Twitter Thread by Medical Nemesis



Medical Nemesis
@Medical_Nemesis

All modern research questions frame your mindset and self-frame research paradigm. Broad thinking: how little of everything can a citizen survive on; how cheap can your upkeep be? /1

> Is moderate exercise enough to live as long as possible, or should you be doing vigorous exercise? And what proportion is best? This article has the answers. https://t.co/YJqpaaI0UR
>
> — Sebastian Rushworth M.D. (@sebrushworth) January 24, 2021

When an American patient lands in an Austrian hospital for a back problem, a doctor tells him to perform a set of exercises.

- How many?
- Do you have anything else to do? /2

This interchange illustrates two mindsets colliding at bedside. How little can I get away with vs there is no limit to effort when it comes to your wellness. /3

When you were robbed of movement, somebody started selling you exercise. To understand that digging a ditch, to build a house, or to carry a child around, or waking to your grandparents for an hour is not the same as jogging on a treadmill... will reveal what research hides.
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When I talk about doing a purposeful activity outdoors, I look at complexity of movement, purpose, meaning, sun, and air, even an opportunity to meet a neighbor... that is now reduced to a calcium pill, vitamin D, an antidepressant, an osteoporosis shot, and an oxygen tank. /5

By shifting your focus from now to some distant future you may never see because a brick may fall in your head long before mythical longevity befalls upon you, you miss the opportunity to find out that hard work outside from sunrise to sunset does wonders to your soul. Now. /6

By accepting the rhetoric of managed time and effort for health and longevity, you buy into constant relentless stress of time management that will always make you feel poor and exhausted. /7

You can be a body project to be efficiently self-managed as an industrial production line. Or you can be luxurious, inconvenient, boundless in how much you do for yourself to thrive. /8

It may take you five years to mourn death, breakup. It does take many hours a week to find and cook food. It takes many hours to sleep. You will have to accept that you won't be able to fly to space?and work on your car. Setting voluntary limits becomes important./9

Convenient low maintenance happy slaves are very desirable. Inconvenient people who sleep, cook, build, make, mourn, cry, hurt, and get sick - aren't. Your cumbersome inconvenience ensures you thrive. /10