



# Formula for a Great Body, Mind, and Sex: An Assault on Old Age

*Oreste W. Lombardi*

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## **Formula for a Great Body, Mind, and Sex: An Assault on Old Age** Oreste W. Lombardi

This book is a map to wellness while building a great body. Hormone replacement therapies are discussed. The mysteries of testosterone, dihydrotestosterone, puberty, growth and development, are probed. Muscle building explored at a fundamental level. I will show you how the condition of your butt relates to your health. Butt development is more important to your health and wellbeing than you ever thought. I will show you how a strong butt can prevent the need for hip and knee replacement and how it can cure sciatica and bring relief to painful ruptured discs. Then I will show you how to build your butt with references to experts such as Bret Contreras and Nick Nilsson. How I conquered COPD. A surprising new answer to hay fever is revealed. Sleep problems are explored and addressed. Sexuality probed at a fundamental level. Mind set, exercise, hydration, sleep, and diet are put together for a lifetime of wellness and great sex. Motivation tools are provided. Surprising discoveries in growth and development are unveiled. Supplementation explored with surprising answers. Conditionally essential amino acids can do some amazing things for you. An entire chapter is devoted to D-aspartic acid, the puberty hormone. It shows how D-aspartic acid can address fertility problems, testosterone production, and old age decline. Your health rides on your digestion, accordingly digestion is probed and answers are provided to keep digestion running smoothly. Regulating stomach acid is the grand key to most digestion problems. Asparagine, taurine, and GABA are explored as a means of smoothing out in brain injuries and convulsive disorders. Just by changing the way you walk can solve and prevent, foot, leg, knee, hip, and back problems and head off joint replacement and back surgery. A musical way to build up throat muscles to moderate sleep apnea and hypopnea. When old age threatens to steal your beach worthy body, this book will supply you with ammunition and assault weapons to show old age where to get off at. This book will take you through the excitement of original scientific research and the eureka moment. You will be surprised at what the key players are in puberty. The section on exercise will take you through what it takes to put on muscle with many references to people who know muscles inside out. The modern lifestyle gets dissected. Progesterone gets explored as it has some surprising properties of interest for your health. The health benefits of the Sabbath are explored. Pilates, isometrics, and gymnastics explored.

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