

Transcript from Charles talking on regenerating cartilage.

<https://vimeo.com/217086327/848ffb9ced>

The question I'm going to answer today is, can you regenerate cartilage? Yes, you sure can! I've had people who have come in with x-rays and ultra-sounds, MRIs, and say "I don't have cartilage anymore, is there anything I can do?" Yes, there is. Most doctors in the Western World will say that you're done, f&%k this shit, ... Go play Nintendo or Xbox nowadays.

There are three main substances that can regenerate cartilage. One is actually calf blood protein. It is called Actovegin and it's used to be made in Austria. It's used by the famous doctors on many world-class athletes who will remain nameless to repair cartilage. Now it's made in Lithuania and called Actovegin, A-C-T-O-V-E-G-I-N. Does it work? Hell yeah it works!

I've used it, and I had my doctor in Luxembourg prescribe it to me. My shoulder would stop here before Actovegin, and when I started using Actovegin I got full range. So it is a great product. Of course on the internet you can buy anything, and I'm sure you guys are resourceful, you can find it. If you have a good doctor in the EU, you can probably order it from a pharmacy. How many injections do you need? Usually between five to ten, and it has to be done by a skilled person that injects the solution directly into the joint. Some people do joint injections and/or use it in IVs. I would use both, if you can, and it's fairly cheap. And it worked, a 100%, from my own experience and I know a lot of athletes, world-class, that have used it.

<https://en.wikipedia.org/wiki/Actovegin>

The next substance you can use is BPC-157. That product is a peptide. In some countries you can buy it without a script, while in some countries you can buy it for "research purposes" But anybody who got a computer terminal can order it, it's easy to find and you guys can figure it out.

I have also used another peptide, which is the third substance I recommend: TB-500. What work best is alternating the two compounds. I'm not going to give you exact dosage and don't ask for it because I'm in no position to give you exact dosages. But you can find it easily on the internet, there is a lot of scientific research that you can find on PubMed on BPC-157 and TB-500. So does it work? Of course it works, otherwise I would not be doing this video but I find guys in their sixties, who have minimal cartilage in their knees or shoulder structures can regenerate their cartilage fully, to the point that they can train with some decent weights. One thing I'll tell you, it takes about two weeks of treatment to regenerate the joints, if you inject one substance on Monday, the other on Tuesday. For



some reason, alternating everyday seems to work better. That is clinical experience from doctors who use it.

<https://www.atplab.com/product/collagenik/?ref=496&c=243978f8b175>

If you want to heal faster while using those three substances, I would strongly recommend that you use Collagenik, which is made by ATP-Lab. It's the RIGHT form of collagen. Lots of people sell collagen out there and they're shit products. If you use Collagenik, at least six capsules three times a day while you're doing any of the previous three compounds, the rate at which you are going to repair your joints will accelerate.



So I trust that was useful, drop me a line on the comments page. I love to hear from you and best of luck regenerating your joints. But don't let your doctor fool you, you can regenerate cartilage on joints.

Thank you for listening