

BIONE
LIV DIFRENT



Maximize height growth with **Bione**

HEIGHT GUIDE

The most comprehensive height growth solutions in India

Diet + Exercise + Sleep + Brain stimulation = Height growth

LIFE IS BETTER WHEN YOU ARE TALL

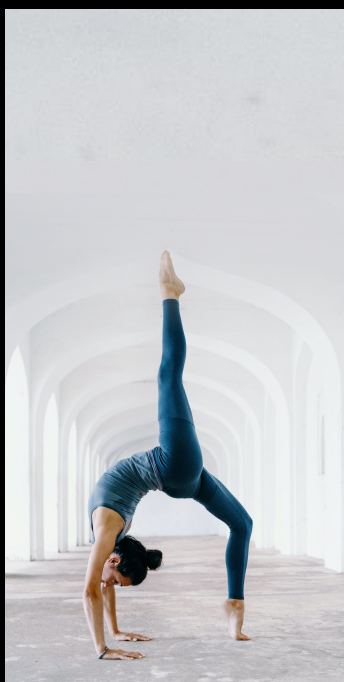
Being tall is not just a physical advantage; it opens a lot of doors for you. In any sphere, ranging from sports to the corporate world, your height is your trump card. Though being tall in most cases is the result of your genes, with your height more or less determined by the height of your parents or grandparents, there is hope for those who are not born tall.



HOW TO INCREASE HEIGHT WITH HEALTHY FOOD?

A healthy diet does help in increasing height. There are several foods that have the potential to stimulate the production of the human growth hormone, which may support optimal height attainment during the growing phase.

- Proteins
- Fluoride, Manganese, Iodine, Phosphorus, Magnesium
- Calcium
- Vitamin D
- Vitamin F, Vitamin C, Vitamin B2, Vitamin B1, and Vitamin A.
- Carbohydrates
- Omega-3, Omega-6 fatty acids
- Eggs
- Chicken
- Soy Bean
- Banana
- Oatmeal
- Nuts and seeds
- Leafy green vegetables
- Fish
- Dairy products



BEST TYPES OF EXERCISES TO INCREASE HEIGHT

These are the exercises that have been known to have beneficial effects when it comes to height:

- Swimming
- Hanging Exercises
- Ankle weights
- Cobra Pose
- Pelvic Shift
- Skipping Rope
- Dry Land Swim
- Forward Spine Stretch
- Straight Leg-up Exercise
- Alternate Leg Kick



EXCLUSIVE CONTENT

To gain access please get in touch with our team.



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#404, 4th Floor, Brigade IRV Center,
Nallurhalli, Whitefield, Bengaluru,
Karnataka - 560066

Have more questions?

Reach out to us using the contact details below

+91 806 840 5489