THE RESEARCH OF DR. WALTER PIERPAOLI

Dr. Pierpaoli is a pioneer in melatonin research. He discovered among other things, that the pineal gland in mice controls their immune system, nervous system, metabolism, reproductive ability, circadian rhythm and aging process.

Pierpaoli started his research with mice and melatonin all the way back in 1985. In his preliminary studies, he divided the mice into two groups, one of which was just fed melatonin in their evening drinking water.

This small maneuver had a surprisingly large impact on the longevity of melatonin -fed mice and led to many more studies and trials. Pierpaoli and his team wanted to investigate relationships between the melatonin levels of the mice and the effectiveness of their immune system, reproductive ability, circadian rhythm and not least lifespan~~s.~~

The research team headed by Pierpaoli knew at the time that they were on the track of something extremely important. They could via their experiment find that the pineal gland is closely linked to the immune system, the endocrine system and the circadian rhythm. Could the melatonin producing pineal gland also be the bodily mechanism controlling our aging process? Of course this had to be investigated and it led to a number of years of experiments in which the researchers transplanted pineal glands in mice inserting them in the thymus gland. It was innovative, groundbreaking and challenging research back then. The pineal gland, in the human brain is the size of a pea, in mice is smaller than a puppy seed.

It was a stay in Russia and the meeting with the young scientist Vladimir Lesnikov, which led to the crucial breakthrough for Pierpaoli's research.

Lesnikov was associated with Pierpaoli's research team, and with him and his brand new stereotactic instruments on board were now possible to perform pineal gland transplants from young mice to old ones and vice versa.

These transplants began in 1990 and the results were groundbreaking.

The old mice that were transplanted with young pineal glands lived longer, became healthier and healthier and lived on average 25-30% longer than normal mice. The young mice, on the other hand, were aging faster and died on average 30% earlier than usual.

Pierpaoli's thesis is therefore that the pineal gland and its production of melatonin is involved in ~~a~~ large part of the processes that not only keep the mice vital and alive, but does the same in humans. A conclusion that has led to a few critical voices, since this research could only be performed on mice.

More recent studies have substantiated the pineal gland and melatonin's impact on our aging process.

Melatonin affects most functions of the body and regulates, indirectly hormone production and also the immune system, being both pineal gland and melatonin are closely related ~~to~~, for example, to the thymus and the thyroid gland. According to Pierpaoli, it is the secret of life that we find in the pineal gland.

Dr. Walter Pierpaoli: "Our pineal gland acts as a kind of life clock. It performs a kind of overall control of the hormones, depending on the circadian rhythm. The pineal gland is fundamental to our internal balance, vitality and health. The same pineal gland also works like a death clock that shuts down life, when the time is right. My research with mice has shown that we can keep the pineal gland healthy, and thus strengthen our quality of life and longevity."