

### 3.2.2.3.5.4.2 What is aging?

Aging, from a certain age onwards, is a decline of physical and mental functions.

It partially depends on outside impact (accidents and illnesses caused by external pathogens), and partially is self-regulated (the human body withdraws itself from life).

This article deals only with aging as a result of negative self-regulation.

Negative self-regulation is heavily mediated by the immune system of the human body.

The immune system takes its clues for negative self-regulation from the neurological system which signals to the immune system, on multiple pathways, that time is approaching (for the benefit of the species) to let the next generation take over.

The genetic make-up of human nature may determine that it is in the interest of the species that I, as a human male, vacate my social positions, and the surface of this planet rather sooner than later.

But this is not my individual interest. As long as I can have fun, I want to be around.

Any serious life extension has to take this into consideration: if you want to live longer, you have to intercept the negative self-regulation of the immune system.

And the healthiest way (free of side effects), is by interfering with the negative signaling of the neurological system.

And how do you control the neurological system?

One powerful way to do this is via the psychological system.

This is why a positive attitude towards life has such a great positive impact on a person's immune system, and his or her health.

Go further!

It is the psychological-sexual system of human physiology that has the greatest power over how we feel.

Our greatest capacity to feel well, and positive, is when our minds are engulfed in sexual desire, and after that, during the waves of orgasms.

Because these positive situations recharge our immune system like nothing else, our health is great as long as we have great sex. No rheumatism, no back aches, no high blood pressure, no cancer (and an endless list of other "no's").

So, what practical conclusions we can draw from this if our aim is to slow down aging?

We have to ensure that our sex lives are as optimal as they can be.

For this reason, I am against all social orders that have a negative impact on my personal sex life. Such social orders deprive me of better health and bring me closer to death.

On the other hand, I do recognize that the quality of my sexual desires and orgasms considerably depend on my hormonal balances, especially the levels of testosterone.

This is why the only drug in my personal life extension regimen is a substance that up-regulates my testosterone levels.

Actually, it's not even a drug but a herbal supplement, the testosterone-enhancing effect of which has been well documented in scientific research: tongkat ali

Please be aware that while I am all in favor of elevated testosterone levels, I am totally opposed to exogenous testosterone (testosterone patches, testosterone injections, anabolic steroids).

Why?

Because my health, and any life extension I can achieve, depend on whether I have a healthy hormonal system. And supplying exogenous testosterone is the worst interruption that can happen to my endocrine functions. Exogenous testosterone just throws everything out of balance. This is the opposite of what I can achieve with tongkat ali.