

Arnold Fights Aging

What is the solution to aging?

Arnold felt his body changing and his personality with it. He felt uncomfortable, minimally in control of his body and thoughts. He had never thought much about his body, although he should have lost some weight, exercised more—he went to a gym, caught athlete's foot. When he passed seventy and realized his body no longer produced key nutrients and he had to take pills, Arnold realized he should act.

Accept aging? A shortcut to death!

He had various options, none workable.

There were plenty of meds which promised much, delivered little. There were dietary regimes and exercise routines to delay muscles withering—not as much as needed. And of course, the self-help folks encouraged you to believe you could think your way past panting after walking a block. Arnold found none of this helpful. Nor religion.

Everything depended on his solution—and no available solution helped.

He thought of following the lead of many billionaires, who invested millions in blood transplants and other exotic, unproven ways to extend their life spans. Arnold invested in crypto, then at the right time liquidated his assessments. He bought a penthouse in New York overlooking Central Park, with a garden on the roof. He had food and everything else delivered, living the best life he could before it ended.

Which is the only solution to aging.