

## Increasing Height through Diet, Exercise and Lifestyle Adjustment

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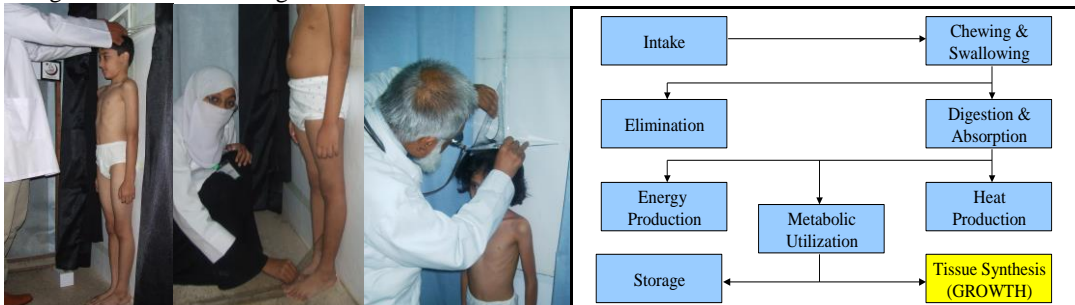
*Stunting* is a condition in which a child has lesser height-for-age. The best course of action to treat is condition is through diet, exercise and lifestyle adjustment. To gain height, the child should consume food high in calcium and protein as well as fiber (bread, etc.), the last one, also, prevents constipation and decreases consumption of salt and fat. Diet-based interventions shall be effective, only, if the student is not suffering from vitamin-D deficiency (<http://www.ngds-ku.org/Presentations/VitaminD.pdf>). A student, who has excess height-for-age, is considered *tall*, taking current-age-mid-parental height as reference. Taller students run a higher risk of acquiring scoliosis (<http://www.ngds-ku.org/Presentations/CSRW.pdf>), if they do not maintain optimal weight-for-height (<http://www.ngds-ku.org/Papers/J29.pdf>). Stunted children should perform light-stretching exercises (dressed minimally, giving the body an opportunity to breathe) in a park just after sunrise, e. g., hanging from bar, mild stretching, summersault, cartwheel (<http://www.ngds-ku.org/Presentations/Fitness.pdf>). They may be encouraged to exercise even during TV-watching and not sit still with upper torso taking a curved posture as the muscles get tired, possibly inducing kyphosis, neck pain and backache. Such children should be mandated to exercise for 5 minutes after each class (stretching, bending, touching toes as well as performing head-, neck-, eye- and wrist-exercises), while attending school. In addition, parents should make sure that their sleep-duration is increased to 9 hours or more. For the children to sleep soundly and achieve maximum from bedtime, the authors recommend performing light exercises, massaging with olive oil, taking bath with lukewarm water, changing into fire-resistant pajama-shorts (discourage sleeping in day clothes or underwear), drinking a glass of milk, brushing teeth, getting into bed on time in a room with subdued lights (artificial lights should be absent). While in bed, the parents or caretakers should ask about day-routine, including good and bad things (to uncover any internal frustrations) followed by telling a story or reading a poem. Those children, who sleep in air-conditioned rooms, should cover their body from neck to feet throughout the night with a thick sheet or a blanket to avoid catching cold. A 3-minute, slow-stroke back massage has shown to improve quality as well as quantity (by about 36 minutes) of nighttime sleep in patients suffering from dementia.

**Keywords:** Optimal weight, stunting, tallness, diet-based intervention, school-age child, vitamin-D deficiency

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From left to right, height-measurement techniques and journey of a chunk of bite resulting in tissue synthesis (height gain) — *Growth Monitoring and Assessment*, Seminar of Dr. Salahuddin Sheikh

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