያመጡም ለምን ያህል ጊዜ እንደሚቀይ እና እንዴት እንደሚረግ ለማወቅ ከፈለጉ በዚህ መጽሐፍ የመጀመሪያ ገጽ ላይ ያስቀመጥኩትን ቪዲዮ ይግዙ።



REMEMBER FASTING IS THE KEY CONCEPT IN GROWING TALLER, SO YOU ARE NOT ALLOWED TO SKIP IT! DO IT PROPERLY!

3. SUPPLEMENTING PROTOCOL

How Supplements Can Help Increase Height?

While a balanced diet and exercise are essential for growth, specific vitamins and minerals can further enhance your height potential. Here's how:

- **Calcium**: Vital for bone development. When paired with vitamin D, it aids in calcium absorption and supports strong bone growth.
- **Vitamin D**: Helps absorb calcium and is crucial for maintaining bone health.
- **Zinc**: Stimulates growth hormone production. Adequate zinc levels can prevent stunted growth.
- **Magnesium**: Regulates calcium levels and contributes to bone strength.
- **Vitamin A**: Promotes new cell and tissue production, which is essential for bone growth.
- **Omega-3 Fatty Acids**: Found in fish oil, these support bone and joint health and help with recovery from physical activities.
- **Amino Acids**: Such as arginine and ornithine, can boost growth hormone levels.

WPS Office

a. Moringa shake

Moringa powder is a potent supplement that supports growth by providing essential nutrients. It's rich in calcium for bone strength, magnesium for calcium regulation, and zinc to boost growth hormone production. With high levels of iron for oxygen transport and vitamin A for healthy bones, Moringa powder helps enhance the body's natural growth processes.

ሞሪንጋን አንዴት ማዘጋጀት አንዳለቦት, ምን ያህል ማጠን አንደሚያስፈልግ, መቼ አንደሚጠቀሙት እና ከፍተኛ ጥራት ያለውን ለይቶ ለማወቅ ከፈለጉ አዚህ መጽሐፍ የመጀመሪያ ገፅ ላይ ያለውን ቪዲዮ ይግዙት!



b. Testosterone blend(only for men)

This part is only men, so girls skip it! Testosterone is crucial for triggering growth hormone, essential for height, muscle, and bone strength. To naturally boost testosterone, try this powerful blend:

- **Lemon: Reduces cortisol, supporting testosterone.**
- **Broccoli: Lowers estrogen, boosting testosterone.**
- **Ginger: Enhances testosterone production.**
- **Bananas: Provide nutrients essential for testosterone.**
- **A Pinch of Salt: Balances electrolytes for proper hormone function.**
- **Water: Keeps you hydrated and supports nutrient absorption.**

ይህን ድብልቅ እንዴት ማዘጋጀት እንዳለቦት፣ ምነ ያህል እንደሚጠቀሙ እና መቼ እንደሚጠቀሙት ማወቅ ከፈለጉ፣ በዚህ መጽሐፍ የመጀመሪያ ገጽ ላይ የጠቀስኩትን ቪዲዮ ይገዙ!



c. Milk for growth

In the first edition of my book, I prohibited drinking cow milk because my research was based on the effects of boiled milk, which reduces the bioavailability of key nutrients vital for height growth. However, after conducting a deep and thorough study on raw milk, I found that it offers a significant advantage in promoting growth. Raw milk retains its full nutritional profile, including beneficial enzymes, proteins, and minerals, which are crucial for bone development.

As a result, I now recommend consuming 600-950 ml of raw milk per day to support optimal height growth. For those who prefer an alternative, coconut milk can be consumed instead, though raw cow milk provides the most growth-enhancing benefits.



WPS Office

d. Water for Growth!

Water isn't just about satisfying your thirst, it's the secret fuel that powers your body's growth engine! Staying hydrated keeps your energy up, helps your body absorb the nutrients you need to grow, and even boosts the production of growth hormones.

Think of water as your body's natural booster juice. When you drink enough—***around 2-3 liters a day***—you're giving your cells the hydration they crave to keep you growing strong and healthy. So, grab your water bottle and sip your way to new heights!



NEVER EAT OR DRINK THESE

- **No Coffee** and Energy Drinks: Caffeine disrupts sleep, reducing the release of growth hormones.
- **No Cigarettes**: Smoking reduces blood flow and oxygen to tissues, impairing growth and healing.
- **No Sugar**: Sugar spikes insulin levels, disrupting hormone balance and reducing growth hormone production. Only you are allowed to have 3 tablespoons of sugar after the sprinting.
- **No Alcohol**: Alcohol interferes with hormone production and disrupts sleep, both of which are crucial for growth.
- **No Cosmetics**: Many cosmetics contain chemicals that can disrupt hormone balance. Opt for natural skincare alternatives.
- **No masterbation**: Sorry guys but if you were doing this shit before its time to stop it otherwise not only your life gets shitier but also you won't grow taller.

For males only:

- **No Estrogen** Ingredients: Estrogen lowers testosterone, which is vital for the production of growth hormone. Keeping testosterone levels high is key to supporting growth.
- **No Soy Products**: Soy contains phytoestrogens that mimic estrogen, reducing testosterone and hindering growth.
- **No fat foods:** Fat foods increase estrogen, hormonal imbalances and lower testosterone levels, which affect your growth hormone production.

WHS office



YOU CAN EAT OR DRINK ANYTHING YOU WANT EXCEPT THE THINGS THAT I MENTIONED IN THE ABOVE LIST!

CHAPTER TWO

WPS Office

EXERCISES DESIGNED TO INCREASE HEIGHT

EXERCISES

The main goal of these exercises is to create a tensional force on your spinal cord and entire body, which can potentially add a few extra inches to your height. Think of it as giving your spine a gentle stretch and elongation! By focusing on these movements, you can just gain some height without the other methods. So, get ready to have some fun while adding those precious inches to your frame. Whether it's sprinting like a superhero, hanging like a monkey, or stretching like a yogi, these exercises are designed to make you taller and stronger in an exciting and enjoyable way.

1. **Stretching**:

Regular stretching can help you appear taller and improve your posture. It decompresses the spine, counteracting the effects of gravity, and strengthens supportive muscles. Stretching also enhances flexibility, stimulates growth hormones, and boosts blood circulation, aiding muscle and bone growth. By reducing stress and muscle tension, stretching creates an optimal environment for height potential. .

- Incorporate these stretches into your routine:
  - **Cat Pose**
  - **Upward Dog**
  - **Y-Pose**
  - **Cobra Stretch**

- Do these exercises 4-5 times per week

WPS Office



2. Bar Hanging:

The Benefits of Bar Hanging for Height Increase

Bar hanging helps maximize height by decompressing the spine, which counters daily compression from gravity. This exercise improves posture, stretches back and shoulder muscles, and can stimulate growth hormone release. Regular hanging reduces muscle tension and promotes better alignment, helping you stand taller and feel more confident.

- **All you need is a pull-up bar or something sturdy to hang from.**
- **Make sure to relax your body while doing it.**
- **This exercise stretches your spinal cord and limbs, applying tensional force.**
- **Do this every day for three minutes, either in the morning or evening.**



3. Sprinting

The Benefits of Sprinting for Height Increase

Sprinting boosts height potential by stimulating growth hormone release, essential for growth and development. This high-intensity exercise strengthens muscles and improves overall body alignment, which can enhance posture. Sprinting also promotes cardiovascular health and boosts circulation, ensuring nutrients and oxygen reach growth tissues efficiently. Regular sprinting contributes to a taller, healthier physique.

- For best results, do 8 sets of 200m sprints.
- Sprint explosively—just running or jogging won't cut it!
-Carry a 1 kg backpack while sprinting to create micro fractures, as previously mentioned.
- Don't forget to rest after each sprint.
- Try to do it in the afternoon or at night.
-After the sprint you are allowed to take 3 tablespoons of sugar with tea, only after this.
-Do it 3 times per week.

DON'T RUN, SPRINT VERY FAST!

FOR BEST RESULTS DO IT AT THE EVENING!

WPS Office



3. Walking, skipping rope and swimming

- **45-Minute Walk**: Enhances blood circulation, supports spine health, and helps in weight management, all of which are crucial for optimal growth. Do this 5-6 times per week.

- **Skipping Rope**: Stimulates the release of growth hormones, aids in spine elongation through repeated jumping, and strengthens bones, particularly in the legs. Do this 2-3 times per week.

- **Swimming**: Provides full-body stretching, promoting spine elongation and flexibility. The low-impact nature of swimming reduces stress on joints while still encouraging growth. It's best to use your hands and legs effectively while swimming, as this engages more muscles and maximizes the stretching benefits for height growth.
- **TRY TO SWIM FOR ONE HOUR EVERY WEEK!**

PS Office







CHAPTER THREE

WPS Office

FIX YOUR LIFE, GROW TALLER

1. SLEEP WELL GROW TALL

Sleep is vital for growing taller because it's when the body ***releases the most human growth hormone (HGH).*** To help your body grow, follow these simple sleep tips:

- Sleep 9-10 hours every night to maximize HGH production.
- Turn off lights and put away electronics before bed to avoid sleep disruptions and potential health risks.
- Sleep on your back to support your spine and maintain good posture.
- Stick to a regular sleep schedule that aligns with your circadian rhythm for deeper, more effective rest.

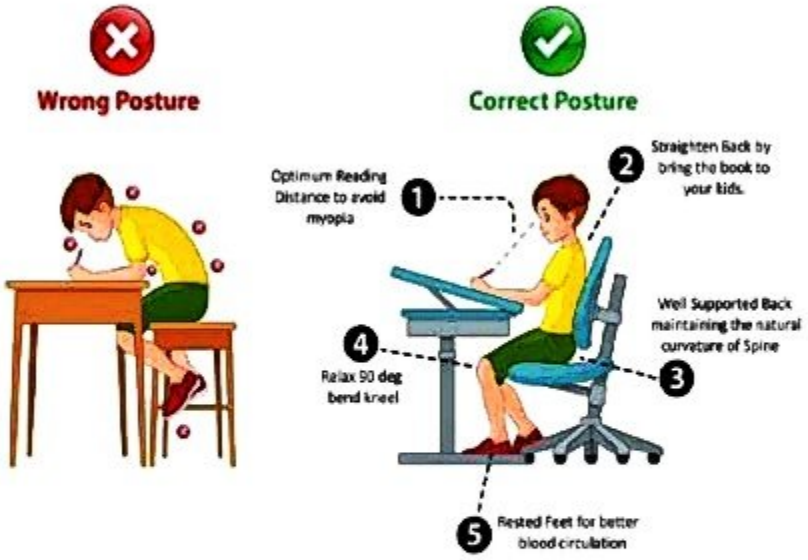
- Sleep early and wake up early always!



WPS Office

2. SITTING POSTURE

Poor sitting posture, like slouching or hunching, compresses the spine and can stunt height growth. Sitting up straight with proper alignment helps maintain a healthy spine and supports your growth potential. Good posture is key to maximizing your height.



3. GET SUNLIGHT

Sunlight is essential for height growth because it helps your body produce vitamin **D3**. This vitamin is crucial for absorbing **calcium** and **phosphorus**, minerals needed for strong bones. Without enough **vitamin D3**, bone growth can be stunted. Just ***15-30 minutes of sun exposure 3-4 times a week*** ensures your body has what it needs to grow taller and stronger.

DO IT IN THE MORNING





4. DON'T BE STRESSED

Stress can stunt your growth by ***increasing cortisol,*** a hormone that ***lowers testosterone.*** Low testosterone then reduces the production of human growth hormone (HGH), which is vital for growing taller. Managing stress is key to supporting your body's growth.



5. SCREEN TIME

Limiting screen time is crucial for height growth:

- **Better Sleep**: Less screen time improves sleep quality, essential for growth.
- **Improved Posture**: Reduces the risk of poor posture, aiding spinal alignment.
- **Lower Stress**: It reduces stress, promoting a healthy hormonal balance.
- **More Activity**: Encourages physical activity, which supports growth.

Cutting back on screen time enhances sleep, posture, mental health, and physical activity, all vital for height growth.



WPS Office

6. MEDITATION

Meditation helps promote height growth by:

- **Lowering Cortisol:** Reduces stress hormone levels, which can otherwise inhibit growth.
- **Enhancing Testosterone:** Allows for optimal testosterone production, vital for muscle and bone development.
- **Increasing HGH:** Higher testosterone levels lead to more human growth hormone (HGH) , crucial for bone lengthening and height growth.



በመፅሀፉ ዙሪያ ቀጥታ ከኔ ጋር ተገናኝቶ የ VIP አገልግሎት
ለመጀመር በ telegram @beki2030 ላይ VIP ብላቹ message ፃፉልኝ!

CONCLUSION

As you reach the final pages of this guide, take a moment to reflect on the journey you've embarked upon—a journey not just towards greater height, but towards a more empowered, confident, and healthy version of yourself. Height, for many, is more than just a physical attribute; it's intertwined with our identity, self-esteem, and the way we move through the world. Yet, as you've discovered in these pages, height isn't solely dictated by the genetic lottery. It's influenced by the choices we make every day, the habits we form, and the knowledge we apply.

Throughout this book, we've explored the multifaceted factors that contribute to height growth. From the nutrients that fuel your body's growth processes to the exercises that stretch and strengthen your frame, every aspect of your lifestyle plays a role in determining your height potential. But beyond the practical tips and scientific insights, there's a deeper message here: growth is about more than just inches or centimeters. It's about maximizing your potential in every aspect of life.

Consider the role of nutrition, for example. The foods you choose to nourish your body with are not just fuel; they are the building blocks of your very being. By embracing a diet rich in essential vitamins, minerals, and proteins, you're not only supporting your height but also fostering overall health and vitality. It's a powerful reminder that what you put into your body directly affects what you get out of it.

WPS Office

Physical activity, too, is more than just a means to grow taller. It's a way to build strength, resilience, and a sense of discipline. The exercises outlined in this book—whether it's stretching, strength training, or swimming—are designed to support your growth, but they also contribute to a healthier, more active lifestyle. The benefits of regular exercise extend far beyond height, impacting everything from your cardiovascular health to your mental well-being.

And then there's the mind-body connection. Through meditation and stress management techniques, you've learned how critical mental health is to physical growth. Stress, if left unchecked, can be a significant barrier to growth, as it impacts hormone production and overall well-being. By incorporating mindfulness practices into your routine, you're not only supporting your physical growth but also nurturing a more balanced, centered approach to life.

This holistic approach to growth truly sets this guide apart. It's not just about following a strict regimen or adhering to rules; it's about understanding and embracing the interconnectedness of your body, mind, and spirit. Growth isn't a destination—it's an ongoing process that continues as long as you stay committed to bettering yourself.

I want to share something personal with you: this book was not just an idea I casually pursued. It was a labor of love, born out of my own quest for self-improvement. I worked tirelessly to research, to experiment, to write, and to publish this guide—all on my own, at the age of 21. There were countless late nights, moments of doubt, and challenges along the way. But what kept me going was the belief that I could make a difference, not just for myself, but for anyone else on this journey.

Let this be a reminder to you: success in any area of life requires discipline, persistence, and an unwavering belief in yourself. There will be days when the goal seems distant, when the obstacles feel overwhelming, but it's in those moments that your true character is built. Stay disciplined, stay focused, and remember why you started. Growth, both physical and personal, requires patience and dedication, but it is always within your reach if you are willing to work for it.

So, as you close this book, don't see it as an end but as a beginning. The knowledge you've gained here is a tool—use it wisely. Continue to educate yourself, listen to your body, and most importantly, believe in your capacity to grow. The journey may be long, but with determination and the right approach, your goals are within reach.

And now, with a heart full of gratitude and excitement for what lies ahead, I bid you farewell. Stand tall, my friend—quite literally—and go out there to conquer the world. Goodbye, and may your growth be as boundless as your dreams!

WPS Office

MY FINAL WORD

I sacrificed more than I can ever express—time, energy, and even pieces of myself—to bring this book to life. It's more than just words on a page; it's the story of my fight, my survival, and my determination to leave a mark on this world. I started with nothing, and from that nothing, I created something I'm proud of.

But life, as I've painfully learned, is tragically short. Time slips through your fingers no matter how tightly you try to hold on. One day, you will die, and so will I, and the world will continue without us, indifferent to the fact that we were ever here. Our names will be forgotten, erased by the relentless march of time, as if we never existed at all.

So, I beg you—live. Live with everything you have. Don't waste a second, because every moment is a gift that can never be reclaimed. Life is too brief, too fragile, to be anything less than extraordinary. Push yourself, chase your dreams, and never settle for less than what you're capable of.

My work ends here, and I can say with every ounce of honesty that I am proud of what I've accomplished. More than anything, I'm proud that I came from nothing and created something that I hope will matter to someone, somewhere.

WPS Office

This is my goodbye, and it's a sad one because I know that my time here is limited. But if I've done my job right, maybe—just maybe—I will be remembered for this. If not my name, then for the impact these words might have on your life.
Farewell, dear reader. Bereket out…

Bereket Berhe G.

….THE END