



Alexander Mishkin

HOW TO STAY  
YOUNG?

IT'S SIMPLE!

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**How to stay young? It's simple!**

«Издательские решения»

## **Mishkin A.**

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Inside you will find a simple secret of preserving youth. Dr. Mishkin tried this method on himself for 20 years. It works!

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# **How to stay young? It's simple!**

## **Alexander Mishkin**

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Dear reader!

I honestly would like to warn: no magic potions (like the elixir of immortality) here! I do not know anything about it. I inveterate skeptic, moreover, also a doctor. Therefore, I can surely talk about that I saw with my own eyes and experienced, pardon, on my own skin. So, everything that

you'll read below – just my attempt to share with you my own 20-years' experience in youthfulness preservation (or anti-aging, as you wish!). If you go on my way, or slam shut this book – you decide.

Why I decided to write this book? Not even a book, but a very short essay on an old topic? Honestly: I do not know. Perhaps because recently I often met people, which I knew once, a long time ago... but whom I had not seen since that time. And now, twenty years later, the life of the newly crossed our paths.

And what, you ask? This is not an occasion to spread the great news here and, even more so, share it with thousands of any innocent readers! Each with their has own affairs, family, different joys and problems... and that, frankly, do not care about my meeting with old friends.

But please be patient and try not to interrupt me. Otherwise, I will lose the idea (or inspiration), and in a fit of desperation, I can to break laptop on a pot of favorite geraniums of my wife... And it, among other things, the money is worth it! The laptop, of course. Geranium is invaluable...

So, you heeded my request, clenching patience into a fist and gritting your teeth, continue to listen to me. Thank you! I really hope that the next half hour you will not be disappointed. Because I will share with you my own 20-years (!) experience of preserving youth. Twenty years ago, in June of the distant year of 1996, I started the experiment on himself. Counting on a completely different result and it is not suggesting that the global effect, which got in the end.

But I'm getting ahead of myself, though still not answered your indignant question: what about my meetings with old friends? Patience, my rigorous reader, patience! Now everything will be clear. So, lately I often meet people whom I had not seen for many years. This is completely different people: and my classmates, and former colleagues, and old neighbors, and even some of the former ladies of the heart (the former very well!). By some of these people, I was very glad, somehow – not at all; other persons I would love to not see even 150—200 years... But all of these meetings united by one insignificant as I initially thought, detail...

All these people from my distant past in one voice and completely independently repeated the same thing:

- You have not changed in 20 years!
- You do not look at your 52! Maximum of 35!

Etc, etc... At first, quite naturally, I found it in the usual exchange of pleasantries. I lavished compliments response. Later it was somewhat annoying me. More later – amusing. But when my former foe, quite adequate, low-key, he suddenly grabbed me by the button, and quite seriously, with the obvious personal interest began to extort from me a secret of preserving youth, I was taken aback. And the first thought: I never know, maybe I really somewhere accidentally unearthed this most secret, that not noticing?

Of course, I laughed it off as best I could. I said that I live in a refrigerator, that on Fridays I wash my face with dew gathered on the night of the full moon in a Pet Cemetery, that actually I have long been abducted by aliens, and in my flesh pushed robot skillfully me pretending to enslave Earth... even that I transplanted myself adrenal rhinoceros albino which I personally caught up in the wilds of Zimbabwe (I do not know if there are found rhinoceros in general and albino in particular!).

Then I began to collect anamnesis. My own. And to put the facts one by one, until finally I realized...

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