

How to Solve Your Stress and Aging Problems

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The human being is an unresting assemblage of cells that continuously receive and transmit information. The language of this internal information super-highway is electrical, and its transmission is by ionic charges across the body's membranes. This is proven, scientific fact.

Now, for the first time in book form, Dr. Spartalis opens our eyes to the clues that let us understand how our cells promote and retard stress and the aging process. He shows us how to understand the energy source and how to control our internal energy and devote it to restoring and conserving our lives rather than, slowly but surely, to destroying them. Dr. Spartalis takes us step by step through the body's chemistry in easy-to-understand language, and gives us visual aids with his charts and drawings, many of them personally annotated.

By allowing our energy to flow properly through our bodies, we can live longer, healthier, less stressful lives. Don't let this opportunity pass you by! Human weakness, and all that derives from it, stems from a lack of understanding of the energy transfer process. This book is the "Rosetta Stone" that unlocks the knowledge we need. This is our exodus from darkness to the sphere of the known.

Preface

This book is about a discovery. The onset of aging and stress is a ghastly mistake. Getting sick and deteriorating physically and mentally is a weakness that we now know how to correct.

All previous philosophical and scientific ideas along with the ancient wisdom, will be found in this book, supplying readers with exactly what they had been looking for.

The fountain of youth sought for centuries had been found. It is an invisible source of energy with an infinite spectrum of power. This energy does everything for us. It helps us grow, get young or old, become sick or healthy, happy or unhappy. It runs in two pathways. One that keeps us young, healthy and happy and another that makes us old, sick and unhappy.

Both pathways have been identified, characterized and described in detail.

The "Human Machine" is a huge electrochemical factory that needs energy to work. I was able to unravel the mechanisms that control the energy that our brain generates. I was also able to explain scientifically, with facts and figures, how this energy maintains and properly balances our functions.

Learning more about our "Machine" will help us recognize and correct its mistakes. This book presents such knowledge.

We are driving a car without knowing how it works. The signals the brain uses to communicate with us are small quantities of energy, with multi-potential properties that are fundamental for the functioning of our system.

Lack of knowledge is the root of aging and stress. The new knowledge will translate into the therapeutic tools that

PART ONE

Introduction

The database of biomedical knowledge is expanding at an astonishing rate. We live in a hostile environment, literally immersed in a sea of organisms, particles and forces that interact constantly within our system.

We know that certain abnormal symptoms or diseases are caused by factors that are in our environment. We also know that there would be no malaria without malaria parasites, no tuberculosis without tubercle bacilli and no gout without a derangement in urate metabolism.

Interestingly, not all individuals infected with these organisms or born with the metabolic abnormality develop a disease, or develop it at the same rate and with the same severity. This observation strongly indicates the presence of an unknown factor that determines the final outcome of the biologic reactions.

The presence or absence of this factor is the key in getting or not getting sick when a viral particle invades our system. (*See Figure 1*). The mysterious factor that determines the final outcome of the pathogenesis of the disease has been elusive and difficult to find and define. The same is true for AGING and STRESS.

For centuries we have been looking for the fountain of youth, the fountain that will reverse the aging process and the suffering that stress creates.