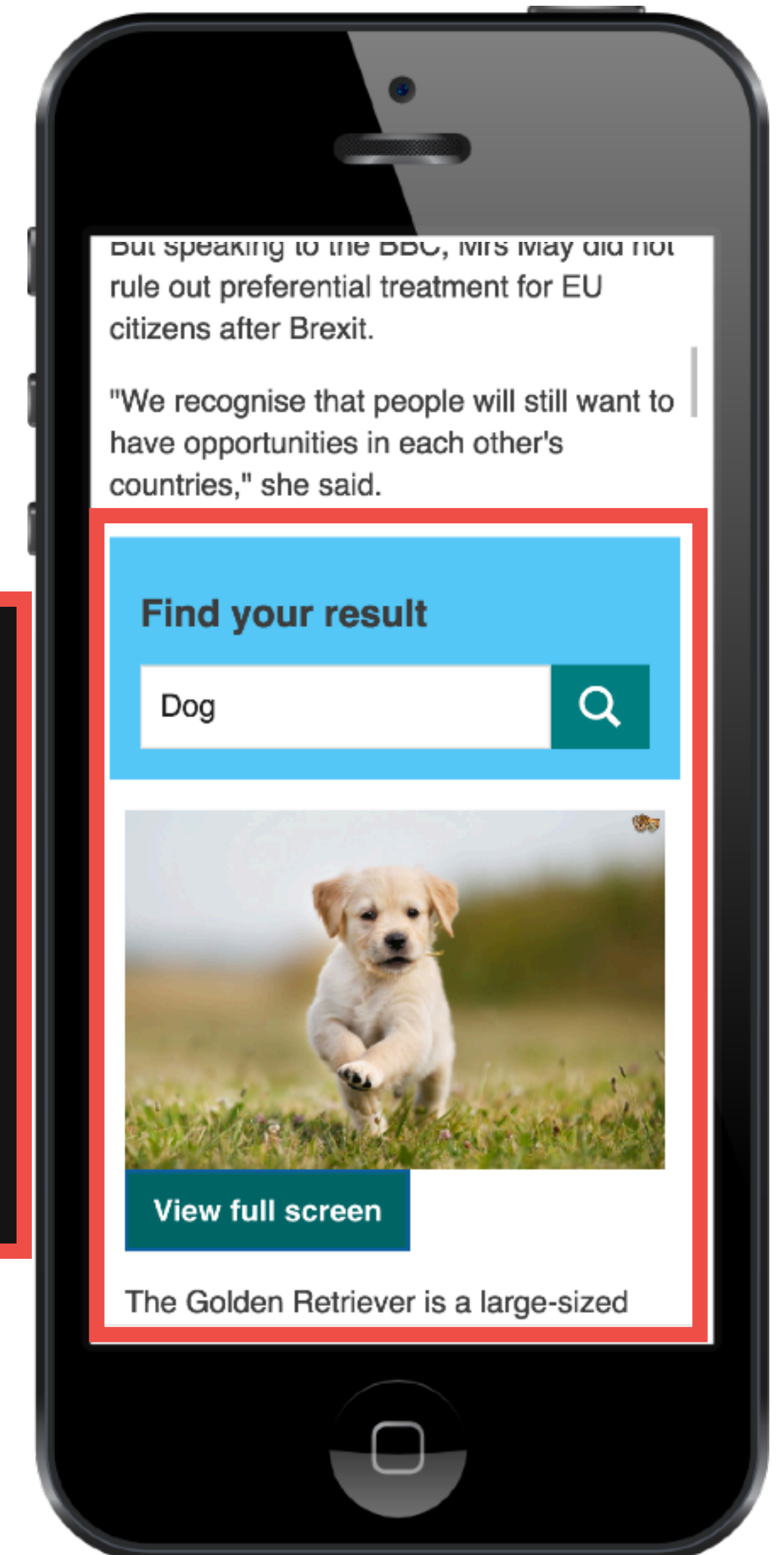# FIXING IFRAME RESIZING

Application code (inside iframe)

```
if (isInsideIframe()) {
  setInterval(() => {
    window.parent.postMessage(document.body.offsetHeight, '*');
  }, 50);
}
```

FIXING IFRAME RESIZING

Host page

```html
<!-- this is the embedded version -->
<iframe id="interactive" src="standalone.html"></iframe>

<script>
window.addEventListener('message', (event) => {
  document.getElementById('interactive').style.height = `${event.data}px`;
});
</script>
```