



# Formula for a Great Body, Mind, and Sex: Second Edition

*Oreste Lombardi*

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## **Formula for a Great Body, Mind, and Sex: Second Edition** Oreste Lombardi

There are a zillion health books out there so why am I writing one? As an 85-year-old chemist, I spent a lifetime observing, researching, and experimenting. Answers came, hence this book. Exploring the Table of Contents. Come and see, the mindset for wellness requires a good relationship with the person in the mirror. Likewise for the mindset that puts you in charge. Explore the exciting twists and turns of Male growth and development, explored only in this book. Come and see the Holy Grail of male enhancement coming into sight as information from various experiments cone together giving fresh insight on male growth and development, Come and experience physical education explored at a fundamental level as the levers for muscle development emerge before your eyes. Experience the evolution of food processing with its consequences. I dissect and trash much of the stuff about fats and oils as conventional wisdom flips on its ear. Come and find astounding information concerning testosterone and dihydrotestosterone from experiments. Experience and feel the excitement of discovery. Beta alanine, a great discovery in sport medicine. This is an amino acid that the body must make or else! Read about what it can do for you. The body must make D-aspartic acid or else there is no puberty. See the results as Italian researchers probe the mysteries of fertility and deevlopment through D-aspartic acid. Young people have strong stomach acid. Acid strength declines with age. That being so, why do the young not have acid reflux? See the amazing answer. Learn about a simple amino acid that calms convulsive disorders and how it gave a young man who had partial complex epilepsy his life back. Donald B. Tower, a neurosurgeon, discovered it and wrote it up. Then it was forgotten. At the swimming pool, I see young men pulling up their trunks to keep their butts covered because they do not have butt enough to hold their pants up. Flat butts have consequences. I had trick knees, trick hips, and sciatica. I changed my gait and exercised my butt: End of sciatica, end of trick hip, end of trick knee, and end of flat butt. I am now the true believer in strong butts. COPD is not a death sentence. You do not have to trade in your eyes to get relief. The moment of truth arrived. The juniper hay fever season was on full tilt. I loaded a nose spray bottle with my new formula and sprayed it up my nose. I was dumfounded. In seconds, the junipers went into park. The oncoming sneeze died. A gay son came into my life. At first shock and then wonder as the mysteries of sexuality unfolded. I researched stuff that I never otherwise would have touched. Some of my findings were nothing less than delightful. These I share with my readers. Come and see gender attraction elucidated as a fundamental property of the human soul. Want some excitement in your life. Come and explore the lost concept of wayno (a long long hug). Moreover, much much more.

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