

Rejuvenation and Longevity

It is obvious that the average **longevity** in countries with a certain level of **well-being** has increased. This fact is due to constant **health monitoring**, **disease prevention**, and progress in the **pharmaceutical field**. However, if we try to define what **health** really is, we can notice that not everything is going well. According to the definition of the **World Health Organization (WHO)**, the concept of “**health**” implies the **absence of disease** combined with complete **physical**, **mental**, and **social well-being**.

- **Absence of disease?**
- **Complete physical well-being?**
- **Mental well-being?**
- **Social well-being?**

These are all issues to be solved. It is true, the average **life expectancy** in Italy is about **84 years**. A hundred years ago, the average was only **45 years**.

Let us carefully examine the **health condition** of a modern human being after the age of **50**. **Absence of disease?** The vast majority of people take **medications** permanently. Most of these drugs only hide the **symptoms**, without curing the **cause**. This means the **disease** persists. People suffer from **high blood pressure**, and are prescribed drugs to lower it, without healing the **blood vessels** from the inside. An exception is the war declared against **cholesterol**, although cholesterol is an important **substrate** for the synthesis of **vitamins**, **hormones**, and **cell membranes**.

Turning to **physical well-being** after 50: **headache?** Take a pill. **Back pain?** Take another. Homes of certain people have become real **pharmaceutical warehouses**. After prolonged use, the body develops **resistance**, and **Big Pharma** already has stronger substitutes ready.

Now let's consider **mental well-being**. **Depression** destroys people. Doctors prescribe **antidepressants**, then withdraw them, then prescribe them again. People begin to forget words, forget what they just did, until **Alzheimer's disease** arrives.

Regarding **social well-being**, I wrote an entire book titled “**Stalking Yourself**”, where I describe how an insecure and mentally fragile person transforms into a **warrior full of vitality and well-being**.

This site is dedicated to **rejuvenation** and restoring **well-being without drugs**, using our **innate abilities** hidden inside us. We must extract and use them.

The first essay is dedicated to **physical culture for health**, describing the **biological foundations** of **sports activity**. Popular systems like **aerobics**, **bodybuilding**, **yoga**, and **Chinese gymnastics** are analyzed, showing their lack of solid **theoretical basis**. I propose a new **methodological approach** to **sports activity** aimed at **rejuvenation**.

The second essay, “**Athletic Preparation in Martial Arts and Beyond**”, focuses on

strength training in sports. It analyzes **biochemistry**, **physiology**, and **sports practice**, all within a **Hegelian dialectical context**.

The third pillar is a collection of true stories titled “**Stalking Yourself**”, where I describe how I discovered my **magical essence** and began to live in harmony with it.

Despite all the **magic** and **Hegelian philosophy**, I must remain understandable. Therefore, let us stay grounded and focus on the **practical aspects of rejuvenation**.
