

### 3.2.2.3.5.4.5 Growth hormone and the dream of an indefinite lifespan

I am convinced that mankind is within reach of achieving an indefinite lifespan for individual members of the species. "Indefinite lifespan" means that an individual will live on and on. Sure, a person can still die in a road accident, or of a viral infection, or being murdered by a jealous "life" partner. But death will not occur just because one has reached the current genetically encoded maximum human lifespan of some 120 to 130 years, or, for that matter, any fixed lifespan.

An indefinite lifespan for individuals is within reach of mankind, but, in my opinion, not within reach for me or any of my contemporaries.

Whether one will live indefinitely or not, will be one of the most important considerations of people who are born in not too distant a future. And when I say, "live indefinitely", I do not mean the kind of fictitious eternal life promised by Middle Eastern religions that cover much of the globe. I am talking of living indefinitely in this world: to sleep, to eat, to have sex, to watch television not in the heavens but in Manhattan, Manchester, or Munich.

Whether one will live indefinitely or not, will be one of the most important considerations because, if we arrive at a "yes" as answer to this question, it will change everything.

If I come to the conclusion that whatever I will do in my life, I will be gone after a few more meager years, then my outlook will be fatalistic. I'll soon be dead anyway, so I rather take in all the pleasure I can have NOW, and then, good-bye, forever.

With such an outlook, sexual satisfaction is the logic primary reason of life. Everything else is subordinate. Every other value in life just appears to be based on illusions. What the heck should I care for future generations? They are not my responsibility. I, as an individual, am only tricked by nature to become a tool in the propagation of the species, which is why I have feelings of love for my offspring. Nature, my enemy, does not care for me as an individual. I am disposable.

So, I spend my time maximizing my sexual satisfaction in the few years I still have. And after that, I will be dead and forgotten (and I couldn't care less about it).

But if, after much contemplating, I shall arrive at the conclusion that I can achieve an indefinite lifespan, I can postpone everything, even sexual satisfaction. The preservation of my life then becomes the ultimate value. In that case, I have a long-term goal to work for.

I believe that the above evaluation is shared by a majority of ordinary Europeans and Americans, even though it may normally not be articulated. I believe that far fewer people take religions seriously than churches claim members, and I often wonder whether cardinals and bishops (who must be sufficiently intelligent to have made such successful careers) really believe in what they preach. Probably not.

While I myself have decided that an indefinite lifespan is NOT within my reach, I am aware that more and more people have decided to try it anyway. They have come to the conclusion (though they may hesitate to admit it in public) that, even though the odds aren't in their favor, they dedicate their life to prolonging it as good as they can, in the hope that by the time they are struck by an illness that currently would be terminal, medical science will have found a cure. (Not just a cure for an illness, but, hopefully, a cure against death.)

And you can bet, they buy growth hormone.

If they can afford it.

Among those dedicated to extend their own lives, growth hormone is the champion drug. And it has the right name to go with its reputation. And the price tag also is unrivaled.

For a few years now, growth hormone injections have been touted as a fountain of youth and a cure-all.

Even though it's a mainstay of the journalistic trade, I am not in the habit of writing articles that just summarize existing research. If I can't contribute something new, I keep my mouth shut.

I also don't believe that anybody who is sufficiently interested in the topic will draw information on growth hormone injections only from my article. There are thousands of sites on the Internet that inform on the alleged miraculous effect, low-dose growth hormone injections are supposed to have as a means of rejuvenation. Many of the summarizing articles refer to a 1990 study of Dr. Daniel Rudman and his associates at the Medical College of Wisconsin, published in The New England Journal of Medicine. That study was entitled "Effects of Human Growth Hormone in Men Over Sixty Years Old" and concluded that the injections led to a general improvement of health and strength. Some "so-called" rejuvenation clinics do nothing but inject their clients with growth hormone.

I do not doubt that Dr. Rudman's study has been done in observance of proper scientific standards, and it certainly was peer-reviewed before it was included in such a renowned scientific publication as the New England Journal of Medicine.

But in my opinion, people draw the wrong conclusions (and these wrong conclusions are propagated by growth hormone salesmen, some with an "MD" after their names). Read the title of the study: " in Men Over Sixty Years Old". That injections of human growth hormone have a positive effect on men over 60 doesn't mean that they improve the sexuality of men under 40 or 50, or that they help build strength in bodybuilders over 20.

I have tried growth hormone injections at an age around 50, before I discovered tongkat ali. I did so after obtaining a prescription from a physician.

The growth hormone injections had no effect on me, even after several months.

I do not know whether the tongkat ali will prolong my life.

But I clearly feel a positive effect from the increased testosterone level, and that is: pronounced libido, great orgasms with powerful ejaculations, better sex.

And it is reasonable to believe that better sex will make for life extension.

Because the psychological system (“I feel so good”) definitely moderates the immune system, and with a well-functioning immune system, I will probably live longer.

But even if I don't: the better sex already is reward enough.