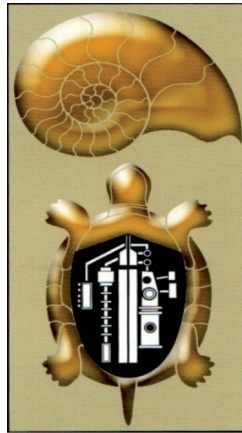


Walter Pierpaoli

Dr. Pierpaoli's Medical Handbook

The Discovery of Health and the *Health Hamlet*

Vademecum 2015



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Introduction

I have now spent fifty years in immunology and endocrinology research and understand how the two are linked to form “psycho-neuro-endocrine-immunology” or “neuro-immunomodulation”. During these years (forty of which were spent in the laboratory) I have worked extensively with rodents, and observed their behavior. As a result, I have been able to make certain discoveries and apply these to patients suffering from a wide range of diseases. I now know that diseases of all kinds can easily be prevented and that it is possible to cure most diseases completely without resorting to the use of drugs.

I am not afraid to address doctors; they are the main victims of the sort of brainwashing that has led to the whole devastating system of medicine today. Over the last fifty or sixty years, man has invented the most ridiculous medical treatments imaginable. Such treatments have been based on the idea that man-made molecules, although completely foreign to the body (and therefore discarded by nature) are able not only to alleviate symptoms but even to bring about healing! This idea persists for two reasons: the first is *profit at all costs* (especially when it comes to the perpetuation of chronic diseases of all kinds). The second is a total ignorance of the etiology of disease; why it starts and what causes it, along with decay, aging and death.

I would like to address all those doctors who may wish to abandon the pernicious world of drugs and join me in the conviction that nature is our best teacher; and that nature’s secrets are so incredibly simple that they remain a mystery. Although the “biological clock” is clearly a part of us, we are trapped and terribly confused by all the fascinating (but largely illogical) information in chemistry, biochemistry, molecular biology and genetics that we have available. Nature is simple and logical and its laws inescapable: all we have to do, to live in harmony, is follow them.

I have always regarded gaining an understanding of the “biological clock” as my *raison d’être*. This clock will show us how the body works, through the interplay of systems that control our every molecule (and every other particle in existence).

A few lapidary statements:

- *Disease is preventable, even in cases of an unfortunate genetic makeup*
- *Cancer, too, is preventable!*
- *Degenerative diseases are curable*
- *Diseases, although they have many different names, have only one origin*
- *Not ALL drugs are worthless. Man-made drugs can be useful in alleviating symptoms, but that is all they will do; and it is diabolical to tell patients otherwise.*

ACKNOWLEDGEMENTS

I would like to thank everyone who has traveled this long and winding road with me, a path that has led me to this exciting "*discovery of health*".

Special thanks go to my "*Happy Patients*", whose love has enabled me

"to stand the slings and arrows of outrageous fortune and, by opposing, end them".

Walter Pierpaoli

Preface

Insatiable curiosity

Even as a child, I was never able to understand why people are obsessed with money and power, yet find it so easy to forget about, or completely ignore, their own physical frailty. I have always been insatiably curious. I believe that this keen, incessant desire to understand, along with an innate tendency to reject the merely “trendy” in science or whatever, has been a blessing. I have always been perplexed to see people of all ages dying of disease, both chronic and acute: what is the reason for this? Are we, even now, foolish enough to accept such a mysterious state of affairs without complaint? Is it true that disease, aging and even death are so closely linked to our genetic makeup that we are doomed to die without even being able to guess why? What if we start investigating the cause of aging? If we can avoid or postpone aging, then how is death possible? Are we unable to explain the mechanism of death?

I began to doubt the cause of death when I saw the dramatic consequences of pineal gland grafting and cross-transplantation (99, 102, 106, see appendix 1). I came to understand that the pineal gland is responsible for aging and that, as the gland itself ages, it inevitably leads us towards our own aging and death. My experiments convinced me that the pineal gland clearly *does not need* a neural connection in order to speed up or slow down aging, and that “The Melatonin Miracle” had been completely misinterpreted! Melatonin, when taken in the evening, helps the pineal gland to stay young. The key to understanding death is the *pineal gland itself!*

Let’s forget about prejudice, religious beliefs, psychological stumbling blocks, and all the other nonsense surrounding the subject of death. I have come to the conclusion that our death is linked to the fact that life on earth was created and shaped strictly in accordance with the circadian, cyclic, rotational nature of our planet and its absolute dependence on its satellite, the moon! If we combine everything we know about seasonal cycles, thermoregulation and lunar phases, we will see that our destiny (including death) de-

pends entirely on those things. In the course of evolution over billions of years, mammalian species (man included) have developed their own “lunar programme”. But what is the key? I believe that the answer to this fascinating riddle is to be found in the pineal gland itself. The gland contains a sort of “pineal sand”, crystalline in nature, which reacts to lunar cycles and follows them closely. These crystals are in *constant* communication with the moon, and hold the secret to our “life and death” program!

We have taken a great leap forward: through hormonal re-synchronization, diseases can easily be prevented and cured, and aging postponed so that we can achieve the maximum possible lifespan. My friend, Alexey Olovnikov, and I can now focus on the cause of death... before the forces of evil catch up with us and burn us at the stake! Now is the time for a final “Pineal Restoration Process”.

DOCTOR PIERPAOLI'S MEDICINE

Preliminary considerations

Health, to which I have devoted my entire life, is absolutely fundamental. Everything else is merely a distraction. Money, glory, power and fame are a kind of “social disease”.

A very dear friend of mine was the impetus behind this medical handbook. It is clearly an essential tool because, without it, I could not possibly make my form of medicine available to each and every doctor. Although I was unprepared, I realized that the time was ripe for this project. However, I would not even have thought of proceeding unless I had been convinced of two very important things:

- Medicine, by which I do not mean surgery or other technological wizardry, needs to be reinvented from the very start. People are falling ill and dying just like they did in the past, sometimes under conditions that are even worse than before.
- The clinical results obtained, from patients of mine who have been cured, are incontestable. They mean that I can discover the origin of a disease and cure it, bringing the body back to perfect balance.

Paradoxically, it is the fact that my medicine is so *extremely* simple that encourages me to write about it. Otherwise, if I had had to go into the immense complexity of chemistry and biochemistry, to say nothing of molecular biology and genetics, an innate indolence would have forced me to give up. I have somehow managed, over the last fifty years, to escape all sorts of scientific fads and traps or get lost in mere details. Miraculously, I have been able

to preserve my vision; a cosmic one, I would say. In fact, are we not perhaps “*pilgrims of the universe*”?

Causes and classification of disease

All diseases have the same origin, together with a huge number of concomitant causes. An enormous amount of confusion, however, surrounds diagnoses, which may have *nothing to do with the primary cause* of the *pathology*. Aging for example: how would we see aging if it were not disguised (and accelerated) by disease? If we could prevent disease, everything would be different. We observe extreme old age only in very rare cases and, when we do, we are usually curious about the diet and lifestyle of these people; how they lived in the past and how they live now. After all, they have somehow managed to stay well and to escape the age-accelerating effects of disease. They may even live to between 110 and 130 years of age, which is when their personal “pineal biological clock” finally expires. Such examples show us, irrefutably, that this goal is (theoretically) achievable for all of us!

The unintelligent manner in which diseases are divided into categories is due simply to an ignorance of their origin. The main groups of diseases, that a myriad of “doctors”, “professors” and “specialists” claim to cure, are the ones that lead us (at one rate or another) to our deaths. They are as follows:

- 1) *Cardiovascular diseases or atherosclerosis*
- 2) *Tumors or neoplastic diseases*
- 3) *Degenerative autoimmune diseases deriving from a deficiency in neuro-endocrine control*

All these diseases are easily preventable and all can be completely cured. ALL OF THEM.

A WONDERFUL MEMORY: THE FIFTH STROMBOLI CONFERENCE ON AGING AND CANCER, JUNE 2010

Perhaps the comparison is somewhat incongruous but I would like to suggest that, like paying taxes, aging could be avoided (provided you are open to the idea in the first place).

However, compared to the difficulties of avoiding tax, the prevention and reversal of aging is *a walk in the park*. And, while avoiding tax may land you in jail, the consequences of using anti-aging medicine (even though they may result in failure) are not so serious.

The aim of this Fifth Stromboli Conference on Aging and Cancer was to free ourselves of the specter of imminent senescence and death. There was an all-pervasive sense of inner joy, both within and outside the auditorium. Just as at previous Stromboli Conferences, the masks fell from our faces and we gulped in the irresistible air of freedom. This process of liberation from the dogma of the past has taken several thousand years. Up to now, all the evidence has suggested that aging is unavoidable and is necessarily preceded by disease. A reversal of the aging process, as we now see it, is very good news but does not mean that we have reached our objectives. Although we have evidence that it works, from experiments on mice and from human trials, anti-aging medicine is still in its infancy. Aging is a very complex matter although it is, in the end (just like the menopause), the result of a neuro-endocrine programme that runs in the pineal-pituitary-hypothalamic network. Lazy minds prefer an explanation based on molecules or on genetics. This is simply because an holistic view of aging requires such a vast amount of knowledge and intuition that it can be discouraging for those who do not want to get mixed up in all the details. Longevity is a curse if body and soul are out of sync with a healthy environment. Healthy longevity is a gift from the gods.

Rather than trying to persuade people who don't want to know, I would prefer to welcome those few who have always secretly wished that the subject of aging would become more accessible than before. Such revolutionary minds will find shelter and protection among us at the Fifth Stromboli Conference on Aging and Cancer. This is an "Age-Reversing Republic" on the shores of the Mediterranean, a place where the Gods of Olympus came to life. It is where nature, in all her glory, invites us to believe in a life of joy. She encourages us to reject gloomy predictions of the sort of aging that leads only to disease and death, as put about by the forces of evil that have enslaved us, body and soul, for millennia.

Welcome to the womb of Mother Stromboli (both now and at many future conferences) where we shall witness a new and healthy Life Everlasting!

Walter Pierpaoli