

The Origins of a New Rejuvenation System

The major flaw of **modern researchers** lies in **excessive specialization**. Today's **universities** train **engineers and scientists** in **fields of knowledge** that are far too **narrow**.

I will give you an example, perhaps **ridiculous**, but useful to **emphasize the problem**.

Question: "*Who is the author of the novel entitled The Picture of Dorian Gray?*"*

Answers:

1. Giovanni Boccaccio
2. **Oscar Wilde**
3. Lev Tolstoy

A student who has read none of the three, like a **modern graduate**, might reason as follows: the name **Dorian Gray** suggests an **Anglo-Saxon culture**; **Boccaccio** is Italian; **Tolstoy** is presumably Slavic. *Wilde* is an English word, therefore it is very likely that **Oscar Wilde** is the author of the novel. The student clicks and "**Bingo!**"

When I was studying, during **university exams**, one would draw an **overturned slip of paper**, with the questions written underneath. You went away to prepare your answers and then returned to the professor, who listened with a **petrified expression**, sometimes without uttering a single word, merely writing the grades in the register. I do not want to use the rhetorical phrase "*How beautiful the old days were.*" But it is a fact that the **great scientists of the past** were **extremely cultured individuals** in several fields. For this reason, they were able to **create something that did not exist**, because they could see the problem from **multiple points of view**, drawing **much more sensible conclusions**.

I have **two degrees**, one in **medicine** and the other in **biochemistry**. I have practiced **sports** since the age of **seven** until today, and when I was about **fifteen**, while competing in **swimming**, I began to study the **science of sport** seriously, driven by a very **pragmatic motivation**: I wanted to **win races**. My research was stimulated by the book of the famous swimming coach **James E. Counsilman**, entitled *The Science of Swimming*. In this book, the author integrated **biophysics**, **physiology**, and even **psychology** into the study of swimming. **Counsilman** was a **genius with vast culture** and created a **new sporting field**; his students won the **Olympic Games** and set **world records**.

While studying at university, I often spoke with lecturers and professors from **various departments** about **sports-related problems**. But over time, I realized that they saw

the **athlete only as a test tube**. One professor, absurd as it may sound, once gave me a **biochemical** piece of advice: *“If you want coffee to have an effect, do not add sugar, because it is an **antagonist of caffeine**.”* I, being the last of fools, one late evening drank **coffee with sugar**, thinking: *“What does it matter if it’s late, sugar will inhibit it.”* And... **I spent the night sleepless**. Perhaps the only truly competent professors, whose knowledge I could put into practice, came from the departments of **Orthopedics** and **Cardiovascular Medicine**. It is a pity that athletes turn to **orthopedists and cardiologists** only when the worst has already happened, instead of **preventing the problem**.

Since my university years, I have had a great interest in **gerontology**, perhaps because I spent a lot of time at my **grandmother’s house**. My **grandfather** was there as well, and every morning he did **gymnastics** and preferred **walking** rather than taking **public transportation**. In the student library, we had a beautiful **reading room** with shelves displaying the latest **scientific journals** and **abstract journals**. In one journal, I found an article by **Bulgarian researchers** describing an experiment in which an **experimental group** of men, aged between **63 and 84 years** (if I remember correctly), practiced **bodybuilding** for **eight weeks**. The result was an **increase in muscle mass: thigh and arm circumference** increased and **blood pressure decreased**. They did not describe the **training protocol**, but the idea was very **bold**. Therefore, I convinced my grandfather to buy **dumbbells** and to enrich his **sports routine**. As proof, I would like to say that my grandfather died at the age of **94**.

This was my **first experiment**, or rather, a **suggestion** from a future **physician-coach**. The second involved my **future father-in-law**. At the time, I was attending my **second year of university** and I had a girlfriend. Her father was already **retired** and looked **very old**. They had a **small house in the countryside** with a beautiful **vegetable garden**, where the elderly man worked. In those days (the **early 1980s**), I was fascinated by the use of **anabolic steroids** in **medicine and sport**. Observing how **weak** the old man was while working in the garden, I thought of **“lifting him up”** a bit. With the authority of a *(future) doctor*, I prescribed him an injection of a **mixture of testosterone esters, 250 mg**, and I injected it myself, like a **good nurse**. After a few days, my future father-in-law thanked me, telling me that he had resumed **intimate relations** with his wife. When we were in the countryside, he began challenging me to **long jumps** near the garden. We were all **happy and content**, until a few days later an **ambulance** took him to the hospital due to a **myocardial infarction**. Fortunately, it was a **micro-infarction**, and I had him as a father-in-law for **many more years**.

After graduation, I worked as a **physiatrist** in the **health district** and practiced **weightlifting**, and later **bodybuilding**. I never abandoned **research in gerontology**. To deepen my **scientific knowledge**, I resumed **university studies in Biology**, attending the **evening department**, and worked **part-time in a research institute**. From this period, my convictions regarding **rejuvenation** began to mature:

- **Absolute necessity of a sporting approach**. In simple terms: nothing good for one’s **health** is achieved without **exertion in the gym**.

- **The most effective sport is bodybuilding**, because we can easily reach **muscular fatigue**, necessary to stimulate the **endocrine system**, which produces the “**youth hormones**” such as **testosterone** and **somatotropin**.
 - Since the majority of people interested in **rejuvenation** are of **advanced age** and consequently have **cardiovascular problems**, **bodybuilding protocols** must be adapted so that exercises do not cause a **significant increase in blood pressure**.
 - **Gerontology**, as a science, places great importance on **diet**, which must be **rich in protein**. There are many studies on **hypocaloric diets**. The wise combination of a **hypocaloric but protein-rich diet**, if followed **consistently**, produces **positive effects on rejuvenation**.
 - Practicing **competitive sports**, I competed and had to fit into my **weight category**. For this reason, sometimes I **ate very little**. At the age of **40**, I moved to **Italy**. Since I did not know the **language** and had no **friends**, the early period was very **difficult**, and consequently I ate only to **survive** — no **food excesses** — I ate only what I managed to obtain. Even today, I feel the **benefits** of this **dietary approach**. My **blood vessels are clean** and my **blood pressure is normal**.
 - A “**messed-up life**” and **financial difficulties** are considered by ordinary people as something **negative**. However, according to the **dialectic of nature**, every “**evil**” contains within itself the seed of “**good**”, which develops and overcomes it. This is how the **Universe** works, in a **constant movement** that constitutes its **harmony**.
 - I am very **fortunate** because, first of all, I studied a great deal and received a **broad education**. I still practice **sports** today and have tested **on my own skin** all the concepts I support. I am also very fortunate that fate led me to discover the books of **Carlos Castaneda**, which expanded my **dialectical approach** to the world around us. Enriching all of this with **Hegelian teachings**, I managed to create a **new rejuvenation system**.
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