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Session 8A: Assessment and Strategies for Optimizing the Patient Functional Outcomes in Intestinal Failure and Post-Transplant: B: Physical and Occupational Rehabilitation Perspective; July 3, 2023; 10:50am-11:10am



In my early years of bodybuilding, I became an expert in building the largest muscles possible. Unfortunately, after years of training and exhausting my body, I became unhealthy and suffered from a lot of physical and emotional pain.

With time my pain grew to such unbearable point that I had to find new and pioneering ways to build my muscle. In that process, I soon realized that my muscle did not need any more building but desperately needed repairing.

This revelation was the beginning of something bigger than I could ever imagine. It was the beginning of the Gh Method. From that moment on, I have spent thousands of hours studying muscle and working with people who just like me suffer from pain and exhaustion.

During the last 15 years, I have come to realize that the greatest potential lies not in the muscle's size but its proper function. This wonderful organ when properly used can eliminate pain, increase your strength and energy, and improve your health in many ways.

Gh Method has become the staple of my work. I was once an expert in building the biggest muscles you can imagine, only to become an expert in restoring muscle to its proper function.

I have one indisputable mission: to help people live life without pain.



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