

## Hyperplasia Magazine Intro



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I recall David Robinson being interviewed a few years back. When asked about his training he stated that there were times when he reached the top of a hill and asked himself " Why am I doing this? "

Application? Yes, let us apply this to the bodybuilder. No doubt you have asked after a bloody strip set with squats: " Why am I doing this? "  
Your response to the question?



### What is This Month's Issue All About?

It has been documented that Solomon was the wisest of all men. The History of the Kings of Israel records the following

"For he was wiser than all men; than Ethan the Ezrahite, and Heman, and Chalcol, and Darda, the sons of Mahol: and his fame was in all nations round about. And he spake three thousand proverbs: and his songs were a thousand and five. And he spake of trees, from the cedar tree that is in Lebanon even unto the hyssop that springeth out of the wall: he spake also of beasts, and of fowl, and of creeping things, and of fishes. And there came of all people to hear the wisdom of Solomon, from all kings of the earth, which had heard of his wisdom. "

This famous king spent an entire lifetime observing, studying, and experimenting. One idea he could not comprehend was the willingness to stay put in one's "simplicity. "

**Wisdom crieth without; she uttereth her voice in the streets:** She crieth in the chief place of concourse, in the openings of the gates: in the city she uttereth her words, saying, How long, ye simple ones, will ye love simplicity? and the scorers delight in their scorning, and fools hate knowledge?

Solomon knew what Wisdom could bring, as he himself had experienced success beyond compare.

**" Happy is the man that findeth wisdom, and the man that getteth understanding.** For the merchandise of it is better than the merchandise of silver, and the gain thereof than fine gold. She is more precious than rubies: and all the things thou canst desire are not to be compared unto her. Length of days is in her right hand; and in her left hand riches and honour. Her ways are ways of pleasantness, and all her paths are peace. She is a tree of life to them that lay hold upon her: and happy is every one that retaineth her "

His conclusions are unyielding, and they draw on us despite the fact that several millenia have past since these proverbs were uttered. Case and point? The world of bodybuilding can be rendered into three sound physical aspects. Nutrition, Training, and The World of Slumber. Men have wrought hours on the former two, while spending little time on the latter. One must pause and ask why? Do you realize that the overwhelming majority of growth occurs while at rest? Indeed, the release of Growth Hormone is dominant during the hours you are unconscious. Mr. Knowlden lists many other factors as well:

1. Blood supply to the muscles is increased, which aids in recovery after intense workouts or vigorous exercise.
2. The body's temperature is lowered to conserve energy.
3. Metabolic activity is at its lowest which provides the opportunity for tissue growth and repair.
4. The secretion of growth hormone is at its highest.
5. Immune system regulators increase, strengthening the immune system.

We can conclude that sleep is the most anabolic state one can find himself or herself in. Thus, we can further conclude that its manipulation is paramount to athletic

gains. I submit to you today, that by optimally manipulating its parameters, one can reap what would appear to be unnatural gains. Take IGF-1 as an illustration. Mr. Knowlden states the following:

" In regards to muscle growth IGF-1 causes muscle cells (myocytes) to raise protein synthesis, decrease protein breakdown, take up amino acids and to divide. Basically, our muscles grow when stimulated by IGF-1. More specifically, it stimulates both the differentiation and **proliferation** of myoblasts and also stimulates amino acid uptake and protein synthesis in muscle and other tissues. "

Notice the aspect which was highlighted. Webster's defines proliferation as follows

To grow by rapid production of new parts, cells, buds, or offspring...to increase in number as if by proliferating: *To Multiply*

Therefore proliferation, is in direct line with our monthly publication. Sleep is your ultimate anabolic aid. You must understand its properties just as well, if not to a higher extent than the other two components of bodybuilding. Do not be contented in simplicity. For it is the simplistic who look in the mirror and convince themselves that they are genetically unable to reach their athletic ambitions. They call themselves hard-gainers. It is my devout belief that many of these so called individuals are not hard-gainers, but rather hardheaded. Devoid of " understanding. " Mr. Knowlden, has reported the fact that the hours of Slumber are a key to superhuman gains. And he has therefore taken it upon himself to analyze, research, and delve into the world of unconscious anabolism. Two previous dissertations have been submitted on our site, and this month will realize a third. What you have at your finger tips are inhumane hours of research presented at your very fingertips. The man has studied countless scientific journals, and spent untold time on the subject. Take advantage of this opportunity which is presented your way. It may be, the vital step which allows you to realize your aspirations. This is a major area of research on our site now, and in the future. We know it is that crucial to one's progress.

Most, if not all have experienced a numbness in their hands or feet when lifting. It is commonly described as a " tingling sensation. " Is there a cure? While reading Venom's article on the B-Complex he presents some of the most fascinating studies I have had the benefit to read on the subject. But that is just the beginning to his incredibly researched paper. It is indeed unparalleled in its subject classification.

Finally, I have concluded the following issue with the extreme. In the tradition of our past Underground Shock articles, I present numerous advanced techniques designed to stimulate the body into incredible levels of growth. But first, I delve into the past, and discuss the following question: " What can we learn from the ancients of Exercise Physiology. "

*Are You Ready For The Revolution?*

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