

Waiting in Vain: Your rejuvenation Is in Your Own Hands

Today, I want to address a topic that, from my point of view, is extremely important. I speak as a scientist who has conducted research since my university years: the development of science in contemporary society. At first glance, everything seems clear. Anyone watching TV is bombarded daily with reports of new scientific discoveries and sensational breakthroughs.

However, we must distinguish two things:

1. Science as Discovery: Something new that our civilization did not know before, such as the invention of the wheel, which revolutionized transportation, or penicillin, which saves human lives.
2. Technology: The application of existing discoveries. I remember the first computers, as big as four-door closets, and programs carried on carts full of punched paper. Today microprocessors have replaced diodes, and we carry infinitely more powerful computers in our pockets. Yet scientifically, the binary system behind everything has remained unchanged.

The Brake in **gerontology** and Sports

Over the last fifty years, I have closely followed major developments in **gerontology** and sports, and I can affirm that nothing fundamental has been discovered since the 1980s. Geriatric doctors use the same treatments for elderly people that they used forty years ago, simply adding new drugs discovered in the last century. Many sports records from the 1980s remain unbeaten despite modern medications, supplements, and machinery. I covered this topic in detail in my book "Athletic Preparation in Martial Arts and Beyond," available for free as a PDF on the website.

We must not confuse **gerontology** (the science studying **aging**) and geriatrics (the medical discipline dealing with age-related diseases) with aesthetic medicine, even though aesthetic doctors use the term "**rejuvenation**." This is due to marketing and has nothing to do with real scientific progress.

The Ethical and Financial Problem of Research

For contemporary scientists, funding is typically granted for three years. After that, they must present a scientific discovery or at least a plausible explanation of how the money was spent. On one side, three years is extremely short for real

research. On the other side, there is no real competition among scientists working in the same field—they know each other well and meet multiple times a year at conferences. To earn more, a researcher needs to be cited by others, so it is more convenient for them to be friends and accomplices rather than competitors. Thus a corrupted community is formed.

The False Promises of **anti-aging**

There are many theoretical studies and technologies in the field of **rejuvenation** (as I mentioned in my essay “Modern Scientific Approach to **rejuvenation**”), but as of today, no proven human treatments exist. Despite this, advertising promises are countless. Just look at the case of billionaire Elizabeth Holmes, now in prison for defrauding investors by promising that a simple blood test could diagnose countless diseases.

Therefore, no “magic pills” for **rejuvenation** exist at the moment.

But there ARE things that truly work:

1. Well-designed **physical activity**.
2. A well-**balanced diet**.
3. A clear and rational mind.

You can find more details on **physical activity** and diet on the page “The Core: Active **rejuvenation**,” where a free PDF essay is available for reading and download. To train **mental clarity**, I recommend my book “Self-Stalking,” also available for free as a PDF.